

Bronze Medallion

Holders of this award are recognised as having gained a minimum standard as a qualified lifesaver.

Aim: To develop the level of knowledge, judgement, technique and physical ability required to carry out safe water rescues.

Minimum Age: 14 years or in the year in which the candidate turns 14.

Prerequisite: Nil

It is advantageous if candidates hold the Senior Swim and Survive and Bronze Star Awards.

Theory (I)

1. Answer questions requiring an understanding of -

- safe water practices
- survival in the water
- self-preservation
- recognising an emergency
- assessment before and during a rescue
- priorities for rescue
- acceptance of responsibility
- use of bystanders
- emergency care and
- emergency services available
- DRABCD

Resuscitation (E)

2. Complete the test for the Resuscitation Award.

Water Test

Reach (I)

3. A non-swimmer is in difficulty 2 metres from safety.
- Demonstrate a reach rescue using an aid specified by the assessor.
 - Secure the person at a point of safety.

Throw - Unweighted Rope (I)

4. A person is in difficulty 10 metres from safety.
- Perform a throwing rescue using an unweighted rope.
 - Secure the person at a point of safety.
 - A time limit of 30 seconds will apply from the start until the person grasps the rope.



Timed Tow (I)

5. An unconscious, breathing person is 50 metres from safety.
 - Enter the water, swim a 50 metre approach and tow the person 50 metres to safety.
 - The candidate will commence the rescue wearing swimwear, trousers and long sleeved shirt, any of which may be discarded as desired.
 - The time for this test should not exceed 3 minutes and 15 seconds from the starting signal until the completion of the tow.

Swim (I)

6. Dressed in swimwear, swim continuously 400 metres -

- 6.1 100 metres freestyle
- 6.2 100 metres on the back
- 6.3 100 metres on the side
- 6.4 100 metres on the front.

In test item 6.1 the stroke freestyle should be performed as defined in Chapter 4, Swimming and Lifesaving Strokes. Test items 6.2, 6.3 and 6.4 must be performed using an underwater arm recovery and any effective leg action is permissible. The total time for the swim should not exceed 13 minutes.

Survival Skills (I)

7. Dressed in swimwear, trousers and long sleeved shirt -
 - 7.1 float using hand sculling movements for 1 minute and then tread water for 1 minute
 - 7.2 put on a PFD in deep water and swim 50 metres
 - 7.3 demonstrate the HELP position
 - 7.4 climb out wearing the PFD.

Accompanied Rescue (I)

8. A weak swimmer is in difficulty 12 metres from safety -
 - 8.1 with a flotation aid, enter the water as for unknown conditions
 - 8.2 wade 5 to 8 metres
 - 8.3 throw the aid to the person
 - 8.4 instruct the person on how to use the aid
 - 8.5 accompany the person to safety
 - 8.6 instruct the person on how to leave the water.

Tow (I)

9. A weak or injured swimmer is in difficulty in deep water 25 metres from safety -
 - 9.1 swim to the person, demonstrating appropriate precautions
 - 9.2 while returning to safety using an appropriate non-contact tow, demonstrate a method of coping with a struggling person
 - 9.3 land the person using a suitable method
 - 9.4 the assessor will decide what aids are available.



Spinal Injury (E)

10. Apply the vice grip for the immobilisation of a spinal injury to the neck and then wade with the casualty for 5 metres. Summon assistance.

Defensive Techniques (I)

11. Dressed in swimwear, trousers and long sleeved shirt, perform in deep water two of the following -

- 11.1 defensive technique
- 11.2 a reverse
- 11.3 a leg block
- 11.5 a block using an aid.

Search and Rescue (I)

12. Demonstrate a search pattern in approximately 2 metres of water, submerging head first or feet first as specified by the instructor. Recover an object from the bottom.

Recover and Resuscitate (E)

13. Recover a person simulating unconsciousness from approximately 2 metres depth and tow 10 metres to shallow water or to safety:

Assume that it is not possible to remove the person from the water until assistance arrives. Assess for respiratory failure and demonstrate rescue breathing for one minute. Once assistance had arrived, land the person and assess DRABCD. Assume that signs of life are present and then place in the recovery position.

Initiative (E)

14. Demonstrate initiative in effecting a rescue of two people who are in difficulty up to 15 metres from safety and whose conditions are not revealed.

The Examiner will ensure that up to five rescue aids will be available. The Examiner will brief the subjects on the roles to be simulated from the following -

- non-swimmer
- weak swimmer
- injured swimmer
- person with a suspected spinal injury in shallow water
- unconscious person.

On completion of this test, the candidate will explain the reasons for the actions taken.

