



Bronze Medallion Certification

Lifesaving in its broadest context implies the saving of life through the prevention of accidents, personal survival and the rescue of others. The majority of drowning accidents occur inland in places such as rivers, dams and home swimming pools. Such places are rarely patrolled by qualified lifeguards. It is therefore important that all members of the community learn some lifesaving techniques. The thoughtful application of the knowledge and skill provided within this program will save lives, ensure the rescuer's safety and prevent a possible double drowning.

Description

The Royal Life Saving Bronze Medallion is recognised as the minimum standard for a qualified lifesaver. This award also increases employment opportunities with many pools and aquatic centres as they require employees who conduct aquatic programs to have their Bronze Medallion.

This course will enhance your personal survival skills while providing you with the knowledge and skills to develop the level of judgement, technique and physical ability required to safely carry out water rescues.

The Bronze Medallion course offers a nationally recognised certification and has flexible delivery options to meet the needs of schools and groups.

Pre-requisites

There is no prior learning required for full course enrolments. It is recommended that candidates are 14 in the calendar year the attempt the course.

A medium level of aquatic fitness is required for some practical components of the Bronze Medallion.

Content

Theory

Safe water practices; survival in the water; self-preservation; recognising an emergency; assessment before and during a rescue; priorities for rescue; CPR theory; acceptance of responsibility; use of bystanders; emergency care and contacting emergency services.

Practical

- **Resuscitation:** Demonstrate effective CPR
- **Swim:** Swim 400 metres continuously within 13 minutes. 100m freestyle, 100m breaststroke, 100m survival backstroke, 100m sidestroke.
- **Timed Tow:** Swim 50 metres, then tow a patient 50m within 3 min 15 sec.
- **Survival and Rescue Skills:** Demonstrate a range of survival techniques and appropriate rescues for a range of different aquatic environments and scenarios.
- **Spinal Injuries:** Basic management of a suspected spinal injury in shallow water.
- **Rescue Initiative:** Demonstrate initiative in effecting a rescue of two people who are in difficulty up to 15 metres from safety.

Outcomes

Successful candidates receive a:

- Royal Life Saving Bronze Medallion (including Resuscitation) certificate (valid for 12 months).