



# FREQUENTLY ASKED QUESTIONS

## Bronze Medallion



### What does it mean to get your Bronze?

The Bronze Medallion is a skills-based award for ages 15 and above. Candidates train in groups for approximately six (6) weeks, training twice per week and will be assessed on various skills in communications and team work in a patrolling situation.

### Is there a cost?

Cadets (15-17) - \$200.00 (plus club membership fees)

Active Seniors (18+) - \$265.00 (plus club membership fees)

### When do you hold Bronze Courses?

Bronze Courses are run throughout the year depending on numbers and also trainers.

**The next Freshwater run course commences Wednesday 18th October.**

### What skills will I learn?

- Safety and Wellbeing
- Resuscitation and Defibrillation
- First Aid
- Signals & Radio
- Surf Skills, Rips, Currents
- Spinal Management & patient carries
- Rescue Techniques using a rescue board and rescue tube
- Working in a team

### Is there an assessment?

There is a practical and online component to the Bronze assessment;

- Completion of online learning
- Demonstrate resuscitation - mouth to mouth, mouth to mask, patient management
- Demonstrate team resuscitation using a defibrillator
- Demonstrate knowledge of signals, flags and radios
- Demonstrate first aid skills
- Run 200m, swim 200m, run 200m in eight (8) minutes
- Demonstrate rescue techniques using a rescue tube and rescue board
- Demonstrate spinal management and patient carries

## Are there any pre-requisites for doing my Bronze?

- You must be fifteen (15) years of age on the day of assessment
- Complete a 400metre pool swim in nine (9) minutes or less

## I did my Bronze many years ago is it valid?

If you did your Bronze on or after 2019 but haven't done a proficiency for some years, it may still be valid, there may just be some components that need updating.

You will need to contact [education@freshwaterslsc.com](mailto:education@freshwaterslsc.com) to determine what if any upgrading of skills is required.

## As nipper parent do I have to do patrols if I have my Bronze?

We are always looking for current Bronze members to patrol and keep our beach safe, and this is a great way to meet other club members and to introduce your children to what patrols are about.

However, as a nipper parent we ask that at a minimum you volunteer for water safety duties at water training, Sunday nippers and carnivals as an alternative to or in addition to being a patrolling member.

## How do I keep my Bronze valid?

Each year at the start of the season we ask Bronze holders to do a practical test to confirm their Bronze skills are up to date. You will need to complete a proficiency each year to be able to perform water safety duties.

## Any other questions?

Please contact our Director of Freshwater Education - [education@freshwaterslsc.com](mailto:education@freshwaterslsc.com)

Or Jacinta Herd (JAC Education coordinator) - [cintaherd@gmail.com](mailto:cintaherd@gmail.com) for any other queries

