



## Bronze Medallion Course Information

### **Commencement Date:**

13<sup>th</sup> February 2018 (Tuesday night commencing at 6.30pm) Assessment 29<sup>th</sup> March 2018

### **Target Assessment Dates (dependent on each individual's level of competency):**

As above

### **Prerequisites:**

Be fifteen (15) years of age on the day of assessment

Complete a 400 metre pool swim in nine (9) minutes or less

### **Training Session Times:**

A variety of session times will be offered and will include one evening session (dry skills) and one weekend session (wet skills).

Each candidate will be issued with a mask and training manual and these should be brought to every training session.

The course covers a wide range of skills used in patrolling the beach. These include:

- Safety & Wellbeing
- Resuscitation, Oxygen & Defibrillation
- First Aid
- Signals & Radio
- Surf Skills, Rips, Currents
- Patient Carries
- Rescue Techniques
- Working in a Team

### **Assessment:**

- Completion of a question paper
- Demonstrate resuscitation – mouth to mouth, mouth to mask, patient management
- Demonstrate team resuscitation using oxygen & 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 patient carries
- Patrol Scenario – team work & communication

*NB: Water activities are only conducted after a Risk Assessment has been undertaken. It is a condition of participation that all candidates wear the designated hi-vis vest and cap during water based sessions.*

For more information contact:

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Or visit our website – [www.freshwaterslsc.com](http://www.freshwaterslsc.com)