

Bronze Medallion Course

Aim:

To provide participants with skills and knowledge of aquatic safety, rescue and survival techniques.

Description:

The Royal Life Saving Society Bronze Medallion is recognized as the minimum standard for a qualified lifesaver. The Bronze Medallion training program, conducted by a R.L.S.S.A accredited training member who will provide you with the skills and knowledge to react appropriately in a number of different aquatic emergency situations. The Bronze Medallion award is a personal achievement award that can recognize your capability to perform aquatic rescues in a safe and effective manner.

Course Information:

Pre-requisites:	Need to be able to swim.
Minimum Age:	Calendar year in which the candidate turns 14
Course Duration:	2 days full class
Certification:	Upon successful completion candidates will receive Bronze Medallion and Resuscitation awards from R.L.S.S.
Course Fee:	\$155.00 (Full Course) or \$65.00 (Requalification). Fees include instruction, examination, pool entry and learning resources.

How to enrol:

- Please complete the Bronze Medallion Little Lappers Swim School Enrolment form and submit to reception or the Swim School Office staff.
- Payment of \$155.00 (full course) or \$65.00 (re-qualification course) is required before 12noon on the Friday before the start of your course to confirm your position.
- Photo Identification must be presented the day you commence the course. eg. Student card, drivers license etc
- Bronze Requal – Royal Life Saving Society Bronze Medallion Qualification card must be presented at the start of the course.
- Minimum enrolment numbers apply

Course Content:

The following areas are assessed as a part of the Bronze Medallion Award

- ❑ **Theory:** On aquatic environments, water safety, rescue techniques, resuscitation and basic injuries.
- ❑ **Resuscitation:** Demonstrate effective Cardio Pulmonary Resuscitation.
- ❑ **Swim:** 400m continuously in 13 minutes. 100m freestyle, 100m breaststroke, 100m survival backstroke, 100m sidestroke.
- ❑ **Timed tow:** Swim 50m, then tow a patient of similar size 50m within 3 minutes and 15 seconds
- ❑ **Survival & Rescue Techniques:** Demonstrate a range of survival techniques and appropriate rescues for a range of different aquatic environments.
- ❑ **Spinal Injuries:** Basic Management of a suspected spinal injury in shallow water.
- ❑ **Rescue Initiative:** Combine all of the skills and knowledge on rescues and utilize it to rescue 2 drowning casualties.

Where: South West Sports Centre 1 Rotary Ave, BUNBURY WA 6230
Phone: 9795 2222

When: **10 & 11th March 2012**

Full Course:	Saturday	9.00am – 5.00pm
	Sunday	9.00am - 4.00pm
Requalification:	Sunday	10.00 – 2.00 (approx)

What to Bring:

- ❑ Bathers, towel/s, goggles and warm clothing following the water work (x 2sessions each day)
- ❑ Long pants and long sleeve shirt for wearing in the water
- ❑ Notebook, pens, pencil
- ❑ Water, snacks, lunch (centre kiosk is available)

SWIM SCHOOL ENROLMENT FORM

Endorsed by the Royal Life Saving Society Australia.

Student Name	M/F	Age	Date of Birth	Course for booking	Requal/Full
1.				Bronze	
2.				Bronze	

Parent/Guardian's Name(If under 18 years): _____

Email: _____

Postal Address: _____ Post Code: _____

Home No: _____ Work No: _____ Mobile No: _____

Emergency Contact Person: _____

Relationship to student: _____ Phone: _____

TERMS AND CONDITIONS

1.0 Payment of Fees

Fees are to be paid in full, prior to the commencement of the Bronze Course.

2.0 Use of Photography

10.1 By the Centre

The South West Sports Centre reserves the right to take and use photographic material for promotional purposes both internally and externally. If you do not agree with the use of photographic material of your child/children, please indicate this on the enrolment form.

10.2 By Patrons

In accordance with the SWSC Policy, patrons under no circumstances are permitted to use photography in the vicinity of our aquatics facility.

Risk Waiver:

I agree to myself/ child's attendance in the SWSC Swim School Program. In the case of an emergency, I authorise staff, where it is impractical to communicate with me, to arrange for my child to receive such medical or first aid treatment as may be deemed necessary. I also undertake to pay or reimburse costs, which may be incurred for medical attention or ambulance transport while my child is enrolled in the Swim School Program. I understand that although the SWSC and its service providers attempt to minimize any risk of injury within practical boundaries, accidents do happen and all physical activities carry the risk of personal injury.

- **I have read and agree to the South West Sports Centre's Swim School Terms and Conditions. (Please see over for full terms and conditions)**
- **I give/do not give permission for myself/child to be photographed for promotional purposes only (please cross out that which does not apply)**

Signature: _____

Date: _____