

BRONZE MEDALLION FULL COURSE TRAINING DELIVERY OUTLINE

DAY 1

TIME	CONTENT	ACTIVITY
15 mins	<p>Check ID Introduction Welcome; housekeeping; icebreaker Assessment schedule Candidate personal record forms Outline of course Culture of lifesaving</p>	<p>Participants introduce themselves</p> <p>EQUIPMENT Learner guide Kickboards Pool noodles Rope Lifejackets Manikins Gloves Face Masks</p>
20 mins	<p>Safe water practices: Standard water safety signs Water safety and hazard identification Aquatic environments</p>	<p>Discuss what constitutes safe, responsible behaviour around water</p>
80 mins	<p>Resuscitation (teach): Chain of survival DRSABCD CPR Aftercare</p>	<p>Demonstrate and practice DRSABCD (include rolling casualties into the lateral/recovery); CPR (breaths should be practiced with mouth-to-mouth and mouth-to-nose) and aftercare.</p> <p>Discuss the difference in technique for infants. Ensure that each participant can adequately inflate the chest during breaths and can compress the chest 1/3 during compressions. Practice mouth-mouth and mouth-nose</p>
30 mins	<p>First aid (teach): Choking Bleeding Hypothermia Shock Communicable disease and hygiene</p>	<p>Discuss first aid topics</p>
15 mins	<p>400m Swim (practice): 100m freestyle 100m breaststroke 100m survival backstroke 100m side stroke</p>	<p>Refer to assessment criteria on Assessments Guide</p> <p>Practice 400m swim to ascertain the level of improvement that participants will require to complete the swim within 13 minutes.</p> <p>Strokes can be performed in any order.</p>
15 mins	<p>Types of Swimmers (teach): Non – swimmer Weak swimmer Injured swimmer Unconscious</p>	<p>Discuss the priority rescue order.</p> <p>Discuss factors affecting ability (e.g. the influence of alcohol).</p> <p>Demonstrate and practice the characteristics of each of the swimmers.</p>

TIME	CONTENT	ACTIVITY
20 mins	<p>Entries/Exits (teach):</p> <ul style="list-style-type: none"> Slide Stride Step in Shallow dive Standing dive Compact jump Accidental fall in Stirrup lift Two-person ('tea bag') lift from the water (W.A. lift). 	<p>Demonstrate and practice each of the entries.</p> <p>Demonstrate and practice the stirrup lift and two-person 'tea bag' lift of a casualty from the water.</p>
40 mins	<p>Rescues (teach):</p> <ul style="list-style-type: none"> Talk Reach Throw Wade Row Swim Non-contact tow Defensive position <p>Escape techniques</p>	<p>Demonstrate and practice each of the rescues. Discuss the order of rescuers intended to maximise rescuer safety.</p> <p>Defensive position and escape techniques can be incorporated into teaching/practice of the swim rescue and non-contact tow.</p> <p>EQUIPMENT</p> <ul style="list-style-type: none"> Learner guide Kickboards Pool noodles Rope Lifejackets
35 mins	<p>Non- contact tow</p> <ul style="list-style-type: none"> Swim to casualty 25m non-contact tow Land casualty <p>Contact tows (teach)</p>	<p>Assess 25m non-contact tow of a conscious casualty (swim to the person using appropriate precautions, use an appropriate non-contact tow, land the person using a suitable method).</p> <p>Teach methods of performing a contact tow and discuss use only for unconscious casualties</p>
30 mins	<p>Search patterns (teach)</p> <ul style="list-style-type: none"> Closed water Open water 	<p>Demonstrate a search pattern in deep water.</p> <p>Explain correct entries, participant instructions, search techniques and pivots.</p>
65 mins	<p>Recover and Resuscitate (teach):</p> <ul style="list-style-type: none"> Retrieve submerge casualty Resuscitation at pool edge Land casualty Recovery position Use bystander 	<p>Demonstrate and allow practice and resuscitation of unconscious casualty who cannot be removed from the water by the rescuer.</p> <p>Discuss instructions for use of a bystander.</p> <p>Land the casualty and place them in the recovery position.</p>
45 mins	<p>Spinal rescues (teach):</p> <ul style="list-style-type: none"> Vice grip rollover Extended arm rollover Lifeguard assistance 	<p>Demonstrate and practice in pairs</p> <p>Discuss instructions for calling a lifeguard and help.</p>

DAY 2

TIME	CONTENT	ACTIVITY
10 mins	Timed tow: 50m sprint (any stroke); and 50m tow of an unconscious casualty	Approach an unconscious casualty and tow 50mts to safety
35 mins	Survival skills Compact jump to enter water Demonstrate survival strokes Float for 1 minute Tread water for 1 minute 50m swim in lifejacket Remove clothes in water HELP position	Revise compact jump Discuss the application of survival skills. Practice survival strokes (200m recommended) Tread water and signal for help Put on a lifejacket in the water Swim 50m in lifejacket Remove clothes in the water (candidates can be taught to make a floatation device with their long pants) Discuss and practice HELP position and huddle techniques.
30 mins	Search patterns (assessment)	
45 mins	Spinal rescues (revision)	Practice and assess
65 mins	Recover and Resuscitate (revision)	Assess in rescue scenario
80 mins	Rescue initiatives (practice); Awareness Assess Action Aftercare	Discuss rescue principles (AAAA). Practice rescue initiatives. Each candidate should have a turn at being the rescuer of 2 swimmers in difficulty (with or without a bystander).
20 mins	Incident report form	Complete incident report form
40 mins	Theory paper 21 multiple choice 9 written questions	Complete theory assessment. Candidates must achieve 100% to pass.
80 mins	Rescue initiative Recover and resuscitate Spinal rescue	Examination of each component by a qualified Aquatic Trainer. Aquatic Trainers should refer to the Bronze Medallion Assessor Guide ('must sees'). Aquatic trainers should give constructive feedback and allow re-examination of components following specific corrections (time permitting).
15 mins	Conclusion Feedback Evaluation forms	Participants to complete evaluation form at the back of Learner Guide

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