

BRONZE MEDALLION REQUALIFICATION TRAINING DELIVERY OUTLINE - 4 HOURS

TIME	CONTENT	ACTIVITY	EQUIPMENT
10 mins	<ul style="list-style-type: none"> Check ID/Introduction: Welcome & Housekeeping Participants Information Form Course Outline Candidate Personal Record Culture of lifesaving 	<ul style="list-style-type: none"> Participants introduce themselves Check Medical and LLN Briefly outline requirements of each assessment Explain NYC procedure Brief Overview 	
30 min	<ul style="list-style-type: none"> Exam – Theory Paper - Assessment 	<ul style="list-style-type: none"> Examiner to administer paper. review correct answers to questions at the end of completion by all candidates. 	
60 mins	Resuscitation <ul style="list-style-type: none"> CPR (1 & 2 operator) Infants Defibrillator (if available) 	<ul style="list-style-type: none"> Demonstrate, discuss and practice for CPR, Defibrillator, Communicable disease and hygiene Cardiac arrest, choking, hypothermia, shock and bleeding, bites and stings 	Manikins CPR
20 mins	Timed Swim - 13 min - 400m (Assessment) <ul style="list-style-type: none"> 100m freestyle; 100m survival backstroke; 100m breaststroke; 100m sidestroke 	<ul style="list-style-type: none"> Participants to complete swim in any order, continuously. Refer to assessor guide 	Stopwatch
10 mins	Timed Tow- 3:15 min- 50mt swim <ul style="list-style-type: none"> 50 tow of an unconscious breathing person 	<ul style="list-style-type: none"> Approach an unconscious casualty and tow 50mts to safety 	Stopwatch
20 mins	Recover and Resuscitate <ul style="list-style-type: none"> Retrieve submerged casualty Resuscitation at pool edge Bystander 	<ul style="list-style-type: none"> Retrieve casualty from deep water and tow 10mt to safety and demonstrate rescue breathing for 1 min. Discuss instructions for bystander. 	
35 mins	Spinal Management <ul style="list-style-type: none"> Vice grip rollover and tow Extended arm rollover Lifeguard Assistance 	<ul style="list-style-type: none"> Demonstrate and practice in groups. Demonstrate and practice Discuss instructions for calling a lifeguard and help 	
35 mins	Initiative Assessment <ul style="list-style-type: none"> Rescue 2 people in a scenario 15mt from safety 	<ul style="list-style-type: none"> Demonstrate a mock initiative as set by the assessor Simulating from two of the following; non, weak, injured, spinal and unconscious swimmer Considering the four A of a rescue 	Noodles Kickboards Ropes PFD's