

Bronze Star – Training Delivery Outline – 2 days (7 hours per day)

SESSION	TIME	CONTENT	ACTIVITY	EQUIPMENT
DAY 1	15 mins	Check ID Introduction <ul style="list-style-type: none"> Welcome; housekeeping; icebreaker Assessment schedule Candidate personal record forms Outline of course Culture of lifesaving 	Participants introduce themselves Refer to page 5 of the learner guide and briefly outline requirements of each assessment. Explain failure procedure. Refer to page 7 of Learner Guide Refer to page 9 of Learner guide	Learner guide
	10 mins	Safe water practices <ul style="list-style-type: none"> Standard water safety signs Water safety and hazard identification Aquatic environments 	Discuss what constitutes safe, responsible behaviour around water Refer to pages 35-41 of Learner Guide	
	70 mins	Resuscitation (teach): <ul style="list-style-type: none"> How to call for help in an emergency Chain of survival DRSABCD CPR Aftercare 	Demonstrate and practice DRSABCD, CPR and Aftercare Practice mouth-mouth and mouth-nose Demonstrate recovery position and different variations Discuss the difference in technique for a child and an infant. Ensure that each participant can adequately inflate the chest during breaths and can compress the chest 1/3 during compressions. Homework Participants should review pages 12-19 of the Learner Guide.	
	30 mins	First aid (teach) <ul style="list-style-type: none"> Communicable disease and hygiene Choking Bleeding Hypothermia Shock Accident Report form 	Discuss first aid techniques. Refer to pages 20-33 of the Learner Guide. Homework Participants can be asked to complete the Revision Activity at the end of Learner Guide for homework First aid Incident report refer to page 34 of learner guide	Learner guide
	10 mins	Rescue Principles – 4 A's of a rescue <ul style="list-style-type: none"> Awareness Assess Action Aftercare 	Discuss the 4 A's of a rescue Refer to page 44 of learner guide.	
	15 mins	300m Swim (practice):	Refer to assessment criteria on page 5 of Learner Guide. Practice 300m swim to ascertain the level of improvement that participants will require to complete the swim within 10 minutes.	
	10 mins	Types of Swimmers (teach): <ul style="list-style-type: none"> Non – swimmer Weak swimmer Injured swimmer Unconscious 	Discuss the priority rescue order. Refer to page 43 of Learner Guide Discuss factors affecting ability (e.g. the influence of alcohol – see page 57 of the learner guide). Demonstrate and practice the characteristics of each of the swimmers.	
	20 mins	Entries/Exits (teach): <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). 	Demonstrate and practice each of the entries. Refer to pages 40-41 of Learner Guide Demonstrate and practice the stirrup lift and two-person 'tea bag' lift of a casualty from the water. Refer to pages 47-49 of Learner Guide. Homework Participants can be asked to complete the Revision Activity at the end of the Learner Guide for homework	Learner guide
	30 mins	Rescues (teach): <ul style="list-style-type: none"> Talk Reach Throw Wade Row Swim Surface dive Non-contact tow 	Demonstrate and practice each of the rescues. Discuss the order of rescuers intended to maximise rescuer safety. Demonstrate a reach rescue. Perform a throwing rescue. Demonstrate a head-first and feet-first surface dive in deep water. On each occasion collect an object from the bottom. Rescue a non-swimmer in deep water who is 20m from safety. Homework Participants can be asked to complete the Revision Activity at the end of the Learner Guide for homework	
	20 mins	Defensive position and Escape techniques	Defensive position and escape techniques can be incorporated into teaching/practice of the swim rescue and non-contact tow.	Kickboards Pool noodles

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Day 1	30 mins	Non- contact tow <ul style="list-style-type: none"> Swim to casualty 20m non-contact tow Contact tows (teach)	Assess 20m non-contact tow of a conscious non-swimmer casualty (swim to the person using appropriate precautions, use an appropriate non-contact tow, land the person using a suitable method). Teach methods of performing a contact tow and discuss use only for unconscious casualties	Rope PFD's
	30 mins	Search patterns (teach) <ul style="list-style-type: none"> Closed water Open water 	Explain correct entries, participant instructions, search techniques and pivots. Refer to pages 56-57 of the Learner Guide.	Learner guide
	70 mins	Recover and Resuscitate (teach): <ul style="list-style-type: none"> Towing casualty 10m while carrying out rescue breathing 	Demonstrate and allow practice and resuscitation of an unconscious and non-breathing casualty who is floating face down in deep water. Enter the water and swim 10m. Turn the casualty over and tow 10m while carrying out rescue breathing. Refer to page 47- 48 of the Learner Guide.	
	30 mins	Survival skills (ASSESSMENT 1) <ul style="list-style-type: none"> Compact jump to enter water Demonstrate survival strokes Float for 1 minute Tread water for 1 minute 50m swim in PFD 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 PFD in the water Swim 50m in PFD 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. Refer to pages 58-61 of the Learners Guide.	
	30 mins	Rescue initiatives (practice); <ul style="list-style-type: none"> Awareness Assess Action Aftercare 	Discuss rescue principles (AAAA). Practice rescue initiatives. Demonstrate initiative in effecting a rescue of 1 person who is in difficulty up to 10m from safety and whose condition are unrevealed. Complete a written incident report.	
	10 mins	Incident report form (assessment)	Complete incident report form (page of Learner guide) in response to mock initiative	
Day 2	30 mins	Theory paper	Complete theory assessment Candidates must achieve 70% to pass	
	15 mins	300m swim (assessment) <ul style="list-style-type: none"> 10 minutes 	Assess swim	
	30 mins	Search patterns (assessment)	Examiner to assess	
	30 mins	Surface dive (assessment)	Examiner to assess	
	30 mins	Accompanied Rescue (assessment)	Examiner to assess	
	30 mins	Defensive and Escapes (assessments)	Examiner to assess	
	40 mins	Tow (assessment)	Examiner to assess	
	90 mins	Resuscitation Initiative (assessment)	Examiner to assess	
	90 mins	Recover and resuscitate Rescue Initiative	Examination of each component by a qualified Aquatic Trainer. Aquatic Trainers should refer to the Bronze Medallion Examination Materials ('must sees'). Aquatic trainers should give constructive feedback and allow re-examination of components following specific corrections (time permitting).	
	20 mins	Incident report form	Complete incident report in response to Rescue Initiative given	
15 mins	Conclusion <ul style="list-style-type: none"> Feedback Evaluation forms 	Participants to complete evaluation from at the back of Learner Guide		