



## EXTENDED BRONZE MEDALLION

INDIGENOUS  
PRE-TRAINING OUTLINE



**Royal Life Saving**

THE ROYAL LIFE SAVING SOCIETY - WESTERN AUSTRALIA INC.

# EXTENDED BRONZE MEDALLION

## Indigenous pre-training outline

6 hours

This outline serves to accompany the traditional Bronze Medallion delivery with 6 introductory lessons. These lessons focus on bringing participants up to speed on swimming and survival skills. The target audience for this delivery is indigenous children or adolescents. Therefore, there are many cultural considerations to be aware of in your delivery.

**Please read the following considerations carefully and where possible, consider these in your lessons.**

- Indigenous children or adolescents often feel uncomfortable speaking in front of groups or standing up by themselves to talk. The focus should instead be on group activities and working together.
- Likewise, indigenous children or adolescents will not feel comfortable being singled out for demonstrations or being taken away from the group to be shown how to do an activity. Instead encouraging them, by using words such as "lets have another go" or showing the entire group yourself, is likely to have better results
- Questions to ask that will engage the participants can include "What is your favourite food? Have you had to help anyone in danger before? Have you seen anyone being helped?"
- Relate activities and training to real life experiences, such as swimming in a creek or dam and encourage them to work together with their team or group.
- Be aware of female and male mixes. This may make participants feel uneasy when performing rescues or some activities, as they may be in fear of making a fool of themselves. In some Indigenous cultures, exercising is seen as a more male dominant activity, so some female participants may feel ashamed or embarrassed.
- Showing is better than telling. Where possible utilises resources to show the participants what you mean. I.e. using print outs of dangers or rescues.
- In some instances, it may be best to give the participants time to work on things such as CPR manikins by themselves, this will give them time to become comfortable with the activity and they will not feel pressured or rushed
- Direct eye contact can be confronting, and some Indigenous participants may not look at you directly in the eye as a way of showing respect to their teacher.
- When Indigenous Australian's meet, they usually touch by shaking hands, this establishes that you have no fear and you meet equally.
- Strokes do not need to be perfect! In real life survival scenarios, it is about getting out and getting it done. In saying this, they are likely to race against one another, so a freestyle race is a good activity to do after survival swimming etc.
- Respect is not just given to you because you are a trainer or teacher, particularly if you are a young female working with a young group of Indigenous boys. Respect may need to be earned. To assist in gaining respect, get support from someone who already holds the position of respect in the community.

Above all, keep the lessons flexible, fun and enjoyable for the participants and get to know your participants well!

# LESSON 1

Strand	Time	Content	Activity	Equipment
	20	Introductions <ul style="list-style-type: none"> <li>• Pool rules</li> <li>• Starter pack</li> <li>• Icebreaker</li> <li>• Personal record form</li> <li>• Pre course outline</li> <li>• Photos</li> </ul>	Participants introduce themselves (i.e. What do you hope to achieve out of this course?)	Paper work Pens Projector
<b>Entries</b>  <b>Swimming assessment</b>	20	Enter the pool using a ladder  Assess each stroke over 25m Freestyle Side Stroke Breast Stroke Survival Back Stroke	This is not timed (assessment only)	
<b>Floating and sculling</b>	5	Floating and sculling	In deep water  Front float and recover to a secure position.  Back float and recover to a secure position.  Demonstrate treading water arm sculling action, supporting the body in an upright position.  Demonstrate treading water leg action using floatation aid for support.	Noodles Kickboards
<b>Movement and swimming strokes</b>	20	Stroke correction	Focus on survival stroke technique	

## LESSON 2

Strand	Time	Content	Activity	Equipment
<b>Entries</b>  <b>Movement and swimming strokes</b>	20	Perform a slide in entry (Intro) demonstrate  Survival skill correction	50m Freestyle 50m Breaststroke  Correct side stroke/survival back stroke	
<b>Floating and sculling</b>	5	Tread water Float on back Sculling on back	Tread water/float on back and recover to an upright position  Practice sculling on back in the head first direction. Try not to kick.	
<b>Defensive techniques</b>	10	Defence position Reverse (Intro)	Get students to make a line on the lane rope.  Students to scull with foot half way out of the water towards the wall.  Once student is at the wall get them to flutter kick backwards towards the lane rope.  Repeat this exercise this time get students to push off from the wall with both feet and flutter kick backwards.  If the student is unable to do this they can use a kickboard for support.	Kickboards Noodles
<b>Survival skills</b>		Swim with aid	Swim for 1 minute holding a floatation aid which has been thrown for support.	Noodles Kickboards
<b>Underwater skills</b>	5	Surface dive (intro)	Swim under water and recover an object	Sinky toys

# LESSON 3

Strand	Time	Content	Activity	Equipment
Entries	20	Stride (Intro)  50m Freestyle 50m Breaststroke 75m Survival backstroke 75m Sidestroke	50m Freestyle 50m Breaststroke  Correct side stroke/survival back stroke	
Floating and sculling	5	Tread water	Students can form a circle and pass a ball around to each other	Ball
Defensive techniques	15	Defence position Reverse (Intro)	Divide students up into 2 groups.  1 group along lane rope the other along wall, so they are facing each other.  Students on wall to swim to partner slowly and go into the defence position and kick away.  Rescuer to throw or pass board to partner and tow back to the wall and secure.  Repeat this activity with the students gently pushing off from the chest of their partner.  Change groups around.	Kickboards
Rescue skills	10	Recover and roll (intro)	In the shallow end of the pool demonstrate how to wade to the casualty and roll them over to a face up position.  Place one hand on the top of the shoulder and the other hand under the armpit.  Turn casualty over and walk back to the side of the pool.	
Conclusion	5	Non-contact tow relay	Divide students into 2 groups.  Using a stride in entry students to swim 25m and rescue a weak swimmer and tow back to the end of the pool.	Noodles Boards

## LESSON 4

Strand	Time	Content	Activity	Equipment
Entries	20	Stride (Intro)  50m Freestyle 50m Breaststroke 75m Survival backstroke 75m Sidestroke	Practice to ascertain the level of improvement that participants will require to complete the swim within 13 minutes. Strokes can be performed in any order.	
Entries  Rescue skills	20	Step in (intro)  Recover and secure casualty	Student to step in to shallow water  In 1-1.5 of water recover casualty from bottom of the pool.  Tow casualty back to side of the pool and secure.  Using hand to support the chin and other hand to hold arms/ hands on the side off pool.  Rescuer to render lifeguard assistance.	
Rescue skills	15	Rope throws (intro)	Take the students outside and demonstrate and practice the correct rope throw technique.	Ropes
Conclusion	5	Rope throws in pool	This activity can be done a game.  Throw a weighted rope over a distance of 10m to within reach of a partner and pull to safety. A time limit of 1 minute shall apply commencing with an uncoiled and untangled rope lying at the feet of the rescuer and ending when the rescuer has grasped it.	Ropes

## LESSON 5

Strand	Time	Content	Activity	Equipment
<b>Entries</b>  <b>Swimming strokes</b>	20	Dive  400m Swim (practice and timed)	Surface dive  TIMED SWIM  Practice to ascertain the level of improvement that participants will require to complete the swim within 13 minutes. Strokes can be performed in any order.	
<b>Rescues contact tows</b>	20	Double armpit tow Head tow Wrist tow Armpit tow (intro)	Partner up students teach each tow over a distance of 10m	
<b>Resuscitation</b>	10	Resuscitation in water (intro)	Students to recover casualty in shallow water, secure the casualty, simulate resuscitation along the side of the wall.  Establish a clear airway  Ensure the head is tilted and the chin lifted	
<b>Entries</b>  <b>Conclusion</b>	10	Stride entry  Contact tows	Student to stride into deep water and keep their eyes on their casualty  Roll the casualty over and tow 25m performing a contact tow  Secure the casualty to the side of the pool	

## LESSON 6

Strand	Time	Content	Activity	Equipment
Swimming strokes	20	100m freestyle 100m breaststroke 100m survival backstroke 100m sidestroke	Practice to ascertain the level of improvement that participants will require to complete the swim within 13 minutes. Strokes can be performed in any order.	
Rescues contact tows	10	Contact tows over 25m	Practice Wrist tow Head tow Double underarm tow	
	20	Recover and resuscitate  Retrieve submerged casualty  Resuscitate at pool edge	Casualty to be 1-1.5m under the water.  Dive entry  Bring the casualty to the surface and tow back to the side of the pool  Put casualty into the position to commence resuscitation at the pool edge	
Rescues	10	Timed tow 50m sprint (swimming) 50m tow of unconscious casualty	Practice and time contact tow	



FOR MORE INFORMATION

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