



Inland Waterway Bronze Medallion

Delivery Outline



Royal Life Saving
THE ROYAL LIFE SAVING SOCIETY WESTERN AUSTRALIA INC



Respect the River
Saving lives in Australian Rivers



Australian Government

Inland Waterway Bronze Medallion Course: (14 hours)

Overview:

This tailored Bronze Medallion course is fit for delivery in inland waterway environments.

Program modification may need to occur to account for the specific inland waterway

Participant safety is paramount, a risk assessment must be conducted prior to each session, emergency procedures must be in place and equipment such as first aid kits, rescue equipment and sunscreen must be accessible always.

Delivery modes include:

- 2 x 7-hour sessions
- 7 x 2-hour sessions
- 10 x 1.5-hour sessions

2 x 7-hour sessions

Session	Time	Content
Day 1	5 minutes	Royal Life Saving 1. Brief overview of Royal Life Saving <ul style="list-style-type: none"> - Promotes safe aquatic recreation for all Australians - Primary focus on pools and inland waterways 2. Brief overview of yourself & participant icebreaker Participants to fill in participant information forms
	5 minutes	Bronze Medallion <ul style="list-style-type: none"> - Discuss the award scheme and pathway to a career - Outline the award criteria for the Bronze Medallion - Outline the assessment process for the Bronze Medallion - Outline the motto that 'everyone can be a lifesaver' and how this relates to candidate re-assessment forms etc.
	10 minutes	Drowning incidents Overview of drowning: <ul style="list-style-type: none"> - What is drowning? - How do you recognise if someone is drowning? - What factors can contribute to drowning? -alcohol
	15 minutes	Water Safety Discuss what is water safety? <ul style="list-style-type: none"> - Safety- a concern for yourself or others, awareness of dangers, minimizing risks, prevention of incidents - Aqua code

	<ul style="list-style-type: none"> - What constitutes safe aquatic behavior? - What items should be considered when undertaking aquatic activity? -clothing, sun protection, hydration - Identify categories of signage and provide examples - regulatory signs, warning signs
20 minutes	<p>Aquatic Environments: Identify the differences between pools, beaches and inland waterways</p> <ul style="list-style-type: none"> - Water; appearance, quality etc. - Presence of lifeguards <p>Inland waterway focus: Discuss how the following factors can influence safety in inland waterways</p> <ul style="list-style-type: none"> - Water quality - Currents - Submerged objects - Other users of waterway - Weather - Tides - Flooding - Entries/Exits
15 minutes	<p>Aquatic activities Outline safety guidelines for a variety of aquatic activities</p> <ul style="list-style-type: none"> - Swimming in an inland waterway - Fishing/Rock fishing - Safe boating, power boats, canoes and kayaks - Lifejackets - Diving - Snorkeling
15 minutes	<p>Search pattern (theory) Discuss why it is important to conduct a risk assessment/search of inland waterway before entering</p> <ul style="list-style-type: none"> - Discuss search pattern procedure- methodological procedure, hand/feet movements, object recovery - How might search patterns in an inland waterway be different to a pool? Do we always need to put our head underwater? - Discuss difference between head first/feet first dive - Emphasis on water police and their responsibility.
15 minutes	<p>Entries & Exits Provide an overview of the entries that can be used to get into the water; wade in, slide in, step in, compact jump, dive entry, stride entry and accidental fall in & two-person lift, stirrup lift</p> <ul style="list-style-type: none"> - Explanation of relation to inland waterways - Considerations for which entry is appropriate in certain circumstances- unclear water, depth - Identify when each entry should be used

		- Explain how each entry can be safely performed
15 minutes	Swimming strokes Identify the usefulness of each stroke in survival, rescue, competition and recreation	<ul style="list-style-type: none"> - Choosing a suitable stroke - Energy conservation - Advantages & disadvantages of each stroke - Rescue modification of technique - Specific to inland waterways; do we always need to put our head under water? What strokes can we use if uncomfortable to do so?
15 minutes	Types of swimmers Discuss non- swimmers, weak swimmers, injured swimmers and unconscious	<ul style="list-style-type: none"> - Priority rescue order - Discuss factors affecting ability - Demonstrate and practice the characteristics of each swimmer
15 minutes	Survival Skills Outline the key survival skills required:	<ul style="list-style-type: none"> - Sculling - Floating - Treading water - Surface diving - Swimming underwater
15 minutes	Survival techniques and strategies Outline and discuss techniques and strategies for survival situations	<ul style="list-style-type: none"> - What survival situations might you encounter in an inland waterway? - How might the conditions of the inland waterway effect the survival situation? - What considerations are important in an inland waterway? - What injuries/illnesses may develop in inland waterways? - stings, hypothermia <p>Strategies</p> <ul style="list-style-type: none"> - Pre- entry, entry, immersion - Putting on a lifejacket in the water - Survival swimming - Group survival strategy - Survival floating - Signaling for help - Removal of clothing in water
15 minutes	Break/Change into swimwear	
20 minutes	400m Swim; 100m freestyle, 100m breast stroke, 100m survival backstroke, 100m side stroke	

	WET	<ul style="list-style-type: none"> - Practice 400m swim to ascertain competency level of all participants - Participants must complete the swim within 13 minutes to pass - May use reasonable adjustment to take into consideration currents and other factors of the inland waterway
	60 minutes WET	<p>Survival Skills This session should include demonstration and application of the range of survival skills</p> <ul style="list-style-type: none"> - Entries & Exits: where possible, conduct all entries and exits. However, if the conditions (depth, water clarity) do not allow, discuss in depth why the entry/exit cannot be conducted - Sculling and floating; discuss importance in inland waterway survival situations. Practice head first, feet first, treading water, front and back floating and body rotations - Underwater skills; discuss how these may be difficult in inland waterways as compared to a pool (do you always have goggles on when on the river?) - Survival techniques: survival floating, signaling for help, removal of clothing, HELP technique, huddle position, putting a lifejacket on in water, swimming with lifejacket
	30 minutes	Break/Change
	45 minutes	<p>Rescues Discuss and teach each of the non-swimming rescues; talk, reach, throw, wade, row</p> <ul style="list-style-type: none"> - Discuss four A's in a rescue - Developing a plan before rescuing - How factors of inland waterways can influence rescue - What objects you might use to perform a rescue in an inland waterway – rope, tie downs, esky lid, towel - Difficult/uncooperating patients
	90 minutes	<p>Resuscitation</p> <ul style="list-style-type: none"> - Discuss DRSABCD in relation to inland waterways. What dangers might be present? How might someone's ability to respond be affected? - Recovery position - Chain of survival - CPR; differences for child, infant, pregnant woman. Breathing techniques - Aftercare



Session	Time	Content
Day 2	10 minutes	Summary Overview of what was learnt in previous session & what will be covered today Participant questions
	45 minutes	First Aid What injuries/illnesses commonly occur in inland waterways? Why? Provide an overview of each of the following, including treatment measures: <ul style="list-style-type: none"> - Choking - Bleeding- cuts, abrasions - Stings-jellyfish, bee - Sharks/Crocodiles - Snakes - Boating accidents-propellers - Hypothermia
	25 minutes	Resuscitation Assessment of resuscitation techniques learnt on the day previous. Ensure scenarios include defibrillators, realistic inland waterway scenarios and include more than one person conducting CPR
	45 minutes WET	Rescues Practice all rescue techniques and emphasize how characteristics of inland waterway may affect which rescue is safe to complete <ul style="list-style-type: none"> - Defenses; defensive, blocking - Recovery of a submerged person - Searches; team, individual, deep water - Identify when and how to perform accompanied rescue - Identify when and how to perform contact tows - Rescues of more than one person - Landings; walk out, drag, shoulder carry, stirrup lift, WA lift
	45 minutes WET	Tow/Defensive position/ Search pattern assessment Timed tow test: <ul style="list-style-type: none"> - Complete timed tow test and then additionally, complete a variety of different tows and landings Defensive techniques test:





		<ul style="list-style-type: none"> - Incorporate defensive positions into rescue <p>Search pattern assessment:</p> <ul style="list-style-type: none"> - Complete search pattern in teams and individuals. Ensure participants know when it is not safe to complete in inland waterway
65 minutes	WET	<p>Recover and resuscitate & Spinal Rescues (teach)</p> <p>Discuss:</p> <ul style="list-style-type: none"> - Signs and symptoms of spinal injury - Importance of immobilization of head and neck - How spinal injuries may occur in inland waterway <p>Recover & Resuscitate:</p> <ul style="list-style-type: none"> - Demonstrate and allow practice and resuscitation of unconscious casualty who cannot be removed from water by the rescuer. - Discuss instructions for bystander - Land the casualty and place in recovery position - Discuss why river bed may affect ability to land casualty safely <p>Spinal Rescues:</p> <ul style="list-style-type: none"> - Teach vice grip rollover, extended arm rollover - Discuss which method is best for use in inland waterways. I.e. why might we not want to put our own head underwater? - How might the inland waterway conditions affect how safely this can be done? - Demonstrate and practice in pairs
55 minutes	WET	<p>Spinals (assessment)</p> <p>Practice and assess in a rescue scenario</p>
80 minutes	WET	<p>Rescue initiatives</p> <p>Using objects, you would commonly find in an inland waterway, develop rescue initiatives that combine and put to practice what has been taught during the course.</p> <p>Equipment may include:</p> <ul style="list-style-type: none"> - Towels, esky lid, stick, tie downs, kayaks <p>Initiatives may include:</p> <ul style="list-style-type: none"> - Capsizes, motorboat injuries, stings, spinal injuries from jumping into shallow water
40 minutes		<p>Theory paper</p> <p>Allow participants to complete theory paper and mark these once they are returned to you</p> <p>Ensure</p> <ul style="list-style-type: none"> - You help participants understand areas where they went





		wrong and assist them in answering the question again correctly
	10 minutes	<p>Conclusion</p> <p>Provide a summary of the course & real-world applications</p> <ul style="list-style-type: none"> - Hand participants temporary certificates - Hand those who are not yet competent candidate re-assessment form

7 x 2-hour sessions

Session	Time	Content
1	5 minutes	Royal Life Saving overview
	5 minutes	Bronze Medallion overview
	10 minutes	Drowning incidents
	10 minutes	Water Safety
	20 minutes	Aquatic Environments
	15 minutes	Aquatic Activities
	15 minutes	Search pattern (theory)
	15 minutes	Entries & Exits (theory)
	15 minutes	Swimming Strokes
	10 minutes	Types of swimmers
2	15 minutes	Survival skills (theory)
	15 minutes	Survival techniques and strategies (theory)
	20 minutes	400m swim (wet)
	70 minutes	Survival skills (wet)
3	40 minutes	Rescues (teach)
	80 minutes	Resuscitation (teach)
4	45 minutes	First Aid
	30 minutes	Resuscitation
	45 minutes	Spinals, Rescue & Resuscitate (theory)
5	45 minutes	Rescues (wet)
	55 minutes	Tow/Defensive position/Search pattern (assessment)
	20 minutes	Spinals (wet)
6	45 minutes	Spinals (assessment)
	25 minutes	Resuscitation (revision)
	50 minutes	Rescue initiative (practice)





7	80 minutes	Rescue initiatives (assessment)
	40 minutes	Theory paper

10 x 1.5-hour sessions

Session	Time	Content
1	5 minutes	Royal Life Saving
	5 minutes	Bronze Medallion
	10 minutes	Drowning incidents Overview of drowning:
	15 minutes	Water Safety Discuss what water safety is
	20 minutes	Aquatic environments
	15 minutes	Aquatic activities
	20 minutes	Search pattern (theory)
2	15 minutes	Entries & exits (theory)
	15 minutes	Swimming strokes (theory)
	20 minutes	Types of swimmers
	20 minutes	Survival skills (theory)
	20 minutes	Survival techniques and strategies
3	20 minutes	400m swim
	70 minutes	Survival skills (wet)
4	45 minutes	Rescues
	45 minutes	First aid
5	90 minutes	Resuscitation
6	45 minutes	Rescues (wet)
	45 minutes	Tow/defensive positions/search pattern (theory)
7	45 minutes	Spinal (teach)
	45 minutes	Spinal (wet)
8	60 minutes	Spinal (assessment)
	30 minutes	Resuscitation (revision)
9	45 minutes	Tow/defensive position/search pattern (assessment)
	45 minutes	Rescue initiative practice
10	45 minutes	Theory paper
	45 minutes	Rescue initiative (assessment)

