

Bronze Medallion

The Royal Life Saving Society Bronze Medallion is recognised as the minimum standard for a qualified lifesaver. This course will enhance your personal survival skills while providing you with the knowledge and skills to develop the level of judgement, technique and physical ability required to safely carry out water rescues.

Many workplaces recognise the Bronze Medallion qualification and can be highly desirable for employment. Having gained this qualification individuals are now eligible to complete the Pool Lifeguard Award.

Participants are required to have a reasonable level of fitness and swimming ability to complete this course

Standard Course Fee: \$180

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Course Duration: 14 hours

Delivery Mode: Face to Face

Location: The course is conducted in Perth and other locations in Western Australia.

Pre-requisites: Nil - However, it may be beneficial to have completed the Bronze Star Award.

Entry requirements:

- Reasonable level (AQF level 3) of spoken and written English ([link to LLN assessment](#))
- Participants are required to have a reasonable level of fitness and swimming ability

Minimum Age Requirements: Calendar year in which the candidate turns 14

Work Placement Requirements: Nil.

Certification: Bronze Medallion and Resuscitation Awards

Fee Includes: Instruction, pool entry and learning resources.

Course content includes:

- Demonstrate effective Cardio Pulmonary Resuscitation (CPR)
- Swim 400 metres (100m freestyle, 100m breaststroke, 100m survival backstroke, 100m sidestroke) continuously within 13 minutes.
- Timed Tow: Swim 50 metres, then tow a patient of similar size 50m within 3 min 15 sec.
- Theory on aquatic environments, water safety, rescue techniques, resuscitation and basic injuries.

- Participants must bring a long sleeve shirt and trousers to swim in for part of the practical component of the course.
- Survival and Rescue Skills: Demonstrate a range of survival techniques and appropriate rescues for a range of different aquatic environments.
- Spinal Injuries: Basic management of a suspected spinal injury in shallow water.
- Rescue Initiative: Combine all of the skills and knowledge on rescues and utilise it to rescue 2 drowning casualties.

Support services: A reasonable level of spoken and written English is required to complete this course. Reasonable adjustments can be made to certain aspects of the course without affecting the outcomes required. If you believe you require assistance with language, literacy or numeracy, please contact the office ahead of the scheduled course to determine what assistance may be available to you.

Policies: Links to all policies required as per clause 5.3