

Course Information

DATE:

TIME:

LOCATION:

COST:

CONTACT:

HOW TO ENROL:

Royal Life Saving is dedicated to turning everyday people into everyday community lifesavers.

We achieve this through;

- education
- training
- research
- advocacy
- health promotion
- risk management
- sport and participation
- community development

Australian Capital Territory	02 6260 5800
New South Wales	02 9634 3700
Northern Territory	08 8981 5036
Queensland	07 3823 2823
South Australia	08 8234 9244
Tasmania	03 6243 7558
Victoria	03 9676 6900
Western Australia	08 9383 8200
National	02 8217 3111

EVERYONE CAN BE A LIFESAVER



Royal Life Saving

THE ROYAL LIFE SAVING SOCIETY AUSTRALIA

Visit our website at

www.royallifesaving.com.au



Grey Medallion

Never too young to learn
Never too old to start

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Australian Government

Department of Health and Ageing

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What is the Royal Life Saving Grey Medallion?

The Royal Life Saving Grey Medallion is a water safety and lifesaving skills program for the Over 55's aiming to reduce the drowning rates of older Australians and encourage a healthy, independent and active lifestyle.

The program endeavours to teach participants a range of personal survival techniques, provide them with skills to deal with an emergency situation and to develop confidence and competence to enjoy aquatic exercise and other water-based activities safely.

There are four main components of the program:

- Water Safety Knowledge
- Resuscitation and Emergency Care
- Aquatic Exercise
- Personal Survival and Lifesaving Skills

Water safety knowledge

Essential water safety information for a range of aquatic locations and activities is the focus for this module. The prevention of emergencies depends on your understanding of, and ability to apply, simple water safety actions. This module will focus on:

- Australian drowning statistics
- Identifying hazards in aquatic locations
- Safe practices for aquatic activities
- Drowning awareness campaigns
- Your role in drowning prevention

Resuscitation and emergency care

Did you know that the first person on the scene of an emergency situation is often a family member? You could one day find yourself needing to provide resuscitation or emergency care. Would you know what to do?

This module aims to teach the following;

- Recognising an emergency
- Understanding resuscitation and when it's required
- DRABCD action plan
- Aftercare

Aquatic exercise

Aquatic exercise is ideal for the over 55's because it is a low impact activity, suitable for active people, and those with restricted mobility. Regular physical activity can reduce the risk of heart attack, improve blood cholesterol, lower blood pressure, and help prevent falls. This session aims to develop your swimming skills in a fun and non-threatening way and is tailored to cater for a range of abilities. It includes:

- Water movement skills
- Gentle exercise
- Correct swimming techniques
- Exercises to improve endurance and fitness

Survival and lifesaving skills

Lifesaving skills are not just for those that swim at a beach. 'Everyone can be a life saver' and this module helps you with essential personal survival techniques and basic rescue. Arm yourself with skills so you don't become a statistic and have the ability to assist somebody else in trouble. Components of the module include:

- Entries and exits
- Survival techniques and strategies
- Rescue principles
- Non swimming rescues