



BRONZE MEDALLION

Q. What is the Bronze Medallion?

- A. The central component of the Royal Life Saving awards is the Bronze Medallion which has been operating for over 100 years with millions of Australians undertaking the program since commencement. The Bronze Medallion Award is seen as the international benchmark for lifesavers and aims to build knowledge and skills in rescue, personal survival and emergency care. The Bronze Medallion award is a personal achievement award that can recognise your capability to perform aquatic rescues in a safe and efficient manner.

Q. Who is eligible to gain these skills?

- A. Participants must be a minimum age of 14 to undertake the Bronze Medallion course. The course has a minimum of 16 contact hours and is held over two days. The course includes theory and practical water components. You also need to have swimming skills.

Q. How long does the Bronze Medallion qualification last?

- A. While the skills you learn during the course may become lifelong skills, techniques may change and it is important to practise the skills regularly so you are confident to use them at any time. To keep your Bronze Medallion qualification current, it is required to have your skills updated annually.

Q. How do I participate in a Bronze Medallion course?

- A. The Bronze Medallion and other Royal Life Saving Awards are completed at a range of locations including schools and aquatic facilities. Bronze Medallion courses are conducted by Royal Life Saving around Australia. Visit www.royallifesaving.com.au to view course dates.

Q. What career opportunities require the Bronze Medallion qualification?

- A. The Bronze Medallion is highly regarded in the wider community; it may even lead to or enhance a lifesaver's chance of starting a career in aquatic recreation. Teaching and the police force are two occupations for which the Bronze Medallion qualification is recommended.

REAL LIFE STORY

Around midday two males were sitting on a river bank waiting for a friend, when they looked up they saw two girls aged 2 and 4 years drowning. Male A using the skills he had learnt while undertaking a Bronze Medallion entered the water, dived down approximately 2 meters and managed to get the younger girl's head above water, the other girl who was struggling was also grabbed by Male A and both returned safely to the rivers edge.

The Bronze Medallion provides life skills in aquatic safety and aims to develop the level of knowledge, judgment, technique and physical ability required to carry out safe water rescues.

The Bronze Medallion includes the following TRAINING:

- Water Safety Knowledge
- Resuscitation
- Reach and Throw Rescue
- Timed Tow
- Swim 400m
- Survival Skills Dressed in Clothing
- Accompanied Rescue
- Non-contact Tow
- Spinal Injury
- Defensive Techniques
- Search and Rescue
- Recover and Resuscitate
- Initiative

Royal Life Saving has developed a number of fact sheets on water safety issues in Australia. Contact Royal Life Saving on:

1300 RESQ ME
(1300 7377 63)

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