



BRONZE RESCUE

Q. What is Bronze Rescue?

A. Bronze Rescue is a lifesaving skills program which aims to build knowledge and skills in rescue, personal survival and emergency care. The most recognised of these awards is the Bronze Medallion which is seen as an international benchmark for lifesavers.

Q. What are the awards within the Bronze Rescue program?

- A. There are 6 awards within the Bronze and Rescue strands:
- Dry Rescue** – Introduces land based rescue skills for non swimmers
 - Wade Rescue** – Introduces skills and knowledge of safe water rescue for developing swimmers
 - Accompanied Rescue** – Develops skills and knowledge of safe water rescue for developing lifesavers
 - Bronze Star** – Develops skills and knowledge of safe water rescue and survival
 - Bronze Medallion** – Develops the knowledge judgement, technique and physical ability required to carry out safe water rescues.
 - Bronze Cross** – Further develops the level of judgement, technique and physical skills to carry out safe water rescues.
- These awards can be gained progressively.

Q. What skills will Bronze Rescue participants gain?

A. The Bronze Rescue Awards teach an understanding of the lifesaving principles embodied in the four components of water rescue education - judgement, knowledge, skill and fitness. Lifesavers learn a range of rescue tows, carries and release methods in preparation for dealing with emergencies. Lifesavers learn to respond to resuscitation situations involving both conscious and unconscious victims. While at the same time develop stroke efficiency and endurance.

Q. Why is it important to learn these skills?

A. Emergencies happen when you least expect or are unprepared. The Bronze Rescue program teaches you about assessing an emergency situation and planning a rescue without jeopardising another life. Learning these skills may one day save your life or somebody else.

Q. Who is eligible to gain these skills?

A. Anybody can undertake a Bronze Rescue Program. The Program is structured so that people from non-swimmers can undertake an award (Dry Rescue) to advanced lifesavers (Bronze Cross).

Q. How do I participate in a Bronze Rescue Program?

A. Many of these programs are run through schools, however Royal Life Saving regularly provides Bronze Rescue Programs to the public, please visit www.royallifesaving.com.au to view course dates.

The Bronze Rescue Program gives you the knowledge and skills to be able to make the right survival decisions, instinctive decisions that may help you or those around you to survive an aquatic emergency.

Bronze Rescue CHECKLIST:

- Do you go to aquatic locations on a regular basis?
- Do you look after children?
- Do you want to help people when they get into trouble?
- Do you help out on school excursions or camps?
- Are you a professional child care worker?
- Are you a scout or girl guide?

If you answered yes to any of these then you should undertake a Bronze Rescue award, contact your local Royal Life Saving Branch to find out which award is best for you.

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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