

16

EVERYONE CAN BE A LIFESAVER



Royal Life Saving

ROYAL LIFE SAVING SOCIETY - AUSTRALIA

FACT SHEET No.16

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 Rescue program:

- **Dry Rescue** – Introduces land based rescue skills for non swimmers
- **Wade Rescue** – Introduces skills and knowledge of safe water rescues for developing swimmers
- **Accompanied Rescue** – Develops skills and knowledge of safe water rescues for developing lifesavers
- **Bronze Star** – Develops skills and knowledge of safe water rescue and survival
- **Bronze Medallion** – Develops the knowledge, judgement, technique and physical skills 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 developing stroke efficiency and endurance.

Q. Why is it important to learn these skills?

A. Emergencies can happen when you least expect them and are therefore unprepared. The Bronze Rescue program teaches you about assessing an emergency situation and planning a rescue without jeopardising another life.

Real Life Story - Course Helps Girl Save Brother's Life

A 12 year old girl has saved her four year old brother's life after he nearly drowned in a friend's swimming pool. The girl, who had participated in a water safety course at her local primary school, dragged her brother out of the water and put him in the recovery position. The four year old started to bring up water and was taken to hospital with water on his lungs. He has since made a full recovery and his sister credits the skills she learnt in the course.

ROYAL LIFE SAVING HAS DEVELOPED A NUMBER OF FACT SHEETS ON WATER SAFETY ISSUES IN AUSTRALIA.

Contact Royal Life Saving on: **1300 737 763**
or download them from: **www.keepwatch.com.au**



Bronze Rescue Checklist:

Do you do any of the following?
If so, a Bronze Rescue program could give you vital water safety knowledge to do them safely:

- Visit aquatic locations
- Look after children or professional child care worker
- Want to help people when they get into trouble
- Help out on school excursions or camps
- Scout or Girl Guide participant or leader

Contact your local Royal Life Saving Branch to find out which award is best for you.

BRONZE RESCUE:
JUDGEMENT,
KNOWLEDGE,
SKILL AND FITNESS

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