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EVERYONE CAN BE A LIFESAVER



Royal Life Saving

ROYAL LIFE SAVING SOCIETY - AUSTRALIA

FACT SHEET No.17

Bronze Medallion

Q. What is the Bronze Medallion?

A. The central component of the Royal Life Saving awards is the Bronze Medallion. It has been operating for over 100 years.

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 recognises your ability 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, you are 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, outdoor guides, police force and emergency services are a few of the occupations for which the Bronze Medallion qualification is recommended.

Real Life Story - Bronze Medallion helps one lifesaver

A teenage girl has saved a boy who fell into the water whilst fishing in South Australia. The boy who was fishing with his father off a jetty, fell in and his father dived in after him to try and rescue him. Seeing both males in trouble, the girl jumped in and was urged by the father to save his son. She managed to get the younger boy to safety but the boy's father tragically drowned. The teenager credits the Royal Life Saving Bronze Medallion course with giving her the skills and knowledge to perform the rescue, along with her mum for encouraging her to enrol.

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 Medallion Checklist:

If you would like to improve your skills and knowledge on any of the topics below then a Bronze Medallion course is for you:

- Water Safety Knowledge
- Resuscitation
- Reach and Throw Rescues
- Timed Tow
- Clothed Survival Skills Swim
- Accompanied Rescue
- Non-contact Tow
- Spinal Injury Care
- Defensive Techniques
- Search and Rescue Skills
- Recover and Resuscitation Skills
- Initiative Skills

Contact your local Royal Life Saving Branch to find out more information on Bronze Medallion courses.

**BRONZE MEDALLION:
KNOWLEDGE,
JUDGEMENT,
TECHNIQUE, PHYSICAL
ABILITY AND SAFETY**

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