

# Bronze Medallion

Welcome to the South Maroubra SLSC awards introduction night for the Bronze Medallion. Below you will find all the information you need to get started!

## COURSE EQUIPMENT/MEMBERSHIP:

To participate in the Bronze Medallion, you will need to become a financial member of the club and purchase the required course materials. Membership can also be purchased online at <https://members.sls.com.au/>. If this is your first time on the member's portal you will need to create a new account.

- Membership - \$65
- Course fee - \$35
- Training Manual - \$10 (Payable online to SLSC, **do not pay the club**)
- Pink Vest - \$20
- Club cap - \$20

## TIMED POOL SWIMS:

To become a lifesaver, there is a certain degree of physical fitness that is required. Prior to attending any of the practical training sessions, you must complete a 400m swim in under 9mins. We have organised two nights for you to attend your timed swim. Note: you only need to attend one. Note, you will be sent a link to book in your time.

- **Tuesday 8th February 6pm** at the Maroubra Seals Club – meet in foyer
- **Tuesday 15th February 6pm** at the Maroubra Seals Club – meet in foyer

## TRAINING SESSIONS:

80% attendance is required at both theory and practical training. If you think you will struggle with this, please let your trainers know immediately.

**Theory training sessions** will be held on Tuesday nights, commencing Tuesday 22 Feb from 6pm-9pm. These sessions will run for 6 weeks.

**Practical sessions** will be held on Saturday mornings, commencing Saturday 26 Feb 8:30am-11:30am.

## EXAM DATES:

**Theory** – Tuesday 5 April @ South Maroubra SLSC

**Practical** – Saturday 9 April @ South Maroubra SLSC

## LEAD TRAINER CONTACT DETAILS:

Nicole Cooney – [bronze@southmaroubrasurfclub.com.au](mailto:bronze@southmaroubrasurfclub.com.au)



## Bronze Medallion - Lesson Plan

Below is the lesson plan for the 6-week Bronze Medallion course. The numbers in brackets refer to the session number which you can find in your learner guide, which will give you reference to the section in the PSAR35, and online learning modules. If the self-paced learning section is listed before your theory class this means you need to cover this topic before your theory session.

### WEEK 1

**Theory** – Course Introduction (1) + Safety and radio operations (3)

**Self-paced** – Safety, wellbeing and radio operations (2) + Radio, signals and surf awareness (4)

**Wet** – Surf awareness and surf skills (5)

### WEEK 2

**Self-paced** – Resuscitation and rescue planning (6)

**Theory** – Resuscitation – Part one (7)

**Wet** – Rescue skills – Part one (8)

### WEEK 3

**Theory** – Resuscitation – part two (9)

**Wet** – Rescue skills – Part two (10)

### WEEK 4

**Self-paced** – Emergency care – part one (11)

**Theory** – Emergency care – part two (12)

**Self-paced** – Patrolling as a team and communication (13)

**Wet** – On Patrol (14)

### WEEK 5

**Theory** – Spinal management, communication and teamwork (15)

**Wet** – Spinal management (16) + Risk management, spinal management and emergency care (17)

### WEEK 6

**Theory** – review and mock assessment

**Wet** – review and mock assessment