

SOUTH MAROUBRA SLSC

Bronze Medallion

The Bronze Medallion is the entry award into surf lifesaving.

Over the duration of the 6 week course you will learn basic first aid, CPR, spinal injury management and a range of rescue techniques.

Minimum age - 15

**PRE-REQUISITE:
TIMED POOL SWIM OF 400M IN 9 MINUTES**

**THEORY TRAINING:
TUESDAYS 6PM-9PM**

**PRACTICAL TRAINING:
SATURDAYS 9AM-12PM**

For more information, contact -
education@southmaroubra.slsc.com.au

