

Bronze Medallion Course (Upskill from SRC)

The aim of this course is to provide participants with the skills and knowledge of basic patrolling and surf awareness in order to be able to participate in lifesaving operations. This is the core award to be a surf lifesaver in Australia. As this course is targeted specifically to upskilling on **previous knowledge** – **only members who currently hold a Surf Rescue Certificate will be able to attend and complete.**

Requirements

- Current financial club member
- Holder of **Surf Rescue Certificate**
- Minimum age 15 years
- **Swim 400 metres in 9 minutes or less**
- Parental approval if under 18 years of age

Registration

All registrations to be made via the Club website.

Cost

There is no fee for this course, the Club has subsidised the expense.

Note: The *SLSA Public Safety and Aquatic Rescue Training Manual (PSAR35)* is available online and can be accessed via the members portal.

Session Days

- Sunday 10 November 12.30-4.30pm
- Thursday 14 November 5.30-8.30pm (in Club rooms)
- Saturday 16 November 11.30am-4.30pm
- Final Assessment, Sunday 17 November, approx. 7-11am

Compulsory Timed 400m Swim: Will be completed at the commencement of the first session on Sunday 10 November at Mullaloo Beach.

What to Bring

- Water & snacks
- Towels
- Sunscreen & hat
- Change of clothes
- Workbook pack and pen
- Bathing, club cap and hi-viz rash vest

Final Assessment will include

- Completed BM Workbook
- Completed Online Theory Assessment
- Final (SLSWA) Practical skills assessments demonstrating:
 - 200m run/200m swim/200 run in 8 minutes or less
 - Signals and radio operations
 - Demonstrate basic first aid, resuscitation and defibrillation
 - Demonstrate tows, board and tube rescues
 - Demonstrate lifts, carries and spinal management
 - Patrol setup and scenarios

Enquiries: Please email Sandy at education@mullaloosurf.com.au if you have any queries.