



# Bronze Medallion

## Pre-requisites

- Be a minimum of 15 years of age on the date of examination.
- Have completed a 400 metre swim in nine minutes or less, in a swimming pool of not less than 25 metres or over a measured open water course before any water training commences.

## Learning Outcomes

### **Describe beach sense practices.**

- List common sun disorders, specifically; sun stroke, skin cancer, and hyperthermia.
- List sun safety preventative measures for patrolling surf lifesavers.
- List drugs which effect a beachgoers ability to recreate 'safely'.

### **Describe surfing and environmental conditions and hazards.**

- List 3 types of waves, specifically, spilling, dumping, surging.
- Recognise and describe differing surf zone currents specifically; rips, gutters, littoral currents.
- Describe methods of escaping from a rip, specifically; strong swimmer, poor swimmer.
- Describe common physical and biological hazards on the coast specifically; marine stingers & rock platforms.

### **Recognise an appropriate safe beach and surf bathing zone in key locations.**

- Identify beach types.
- Assess wave type and height.
- Assess prevailing weather conditions.
- Identify beach safety rating and select safe beach zone.

### **Identify basic patient management techniques.**

- Perform checks to identify potential danger to self, patient and bystanders, specifically; preventative actions for communicable diseases.
- Recognise and manage external bleeding injuries.
- Recognise and manage patient shock.
- Recognise and manage patients suffering minor burns, specifically; sunburn.
- Recognise and manage patients suffering soft tissue injuries, specifically; rest, ice, compression, elevation.



- Perform an airway management assessment, specifically; danger response, airway, breathing, circulation.

#### **Perform basic patient management techniques.**

- Recognise and sort patients into management categories.
- Recognise and manage patients with hypothermia/hyperthermia.
- Recognise and manage marine envenomation injuries.
- Recognise and manage patient with chest pains.
- Recognise and manage patients with fractures.
- Recognise and manage patients with spinal injuries.
- Demonstrate an understanding of basic anatomy and physiology.
- Maintain effective documentation.

#### **Perform basic resuscitation techniques.**

- Perform a priority injury management assessment of a patient.
- Place a patient in recovery position.
- Perform a patient rollover.
- Open airway by attaining a backward head tilt.
- Perform 5 full breaths in 10 seconds.
- Detail breathing rate differences for adult, child, and infant.
- Perform mouth to mouth/nose/mask expired air resuscitation technique/s.

#### **Perform resuscitation (CPR) techniques.**

- Detail the systems of the body, specifically; muscular-skeletal, circulatory, respiratory, nervous.
- Demonstrate knowledge of when to commence CPR, and flow chart procedures for CPR.
- Detail CPR rate differences for adult, child, and infant.
- Perform 1 and 2 person CPR techniques.
- Perform oxygen aided resuscitation technique.
- Demonstrate and describe patient management procedures after CPR.

#### **Perform radio communication practices utilising approved SLSA radios.**

- Describe the operational network of the SLSA radio system.
- Demonstrate basic transmitting and receiving procedures and call signs.
- Detail search and rescue emergency procedures.
- Detail pre-patrol and after post checks.
- Detail routine maintenance of waterproof IRB and hand held radios.
- Detail emergency maintenance and procedures in the event of radio being submerged in water.

#### **Perform surf skills**



- Complete a 200m run, 200m swim, 200m run within 8 minutes.

### **Perform SLISA signals**

- Display knowledge of SLISA signals.
- Demonstrate knowledge of actions to be undertaken on receipt of signals.

### **Identify persons in distress in a surfing or aquatic environ.**

- Describe the signs of drowning, specifically; climbing the ladder, poor flotation, face down, arms waving.
- List common rescues, and rescue sites/conditions, experienced by lifesavers.
- Describe various conditions of persons who need assistance, specifically; anxious, panic, calm, shock.

### **Perform patient approaches, support and escapes aided by equipment on unconscious/conscious patients.**

- Perform a swim, negotiating the surf, using fins plus a rescue tube.
- Paddle a board, negotiating the surf, using an SLISA rescue board.
- Swim with a rescue tube and paddle a board to a person in distress in a safe aquatic environ and return to shore.
- Assess the patient's distress level.
- Secure and support the patient using the rescue equipment.
- Perform front and rear release and escape methods.
- Perform leg and arm blocks.
- Signal the shore using recognised SLISA signals.
- Return patient safely to shore.

### **Perform patient retrieval and support unaided by equipment.**

- Perform patient tows, specifically tired swimmer, armpit, wrist tows.
- Perform a spinal carry.
- Perform a stinger drag.
- Perform an IRB carry.
- Perform a three person carry.
- Perform a two person seat.
- Perform stretcher carry effectively.

### **Describe the purpose of patrols and patrolling.**

- List reasons for patrols and patrolling by surf clubs.
- Describe the roles of lifesavers and lifeguards.
- Describe beach user trends and activities at one local beach.

### **Demonstrate a knowledge of patrols**

- Demonstrate knowledge of equipment required for patrolling purposes.
- Demonstrate an ability to set up a patrol base and check equipment.
- Demonstrate an awareness of public relation principles.



- Demonstrate an understanding of patrol methods.
- Demonstrate an understanding of scanning procedures and methods.
- Display knowledge of Australian Standard signage commonly used at aquatic venues.

**Identify and demonstrate effects of all factors which impact on bathers and aquatic recreators.**

- List 5 possible dangers at the beach.
- List emergency response actions to counter these dangers.
- Perform a simulated patrol rescue.

**Assessment**

- Satisfy competence in all learning outcomes by -
  - Written/oral examination.
  - Basic Skill Performance.
  - Rescue Scenario simulation.

For this award to remain current candidates are required to perform an annual proficiency test.