

BRONZE MEDALLION

SYLLABUS

CORE SKILLS

- Review of Bronze Core Element

LIFE SUPPORT

- Review and ongoing practice of CPR skills

HAZARD AWARENESS &

SAFETY (CHAPTERS 1 AND 2)

- Swimming Pool
- Inland Water Sites
 - Rivers and estuaries
 - Quarry pools
- Sea, Coast and Beaches
 - Cliffs
 - Offshore winds
 - Waves

SELF-RESCUE & SURVIVAL

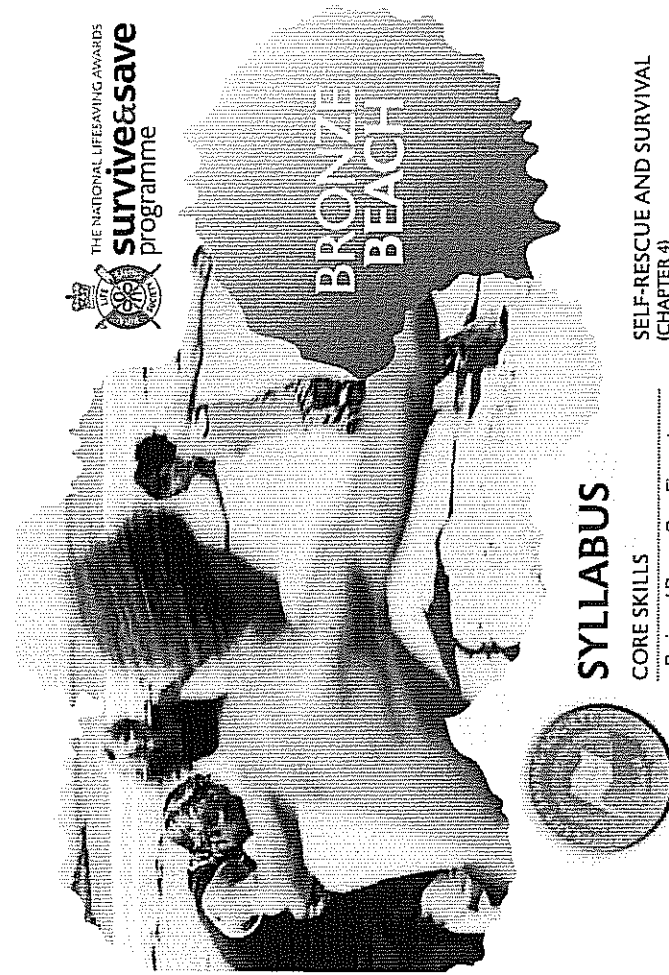
(CHAPTER 4)

- Survival Swim: 5 minutes continuous swimming (clothed)
- Defensive 'feet up' position

RESCUE

(CHAPTER 5)

- Throwing rescue: 10-15m
- Reaching rescue: 2-4m
- Wading rescue: 8-10m
- Initiative rescue: 2 casualties



BRONZE BEACH

SYLLABUS

CORE SKILLS

- Review of Bronze Core Element

LIFE SUPPORT

- Review and ongoing practice of CPR skills

HAZARD AWARENESS &

SAFETY (CHAPTERS 1 AND 2)

- Sea, Coast and Beaches
 - Tides (cause, frequency, spring and neap)
 - Cliffs
 - Offshore winds
 - Manmade structures
 - Waves
 - Sea life (and first aid)
 - Beach flags

SELF-RESCUE AND SURVIVAL

(CHAPTER 4)

- Survival Swim: 5 minutes continuous swimming (clothed)
- Swimming through waves

RESCUE

(CHAPTER 5)

- Throwing rescue: 10-15m
- Reaching rescue: 2-4m
- Wading rescue: 8-10m
- Initiative rescue: 2 casualties

BRONZE STILLWATER

SYLLABUS

CORE SKILLS

- Review of Bronze Core Element

LIFE SUPPORT

- Review and ongoing practice of CPR skills

HAZARD AWARENESS & SAFETY (CHAPTERS 1 AND 2)

- Inland Water Sites
 - Rivers and Estuaries
 - Quarry Pools
 - Canals and Locks
 - Floods

SELF-RESCUE & SURVIVAL (CHAPTER 4)

- Survival Swim: 5 minutes continuous swimming (clothed)
- Defensive 'feet up' position

RESCUE (CHAPTER 5)

- Throwing rescue: 10-15m
- Reaching rescue: 2-4m
- Wading rescue: 8-10m
- Initiative rescue: 2 casualties

*Half time maintain all skills and candidates

BRONZE SPORT

SYLLABUS

CORE SKILLS

- Review of Bronze Core Element

SPORTS SKILLS (CHAPTER 7)

- Headfirst surface dive
- Basic swimming turns
- Demonstrate the skill of clearing obstacles (both techniques)
- Rope throw rescue
- Speed line throw: 10m: 45 seconds
- Swimming underwater: 10m
- Backstroke manikin carry: 25m swim, 25m carry
- Sidestroke manikin carry: 25m swim, 25m carry
- Manikin tow: 25m tow: 1 minute*
- Free style swimming: 100m: 2 minutes