

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

ASSESSMENT MATRIX

Assessment of Theory				
Answer 2 questions on each of the following subjects: <ul style="list-style-type: none"> • Swimming pools • Rivers and estuaries • Quarry pools • Cliffs • Offshore winds • Waves 				

If the candidate fails to answer a question correctly, they should be asked another question from the same section. Candidates must provide 2 correct answers from no more than a total of 4 questions in each subject.

Self Rescue and Survival				
Assessment 1 <ul style="list-style-type: none"> • Survival Swim: 5 minutes (continuous front crawl or breaststroke) 				
Assessment 2 <ul style="list-style-type: none"> • Demonstrate the defensive 'feet up' position for 10 seconds 				

Clothing Candidates should be fully clothed for both of the Self Rescue and Survival assessments.

ASSESSMENT MATRIX

CONTINUED

Rescue				
<ul style="list-style-type: none"> • Candidates must use the elements of the Emergency Action Model that are covered at Bronze level. To ensure that they do this, candidates must say out loud how they have assessed the situation before they perform the rescue. • The Instructor should tell the candidate which type of rescue to use, if any aids are available, and remind them to use the Emergency Action Model. • The casualty will climb out of the water unassisted upon reaching the pool edge. 				
Assessment 1 Throwing rescue 10-15m, non-panicking casualty <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue 				
Assessment 2 Reaching rescue 2-4m, non-panicking casualty <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue 				
Assessment 3 Wading rescue 8-10m, non-panicking casualty <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue 				
Assessment 4 Initiative rescue 2 casualties, non-panicking or panicking <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue 				

Silver Medallion

SYLLABUS

CORE SKILLS

- Review of Bronze and Silver Core Element, and Bronze Medallion Lifesaving Award

LIFE SUPPORT

- Review and ongoing practice of CPR skills

HAZARD AWARENESS & SAFETY (CHAPTERS 1 AND 2)

- Inland Water Sites
 - Lakes and Reservoirs
 - Dams
 - Floods
- Sea, Coast and Beaches
 - Manmade structures
 - Tides (Rule of twelfths, Intertidal zone and Beach shelving)

SELF-RESCUE & SURVIVAL (CHAPTER 4)

- Survival Swim-10 minutes continuous swimming (clothed)

RESCUE (CHAPTER 5)

- Accompanied rescue: 25m swim, 20-25m accompanied
- Tow with an aid: 25m swim, 20-25m tow
- Clothing tow: 25m swim, 20-25m tow
- Support tow: 25m swim, 20-25m tow
- Initiative rescue: 3 casualties

ASSESSMENT MATRIX

Assessment of Theory				
Answer 2 questions on each of the following subjects: <ul style="list-style-type: none"> • Lakes and reservoirs • Dams • Floods • Manmade structures • Tides (Rule of twelfths, Intertidal zone and Beach shelving) 				
Answer 2 questions from the Bronze Medallion Award syllabus: <ul style="list-style-type: none"> • Swimming pools • Rivers and estuaries • Quarry pools • Cliffs • Offshore winds • Waves 				

If the candidate fails to answer a question correctly, they should be asked another question from the same section. Candidates must provide 2 correct answers from no more than a total of 4 questions in each section.

Self Rescue and Survival				
<ul style="list-style-type: none"> • Survival Swim: 10 minutes (continuous front crawl or breaststroke) 				

Clothing Candidates should be fully clothed for the Self Rescue and Survival assessment.

Rescue				
<ul style="list-style-type: none"> • Candidates must complete two assessments from A-D (selected by the Instructor), and must complete assessments E and F. • Candidates must use the elements of the Emergency Action Model that are covered at Silver level. To ensure that they do this, candidates must say out loud how they have assessed the situation before they perform the rescue. • The Instructor should tell the candidate which type of rescue to use, if any aids are available, and remind them to use the Emergency Action Model. 				

ASSESSMENT MATRIX

CONTINUED

Rescue			
<p>Assessment A</p> <p>Accompanied Rescue</p> <p>25m swim, 20-25m rescue, non-panicking casualty</p> <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue • Landing the casualty • Aftercare 			
<p>Assessment B</p> <p>Tow with an Aid Rescue</p> <p>25m swim, 20-25m tow, non-panicking casualty</p> <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue • Landing the casualty • Aftercare 			
<p>Assessment C</p> <p>Clothing Tow</p> <p>25m swim, 20-25m tow, unconscious casualty</p> <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue • Landing the casualty • Aftercare 			
<p>Assessment D</p> <p>Support Tow</p> <p>25m swim, 20-25m tow, unconscious casualty</p> <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue • Landing the casualty • Aftercare 			
<p>Assessment E</p> <p>Initiative Rescue</p> <p>3 casualties, non-panicking or panicking casualties</p> <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue • Landing the casualties • Aftercare 			
<p>Assessment F</p> <p>Complete 1 of the Rescue assessments from the Bronze Medallion Award syllabus (selected by the Instructor):</p> <ul style="list-style-type: none"> • Throwing rescue: 10-15m • Reaching rescue: 2-4m • Wading rescue: 8-10m 			

Gold Medallion

SYLLABUS

CORE SKILLS

- Review of Bronze, Silver, and Gold Core Element, and Bronze and Silver Medallion Lifesaving Award

LIFE SUPPORT

- Review and ongoing practice of CPR skills

HAZARD AWARENESS & SAFETY (CHAPTERS 1 AND 2)

- Inland Water Sites
 - Weir hydraulics
 - Canals
 - Locks
- Sea, Coast and Beaches
 - Longshore currents
 - Sandbars, sandbanks and holes
 - Rip currents (identification and self-rescue)

SELF-RESCUE & SURVIVAL (CHAPTER 4)

- Survival Swim: 15 minutes continuous swimming (clothed)

RESCUE (CHAPTER 5)

- Extended arm tow: 50m swim, 20-25m tow
- Chin tow: 50m swim, 20-25m tow
- Cross-chest tow: 50m swim, 20-25m tow
- Support tow: 50m swim, 20-25m tow
- In water rescue breathing
- Initiative rescue: 4 casualties

ASSESSMENT MATRIX

Assessment of Theory				
Answer three questions on each of the following subjects: <ul style="list-style-type: none"> • Weir hydraulics • Canals and locks • Longshore currents • Sandbars, sandbanks and holes • Rip currents (types and identification) 				
Answer three questions from the Bronze or Silver Medallion Award syllabus: <ul style="list-style-type: none"> • Swimming pools • Rivers and estuaries • Quarry pools • Cliffs • Offshore winds • Waves • Lakes and reservoirs • Dams • Floods • Manmade structures • Tides (Rule of twelfths, Intertidal zone and Beach shelving) 				

If the candidate fails to answer a question correctly, they should be asked another question from the same section. Candidates must provide 3 correct answers from no more than a total of 4 questions in each section.

Self Rescue and Survival				
<ul style="list-style-type: none"> • Survival Swim: 15 minutes (continuous front crawl or breaststroke) 				

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 Clothing Candidates should be fully clothed for both of the Self Rescue and Survival assessments.

ASSESSMENT MATRIX

CONTINUED

Rescue				
<ul style="list-style-type: none"> • Candidates must complete two assessments from A-D (selected by the Instructor), and must complete assessments E and F. • Candidates must use the elements of the Emergency Action Model that are covered at Gold Level. To ensure that they do this, candidates must say out loud how they have assessed the situation before they perform the rescue. • The Instructor should tell the candidate which type of rescue to use, if any aids are available, and remind them to use the Emergency Action Model. 				
<p>Assessment A</p> <p>Extended Arm Tow Rescue</p> <p>50m swim, 20-25m tow, unconscious casualty</p> <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue • In water assessment and simulated rescue breathing for 1 minute (whilst waiting for assistance to land the casualty) • Landing the casualty • Aftercare 				
<p>Assessment B</p> <p>Chin Tow Rescue</p> <p>50m swim, 20-25m tow, unconscious casualty</p> <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue • In water assessment and simulated rescue breathing for 1 minute (whilst waiting for assistance to land the casualty) • Landing the casualty • Aftercare 				
<p>Assessment C</p> <p>Cross-chest Tow Rescue</p> <p>50m swim, 20-25m tow, unconscious casualty</p> <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue • In water assessment and simulated rescue breathing for 1 minute (whilst waiting for assistance to land the casualty) • Landing the casualty • Aftercare 				

ASSESSMENT MATRIX

CONTINUED

Rescue				
<p>Assessment D</p> <p>Support Tow Rescue</p> <p>50m swim, 20-25m tow, unconscious casualty</p> <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue • In water assessment and simulated rescue breathing for 1 minute (whilst waiting for assistance to land the casualty) • Landing the casualty • Aftercare 				
<p>Assessment E</p> <p>Initiative Rescue</p> <p>4 casualties, non-panicking, panicking, or unconscious casualties</p> <ul style="list-style-type: none"> • Use of the Emergency Action Model • Rescue • Landing the casualties • Aftercare 				
<p>Assessment F</p> <p>Complete one of the Rescue assessments from the Bronze or Silver Medallion Award syllabus (selected by the Instructor):</p> <ul style="list-style-type: none"> • Throwing rescue: 10-15m • Reaching rescue: 2-4m • Wading rescue: 8-10m • Accompanied rescue: 25m swim, 20-25m rescue • Tow with an aid rescue: 25m swim, 20-25m tow • Clothing tow: 25m swim, 20-25m tow • Support tow: 25m swim, 20-25m tow 				