

What's involved - RLSSQ Bronze Medallion Statement of Attainment Course Outline (SRCAQU003B & HLTCP201A)

Identified Program:	Bronze Medallion Holders of this award are recognised as having gained a minimum standard as a qualified lifesaver.
Aim	To develop the level of knowledge, judgement, technique and physical ability required to carry out safe water rescues.
Minimum Age	14 years.
Pre-requisite	Nil It is advantageous if candidates hold the RLSS Senior Swim and Survive and Bronze Star Awards.
1. Theory:	Answer questions relevant to – <ul style="list-style-type: none"> ▪ Safe water practices. ▪ Survival in the water. ▪ Self-preservation ▪ Recognising an emergency. ▪ Assessment before and during a rescue. ▪ Priorities for rescue. ▪ Acceptance of responsibility. ▪ Use of bystanders. ▪ Emergency care, and ▪ Emergency services available.
2. Resuscitation	Complete the test for the Resuscitation Award.
WATER TEST	
3. Reach Rescue	<ul style="list-style-type: none"> ▪ A non-swimmer is in difficulty 2 metres from safety. ▪ Demonstrate a reach rescue using an aid specified by the assessor. ▪ Secure the person at a point of safety.
4. Throw – Unweighted Rope	<ul style="list-style-type: none"> ▪ A person is in difficulty 10 metres from safety. ▪ Perform a throwing rescue using an unweighted rope. ▪ Secure the person at a point of safety. ▪ A time limit of 30 seconds will apply from the start until the person grasps the rope.
5. Timed Tow	<ul style="list-style-type: none"> ▪ An unconscious, breathing person is 50 metres from safety. ▪ Enter the water; swim 50 metres, approach and tow the person back 50 metres to safety. ▪ The candidate will commence the rescue wearing swimwear, trousers and long sleeved shirt, any of which may be discarded as desired. ▪ The time for this test should not exceed 3 minutes and 15 seconds from the starting signal until the completion of the tow.
6. Swim	<p>Dressed in swimwear, swim continuously 400 metres:</p> <p>6.1 100 metres freestyle. 6.2 100 metres on the back. 6.3 100 metres on the side, and 6.4 100 metres on the front.</p> <ul style="list-style-type: none"> ▪ In test item 6.1 the stroke freestyle should be performed as defined in the Swimming and Lifesaving Manual (refer the chapter on strokes). ▪ Test items 6.2, 6.3 and 6.4 must be performed using an underwater arm recovery and any effective leg action is permissible. <p>(The total time for the swim should not exceed 13 minutes)</p>
7. Survival Skills:	<p>Dressed in swimwear, trousers and long sleeved shirt –</p> <p>7.1 Float using a hand sculling movement for 1 minute and then tread water for 1 minute. 7.2 Don a PFD and swim 50 metres. 7.3 Demonstrate the HELP position, and 7.4 Climb out of the water wearing the PFD.</p>

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Royal Life Saving Qld Implementation Date:

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Version 7

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8. Accompanied Rescue	<p>A weak swimmer is in difficulty 12 metres from safety:</p> <p>8.1 With a flotation aid, enter the water assuming the conditions are unknown. 8.2 Wade 5 to 8 metres 8.3 Throw the aid to the person 8.4 Instruct the person how to use the aid. 8.5 Accompany the person to safety, and 8.6 Instruct the person how to exit the water.</p>
9. Tow	<p>A non-swimmer is in difficulty in deep water 25 metres from safety –</p> <p>9.1 Swim to the person, demonstrating appropriate precautions. 9.2 While returning to safety using an appropriate contact tow, demonstrate a method of assisting a struggling person. 9.3 Land the person using a suitable method. 9.4 The assessor will decide what aids are to be available.</p>
10. Spinal Injury Management	<p>Apply the vice grip or extended arm rollover for the immobilisation of a spinal injury to the neck and then wade with the casualty for 5 metres. Seek assistance.</p>
11. Defensive and Escape Techniques	<p>Dressed in swimwear, trousers and long sleeved shirt, perform in deep water, two of the following selected by the assessor –</p> <p>11.1 A leg block. 11.2 A block using an aid. 11.3 A reverse. 11.4 An escape from a grasp from the front. 11.5 An escape from a grasp from the rear.</p>
12. Search and Rescue	<ul style="list-style-type: none"> ▪ Demonstrate a search pattern in approximately 2 metres of water, submerging head first or feet first as specified by the Assessor. ▪ Recover an object from the bottom. ▪ Substitute the object for a person simulating unconsciousness and tow 10 metres to shallow water or to safety. ▪ Land the person and place in the lateral position. Assess for signs of life and responsiveness and demonstrate CPR for 1 minute. ▪ Assume that full patient recovery has occurred, stabilise the patient and then place in the lateral position.
13. Initiative	<p>Demonstrate initiative in effecting a rescue of two people who are in difficulty up to 15 metres from safety and whose conditions are unknown. The Assessor will ensure that up to five rescue aids are available. The Assessor will brief the subjects on the roles to be simulated from the following –</p> <ul style="list-style-type: none"> ▪ Non-swimmer. ▪ Weak swimmer. ▪ Injured swimmer. ▪ Person with a suspected spinal injury in shallow water. ▪ Unconscious person. <p>On completion of this test, the candidate will explain the reasons for the actions taken.</p>
Currency of Awards:	<ul style="list-style-type: none"> ▪ The currency period for this personal performance award is 12 months. ▪ Studies of skill and knowledge retention of trained people have shown that performance declines significantly if regular practice is not undertaken. ▪ It is important to note that this award is only an indication of the competence of a person at the date of attainment. Regular training is required to ensure that an adequate standard is maintained. ▪ Employers using this award as a standard of lifesaving ability must ensure that employees are capable of performing to the standard whenever they are on duty.