



AUSTRALIAN LIFESAVING  
**ACADEMY**  
NEW SOUTH WALES

# Gold Medallion

## Course Description

The aim of this course is to provide participants with advanced skills and knowledge to manage emergency situations in autonomous situations.

## Award

Upon successful completion of this course participants will receive the SLSA Gold Medallion award.

## Course content

- **Perform Complex Patient Rescue and Support, Aided and Unaided by Equipment**
  - Select appropriate rescue equipment
  - Access and manage the patient's levels of distress
  - Support and return patients to shore
  - Perform a one-person drag technique and patient lay
- **Perform Surf Skill and Fitness Test**
  - Complete a 400 metre swim, 800 metre run, 400 metre board paddle and 800 metre run in 25 minutes
  - Complete tube rescue of patient 100 metres out at sea and return (flippers optional)
  - Complete board rescue of patient 200 metres out at sea and return
- **Work Autonomously**
  - Plan and undertake work activities
  - Accept responsibilities
  - Set performance requirements
  - Maintain team performance

## Entry Requirements

- Participants must be a minimum of 17 years of age on the date of final assessment.
- Participants must meet the following SLSA requirements:
  - Hold a current SLSA Bronze Medallion/Certificate II in Public Safety (Aquatic Rescue)
  - Hold a current Advanced Resuscitation Certificate
  - Hold a current Senior First Aid Certificate
  - Hold a current Silver Medallion Patrol Captain/Basic Beach Management
  - Hold a current Spinal Management Certificate
  - Complete an 800 metre swim in 14 minutes or less in a swimming pool no less than 25 metres

## General Information

The duration of the course is dependent on prior learning and fitness levels.



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### Assessment

Assessment is through demonstration, presentation and application of all elements in the workplace. Participants will be required to complete activities that may include role-plays, oral and written questioning, practical demonstrations and performing scenarios.

### Course Enquiries

Direct your course enquiries to your **Chief Training Officer** at your club.



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