



BRONZE MEDALLION – INTENSIVE

Date: Monday October 8th to Thursday October 11th

Time: 8:30am – 4:30pm

Where: Warriewood SLSC

Cost :

Members	- \$265 includes 1 year membership
Cadets	- \$165 includes 1 year membership
Non Members	- \$350

To undertake the Bronze Award you must be be:

- at least 15 years of age on the date of final assessment
- complete an unaided swim (goggles/masks permitted) of 400 metre swim in nine (9) minutes or less, in a swimming pool of not less than 25 metres, or over a measured open water course which will be observed prior to the candidate undertaking any water training or assessment activities, evidence of which must be provided to the Assessor on the appropriate form prior to commencement of the assessment for this qualification

Following the training period, your competency will be tested through a variety of physical and theoretical tests, one of which is the classic 200m run- - 200m swim- 200m in under 8 minutes. Other areas of assessment include a range of other activities such as, board rescues, tube rescues, resuscitation , scenarios in first aid and beach management. It's a great opportunity for you to push yourself out of your comfort zone, learn to perform under pressure and have some fun with a group of like-minded people.

Contact: John Dulieu – Chief Training Officer
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