



## BRONZE MEDALLION – LONG COURSE

**Date:** Tuesday October 9<sup>th</sup> thru to December 15th

**Cost :**

<b>Members</b>	- \$265 includes 1 year membership
<b>Cadets</b>	- \$165 includes 1 year membership
<b>Non Members</b>	- \$350

**Schedule:**

Date / Time	Activity	Where
9 Oct 18	Introduction Session	Warriewood SLSC
13 Oct 18	Swim Assessment	North Narrabeen Pool
Tuesday Evenings	Dry Training - CPR, First Aid, Defib, Oxygen	Warriewood SLSC
Sundays	Wet – Tube Rescue, Swim Run Swim Training, Board Rescue, Scenarios	Warriewood SLSC

- *Dates maybe subject to change*

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



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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 Duluiu – Chief Training Officer  
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