

# BRONZE MEDALLION

## COOGEE BEACH SLSC

The Bronze Medallion is a nationally recognised qualification and teaches a range of activities in order to be able to perform all the basic requirements of a lifesaver:

- OHS
- Beach types, wave patterns and currents
- Resuscitation and first aid
- Communication & radio techniques
- Rescue techniques
- Patrolling methods

### PRE-REQUISITES

Minimum 15 years of age (on the day of final assessment) Financial member of the Surf Life Saving Club. Completed a 400m flat water swim in less than 9:00 minutes (signed off by an authorised club person)

### COURSE DATES

**Course 1: October – December**

Dry sessions recurring every Wednesday evening starting 11th October (18:30 – 20:30)

Wet sessions recurring every Sunday starting 15th October (11:00 – 13:00)

**Course 2: January – March**

Dry sessions recurring every Wednesday evening starting 31st January (18:30 – 20:30)

Wet sessions recurring every Sunday starting 28th January (11:00 – 13:00)

### CONTACT INFO



**(08) 9494 1433**



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