

# 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 length is roughly 7 weeks

### COURSE DATES

#### Course 1: October - December

Dry sessions recurring every Wednesday evening starting 9th October (18:30 - 20:30)

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

#### Course 2: January - March

Dry sessions recurring every Wednesday evening starting 29th January (18:30 - 20:30)

Wet sessions recurring every Sunday starting 2nd February (11:00 - 13:00)

### CONTACT INFO



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