



THE NATIONAL LIFESAVING AWARDS

survive&save
programme

BRONZE MEDALLION



SYLLABUS

CORE SKILLS

- Review of Bronze Core Element

LIFE SUPPORT

- Review and ongoing practice of CPR skills

HAZARD AWARENESS & SAFETY (CHAPTERS 1 AND 2)

- Swimming Pool
- Inland Water Sites
 - Rivers and estuaries
 - Quarry pools
- Sea, Coast and Beaches
 - Cliffs
 - Offshore winds
 - Waves

SELF-RESCUE & SURVIVAL (CHAPTER 4)

- Survival Swim: 5 minutes continuous swimming (clothed)
- Defensive 'feet up' position

RESCUE (CHAPTER 5)

- Throwing rescue: 10-15m
- Reaching rescue: 2-4m
- Wading rescue: 8-10m
- Initiative rescue: 2 casualties