






Mark Otter
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-  Swimming instruction, stroke correction and coaching – all levels
-  Water safety, lifeguard and first aid training
-  Swimming-based tourism

Bronze Medallion Course: 5th and 6th November 2016

Otter Aquatics will be conducting a Bronze Medallion course at the Sandgate State Primary School pool on the afternoons of Saturday 5th November 2016 and Sunday 6th November 2016. The entrance to the pool is in Keogh Street Sandgate, immediately opposite the Sandgate RSL Club. Training will run from 1pm until approximately 5pm on each day. Mark Otter is licensed by the Royal Lifesaving Society of Queensland to conduct Bronze Medallion training.

The Royal Life Saving Society's Bronze Medallion is the pre-eminent aquatic lifesaving qualification and has been a feature of aquatic education in Australia since the early 1900s. The Bronze Medallion course aims to develop the level of judgement, technique and physical ability required to safely carry out aquatic rescues. Successful completion of the Bronze is a pre-requisite to undertaking pool lifeguard training and for many other aquatics-based and physical education occupations. It is also undertaken by others purely to mark a high level of swimming and water safety proficiency. It may be undertaken by participants of any age over 14 years.

The course involves a swimming test to determine basic swimming competency and dry-land and in-water training in water safety and rescue techniques. The course includes a Cardio-Pulmonary Resuscitation (CPR) component. Assessment is conducted by practical observation of all of these components as well as the completion of a written exam.

The swimming test involves completing a continuous 400 metre swim (100 metres in each of four strokes: freestyle, breaststroke, side stroke and survival backstroke) in a time limit of 13 minutes. For obvious reasons, Bronze Medallion holders need to be competent swimmers, but certainly not necessarily of an elite or competition standard. Otter Aquatics is happy to provide pre-course swimming training for those who are uncertain of their swimming ability.

To enable the face-to-face component of the course to be completed in two afternoons, participants are required to complete pre-course workbooks in their own time prior to the course commencement. Workbooks and manuals will be posted or delivered to you at least a week prior to the course start date. Typically, the workbook will require three to four hours of study.

The component order of the course will be as follows:

Day 1	Day 2
<ul style="list-style-type: none"> • Water safety awareness and drowning statistics • Aquatic rescue theory • CPR • Floats, treading water and the swim test 	<ul style="list-style-type: none"> • Rescue and towing instruction • Extractions and exits • Towing test • Suspected spinal injury 'roll-overs' • Written exam

Upon successful completion, participants will receive the following Statements of Attainment under the nationwide Vocational Education and Training (VET) system:

- SISCAQU202A Perform Basic Water Rescues
- HLTAID001 Provide Cardiopulmonary Resuscitation.

First time participants will also receive an actual Bronze Medallion. The same cost and training applies for re-accreditation participants (to remain valid, the qualification must be renewed every 12 months), but they will not receive a medallion.

What to bring? Swimming gear, goggles, towel, sunscreen. The pool is an outdoor 25 metre heated pool and the complex includes changing rooms, toilets and showers.

The price of the course is **\$170** per person. A registration form is attached. The deadline for registration and payment of fees is **Monday 10th October 2016**. Receipts will be emailed on receipt of payment which may be made by cash, by cheque made out to Mark Otter but, preferably, by bank transfer to:

Mark Otter
BSB: 064124
Account number: 10396539

Regards

Mark Otter



Bronze Medallion Course 5th and 6th November 2015

Registration Form

Personal Details

(Please use a separate form for each participant.)

Name:

Date of Birth:

Address:

Phone:

Email:

Emergency Contact Details

Name:

Phone:

Email:

Medical Information

Do you have any medical or mobility condition which may prevent you taking part in light to moderate exercise, including swimming, and which you wish to inform the organisers about?

Yes Details

No

Risk and Indemnity

Mark Otter is a swimming instructor and coach, a surf lifesaver, a pool lifeguard and surf lifesaving trainer/assessor and a first aid and CPR trainer/assessor. He will take all care to make the course as safe and enjoyable as possible. In addition, Otter Aquatics has appropriate professional indemnity insurance and public liability. However, you should be aware that swimming and other aquatic activities entail a certain degree of risk. By signing below, you acknowledge and accept this risk (to be signed by an appropriate adult for participants under 18 years of age).

Signed

Date