



lifesavers
The Royal Life Saving Society UK

BRONZE MEDALLION AWARD

A National Standard for Community Lifesaving

**CANDIDATE HANDBOOK
PRE-COURSE INFORMATION**

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CONTENTS

Pre-course Information	1
Safety Guidelines	2
Basic Life Support	3
Course Information	3
Course Syllabus	3
Assessment Syllabus	3
Assessment Criteria	3
Bronze Medallion	4
Course Information	4
Course Syllabus	4
Assessment Syllabus	5–6
Assessment Criteria	5–6
Progression Chart	7
What Next?	8
Assessment Report Forms	9
Take this to your Assessment(s)	

Important Notice

The Assessment Report Form in this booklet is your personal proof of purchase. Without this form you will not be eligible for assessment.

Please look after this form carefully.

Pre-course Information

Welcome to your Life Support and Bronze Medallion Course.

Here is some information you need to know.

Membership

The organisation providing your course or you need to be in membership of *Lifesavers* The Royal Lifesaving Society UK. To check this, please write in the Society number here

If you are not a member, you may like to consider joining the Society. Information and an application form are enclosed with this pack.

Pre-requisites

In order to achieve your Bronze Medallion you need to have certain pre-requisites. One of these - the Life Support award – is usually taken in parallel with your Bronze Medallion training. The assessment at the end of your course will include Life Support. You will see the Assessment Report Form includes a space for the Life Support award.

If you have already achieved a Life Support award you will need to show your certificate to the Assessor who will sign off that part of the form.

Another pre-requisite is your age. Candidates will need to be at least 13 years of age at the time of the assessment. This means you could start your training at 12 years of age.

If you already hold Lifesaving 3, Rookie Star Grade 4 level 4 or Assistant Beach Lifesaver Award or equivalent you can take your Bronze Medallion assessment when you are 12 years old. You still need to have a Life Support award.

If you wish to be successful on a short course of up to 12 weeks duration, you will need to be able to swim 100 metres in 3 minutes. If your course is longer you will have time to develop this level of speed and stamina.

Medical Conditions

Some medical conditions can affect ability and performance in the water. Please advise your Trainer if you have any long-term medical condition eg asthma, arthritis etc or if you need medication at any time during your course, eg antibiotics, pain relief. These situations may affect your performance.

The information will be kept in confidence, but others who need to know (colleague Trainers, Assessors, etc) will be advised.

The Process

- You will attend your training course. This will include some Theory, Life Support and Pool activities.
- You will undergo an assessment conducted by an External Assessor approved by *Lifesavers*.
- If you are not of an appropriate standard likely to be able to pass an assessment at the end of your course, you will be advised to take more training. You will need to discuss the options available with your Trainer.
- When you have passed the assessment you will be awarded a certificate for your Bronze Medallion and Life Support awards. This will show the name of the award, your name, the Assessor's signature and Society number, together with the date of achievement. In addition, you will receive a Bronze Medallion insignia when you have achieved this award. Your award is valid for 24 months from this date. You may like to get this insignia engraved with your name and date.
- If you should not achieve the required standard during the Life Support assessment, you will need to re-take this part before moving on to the Bronze Medallion assessment. Please discuss this with your Trainer.
- If you are unsuccessful in achieving your Bronze Medallion you have a few options:-
 - If there is time and your demonstration of one skill was not up to standard, you may be able to demonstrate that skill again at the end. If you achieve the required standard you will pass the assessment.
 - If your time was too slow, you will need to repeat the Pool section on another occasion.
 - If you achieved the required standard in either the Theory or Pool Sections but not in the other section, you will have up to 28 days to achieve the unsuccessful Section. Beyond that time, you will have to take the whole of the assessment again. Be sure that the Assessor only signs the section you have passed, on your assessment report form.
 - If you did not achieve the required standard or missed the assessment for some reason, please discuss alternative options with your Trainer.
 - If you achieve your Life Support Award but cannot achieve the bronze medallion, you will be awarded a Life Support certificate.

Safety Guidelines

The Society imposes some rules to ensure the safety of candidates, 'casualties', Trainers and Assessors. Please observe these at all times.

- **Cleansing Manikins**

When using manikins ensure they are properly cleansed before you use them, and ensure they are cleansed after you have used them. Usually some sterilising wipes are available for this purpose. If you are unsure, check with your Trainer or Assessor.

- **Jewellery and Clothing**

The nature of Lifesaving/Lifeguarding/Life Support activities involves physical handling and manoeuvring of bodies. It is in your own interests to remove any jewellery that may cause you damage, or damage to those with whom you come into contact. If you decide to continue wearing such items, even if covered by clothing etc, you must accept full responsibility for any damage to anyone or anything caused by such items.

- **Entering Water by Diving**

When entering the water a safe entry appropriate for the circumstances must be demonstrated. When diving, a shallow dive may be used.

- **Diving to Depths**

You should be aware that there may be a risk of damage to your hearing by diving to depths greater than 1.5 metres. All dives are undertaken at your own risk. If you are unsure, please discuss with your Trainer or Assessor. The Bronze Medallion syllabus requires you to dive to a maximum of 1.5 metres.

- **Spectacles, Goggles and Contact Lenses**

To avoid injury the wearing of spectacles in the water by a candidate or 'casualty' during swimming sessions or assessments is not permitted. Care of spectacles is the responsibility of the wearer. Spectacles may be worn in theory tests and to view practical tests. They may be passed to the Assessor or another person for safe keeping before entering the water. Contact lenses may be worn for training and assessment at the discretion of the candidate. The Society recommends that candidates seek advice from their doctor or optician. Also refer to the British Standard specification for surface swimming goggles BS5883 – 1996.

In line with medical advice, goggles can be worn by candidates during both training and assessment for Lifesaving awards.

- You need to be aware of the relative risks associated with goggles. Goggles should be put on and removed by holding the lenses in place over the eyes whilst carefully adjusting the elasticated strap at the back of the head.
- Care should be taken to ensure that goggles are adjusted correctly and do not become dislodged or dragged when entering the water.

Lifesavers personal accident insurance which covers individual and youth members for any injury sustained through using goggles does not cover members for an eye infection caused by contact with water.

- **Landing and Lifting**

The Pool Safety Operating Procedures and Lifesavers policy will apply at all times. When lifting or landing a 'casualty', an assisted lift shall always be demonstrated. Where an unassisted lift may be required, for example during an initiative test, this shall either be described or simulated without lifting the 'casualty'. Care must be taken by those lifting and the 'casualty' at all times.

- **Child Protection Policy**

Candidates under the age of 18 years are subject to the provisions of the Children's Act. The Society has a Child Protection Policy which applies equally to all candidates and 'casualties'.

If you are worried about the attitude or actions of someone else on your course please speak to your Trainer or group official, in confidence.

If you are worried about the attitude or actions of your Trainer or Assessor please contact the Society's Child Protection Officer on 01789 779994, or e-mail to lifesavers@rbs.org.uk

Life Support

Course Information

Aim	To demonstrate an effective level of skill in life support and knowledge of the diagnosis and management of choking, bleeding and shock.	Awareness of own safety Assessing responsiveness Summoning help Giving rescue breaths Combining chest compressions (CPR) and rescue breathing Action for vomiting Recovery position Diagnosis and treatment of choking, bleeding and shock.
Validity	24 months	
Pre-requisites	None	
Assessor	RLSS UK Lifesaving TA, Life Support TA, Pool or Beach TA with appropriate endorsement.	
Candidates	No more than 4 per Assessor	

Syllabus of Skills

Assessment Syllabus

Assessment

Testing practical ability, knowledge and understanding of life support and related conditions.

Practical Assessment

The practical assessment is divided into three tests and requires the candidate to demonstrate the following skills and knowledge:-

- Test 1** Casualty assessment, action for vomiting and the recovery position on a live simulated casualty.
- Test 2** Single rescuer CPR using an adult manikin.
- Test 3** Knowledge and understanding of life support and related conditions.

The practical tests require the rescuer to use initiative and must include an uninterrupted demonstration of the sequence of life support.

Assessment Criteria

Test 1: Demonstration of The Assessment and Treatment of a Simulated Unconscious Casualty

This is a demonstration on a live simulated casualty who is lying face down of the correct diagnosis and initial stages of treatment for a person who seems to be unconscious and breathing normally, following a rescue from water. It will include checking breathing, action for vomiting and the recovery position.

The Assessor will say: You have just come across this person, show me what you would do.

Test 2: Demonstration of Cardiopulmonary Resuscitation

This is a demonstration on an approved manikin of the assessment of a casualty who seems to be unconscious and not breathing normally, followed by a 2 minute sequence of cardiopulmonary resuscitation (CPR) using the techniques appropriate for a single rescuer:-

The Assessor will say: You have just come across this casualty, show me what you would do.

Test 3: Knowledge and Understanding of Life Support

Answer 4 to 6 questions on the following topics:

- Differences in life support for adults, children and infants.
- Choking
- Bleeding
- Shock

This is an oral test .

Bronze Medallion

Course Information

Aim	To establish competent levels of knowledge, understanding and practical ability in rescue situations.
Minimum Age	13 years at the date of assessment, unless holding an Assistant Beach Lifesaver Award, a Rookie Star Grade 4, Level 4, Lifesaving 3 award or equivalent when the age is 12 years
Suggested Preparation	Where possible, candidates should also gain experience of open water conditions, under supervision.
Pre-requisites	A current Life Support or higher Award.
Assessor	1 ELSS UK Bronze Medallion Assessor for a maximum of 4 candidates.

NB – In addition to your swimwear you will need to swim in long sleeved shirt, long sleeved pullover and trousers or skirt.

Course Syllabus

Candidates for the awards will be expected to demonstrate:

Understanding of Lifesaving

- Water Safety
- Survival in water
- Rescue principles

Ability in Rescue Skills

- Casualty simulation
- Casualty recognition
- Initiative tests
- Entries and exits
- Swimming strokes
- Shouting and signalling
- Reaching rescues
- Throwing rescues
- Wading rescues
- Accompanied rescues
- Non-contact rescues
- Contact rescues
- Defensive techniques
- Escape techniques
- Support positions
- Assisted landings
- Unassisted landings
- Surface dives
- Recovery of an object

Ability in Life Support

- Casualty assessment
- Turning a casualty
- Action for Vomiting
- Cardiopulmonary Resuscitation (CPR)
- Rescue Breathing
 - mouth to mouth
 - mouth to nose
 - mouth to nose and mouth
 - on land
 - supported in water
- Chest Compression - single operator
- Shock
- Bleeding
- Choking
- Recovery position

Experience of Open Water

- Coastal waters
- Inland waters

Assessors will expect candidates to understand the importance of following the rescue sequence.

SHOUT – SIGNAL – REACH – THROW – WADE – ROW – SWIM WITH AN AID – SWIM AND TOW

Bronze Medallion

Assessment Syllabus

A THEORY

1 Answer 4 to 8 questions on lifesaving, showing a clear understanding of the following areas:

- Water safety
- Survival in Water
- Rescue principles

B RESCUE

Complete the following tests:

1 Land Based Rescue

A conscious casualty is in deep water, 2 to 10 metres from safety. A selection of rescue aids is available, as specified by the Assessor.

- demonstrate a land based rescue
- ensure the safety of the casualty

2 Water Based Rescue

A conscious casualty is in deep water, 15 to 20 metres from safety. A selection of rescue aids is available, as specified by the Assessor.

- enter shallow water
- demonstrate a water based rescue
- assist the casualty to land

3 Non Contact Rescue

A conscious casualty is in deep water, 50 metres from safety. The rescuer will start the test dressed in swimwear and long sleeved shirt and trousers or skirt, any of which may be discarded as desired. No other rescue aids are available.

- enter deep water
- swim 50 metres to the casualty
- demonstrate a non-contact tow over 50 metres
- assist the casualty to land from deep water
- treat for shock

A time of 3 minutes 15 seconds will be allowed, from the start of the test to the end of the swim and tow.

B ASSESSMENT CRITERIA

Land Based Rescue

- aid selection
- clear instructions
- safety of rescuer
- care of casualty
- effective rescue
- safe landing

Water Based Rescue

- aid selection
- safe entry
- quick approach
- clear instructions
- effective rescue
- safety of rescuer
- care of casualty
- safe landing

Non Contact Rescue

- aid selection
- safe entry
- quick approach
- clear instructions
- effective tow
- safety of rescuer
- care of casualty
- safe landing
- treatment for shock

4 Contact Rescue

A conscious casualty is in deep water, 20 metres from safety. No rescue aids are available.

- swim 20 metres to the casualty
- demonstrate a contact tow over 20 metres
- escape and take defensive action when necessary
- assist the casualty to land from deep water
- provide aftercare

The casualty will attempt to grasp the rescuer before the tow starts and will struggle once during the rescue.

5 Resuscitation Rescue

A simulated unconscious casualty is submerged 15 metres from safety. No buoyant rescue aids are available.

- enter the water and swim 15 metres
- recover an object from the deepest part of the pool up to a maximum of 1.5m
- substitute the object for a simulated unconscious casualty
- tow the casualty 15 metres to a point of support
- shout for help
- assess the condition of the casualty (not breathing normally)
- commence supported Rescue Breathing
- land the casualty with assistance
- re-assess the condition of the casualty - casualty now breathing
- place in the recovery position

6 Initiative Rescue

Two 'casualties' are in the water, up to 25 metres from safety. The rescuer will start the test dressed in swimwear, long sleeved shirt, pullover and trousers or skirt. A selection of other rescue aids may be available. Bystanders may be used.

Demonstrate the attempted rescue of both casualties making use of available aids and bystanders

The test will run for at least 1 minute, before the Assessor may interrupt and ask the candidate to explain the plans and action taken.

Contact Rescue

- safe entry
- quick approach
- quick escape
- safe defences
- clear instructions
- effective tow
- safety of rescuer
- care of casualty
- safe landing
- effective aftercare

Resuscitation Rescue

- safe entry
- quick approach
- surface dive
- object recovered
- effective rescue
- call 'Help'
- check responsiveness
- check for normal breathing
- effective Rescue Breaths
- safe landing
- safety of rescuer
- care of casualty
- check breathing
- recovery position