

# BRONZE MEDALLION INFORMATION



## Price:

\$195.00 Full Course  
\$95.00 Requalification

## What you will need to bring:

Towels  
Bathers  
Long sleeved shirt and pants to be worn in the water  
Writing pen and paper  
Snacks and drinks  
Lunch

## Lunch (30 minutes)

We suggest you bring your lunch. We do have a kiosk but the menu is limited for healthy options

## What you will have to do:

Theory paper  
400m swim within 13 minutes  
Timed tow within 3 minutes and 15 seconds  
Resuscitation – DRSABCD  
Spinal injury management  
Recover and resuscitate  
Rescue techniques  
Search patterns (open and closed)  
Initiatives

## Times and Dates:

Bronze Medallion Full Course - Saturday 21<sup>st</sup> January 2023, 8.00am to 4.00pm  
Requalification & Examination - Saturday 21<sup>st</sup> January 2023, 12.30pm to 4.00pm

# BRONZE MEDALLION ENROLMENT FORM

## *Participant's Details*

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
D.O.B: \_\_\_\_\_  
Phone Number: \_\_\_\_\_  
Emergency Contact: \_\_\_\_\_  
Emergency Contact's Phone Number: \_\_\_\_\_

I acknowledge and agree that during all such times I am on the premises of the Bay Of Isles Leisure Centre – Esperance or its surrounds that both my property and my person shall be at my own risk in every respect and hereby disclaim and release the Esperance Shire and every occupier thereof, all employees, volunteers and invitees to the full extent permitted by law from all my liability of any kind which may arise in respect to any accidents or damage to property or injury to any person on the Centre premises, or its surrounds.

I warrant that I am in good state of health, fitness and physical condition and that there is no medical reason whatsoever that could be regarded as a restriction upon or an impediment to participation in the Bronze Medallion Course.

I acknowledge that I have read, understood and intend to abide by the Centre Rules and Regulations.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Office Use Only

Date Booked: \_\_\_\_\_

Receipt No: \_\_\_\_\_

Staff Signature: \_\_\_\_\_

