

Objective

This course will enhance the personal survival skills of participants whilst developing their judgement, technique and physical ability to safely execute water rescues.

Course Content

- Water Safety
- Swim and Survive Program
- Swimming and Lifesaving Strokes
- Rescue Techniques
- Lifesaving Skills
- Resuscitation
- Emergency Care and Initiatives
- Formative, summative and practical assessments

Assessments

A combination of formative, summative and practical assessments are utilised to prove competency for this award. Both the formative and summative assessments are conducted online from your own smart phone, tablet (e.g. iPad) or laptop, with all formative work completed prior to the commencement of the course.

Candidates must also successfully complete all practical assessments including cardiopulmonary resuscitation (on the ground and in a kneeling position), use of a defibrillator, basic water rescues, rescue initiatives, a 400m swim in under 13:00 minutes, a 50m swim plus 50m contact tow (with live patient) in under 3:15 minutes, and basic management of a suspected spinal injury in shallow water.

Award

Upon successful completion of all formative, summative and practical assessments, candidates will be issued a nationally recognised Statement of Attainment (SOA) with the following units of competency:

- SISCAQU002 Perform Basic Water Rescues; and
- HLTAID001 Provide Cardiopulmonary Resuscitation.

Currency of Award

The currency period for this award is twelve (12) months from the date of issue.

Renewal of Award

Provided candidates renew their award within the twelve (12) month currency period, candidates are eligible for either the Bronze Medallion Upgrade (BMU), or candidates can opt into a slightly condensed Pool Lifeguard Statement of Attainment (PLSOA) course where recognition of prior learning (RPL) is offered for the SISCAQU002 Perform Basic Water Rescues component of their Bronze Medallion Statement of Attainment (BMSOA).

Pre-Requisites

1. Access to a smart phone, tablet (e.g. iPad) or laptop with internet connectivity for the formative and summative assessments; and
2. If opting into a PLSOA (as per “Renewal of Award” herein), a pre-requisite of First Aid (with the competency code: HLTAID003—Provide First Aid) is required. A copy of this qualification must be provided to Aloha Consulting on or prior to commencement of the PLSOA.

Age Requirement

Candidates must be fourteen (14) years of age at the time of the BMSOA or BMU course. If undertaking a PLSOA as part of the renewal pathway, candidates must be sixteen (16) years of age at the time of the PLSOA course.

Course Fee

- Bronze Medallion Statement of Attainment (BMSOA): \$220.00
- Bronze Medallion Upgrade (BMU): \$210.00

Fee Includes

Instruction, hire of manikins, course notes, nationally recognised qualification and Swimming and Lifesaving Manual for BMSOA candidates. BMU candidates are to access the Swimming and Lifesaving Manual issued when undertaking their BMSOA course.

Course Duration

- Bronze Medallion Statement of Attainment (BMSOA): 11 hours (1 day)
- Bronze Medallion Upgrade (BMU): 11 hours (1 day)

Course Are

Presented in a logical and easy to follow manner, taught by qualified and experienced instructors within a low participant/instructor ratio (less than 18 candidates per instructor).

How Do I Enrol?

After reviewing the course information herein and Code of Practice, please register your intent to participate within your selected course by emailing:

contactus@alohaconsulting.com.au

Once your email has been received, Aloha Consulting shall contact you with upcoming options for your chosen course.