

Gold Medallion Assessment

Saturday 16 January 2021, North Cronulla Beach commencing at 8.00 am.

Note that this is for new awardees only – no Gold Medallion proficiencies will be conducted in Season 2020/21

Pre Requisites To be eligible to attempt a Gold Medallion assessment, candidates will need to:

- Be at least 17 years old on the date of assessment
- Hold and be proficient in **ALL** of the following SLSA awards.
- Bronze Medallion (and your Certificate II in Public Safety)
- First Aid Certificate
- Advanced Resuscitation Techniques Certificate
- Silver Medallion Beach Management or Silver Medallion Basic Beach Management

Assessment Criteria

To be deemed competent in the Gold Medallion candidates will need to complete **ALL** of the following activities in the one day:

- Swim 800m in under 14 minutes in an open water course not more than 400m in length (the course should be set around a single buoy so that candidates have to swim the same track but in difference directions) or a swimming pool of no less than 25m in length unaided and in freestyle.
Note: this task would be conducted prior to Gold Medallion assessment day and proof of timed swim be provided to Branch Office Swim Gold Medallion Timed pool swims are to be overseen by an endorsed Assessor and signed off by an endorsed Assessor)
- Complete a mission test of a 400m swim, 800m run, 400m board paddle, 800m run in under 25 minutes
- Complete a tube rescue of an unconscious patient 100m out at sea (use of fins preferred)
- Complete a board rescue of a novice swimmer 200m out at sea
- Perform a complex patient rescue, including selecting equipment, returning patient to shore, and treating patient appropriately and completing post-operational requirements.

Candidates must display 'a sense of urgency' equal to a real situation in all rescue activities (tube, board, and complex scenario).

Please email admin@northcronullaslsc.com.au to secure your place before 8th January 2021 Positions are limited to due COVID restrictions