



BRONZE MEDALLION AND **EMERGENCY FIRST AID**



Bronze Medallion:

This award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education – judgment, knowledge, skill, and fitness. Rescuers learn tows and carries, and defence and release methods in preparation for rescues of conscious and unconscious victims. Lifesavers develop stroke efficiency and endurance in a timed swim.

Prerequisite: Minimum 13 years of age or 12 year olds who are Bronze Star certified.

If a candidate is 12 years old and has not completed Bronze Star they can complete it on the first day of the course as a prerequisite for Bronze Medallion.

Emergency First Aid:

This award is for people who want a general knowledge of first aid principles and the emergency treatment of injuries. Skills include: victim assessment, rescue breathing, CPR, choking, respiratory and circulatory emergencies such as heart attack and stroke, and how to deal with external bleeding. Includes CPR-B certification.

Prerequisite: None

Instructor:

Steven Jacobson
Lifesaving Society/Red Cross Instructor
NCCP level 2 Coach (Vaughan Aquatic Club)
Registered Kinesiologist
(25 years of teaching experience)

Dates:

July 8th, 9th, 10th and 11th 10:00am–4:00pm

*must attend all four days

* Saturday Afternoon will be by a ZOOM Lesson from 2:00pm—4:00pm.

Cost:

\$375.00 Including HST.

(\$400.00 for 12 year old candidates)

Includes:

- Bronze Star course and award (12 year olds)
- Bronze Medallion course and award
- Emergency First Aid course and award
 - Canadian Lifesaving Manual
 - Examination fees for both courses

Location:

Private Pool in Schomberg
Address will be provided after registration

For further information email jacobsonswimming@gmail.com