

Bronze Medallion Long-Term Sample

TOPIC	1 (3 hours)	2 (3 hours)	3 (3 hours)	4 (3 hours)	5 (3 hours)	6 (3 hours)	7 (3 hours)	8 (3 hours)	Mock Exam (2 hours)
Screening	X								
Victim Simulation	X		X						
Ladder Approach	X	X	X						
Rescuer Checklist		X	X		X				
1. Throwing Accuracy		X		X		X			
2. Self Rescue									
a) Ice	X				X			X	
b) Moving water	X				X			X	
c) Capsized boat	X				X			X	
3. Rescue Drill (20m + submerged)			X				X		
4. Defences & Releases		X		X	X				
5. Fitness Challenge (6x25m)		X		X		X			
6. Endurance Challenge (500m/15min)	X		X		X			X	
7. CPR									
a) Adult (1 person)	X		X			X			
b) Child (1 person)	X		X			X			
8. Obstructed Airway									
a) Conscious - A/C/Preg		X			X			X	
b) Unconscious - A/C	X		X			X			
9. Circulatory Emergencies									
a) Shock	X			X					
b) Heart attack/Angina		X			X				
c) External bleeding	X			X					
d) Stroke/TIA		X			X				
10. Walk, Spot & Demo				X			X		
11. Spinal Injury Mgmt (shallow/BR)			X		X		X		X
12. Search (deep & shallow - ALONE)			X		X			X	
13. Rescue 1 (no contact)		X		X		X		X	X
14. Rescue 2 (5m/sub/non-BR)				X	X	X	X	X	X
15. Rescue 3 (20m/any)					X	X	X	X	X
Other First Aid									
a) Aspiration				X		X		X	
b) Asthma				X		X		X	
c) Anaphylactic shock				X		X		X	
d) Chest wound (penetrating)				X		X		X	
e) Flail chest				X		X		X	
f) Hyperventilation				X		X		X	

*Missing Infant CPR as part of CPR B certification