

## **GREY MEDALLION**

Life Saving Victoria (LSV) wishes to advise of the dates for the Open Water Grey Medallion Program – Hampton LSC. The program will now be delivered Hampton LSC throughout March and April, 2018.

The Open Water Grey Medallion aims to engage beach goers, general public and members who have an interest in increasing their current knowledge, experience and understanding of open water environments and water safety.

LSV encourages members to pass on this opportunity to interested individuals within their club and local community.

### **Overview**

Building on the success of the pilot Open Water Grey Medallion delivered in 2017, LSV is pleased to announce its first bay program for 2018 at Hampton LSC.

The Program has been specifically designed for the over 55 age group, it provides a unique opportunity to enhance participants' knowledge and skills to enable them to stay and keep others safe in and around the open water environment.

Over five sessions, the program covers many aspects of lifesaving from basic first aid to self-survival techniques; that are transferable skills from the beach to everyday life.

The sessions will incorporate theory and practical lessons, and will be both classroom and open water based.

### **Who should apply?**

The program will ideally suit people 55 years + who recreate in and around open water environments, whether you have recently moved to a coastal area, grandparents looking after young children, current or previous members who may have previously held the Bronze Medallion but have had limited exposure or experience in recent times and wish to enhance their current knowledge, skills and understanding.

### **Objectives of the program**

Provide participants with:

- Recognition of rips and other hazardous aspects of open water
- An understanding of personal safety when recreating around these waterways
- Understanding of safety and lifesaving equipment usage
- Basic rescue principles and when these are appropriate to utilise
- Basic emergency care knowledge

- Basic resuscitation qualification

### Details of the Program

Date	Session Number	Approximate Start Time	Location
Thursday, 22 March 2018	Session 1	6:00 pm	Hampton LSC
Sunday, 25 March 2018	Session 2	10:00 am	Hampton LSC
Thursday, 29 March 2018	Session 3	6:00 pm	Hampton LSC
Sunday, 8 April 2018	Session 4	10:00 am	Hampton LSC
Sunday, 15 April 2018	Session 5	10:00 am	Hampton LSC
Thursday, 19 April 2018	Session 6 (presentations only)	6:00pm	Hampton LSC

*\* Please note each session will go for approximately 2-4 hours depending on the day.*

**Physical Requirements:** the program will be tailored to the physical abilities of each participant. Participants will be encouraged to set their own goals at the beginning of the program.

**Cost:** The cost of the Open Water Grey Medallion is \$150.00 inc. GST per participant. Cost includes all resources and processing. Payment will be required to be made prior to commencing the program.

**Expression of Interest:** For those who are interested in being part of the Open Water Grey Medallion Program, please complete the following Expression of Interest form: <https://lifesavingvictoria.wufoo.eu/forms/z12jdzrj0nkenvx/>

Alternatively, you can request a paper form by the emailing or contact LSV on the details above.

**Expression of Interest close Wednesday, 14 March 2018;**

If you have further queries please don't hesitate to contact M&LD on the details listed above.

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General Manager

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