



# **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 completed Bronze Star**

**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  
(23 years of teaching experience)

### **Dates**

**July 6th and 7th 10:00am–4:00pm**  
**July 13h and 14th 10:00am–4:00pm**

\*must attend all four days

### **Cost**

\$350.00 Including HST.

Includes:

- 1) Bronze Medallion course and award
- 2) Emergency First Aid course and award
- 3) Canadian Lifesaving Manual
- 4) Examination fees for both courses

### **Location**

Private Pool in Thornhill  
Address will be provided after registration

For further information call Steven Jacobson (416) 319-8507  
or email [jacobsonswimming@gmail.com](mailto:jacobsonswimming@gmail.com)

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**To reserve your spot in the course please fill out registration document on the following page.**

**BRONZE MEDALLION & EMERGENCY FIRST AID**  
**REGISTRATION FORM**

Candidate's name : \_\_\_\_\_

Date of Birth (Y/M/D) : \_\_\_\_\_

Address: : \_\_\_\_\_

City: : \_\_\_\_\_

Postal code : \_\_\_\_\_

Email (Mandatory) : \_\_\_\_\_

(Please make sure emails are legible)

Phone # : \_\_\_\_\_

(Course cost \$350.00)

**PAYMENT OPTIONS**

1) Vaughan Aquatic Club member - Please bring in payment (Cash or cheque payable to Steven Jacobson) to practice along with the completed registration document.

2) Non swim team member please mail in completed registration document with payment (Cheque payable to Steven Jacobson) to the following address.

Steven Jacobson  
255 Shafsbury Ave  
Richmond Hill ON,  
L4C 0L9  
Unit 41