

Lifesavers train seniors

By ERICA HENDERSON

CHILDREN are often believed to be most at risk of drowning, but it is the over-50s who in fact claim that dubious honour, according to Royal Life Saving Society program facilitator Patricia Barry.

The Grey Medallion is a free Royal Life Saving Society program that is specially designed for those aged 50 and older.

This program is designed to teach lifesaving and emergency care skills that could save a life.

Ms Barry said participants would not be required to wear budgie smugglers or swim a marathon.

"You'd be totally wrong in assuming that the grey medallion is a swimming course," she said.

"You don't have to be fit and you don't even have to be able to swim to complete it."

"We teach CPR, first aid, how to use a defibrillator, marine stings, and water-wise skills and the dry-rescue skills section shows people how to help in an aquatic emergency without even getting into the water."



TRAINING

WHAT: Grey Medallion
WHEN: August 22-23
WHERE: BreakFree Resort, Caloundra

KEEN TO HELP: Paul Seto, Patricia Barry and Robbie Schwartz prepare for the Grey Medallion, a Royal Life Saving Society Program specially designed for the 50+ age group.

PHOTO: PATRICK WOODS

Ms Barry said many older Sunshine Coasters enjoyed water activities and cared for their grandchildren, or were packing up to travel as grey nomads.

"This free two-day course

is essential for carers and travellers," she said.

"It could potentially save the life of someone you love - it covers how to act in emergency situations both on land and around the

water."

Ms Barry said everyone was welcome to attend the course, to be run by Ithaca Caloundra City Life Saving Club, on Saturday, August 22-23, at BreakFree Resort,

Caloundra, during Seniors Week.

Visit www.caloundracity.asn.au, phone Ms Barry on 0402 454 644, or email secretary@caloundracity.asn.au.

IN BRIEF

Danger of drones

TOURISTS visiting scenic seaside towns are being warned to think about air safety before flying drones to take photos and videos. The Civil Aviation Safety Authority has received reports of drones being flown close to aircraft flight paths in tourist towns. Flying a drone in an area where aircraft are operating at low altitudes poses a risk of collision or distracting pilots. CASA said drones should not be flown within 5km of an airport and should be kept below 400ft - 130m.

- APN NEWDESEK

Take a Kid Fishing

ON Sunday, August 9, parents and guardians are invited to bring children to the Caloundra Power Boat Club, Golden Beach, for the annual Take A Kid Fishing Day. Registration will be from 7-9am. There is no entry fee and more than 50 prizes on offer, including giveaways and a free sausage sizzle. Weigh-in closes at noon, followed by lucky draws and prize presentations. For more information phone Terry Graham, 0408 190 569.

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