



VITAL SKILLS: Forty seniors took a Grey Medallion lifesaving course at BreakFree Grand Pacific Caloundra.

Learning to save lives

IT MAY have been winter, but nothing daunted the 40 seniors who took part in the two-day Grey Medallion lifesaving course during Seniors Week on August 22-23. The course, accredited by the Royal Life Saving Society, was run by Ithaca Caloundra City Life Saving Club at the BreakFree Grand Pacific resort in Caloundra.

"We were delighted that the Council on the Ageing funded us to run this course," said Patricia Barry, the main facilitator. "It's one that's specially designed for over-55s. They're an over-represented demographic in the National Drowning Statistics. Many are also carers for their grandchildren. Aquatic activities and pools form part of the daily lives of the growing number of retirees on the Sunshine Coast.

"Statistics show that if we perform CPR, it is most likely to be on someone we know and love." Over the two days, participants learnt how to deal with aquatic and land-based emergencies, undertake CPR and use a defibrillator. The life-sized electronic manikins that give instan-

taneous feedback via an iPad were a great hit with everyone. "For the first time, I could actually test my CPR competency and learn defibrillation," one participant said. "We are very grateful to BreakFree for sponsoring this course," Patricia said. Other sessions covered being water-wise, keeping safe in a variety of aquatic



The course was designed for over-55s.

environments, marine stings and first aid. Seven club patrolling members helped to run the course and assist in the sessions. One participant summed up the thoughts of many at the end of the two days - "Neither of us had ever done lifesaver training. We are now comfortable and confident that we can help each other, our families and other members of the community if needed. We also know how to keep ourselves safe while assisting others." Find out more at www.caloundracity.asn.au.

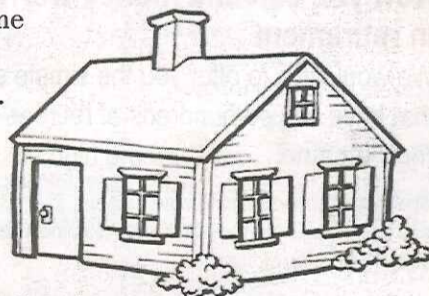
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