

Grey Medallion returns with free lifesaving course

THE popular Grey Medallion training – a free two-day event for Seniors that covers essential lifesaving skills – is back, and to cater for demand, there will be two courses this year.

Ithaca Caloundra City Life Saving Club will conduct the first on the weekend of July 28-29 and the second on August 18-19 at BreakFree Resort in Caloundra as part of Seniors Week.

“Many people ask if the Grey Medallion is like a Bronze Medallion. It’s a lifesaving award specially designed for the over 55s by the Royal Life Saving Society, but it’s definitely not a swimming award and you don’t have to be able to swim or physically fit to do it,” facilitator Patricia Barry said.

“The program helps people to learn essential lifesaving and emergency care skills that could one day save a family member, friend or even your own life.”

The two-day event focuses on how to deal with emergency situations on land and near water, CPR, how to use a defibrillator, basic first aid, how to deal with marine stings, and water wise and pool safety skills, as well as on keeping safe in the water and “dry” rescues.

Many grandparents also care for grandchildren after school and during the holidays, and many have pools or access to creeks, dams or the sea, so the course also



covers aspects for wherever you live.

“We teach dry rescue skills, where people don’t need to get into the water if they choose. And our life-size electronic manikins are always a great hit for people to practice,” Patricia said.

The courses are run by qualified Grey Medallion trainers, first aid trainers and lifesavers.

Funding from COTA and the Queensland Government and sponsorship from BreakFree Resort enables Ithaca Caloundra City Life Saving Club to run the two-day Grey Medallion course for free.

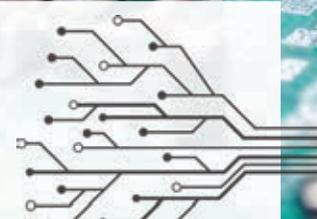
“We’ve run the Grey Medallion for 10 years now,” Patricia said. “It has become very popular and places fill up quickly.”

✂ **Participants need to enrol in advance. To find out more call Patricia on 0402 454 644, email secretary@caloundracity.org.au or visit caloundracity.org.au to enrol online.**

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