**The Gold Medallion …**

**Last Sat at North Cronulla Beach, we had five members from Bronte Surfclub successfully complete their Gold Medallion assessment setting not only record times, but also being mentioned in dispatches by the assessors as a truly standout club from both a surf skills and duty of care perspective.**

**Congratulations to Kimberly Johns, Tara O’Reilly, Ivan Power, Jackson Raymond and a crusty 50+ Club Captain who kept the slightly younger members honest by redoing his yearly proficiency which is the full Gold assessment all over again!**

The Gold Medallion is many things to many people. For some it’s a next step along the pathway to employment as a Lifeguard with ALS …  for others it’s just a bucket list challenge or another gong on the wall providing little value. Thankfully Bronte Lifesavers who have undertaken the award in recent years have done so not only to test and improve their skill and worth as an individual lifesaver but also as a wider, well rounded team performing well under pressure. They have  subsequently re-injected those skills and lessons learnt back into the club as active Patrollers, Trainers and Mentors.

Make of it what you may, I’ve always seen the benefit of HALO effect or Capstone awards that acts as a pull-through due to the other pre-requisite "rescue ready" awards you must hold before being eligible for assessment. This is a good thing as it encourages Bronze members to do other higher awards such as First Aid, Advance Resuscitation and Silver Medallion Beach management and remain proficient in them.

Like, Branch, State and Aussies at a competition level, such end goal tests and events for Patrolling Lifesavers builds a better depth of strength and resilience at clubs. It's reassuring to see members who may or may not want to be regular PC/VCs or Team leaders have the demonstrated skill and proven capability to one day possibly act without warning to confidently risk assess, measure up and take better control of a critical situation individually or as a small nimble team.

Members training for the Gold spend considerable time training for the Mission (400m swim, 800m sand run, 400m board, 800m sand run in under 25 mins) as a tight team focussing on advanced surf negotiation skills (swim and board). On completion of the mission they must perform multiple rescues over longer distances. The summation of this is the Complex Rescue which physically and mentally requires you**to successfully triage a complex situation** … i.e. make a quick plan and snap decision to utilise the resources and conditions at hand to ensure **The Greatest Good for the Greatest Number**is achieved.

The fitness component of **The Mission**is a bonding fitness and skill test that has kept a lot of Bronte members actively engaged, both mentally and physically, during COVID. The other morning we had 10 plus members having a crack at the Mission with all passing the time limit. It's also been positively noted by the Waverley Lifeguards and other Clubs.

All the Bronte candidates completed the mission time with over 5 minutes to spare, showing exceptional skill and duty of care on the day. On behalf of the Club we are very proud of their efforts on the day and during the lead up, continually inspiring others to Train Hard - Rescue Easy!

Next one is March ;-)