Gold Medallion

One tough test of your fitness and rescue skills.

No dates yet. Choose Register interest on the form and we'll email you when a course is set.

Gold — Key info

From age 17 **Free to members**

Minimum age	17, on the day of your final assessment.
Duration	About 1 hour. It's an assessment only.
Cost	Free to members.
Stays current	Until 31 December, every season.

Prerequisites

SLSWA: Bronze Medallion

SLSWA: Silver Medallion Patrol Captain (or the older Silver Medallion Beach Management)

SLSWA: Advanced Resuscitation Techniques

SLSWA: 800 m swim in 14 minutes

Dates

No dates yet Register interest

Updated 2 Nov 2026.

How to get it

1. **Prepare**
   Bring bathers or a wetsuit, a towel, goggles, fins, and food and drink.
2. **Assessment**
   A pool swim first. Then a mission test, a tube rescue, a board rescue and a scenario.
3. **Keep it current**
   Do your Skills Maintenance Check (SMC) each season, by 31 December. Keep Bronze, Advanced Resuscitation Techniques and First Aid current too.

Book your SMC on Learn →

If you miss your SMC

In short: if you're an Active Member and miss 31 December, your membership is put on hold for a month, then it ends. Until you do your SMC you can't patrol.

If you are an Active Member and are not proficient by 31 December, your membership is automatically suspended for 1 month (from 31 December, or from a later date if the Chair of Education has granted you an extension). If you are still not proficient at the end of that month, your membership automatically ends (By-law 11.3). To ask for an exemption or more time, write to the Chair of Education by 31 December (By-law 11.4). Under SLSWA rules you also cannot patrol, operate rescue craft or compete until you are proficient.

Long Service Members must requalify each season (By-law 6.2.4(f)). Under SLSWA rules you can't patrol until you do.

Owner: Chair of Education · Last reviewed 2 Nov 2026 · Next review due 1 Sep 2027 · Questions? enquiries@ncslsc.com