

BRONZE MEDALLION

At-a-glance



The Lifesaving Society's Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

Knowledge Items

1. ***The Lifesaving Society:** Demonstrate knowledge of the Lifesaving Society and awareness of its training program opportunities.
2. ***Drowning Chain of Survival:** Demonstrate knowledge of the Drowning Chain of Survival.
3. ***Rescue process:** Demonstrate knowledge of the Ladder Approach and the Rescuer's Checklist and how the rescuer uses them in decision-making.
4. ***Cold water:** Demonstrate knowledge of the dangers of cold water immersion and risk to the rescuer in cold water rescues.

Skill Items

5. ***†Self-rescue:**
 - a) Wearing a long-sleeve shirt and long pants, demonstrate (safely) a disorienting entry and swim 15 m. Remove and inflate pants and form a huddle for 1 minute with two or more others.
 - b) Wearing clothing, simulate self-rescue techniques for cold water and moving water.
6. ***Swimming and lifesaving strokes:**
 - a) Swim 25 m or yd. each of: front crawl, back crawl, breaststroke.
 - b) Swim 25 m or yd. each of: head-up front crawl, head-up breaststroke.
 - c) Swim 25 m or yd. each of: whip kick, eggbeater, scissor kick or inverted scissor kick.
7. ***Victim recognition:**
 - a) In the water, simulate the appearance of a weak swimmer, a non-swimmer, an unconscious victim, and an injured victim.
 - b) Recognize the difference between a weak swimmer and a non-swimmer; and recognize an unconscious victim and an injured victim.
8. ***Entries and removals:**
 - a) Demonstrate three entries with aids and three entries without aids.
 - b) With the assistance of an untrained bystander, demonstrate the removal of a conscious and an unconscious victim.
9. ***†Defences and releases:**
 - a) In ready position, demonstrate ability to scull forward, backward and sideways for 60 seconds.
 - b) Demonstrate three defences from the front, side, and rear and three releases from the front, side, and rear. Assume a ready position and communicate verbally after each defence and release.

Notes

- *Asterisk indicates instructor-evaluated item. The † symbol denotes the only items evaluated during a recertification. See Foreword (p. iii) and Standardized recertification content for Bronze Medallion and Bronze Cross, p. viii.

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10. ***Tows and carries:**

- a) Demonstrate the use of three towing aids: tow a passive victim 15 m with each aid.
- b) Demonstrate three assistive carries and three control carries: carry a passive victim 15 m with each carry.

11. ***Search:** Demonstrate an effective shallow water search.

12. ***†Submerged victim recovery:** Demonstrate recovery of an unconscious victim from deep water: surface and carry victim to a point of safety 5 m distant.

13. ***Drowning resuscitation:** On a manikin, demonstrate single-rescuer adult, child, and infant drowning resuscitation including ability to deal with complications.

Fitness Items

14. ***Rescue drill:** Enter the water and swim head-up 25 m or yd. to contact a passive victim or manikin located at the surface and carry 25 m or yd.

15. ***†Endurance challenge:** Swim 400 m within 12 minutes (400 yd. within 11 minutes).

Judgment Items

16. ***Risk assessment and response:** While modelling safe personal behaviour, conduct a safety assessment of an aquatic environment and its activities. Identify and remove hazards where applicable and intervene in unsafe activities where appropriate.

17. **†Rescue 1 – from land:** Perform a low-risk, non-contact rescue from land of a weak or tired swimmer located no more than 10 m away.

18. **†Rescue 2 – open water:** Perform a non-contact rescue of a tired or weak swimmer or non-swimmer in open water with a towing aid or craft. Approach 20 m or yd. and tow 20 m or yd. to safety. Rescuer performs appropriate follow-up procedures including treatment for shock.

19. **†Rescue 3 – non-breathing victim:** Perform a rescue of a non-breathing victim located at the surface in deep water, 5 m from point of safety. Remove victim and perform CPR on a manikin.