

CRESCENT BEACH SWIMMING CLUB

BRONZE CROSS SUMMER 2024

August 9th 4-8pm Aug 10th & 11th 9am-5pm

(Prerequisite: Bronze Medallion certification) Fee \$180

Head Coaches: Raya Hartshorne and Natalie Cooke

Evaluation and Other Items:

All items are taught and evaluated by a current Lifesaving Instructor. Candidates must demonstrate competency on all items to pass. Candidates must provide their own goggles in order to participate in the course.

EVALUATION ITEMS:

Knowledge Items:

- **The Lifesaving Society**

Demonstrate knowledge of the Lifesaving Society as Canada's lifeguarding experts.

- **Non-fatal drowning**

Demonstrate knowledge of follow-up care and treatment of a conscious drowning victim.

- **Shallow water blackout**

Demonstrate knowledge of the cause and prevention of shallow water blackout.

- **Assistant lifeguard roles and responsibilities**

Demonstrate knowledge of the roles and responsibilities of an assistant lifeguard.

Skill Items:

- **Communication**

Demonstrate effective communication with patrons, victims, coworkers, supervisors, and emergency service personnel.

- **Two-rescuer removals**

With a trained partner, demonstrate ability to remove victims from various aquatic environments including removal with a spine board.

- **Surface dives and underwater swims**

Demonstrate a head-first surface dive (maximum depth 2 m) and swim underwater 10 m. Demonstrate a foot-first surface dive (maximum depth 2 m) and swim underwater 10 m.

- **Team search**

With bystanders, organize and participate in a logical underwater search of both a shallow and a deep-water area.

- **Two-rescuer drowning resuscitation**

On a manikin, demonstrate two-rescuer adult, child, and infant drowning resuscitation including ability to deal with complications.

- **Spinal injury management**

Respond to a breathing or non-breathing suspected spinal-injured victim located in shallow water or on land.

Fitness Items:

- **Object recovery and transport**

Demonstrate anaerobic fitness and strength for an object recovery: starting in the water, swim 15 m and surface dive to recover a 4.5 kg (10 lb.) object; surface and carry the object 5 m – all within 60 seconds.

- **Rescue drill**

Starting in the water, swim head-up to recover a submerged manikin or victim located 20 m away; surface and carry the manikin or victim 20 m to starting point – all within 120 seconds.

- **Endurance challenge**

Swim 400 m within 11 minutes (400 yd. in 9:40 minutes).

Judgement Items:

- **Safety supervision scanning**

While patrolling and scanning a supervised aquatic environment, identify deficiencies, hazards, and inappropriate patron behaviours or victim types. Intervene and verbally report as appropriate.

- **Two-person rescue 1: multiple victims**

Respond to an aquatic emergency in open water involving three or four victims and provide care until relieved of responsibility.

- **Two-person rescue 2: submerged victim**

Perform a rescue of a non-breathing victim submerged in deep water; remove victim and provide care until relieved of responsibility by a lifeguard. Perform CPR on a manikin.

- **Assistant lifeguard situations**

As a member of an assistant lifeguard team, respond to an emergency in a supervised aquatic setting.