

**CRESCENT BEACH SWIMMING CLUB
BRONZE STAR
SUMMER 2018**

July 7th & July 8th 9am-2pm

(Prerequisite: must be 12 years old by December 31, 2018)/Fee \$90

Head Coach Spence Thomson and Coach Grace Schill

H2O Proficiency

- In deep water, demonstrate deep and shallow head and foot first entries from a height (max of 1 m).
- Demonstrate a backward roll entry, wearing a shirt and long pants. Swim 10–15 m, and then remove and inflate the pants. Form a huddle for 1 minute with two or more others.
- Demonstrate the ability to recover an unconscious victim from deep water (max depth of 2 m), bring the victim to the surface, and carry him or her to the nearest point of safety.
- Demonstrate a minimum 5 m head-up approach into a head-first surface dive, to retrieve an object from a depth of 2–3 m. Surface with the object and use the eggbeater kick for 5 m to return to your starting point.
- Demonstrate a 25 m head-up approach into a foot-first surface dive, to retrieve a 4.5 kg object (from a maximum depth of 2 m). Carry the object back to the point of entry. Exit the water and demonstrate rescue breathing on a manikin.
- Support a 4.5 kg object at the surface for 1 minutes or better, in deep water.
- Wearing a shoulder loop and line, swim a 100 m individual medley in 3 minutes or better as follows: 25m each of lifesaving kick, backstroke, breaststroke and freestyle.
- Swim 400m in 12 minutes or better, using freestyle or any combination of strokes of the swimmers choice.

First Aid

- Demonstrate the ability to find and count the pulse and respiration rates on a partner. Demonstrate the ability to find and count your own pulse.
- Demonstrate single rescuer adult CPR on a manikin.
- Demonstrate the immobilization of a breathing victim with a possible spinal injury, on land.

Recognition and Rescue

Demonstrate the following:

- Simulation in the water of the appearance of a weak swimmer, non-swimmer, unconscious victim and injured victim.
- Recognize the difference between a weak swimmer and a non-swimmer, and recognize an unconscious and an injured victim.
- Demonstrate the ability to perform and recognize three different hand signals.
- Walk the perimeter of the aquatic facility to locate a submerged object within 30 seconds.
- Perform a search of an area with both shallow and deep water (maximum depth of 2 m).
- With a partner, perform a low-risk rescue of a non-swimmer or a victim with external bleeding. Assist the victim to safety, showing the ability to avoid direct contact. Perform appropriate follow-up procedures, including treatment for shock.
- Perform a rescue of an unconscious, non-breathing victim in deep water. Return to the beach, dock or poolside with the victim. Remove the victim from the water, directing untrained bystanders to assist. Performs appropriate follow-up procedures, including treatment for shock.