

CRESCENT BEACH SWIMMING CLUB
BRONZE CROSS
SUMMER 2019

August 9^h from 4pm-8pm, August 10th & 11th from 10am-6pm

Please note: times may be adjusted to accommodate athletes travelling to Kamloops for Provincials

(Prerequisite: Bronze Medallion certification)/Fee \$155.

Head Coach Emerson Mohr and Oliver Gibson

Evaluation and Other Items:

All items are taught and evaluated by a current Lifesaving Instructor. Candidates must demonstrate competency on all items to pass.

H2O Proficiency:

- Starting on a deck, dock or beach, perform an entry and swim a 50 m head-up approach with a shoulder loop and line, or rescue tube, to a passive victim or manikin. Tow the victim 50 m to safety.
- Swim head-up for two sets of 6 x 25 m, maintaining a consistent pace and work-to-rest ratio. Rest for 1 minute between sets. Check your pulse after the last repeat in each set.
- Swim 600 m continuously, in 18 minutes or better, using any combination of strokes.

First Aid:

Demonstrate primary assessment of a conscious victim and an unconscious victim, including:

- Level of consciousness
- Airway
- Breathing
- Circulation
- Major bleeding
- Mechanism of injury

Demonstrate secondary assessment of a victim, including:

- Vital signs
- Head-to-toe survey
- History

Demonstrate single-rescuer adult, child and infant cardiopulmonary resuscitation (CPR) on a manikin for the following circumstances:

- Complications in resuscitation (vomiting, drowning)
- Adaptations (mouth-to-nose, stoma)

Demonstrate two rescuer adult, child and infant CPR on a manikin.

Simulate the treatment of:

- A conscious adult or child with an obstructed airway
- On a manikin, simulate the treatment of a conscious adult, child or infant with an obstructed airway.
- Simulate the treatment of an unwitnessed unconscious adult, child or infant with an unobstructed airway.

Demonstrate the care and treatment of a victim suffering from hypothermia.

Recognition and Rescue

- Walk an aquatic environment, evaluate ongoing activities, and demonstrate how to educate peers about safe aquatic leisure choices. Evaluate and correct, where appropriate, hazardous conditions in unsupervised areas.
- Recover and immobilize a face-down non-breathing victim, found in deep water with a suspected cervical spinal injury. Transport the victim to shallow water and recruit and direct a trained bystander to assist. Demonstrate the ability to manage vomiting while maintaining immobilization.

- Using bystanders, organize a logical underwater search of an area with both shallow and deep water to maximum depth of 3 m.
- Perform a rescue involving two or more victims. Simulate a situation where one victim requires rescuer assistance, while the other victim(s) can follow directions for self-rescue and assist as bystanders once they have reached a point of safety. Simulate a situation that is designed to emphasize communication skills, victim care, removal, and follow-up, including contact with the Emergency Medical System (EMS).
- Perform a rescue of a submerged, non-breathing and pulseless victim. Simulate a situation that is designed to emphasize victim care, removal and follow-up including contact with EMS.
- Perform a rescue of an injured victim in a two rescuer situation. Swim a 50 m approach and a 50 m return. The situation is designed to emphasize either contact or non-contact rescues, victim care, removals and follow-up, including contact with EMS.
- Perform a rescue of a victim suffering injuries or with conditions that emphasize rescuer response to deteriorating circumstances. Include the use of bystanders and a 20 m approach and a 20 m return.