

CRESCENT BEACH SWIMMING CLUB
BRONZE MEDALLION
SUMMER 2019

July 12th from 4pm-8pm, July 13th & 14th from 10am-6pm

(Prerequisite: Bronze Star certification or 13 years old by July 14, 2019)

Fee \$155 (Bronze Medallion Fee includes a textbook and pocket mask).

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:

- Demonstrate accuracy in throwing buoyant aids. Throw aids a distance of 8 m placing them within 1 m of the center of a target three times out of four.
- Simulate self-rescue techniques for the following environments / circumstances:
 - o Ice, Moving water and Swamped or capsized boat
- Starting in the water, demonstrate a 20 m head-up approach and surface dive to recover a submerged victim. Return to the starting point, using a control carry to support and carry the victim.
- Demonstrate three defenses (from the front, side and rear) and three releases (from the front, side and rear). Assume the ready position and communicate verbally after each defense or release.
- Swim head-up 6 x 25 m, maintaining a consistent pace and work-to-rest ratio. Check pulse after last repeat.
- Swim 500 m continuously, in 15 minutes, using any combination of strokes of the candidate's choice.

First Aid:

- Demonstrate single-rescuer adult and child cardiopulmonary resuscitation (CPR) on a manikin, including:
 - o Complications in resuscitation (vomiting, drowning)
 - o Adaptations (mouth-to-nose, stoma)
- Simulate the treatment of:
 - o A conscious adult or child with an obstructed airway
 - o An unconscious adult or child with an obstructed airway.
- Demonstrate the appropriate recognition and care of a victim suffering from the following circulatory emergencies:
 - o Shock
 - o Heart attack or angina
 - o External bleeding
 - o Stroke and transient ischemic attack (TIA)
- Walk around an aquatic environment, evaluate the ongoing activities and, where appropriate, model safe aquatic leisure choices.
- Recover and immobilize a conscious breathing victim with a suspected cervical spinal injury, in shallow water. Demonstrate recovery and immobilization with both a face-up and a face-down victim. Recruit and direct bystanders to assist.
- Perform a logical underwater search of a specified area, to a maximum depth of 3 m.
- Perform a non-contact rescue in an aquatic situation designed to emphasize a low-risk rescue, victim care, removals with bystander assistance, and follow-up including contact with EMS.
- Perform a rescue of a non-breathing victim located in deep water, 5m from a point of safety. The situation involves an unsupervised environment and is designed to emphasize victim care, removals with bystander assistance, and follow-up including contact with EMS.
- Perform a rescue of a distressed or drowning victim in open water, requiring a 20m approach and 20m return. The situation is designed to require either a contact or non-contact rescue with emphasis on victim recognition and appropriate care.