

CRESCENT BEACH SWIMMING CLUB  
BRONZE MEDALLION  
SUMMER 2020

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**August 7th to 9th**

***(Prerequisite: Bronze Star certification or 13 years old by August 7th, 2020)***

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

**Head Coach Oliver Gibson and Olivia Hill**

**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 supply their own goggles to participate in the simulations.

Due to COVID-19, all candidates must stay 2 meters apart unless they are from the same family. All rescue simulations and learning will be modified to suit these boundaries.

**H2O Proficiency:**

- Demonstrate the ability to preform the Ladder Approach and the Rescuer's Checklist as well as understanding the Drowning Chain of Survival.
- 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 zination 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.