

# CRESCENT BEACH SWIMMING CLUB

## BRONZE CROSS SUMMER 2021

**August 13<sup>th</sup>-15<sup>th</sup>**

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

**Head Coach Olivia Hill and Coach Thomas 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. Candidates must provide their own goggles in order to participate in the course. Due to COVID-19 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.

### **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.