

CRESCENT BEACH SWIMMING CLUB

BRONZE STAR SUMMER 2021

July 10th & 11th

(Prerequisite: must be 12 years old by December 21, 2021)/Fee: \$95

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 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.

EVALUATION ITEMS:

Knowledge Items:

- **The Lifesaving Society**
Demonstrate knowledge of the Lifesaving Society and awareness of its training program opportunities.

Skill Items:

- **Self-rescue**
Simulate self-rescue techniques for the following circumstances: ice, swamped or capsized boat. Wearing a shirt and lightweight pants, enter the water and don a lifejacket or PFD. Demonstrate HELP for 1 minute; form a huddle with two or more others for another minute.
 - **Entries**
Demonstrate three safe entries appropriate to the environment
 - **Swimming and lifesaving strokes**
Swim 25 m or yd. each of: front crawl, back crawl, breaststroke. Swim 25 m or yd. each of: head-up front crawl, head-up breaststroke. Swim 25 m or yd. each of: whip kick, eggbeater, scissor kick or inverted scissor kick.
- Sculling**
- In ready position: scull in place for 30 seconds, scull head-first 10 m and scull feet-first 10 m.
 - **Victim recognition**

Demonstrate ability to recognize the difference between a weak swimmer and a non-swimmer.

- **Reaching and throwing assists**

Demonstrate two reaching assists. Demonstrate accuracy in throwing assists: throw a buoyant aid a distance of 5 m placing the aid within 1 m of the centre of a target three out of four times. Throw a buoyant aid with line to a victim 5 m distant and pull the victim to safety.

- **Drowning resuscitation**

On a manikin, demonstrate single-rescuer adult and child drowning resuscitation including ability to deal with complications.

Fitness Items:

- **Obstacle swim**

On the instructor's signal, swim 50 m or yd. submerging under an obstacle twice during the swim.

- **Rescue drill**

On the Instructor's signal, don a shoulder loop and line, enter the water and swim head-up to a partner or manikin located at the surface 25 m or yd. away. Tow partner or manikin to starting position.

- **Fitness challenge**

Complete a 400 m or yd. fitness training workout: 100 m or yd. warm-up, 6 x 25 m or yd. one of front crawl, back crawl, breaststroke, or lifesaving kick, 2 x 50 m or yd. one of head-up front crawl or head-up breaststroke, 50 m or yd. cool-down