

# CRESCENT BEACH SWIMMING CLUB

## BRONZE STAR

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 and **long sleeved shirts** + pants to participate in the simulations.

### **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