



OLYMPIAN SWIMMING



Bronze Cross Program (Course Length: 30 Hr)

Bronze Cross: begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.

Prerequisite: [Bronze Medallion](#) and Lifesaving Society [Emergency](#) or [Standard First Aid](#) certifications (need not be current) or EFA or SFA from one of these approved agencies.

In the new curriculum, candidates will have to complete 1) endurance swim of 400 meters in under 11 minutes and 2) swim head-up for 20 meters, rescue and carry a submerged victim back for 20 meters, all within 120 seconds; and lastly 3) swim 15 meters and recover and bring a 10 lb object to the surface and carry it for 5 meters, all within 60 seconds.

What do I need to bring?

- Remember to bring pen and paper
- Goggles and swim cap
- Water, lunch and snacks
- Proof of date of birth (DOB proof can be a health card, student ID) (must be 13 years of age on the day of the exam which will be Friday)
- Whistle
- Lifesaving Manuals will be handed out on the first day.
- Bathing suit and extra towels.
- All certification courses are designed for 100 per cent active participation! This includes in-water participation.
- Comfortable clothing for the out of water portion of the course
- Indoor shoes (flip flops etc)
- Please bring proof of all course prerequisites for the first day. All prerequisites must be met before the start of the course, and will be checked by the instructor.
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How to Prepare for your Course

1. Rest!

Make sure that you are well rested and mentally alert for the course. Crash courses are long and enduring; a full night's sleep is a must, to be alert and in proper shape to begin the course.

2. Energize!

Make sure that you eat a healthy meal the night before the course and throughout. We suggest bringing a (non-glass) refillable bottle for water and an energy drink. Also pack plenty of snacks to keep you alert, but remember - you will be in a pool - there is no eating on deck!

3. Pack a Lunch

4. Pack your gear!

There will be a lot of jumping in and out of the water and there is nothing worse than putting on wet swim gear or wrapping up in a damp towel. Bring two swim suits and two to three towels.

5. Have prerequisite documentation on hand (Cross course only)

We will want to check your prerequisites for Bronze Cross

AT-A-GLANCE

1. Knowledge Items

2. *The Lifesaving Society: Demonstrate knowledge of the Lifesaving Society as Canada's lifeguarding experts.
3. *Non-fatal drowning: Demonstrate knowledge of follow-up care and treatment of a conscious drowning victim.
4. *Shallow water blackout: Demonstrate knowledge of the cause and prevention of shallow water blackout.
5. *Assistant lifeguard roles and responsibilities: Demonstrate knowledge of the roles and responsibilities of an assistant lifeguard.

6. Skill Items

7. *Communication: Demonstrate effective communication with patrons, victims, coworkers, supervisors, and emergency service personnel.
8. *Two-rescuer removals: With a trained partner, demonstrate ability to remove victims from various aquatic environments including a removal with a spineboard.
9. *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.
10. *†Team search: With bystanders, organize and participate in a logical underwater search of both a shallow and a deep-water area.
11. *Two-rescuer drowning resuscitation: On a manikin, demonstrate two-rescuer adult, child, and infant drowning resuscitation including ability to deal with complications.
12. *†Spinal injury management: Respond to a breathing or non-breathing suspected spinal-injured victim located in shallow water or on land.

11. Fitness Items

12. *†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.
13. *†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.
14. *†Endurance challenge: Swim 400 m within 11 minutes (400 yd. in 9:40 minutes).
15. **Judgment Items**
16. *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.
17. †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.
18. †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.
19. †Assistant lifeguard situations: As a member of an assistant lifeguard team, respond to an emergency in a supervised aquatic setting.

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