



OLYMPIAN SWIMMING



Bronze Medallion Program with Emergency First Aid (Course Length: 27 Hr)

Bronze Medallion: challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

The Emergency First Aid course gives students general knowledge of first aid principles to increase confidence in order to effectively manage an emergency situation. The focus is on providing first aid for common injuries and core skills to reduce shock. In addition, students learn to recognize and respond to cardiovascular emergencies that occur in adults, children and infants.

What do I need to bring?

- 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)
- Goggles and Swim Cap
- Water, lunch and snacks
- Remember to bring pen and paper

- Whistle (Bronze Cross only)
- 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.
- ***IMPORTANT*** Long sleeve shirt and long pants for Skill item:
 - Preferably bring water proof & water resistant clothing without buttons or openings between the arms or around the legs (Water proof & water resistant materials include: PUL & TPU, waxed cotton, nylon and polyester, laminated cotton/poplin, polyester fleece, wool, vinyl, pleather and plastic etc).

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 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.

4. Pack a Lunch

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

The course conductor 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 and awareness of its training program opportunities.
3. *Drowning Chain of Survival: Demonstrate knowledge of the Drowning Chain of Survival.
4. *Rescue process: Demonstrate knowledge of the Ladder Approach and the Rescuer's Checklist and how the rescuer uses them in decision-making.
5. *Cold water: Demonstrate knowledge of the dangers of cold water immersion and risk to the rescuer in cold water rescues.

6. Skill Items

7. *†Self-rescue:
 - Wearing a long-sleeve shirt and long pants, demonstrate (safely) a disorienting entry and swim 15 m. Remove and inflate pants and form a huddle for 1 minute with two or more others.
 - Wearing clothing, simulate self-rescue techniques for cold water and moving water.
8. *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.
9. *Victim recognition:

- In the water, simulate the appearance of a weak swimmer, a non-swimmer, an unconscious victim, and an injured victim.
 - Recognize the difference between a weak swimmer and a non-swimmer; and recognize an unconscious victim and an injured victim.
10. *Entries and removals:
- Demonstrate three entries with aids and three entries without aids.
 - With the assistance of an untrained bystander, demonstrate the removal of a conscious and an unconscious victim.
11. *†Defences and releases:
- In ready position, demonstrate ability to scull forward, backward and sideways for 60 seconds.
 - Demonstrate three defences from the front, side, and rear and three releases from the front, side, and rear. Assume a ready position and communicate verbally after each defence and release.
10. *Tows and carries:
- Demonstrate the use of three towing aids: tow a passive victim 15 m with each aid.
 - Demonstrate three assistive carries and three control carries: carry a passive victim 15 m with each carry.
11. *Search: Demonstrate an effective shallow water search.
12. *†Submerged victim recovery: Demonstrate recovery of an unconscious victim from deep water: surface and carry victim to a point of safety 5 m distant.
13. *Drowning resuscitation: On a manikin, demonstrate single-rescuer adult, child, and infant drowning resuscitation including ability to deal with complications.
14. **Fitness Items**
15. *Rescue drill: Enter the water and swim head-up 25 m or yd. to contact a passive victim or manikin located at the surface and carry 25 m or yd.
16. *†Endurance challenge: Swim 400 m within 12 minutes (400 yd. within 11 minutes).
17. **Judgment Items**
18. *Risk assessment and response: While modelling safe personal behaviour, conduct a safety assessment of an aquatic environment and its activities. Identify and remove hazards where applicable and intervene in unsafe activities where appropriate.
19. †Rescue 1 – from land: Perform a low-risk, non-contact rescue from land of a weak or tired swimmer located no more than 10 m away.
20. †Rescue 2 – open water: Perform a non-contact rescue of a tired or weak swimmer or non-swimmer in open water with a towing aid or craft. Approach 20 m or yd. and tow 20 m or yd. to safety. Rescuer performs appropriate follow-up procedures including treatment for shock.

21. †Rescue 3 – non-breathing victim: Perform a rescue of a non-breathing victim located at the surface in deep water, 5 m from point of safety. Remove victim and perform CPR on a manikin.