

Bronze Cross Requirements

Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification.

Prerequisite: Bronze Medallion and Emergency First Aid

H₂O Proficiency

1. *Starting on a deck, dock, or beach, demonstrate an entry and swim a 50 m or yd. head-up approach with a shoulder loop and line or rescue tube to a passive victim or manikin, and then tow the victim 50 m or yd. to safety.
2. *Swim head-up for two sets of 6 x 25 m or yd. while maintaining a consistent pace and work-to-rest ratio. Rest for one minute between sets. Check your pulse after the last repeat in each set.
3. *Swim 600 m or 650 yd. in 18 minutes or better using any combination of strokes of the candidate's choice.

First Aid

4. *Demonstrate primary assessment of a conscious victim and an unconscious victim, including:
 - Level of consciousness
 - Airway
 - Breathing
 - Circulation
 - Major bleeding
 - Mechanism of injury

*Demonstrate secondary assessment of a victim, including:

 - Vital signs
 - Head-to-toe survey
 - History
5. *Demonstrate rescue breathing and cardiopulmonary resuscitation (CPR) on a manikin, including:
 - Adult, child, and infant victims
 - Complications in resuscitation (vomiting, gastric distention)
 - Adaptations (mouth-to-nose, stoma, jaw-thrust)
6. Demonstrate two-rescuer adult, child, and infant cardiopulmonary resuscitation (CPR) on a manikin:
7. *a Simulate the treatment of:
 - A conscious adult or child with an obstructed airway
 - Complications – a pregnant woman and person who is obese

- *b) On a manikin, demonstrate the treatment of a conscious infant with an obstructed airway.
 - *c) Simulate the treatment of an unwitnessed unconscious adult, child, or infant with an unobstructed airway.
8. *Demonstrate the care and treatment of a victim suffering from hypothermia.

Recognition & Rescue

- 9. *Walk an aquatic environment scene, evaluate the ongoing activities, and demonstrate how to educate peers about safe aquatic leisure choices. Evaluate and correct, where appropriate, hazardous conditions in unsupervised areas.
- 10. Recover and immobilize a face-down non-breathing victim with a suspected cervical spinal injury found in deep water. Transport to shallow water. Recruit and direct a trained bystander to assist. Demonstrate rescue breathing and the ability to manage vomiting while maintaining immobilization.
- 11. *Using bystanders, organize a logical underwater search of an area with both shallow and deep water to maximum depth of 3 metres.
- 12. Perform a rescue involving two or more victims. One victim requires rescuer assistance, while the other victim(s) can follow directions for self-rescue and assist as bystanders once at the point of safety. The situation is designed to emphasize communication skills, victim care, removals, and follow-up including contact with EMS.
- 13. Perform a rescue of a submerged, non-breathing, and pulseless victim. The situation is designed to emphasize victim care, removal, and follow-up including contact with EMS.
- 14. *Perform a rescue of an injured victim in a situation in which there are two rescuers. The rescue requires a 50 m or yd. approach and a 50 m or yd. return. The situation is designed to emphasize either contact or non-contact rescues, victim care, removals, and follow-up including contact with EMS.
- 15. Perform a rescue of a victim suffering injuries or conditions in a situation that emphasizes rescuer response to deteriorating circumstances and requires the use of bystanders. The rescue requires a 20 m or yd. approach and a 20 m or yd. return.

**Asterisk indicates instructor-evaluated item.*