

# Bronze Medallion Requirements

The Lifesaving Society's Bronze Medallion Award teaches an understanding of the lifesaving principles embodied in the four components of water rescue education – judgment, knowledge, skill, and fitness. Rescuers learn tows and carries, and defense and release methods in preparation for rescues of conscious and unconscious victims. Lifesavers develop stroke efficiency and endurance in a timed swim.

*Prerequisite:* Minimum 13 years of age or Bronze Star

## H<sub>2</sub>O Proficiency

1. \*Demonstrate accuracy in throwing buoyant aids. Throw a distance of 8 m placing the aid within 1 m of the centre of a target three times out of four.
2. \*Simulate self-rescue techniques for the following circumstances:
  - Ice
  - Moving water
  - Swamped or capsized boat
3. \*Starting in the water, demonstrate 20 m or yd. head-up approach, surface dive to recover a submerged victim or manikin, and return to the starting point using a control carry to support and carry the victim.
4. \*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 or release.
5. \*Swim head-up 6 x 25 m or yd. maintaining a consistent pace and work-to-rest ratio. Check your pulse after the last repeat.
6. \*Swim 500 m or 550 yd. in 15 minutes or better using any combination of strokes of the candidate's choice.

## First Aid

7. \* Demonstrate rescue breathing and one-rescuer cardiopulmonary resuscitation (CPR) on a manikin, including:
  - Adult and child victims
  - Complications in resuscitation (vomiting, gastric distention)
  - Adaptations (mouth-to-nose, stoma, jaw-thrust)
8. \*a) Simulate the treatment of:
  - A conscious adult or child with an obstructed airway
  - Complications involving a pregnant woman and a person who is obese
- \*b) Simulate the treatment of an unconscious adult or child with an obstructed airway.

9. Demonstrate the appropriate recognition and care of a victim suffering from the following circulatory emergencies:
  - a) Shock
  - b) Heart attack or angina
  - c) External bleeding
  - d) Stroke and Transient Ischemic Attack (TIA)

## Recognition & Rescue

10. \*Walk around an aquatic environment scene, evaluate the ongoing activities, and where appropriate, model safe aquatic leisure choices.
11. Recover and immobilize a conscious breathing victim with a suspected cervical spinal injury in shallow water. Demonstrate recovery and immobilization with both a face-up and a face-down victim. Recruit and direct bystanders to assist.
12. \*Perform a logical underwater search of a specified area to maximum depth of 3 m.
13. Perform a non-contact rescue in an aquatic situation designed to emphasize a low-risk rescue, victim care, removals with bystander assistance, and follow-up including contact with EMS.
14. Perform a rescue of a non-breathing victim located in deep water, 5 m from a point of safety. The situation involves an unsupervised environment and is designed to emphasize victim care, removals with bystander assistance, and follow-up including contact with EMS.
15. Perform a rescue of a distressed or drowning victim in open water, requiring a 20 m or yd. approach and 20 m or yd. return. The situation is designed to require either a contact or non-contact rescue with emphasis on victim recognition and appropriate care.

\*Asterisk indicates instructor-evaluated item.