

Bronze Star Requirements

H₂O Proficiency

Entries: Demonstrate deep and shallow head- and foot-first entries from a height (max. 1m).

Inflate clothes: Backward roll entry wearing shirt and long pants. Swim 10 - 15m or yd. remove and inflate pants. Form a huddle for 1 minute with two or more others.

Submerged victim recovery: Recover an unconscious victim from deep water to the surface & carry to nearest point of safety.

Rescue drill 1: Minimum 5m head-up approach into a head-first surface dive to retrieve object from a depth between 2 and 3 m or yd. Surface with object and eggbeater kick 5m or yd. to start point.

Rescue drill 2: Demonstrate a 25m or yd. head-up approach into a foot-first surface dive to retrieve a 4.5kg (10lb.) object (maximum depth 2m). Carry object to point of entry. Exit water and demonstrate rescue breathing on a manikin.

Object support: Support a 4.5kg (10lb.) object at the surface for 3 minutes or better in deep water.

Fitness medley: Wearing a shoulder loop and line, swim a 100m individual medley in 3 minutes or less (100yd. in 2:40 min.) as follows: 25m or yd. each of lifesaving kick, backstroke, breaststroke, freestyle.

Endurance challenge: Swim 400m in 12 minutes or better (400yd. in 10:45 min.) using freestyle or any combination of strokes of the swimmer's choice.

First Aid

Assess pulse & respiration rates: Find and count pulse and respiration rates on a partner. Demonstrate ability to find and count own pulse.

Adult CPR: Demonstrate single-rescuer CPR on a manikin.

Land spinal: Demonstrate the immobilization of a possible spinal-injured breathing victim on land.

Recognition & Rescue

Victim recognition: Demonstrate ability to simulate in the water the appearance of a weak swimmer, a non-swimmer, an unconscious victim and an injured victim. Demonstrate ability to recognize the difference between a weak swimmer and a non-swimmer; and to recognize an unconscious and an injured victim.

Hand signal communication: Demonstrate ability to perform and to recognize three different hand signals.

Walk & spot: Walk the perimeter of the aquatic facility to locate a submerged object within 30 seconds.

In-water search: Search an area with both shallow and deep water (max. depth 2 m).

Rescue with partner: With a partner, perform a low-risk rescue of a non-swimmer or a victim with external bleeding. Assist victim to safety showing ability to avoid direct contact. Perform appropriate follow-up procedures, including treatment for shock.

Rescue non-breathing victim: Rescue an unconscious, non-breathing victim in deep water. Return with the victim to the beach, dock or poolside. Untrained bystanders assist in victim removal. Perform appropriate follow-up procedures, including treatment for shock.