

Bronze Cross

The Bronze Cross award 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 Service® (NLS) and Instructor certification.

Prerequisites: Bronze Medallion.

Evaluation: Items marked with an asterisk (*) are instructor-evaluated in those provinces/territories where examination by an examiner is compulsory. Examiners may evaluate any or all of these items at their discretion.

Test items:

H₂O Proficiency

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

First Aid

1.
 - a. * Demonstrate primary assessment of a conscious victim and an unconscious victim, including:
 - Level of consciousness
 - Airway
 - Breathing
 - Circulation
 - Major bleeding
 - Mechanism of injury
 - b. * Demonstrate secondary assessment of a victim, including:
 - Vital signs
 - Head-to-toe survey
 - History
2. * Demonstrate rescue breathing and cardiopulmonary resuscitation (CPR) on a manikin for the following circumstances:
 - Adult, child and infant victims
 - Complications in resuscitation (vomiting, gastric distention)
 - Adaptations (mouth-to-nose, stoma, jaw-thrust)

* Demonstrate two rescuer adult, child and infant CPR on a manikin.

- . * Simulate the treatment of:
 - A conscious adult or child with an obstructed airway
 - Complications with a pregnant woman and person who is obese

 - a. * On a manikin, simulate the treatment of a conscious infant with an obstructed airway.

 - b. * Simulate the treatment of an unwitnessed unconscious adult, child or infant with an unobstructed airway.
- * Demonstrate the care and treatment of a victim suffering from hypothermia.

Recognition and Rescue

1. * Walk around an aquatic environment, 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.
2. Recover and immobilize a face-down non-breathing victim, found in deep water with a suspected cervical spinal injury. Transport the victim to shallow water and recruit and direct a trained bystander to assist. Demonstrate rescue breathing and the ability to manage vomiting while maintaining immobilization.
3. * Using bystanders, organize a logical underwater search of an area with both shallow and deep water to maximum depth of 3 m.
4. Perform a rescue involving two or more victims. Simulate a situation where one victim requires rescuer assistance, while the other victim(s) can follow directions for self-rescue and assist as bystanders once they have reached a point of safety. Simulate a situation that is designed to emphasize communication skills, victim care, removal, and follow-up, including contact with the Emergency Medical System (EMS).
5. Perform a rescue of a submerged, non-breathing and pulseless victim. Simulate a situation that is designed to emphasize victim care, removal and follow-up including contact with EMS.
6. * Perform a rescue of an injured victim in a two rescuer situation. Swim a 50 m approach and a 50 m return. Simulate a situation that is designed to emphasize either contact or non-contact rescues, victim care, removals and follow-up, including contact with EMS.
7. Perform a rescue of a victim suffering injuries or with conditions that emphasize rescuer response to deteriorating circumstances. Include the use of bystanders and a 20 m approach and a 20 m return.