

Bronze Medallion

The 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 defence and release methods in preparation for challenging rescues of increased risk, involving conscious and unconscious victims of various types. Participants also develop stroke efficiency and endurance in timed swims.

Prerequisites: Bronze Star or 13 years old.

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. * Demonstrate accuracy in throwing buoyant aids. Throw aids a distance of 8 m placing them within 1 m of the centre of a target three times out of four.
2. * Simulate self-rescue techniques for the following environments / circumstances:
 - Ice
 - Moving water
 - Swamped or capsized boat
3. * Starting in the water, demonstrate a 20 m head-up approach and surface dive to recover a submerged victim. 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 the ready position and communicate verbally after each defence or release.
5. * Swim head-up 6 x 25 m, maintaining a consistent pace and work-to-rest ratio. Check your pulse after the last repeat.
6. * Swim 500 m continuously, in 15 minutes, using any combination of strokes.

First Aid

1. * Demonstrate rescue breathing and one rescuer cardiopulmonary resuscitation (CPR) on a manikin, for the following circumstances:
 - Adult and child victims
 - Complications in resuscitation (vomiting, gastric distention)
 - Adaptations (mouth-to-nose, stoma, jaw-thrust)
 2.
 - 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.
- * Demonstrate the appropriate recognition and care of a victim suffering from the following circulatory emergencies:
- . Shock
 - a. Heart attack or angina
 - b. External bleeding
 - c. Stroke and transient ischemic attack (TIA)

Recognition and Rescue

1. * Walk around an aquatic environment evaluate the ongoing activities and, where appropriate, model safe aquatic leisure choices.
2. 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.
3. * Perform a logical underwater search of a specified area, to a maximum depth of 3 m.
4. Perform a non-contact rescue in an aquatic situation designed to emphasize a low-risk rescue, victim care, removal with bystander assistance, and follow-up—including contact with the Emergency Medical System (EMS).
5. Perform a rescue of a non-breathing victim located in deep water, 5 m from a point of safety. Simulate a situation, in an unsupervised environment, designed to emphasize victim care, removal with bystander assistance and follow-up—including contact with EMS.
6. Perform a rescue of a distressed or drowning victim in open water, with a 20 m approach and 20 m return. Simulate a situation designed to require either a contact or non-contact rescue, with emphasis on victim recognition and appropriate care.