

# Bronze Star

The Bronze Star award is the pre-Bronze Medallion training standard and it provides excellent preparation for success in obtaining the Bronze Medallion award. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and as partners. They learn cardiopulmonary resuscitation (CPR), and they develop Water Smart® confidence and the lifesaving skills needed to be their own personal lifeguard.

**Prerequisites:** None.

**Evaluation:** All items in Bronze Star are instructor-evaluated.

## Test items:

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

1. In deep water, demonstrate deep and shallow head- and foot-first entries from a height (maximum of 1 m).
2. Demonstrate a backward roll entry, wearing a shirt and long pants. Swim 10–15 m, and then remove and inflate the pants. Form a huddle for 1 minute with two or more others.
3. Demonstrate the ability to recover an unconscious victim from deep water (maximum depth of 2 m), bring the victim to the surface, and carry him or her to the nearest point of safety.
4. Demonstrate a minimum 5 m head-up approach into a head-first surface dive, to retrieve an object from a depth of 2–3 m. Surface with the object and use the eggbeater kick for 5 m to return to your starting point.
5. Demonstrate a 25 m head-up approach into a foot-first surface dive, to retrieve a 4.5 kg object (from a maximum depth of 2 m). Carry the object back to the point of entry. Exit the water and demonstrate rescue breathing on a manikin.
6. Support a 4.5 kg object at the surface for 3 minutes or better, in deep water.
7. Wearing a shoulder loop and line, swim a 100 m individual medley in 3 minutes or better as follows: 25 m each of lifesaving kick, backstroke, breaststroke and freestyle.
8. Swim 400 m in 12 minutes or better, using freestyle or any combination of strokes.

### *First Aid*

1. Demonstrate the ability to find and count the pulse and respiration rates on a partner. Demonstrate the ability to find and count your own pulse.
2. Demonstrate single rescuer adult CPR on a manikin.
3. Demonstrate the immobilization of a breathing victim with a possible spinal injury, on land.

### *Recognition and Rescue*

1. Demonstrate the following:
  - a. Simulation in the water of the appearance of a weak swimmer, non-swimmer, unconscious victim and injured victim.
  - b. Recognize the difference between a weak swimmer and a non-swimmer, and recognize an unconscious and an injured victim.
2. Demonstrate the ability to perform and recognize three different hand signals.
3. Walk the perimeter of the aquatic facility to locate a submerged object within 30 seconds.

4. Perform a search of an area with both shallow and deep water (maximum depth of 2 m).
5. With a partner, perform a low-risk rescue of a non-swimmer or a victim with external bleeding. Assist the victim to safety, showing the ability to avoid direct contact. Perform appropriate follow-up procedures, including treatment for shock.
6. Perform a rescue of an unconscious, non-breathing victim in deep water. Return to the beach, dock or poolside with the victim. Remove the victim from the water, directing untrained bystanders to assist. Performs appropriate follow-up procedures, including treatment for shock.