

# BRONZE STAR

## At-a-glance



The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport.

### Knowledge Items

---

1. **The Lifesaving Society:** Demonstrate knowledge of the Lifesaving Society and awareness of its training program opportunities.

### Skill Items

---

### Notes

---

- All items in Bronze Star (and Bronze Star recertifications) are instructor-evaluated.

#### 2. Self-rescue:

- a) Simulate self-rescue techniques for the following circumstances: ice, swamped or capsized boat.
- b) Wearing a shirt and lightweight pants, enter the water and don a lifejacket or PFD. Demonstrate HELP for 1 minute; form a huddle with two or more others for another minute.

3. **Entries:** Demonstrate three safe entries appropriate to the environment.

#### 4. Swimming and lifesaving strokes:

- a) Swim 25 m or yd. each of: front crawl, back crawl, breaststroke.
- b) Swim 25 m or yd. each of: head-up front crawl, head-up breaststroke.
- c) Swim 25 m or yd. each of: whip kick, eggbeater, scissor kick or inverted scissor kick.

#### 5. Sculling:

In ready position:

- a) scull in place for 30 seconds
- b) scull head-first 10 m and scull feet-first 10 m

6. **Victim recognition:** Demonstrate ability to recognize the difference between a weak swimmer and a non-swimmer.

#### 7. Reaching and throwing assists:

- a) Demonstrate two reaching assists.
- b) Demonstrate accuracy in throwing assists: throw a buoyant aid a distance of 5 m placing the aid within 1 m of the centre of a target three out of four times.
- c) Throw a buoyant aid with line to a victim 5 m distant and pull the victim to safety.

8. **Drowning resuscitation:** On a manikin, demonstrate single-rescuer adult and child drowning resuscitation including ability to deal with complications.

# BRONZE STAR

## At-a-glance

---



---

### Fitness Items

---

9. **Obstacle swim:** On the instructor's signal, swim 50 m or yd. submerging under an obstacle twice during the swim.
10. **Rescue drill:** On the instructor's signal, don a shoulder loop and line, enter the water and swim head-up to a partner or manikin located at the surface 25 m or yd. away. Tow partner or manikin to starting position.
11. **Fitness challenge:** Complete a 400 m or yd. fitness training workout:
  - 100 m or yd. warm-up
  - 6 x 25 m or yd. one of front crawl, back crawl, breaststroke, or lifesaving kick
  - 2 x 50 m or yd. one of head-up front crawl or head-up breaststroke
  - 50 m or yd. cool-down