

# What's new for instructors?

The Lifesaving Society regularly reviews and updates its training programs and standards. In the most recent update, the Bronze medal awards have been revised:

- **To reflect the Society's current research into drowning** in Canada including the incidence and consequences of non-fatal drowning.
- **To focus on the core areas of competency** in water rescue: skills, knowledge, fitness and judgment.
- **To improve skill progressions** for a logical and seamless flow into National Lifeguard and **to set candidates up for success** as they move through the Society's lifesaving, assistant lifeguard, and lifeguard continuum.

## Key changes

- Bronze Star content focuses on swimming proficiency, lifesaving skill and personal fitness.
- Bronze Medallion includes swimming strokes in the curriculum.
- Bronze Cross contains fundamental lifeguarding skills and concepts needed by those responsible for safety supervision.
- First aid items are restricted to content that relates directly to water rescue. Drowning resuscitation remains the central focus throughout the Bronze medal awards.
- Standardization of Bronze Medallion and Bronze Cross recertification exams.

**Bronze Star:** Bronze Star focuses on test items that improve swimming proficiency, self-rescue and lifesaving skills, and personal fitness – key elements in preparing for success in Bronze Medallion. Bronze Star also provides a fun introduction to lifesaving sport.

**Brush up on your stroke mechanics:** Better swimmers make better lifesavers. Strokes are back in Star and Medallion. We heard loud and clear from parents, instructors, and affiliates that young swimmers need opportunities to continue to develop their swim strokes in lifesaving classes.

**Bronze Cross is assistant lifeguard training:** Now more than ever, the new Bronze Cross prepares candidates for responsibilities as assistant lifeguards. Bronze Cross features more lifeguarding content with an emphasis on the principles and techniques of active surveillance (including scanning) in aquatic facilities.

Bronze Cross features a new Assistant Lifeguard Situations item in which lifesaving candidates – for the first time – start performing as assistant lifeguards. In these situations, candidates assume responsibility for the surveillance of patrons, the prevention of incidents, and emergency response when an incident occurs.

This item requires instructors and evaluators to create situations that develop or unfold within the context of supervised settings. This takes thoughtful planning. Check out Appendix A Designing Assistant Lifeguard Situations in the new *Bronze Medals Award Guide*.

**First aid focused on water rescue:** The Bronze medal awards emphasize aquatic-related first aid and resuscitation skills. Other first aid skills, acquired in first aid courses, are not included as stand-alone test items in the new Bronze curriculum. This means instructors can devote more time to helping candidates master important water rescue skills.

**Mandatory items on recertification exams:** The Society has standardized Bronze Medallion and Bronze Cross recertification exams by designating the *mandatory* items to be evaluated. Moreover, these items are the *only* items evaluated during recertification. To facilitate this, the Society has prepared separate Recertification test sheets that must be used when submitting Medallion and Cross recertification candidates.



EXPLORE THE NEW  
BRONZE MEDAL AWARDS



# EXPLORE THE NEW BRONZE MEDAL AWARDS

## Recertification candidates

Advise recertifying candidates whether they should be preparing for the “old” or the “new” Bronze Medallion or Bronze Cross exam. Set them up for success. Recognize that candidates taking the “new” exam may benefit from additional coaching (prior to or on the recert) to meet the new requirements. This is particularly true for Bronze Cross recert candidates who may be encountering assistant lifeguard situations for the first time.

For more information, see *What's new for recertifying Bronze Cross candidates?*

**New knowledge items:** Knowledge of the Lifesaving Society is required in all Bronze awards. The Drowning Chain of Survival is a feature in Medallion as are the Ladder Approach and Rescuer's Checklist. Bronze Cross introduces candidates to the concept and reality of non-fatal drowning, the dangers of shallow water blackout, and the roles and responsibilities of assistant lifeguards.

## New support resources

If you teach Bronze medal awards, you need the new (second edition, April 2020) *Bronze Medals Award Guide*.

- Read “Note to Instructors” on page ix for guidance on evaluating knowledge, teaching judgment and the difference between team performance and individual evaluation in Bronze Cross.
- Acquaint yourself with the new test items, Must Sees, and Notes.
- Check out the appendices on designing lifesaving and assistant lifeguarding situations.
- Consult the technical supplement that covers content that is not in the current edition of the *Canadian Lifesaving Manual*.

The revised Bronze programs are also supported by new test sheets for Bronze Star, Medallion, and Cross and new Recertification test sheets for Bronze Medallion and Cross.

Consult your Lifesaving Society office for more information regarding the revised Bronze medal awards and support resources. See also:

*What's new for Affiliates?*

*What's new for recertifying Bronze Cross candidates?*

## Contact Us

### Alberta and Northwest Territories

☎ 780.415.1755  
✉ [experts@lifesaving.org](mailto:experts@lifesaving.org)  
🌐 [www.lifesaving.org](http://www.lifesaving.org)

### British Columbia and Yukon Territory

☎ 604.299.5450  
✉ [info@lifesaving.bc.ca](mailto:info@lifesaving.bc.ca)  
🌐 [www.lifesaving.bc.ca](http://www.lifesaving.bc.ca)

### Manitoba

☎ 204.956.2124  
✉ [info@lifesaving.mb.ca](mailto:info@lifesaving.mb.ca)  
🌐 [www.lifesaving.mb.ca](http://www.lifesaving.mb.ca)

### National Office

☎ 613.746.5694  
✉ [experts@lifesaving.ca](mailto:experts@lifesaving.ca)  
🌐 [www.lifesaving.ca](http://www.lifesaving.ca)

### New Brunswick

☎ 506.455.5762  
✉ [info@lifesavingnb.ca](mailto:info@lifesavingnb.ca)  
🌐 [www.lifesavingnb.ca](http://www.lifesavingnb.ca)

### Newfoundland and Labrador

☎ 709.576.1953  
✉ [info@lifesavingnl.ca](mailto:info@lifesavingnl.ca)  
🌐 [www.lifesavingnl.ca](http://www.lifesavingnl.ca)

### Nova Scotia

☎ 902.425.5450  
✉ [experts@lifesavingsociety.ns.ca](mailto:experts@lifesavingsociety.ns.ca)  
🌐 [www.lifesavingsociety.ns.ca](http://www.lifesavingsociety.ns.ca)

### Ontario

☎ 416.490.8844  
✉ [experts@lifeguarding.com](mailto:experts@lifeguarding.com)  
🌐 [www.lifesavingsociety.com](http://www.lifesavingsociety.com)

### Prince Edward Island

☎ 902.967.4888  
✉ [info@lifesavingsocietypei.ca](mailto:info@lifesavingsocietypei.ca)  
🌐 [www.lifesavingsocietypei.ca](http://www.lifesavingsocietypei.ca)

### Quebec

☎ 514.252.3100 or  
☎ 1.800.265.3093  
✉ [alerte@sauvetage.qc.ca](mailto:alerte@sauvetage.qc.ca)  
🌐 [www.lifesaving.qc.ca](http://www.lifesaving.qc.ca)

### Saskatchewan

☎ 306.780.9255  
✉ [lifesaving@sasktel.net](mailto:lifesaving@sasktel.net)  
🌐 [www.lifesavingsociety.sk.ca](http://www.lifesavingsociety.sk.ca)



**LIFESAVING SOCIETY**  
*The Lifeguarding Experts*