

What's new for Affiliates?

The Lifesaving Society has updated its Bronze medal awards:

- **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.

Strokes are back – by popular demand: 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. In the new Bronze Star and Bronze Medallion, participants will hone front and back crawl, breaststroke and lifesaving kicks.

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. Candidate assessment includes Assistant Lifeguard Situations.

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.

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 support resources

The revised Bronze programs are supported by:

- New *Bronze Medals Award Guide* that features supplemental technical information (not currently found in the Canadian Lifesaving Manual) and guidance on setting up lifesaving and Bronze Cross assistant lifeguarding situations.
- New test sheets for Bronze Star, Medallion, and Cross and new Recertification test sheets for Bronze Medallion and Cross.
- New Bronze award descriptions (below).





EXPLORE THE NEW BRONZE MEDAL AWARDS

New award descriptions for brochures

Affiliates are encouraged to update the award descriptions in brochures and other promotional communications with the following.

Bronze Star: 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. *Prerequisites:* None.

Bronze Medallion: Bronze Medallion challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross. *Prerequisites:* minimum 13 years of age or Bronze Star.

Bronze Cross: The Lifesaving Society’s Bronze Cross begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society’s National Lifeguard and leadership certification programs. *Prerequisites:* Bronze Medallion.

Transition and implementation

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

What’s new for instructors?

What’s new for recertifying Bronze Cross candidates?

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