



EXPLORE THE NEW BRONZE MEDAL AWARDS

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.
- **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?*

Transition to the new programs

Affiliates transition to the new Bronze medal awards at their convenience by June 2022. The following considerations should be part of transition planning:

- ✓ Review programming times
- ✓ Get new resource materials
- ✓ Update staff
- ✓ Update award descriptions in brochures



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Programming

The revised Bronze medal awards have been designed for candidate success within the following course times: Bronze Star (10 hr.), Bronze Medallion (15 hr.), Bronze Cross (20 hr.).

Co-delivering First Aid and Bronze awards: The reduced first aid content in the new Bronze awards focuses on drowning resuscitation. Therefore, there is less content overlap with first aid awards than previously. You may have to review and adjust the programming hours allocated to co-deliver first aid awards with Bronze courses: Bronze Star with Basic First Aid (12 hr.), Bronze Medallion with EFA (20 hr.), Bronze Cross with EFA (25 hr.), and Bronze Cross with SFA (30 hr.).

Set candidates up for success: the above outlines the minimum time needed for the average candidate to achieve the required standard. Additional time may be necessary for learning activities such as skills practice and situational training, breaks, etc.

Time for Bronze exams: All items in Bronze Star and most items in Bronze Medallion and Bronze Cross remain instructor-evaluated. When a separate examination is required (e.g., if the instructor is not also an Examiner), allow approx. 2.5 to 3 hr. for a Bronze Medallion or Bronze Cross exam with 12–16 candidates.

Time for Bronze recertification exams: Because only designated items are evaluated, recert exams should take less time to complete. For 12–16 recertification candidates, allow approximately:

- Bronze Medallion recert = 3 hr. Bronze Cross recert = 4 hr.

Separate “Recertification” test sheets: Please use only the new “Recertification” test sheets when submitting Medallion and Cross recertification candidates.

New support resources

For affiliates

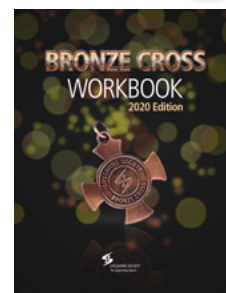
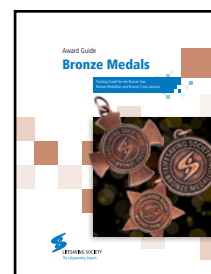
- New downloadable, fillable test sheets including the *new* Recertification test sheets for Bronze Medallion and Cross.
- New Bronze award descriptions (next page).

For instructors

- 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 *Teaching Bronze* USB flash drive resources for each level including core and lesson plans, learning activities, PowerPoint presentations, and new instructional videos on the Canadian Drowning Report and Drowning Resuscitation.
- In-person or blended learning update clinics, and a self-directed online tutorial (see Updating Instructors next page).

For candidates

- New Bronze Medallion and Bronze Cross Workbooks. (The current workbooks will be available while supplies last.)





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Updating Instructors

Those who teach and evaluate the Bronze awards will need time to orient themselves to the new curriculum and to update their lesson plans accordingly. For this, the new *Bronze Medals Award Guide* is an essential resource. Other sources of information on the new Bronze medal awards include:

- An *Explore Bronze Update Clinic* for instructors and examiners. When led by a current Lifesaving Instructor Trainer and followed by the submission of a Master sheet, the in-person or blended learning update clinic earns a leadership recertification value of 1 credit.
- A self-directed *Explore Bronze* PowerPoint tutorial available on the Society's website.

New award descriptions for brochures

Affiliates are encouraged to update the award descriptions in brochures and other promotional communications with the following. Prerequisites for each award have not changed (see Program Guide).

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.

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.

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.



For more information

See also

What's new for instructors?

What's new for recertifying Bronze Cross candidates?

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