

Lifesaving Society Bronze Medallion Recertification Worksheet

Item 5 – Self-rescue

a) Wearing a long-sleeve shirt and long pants, demonstrate (safely) a disorienting entry and swim 15 m. Remove and inflate pants and form a huddle for 1 minute with two or more others.

b) Wearing clothing, simulate self-rescue techniques for cold water and moving water.

Purpose: To develop self-rescue skills for cold and moving water while wearing clothing.

Candidate	Must Sees	Comments
	<p>a) Self-rescue sequence</p> <ul style="list-style-type: none"> <input type="checkbox"/> Completed as a continuous sequence <input type="checkbox"/> Distance completed <input type="checkbox"/> Pants removed and effectively inflated <input type="checkbox"/> Effective communication in forming and maintaining huddle for 1 minute <p>b) Self-rescue for cold water and moving water</p> <ul style="list-style-type: none"> <input type="checkbox"/> Simulation of effective self-rescue techniques appropriate for the conditions 	
	<p>a) Self-rescue sequence</p> <ul style="list-style-type: none"> <input type="checkbox"/> Completed as a continuous sequence <input type="checkbox"/> Distance completed <input type="checkbox"/> Pants removed and effectively inflated <input type="checkbox"/> Effective communication in forming and maintaining huddle for 1 minute <p>b) Self-rescue for cold water and moving water</p> <ul style="list-style-type: none"> <input type="checkbox"/> Simulation of effective self-rescue techniques appropriate for the conditions 	
	<p>a) Self-rescue sequence</p> <ul style="list-style-type: none"> <input type="checkbox"/> Completed as a continuous sequence <input type="checkbox"/> Distance completed <input type="checkbox"/> Pants removed and effectively inflated <input type="checkbox"/> Effective communication in forming and maintaining huddle for 1 minute <p>b) Self-rescue for cold water and moving water</p> <ul style="list-style-type: none"> <input type="checkbox"/> Simulation of effective self-rescue techniques appropriate for the conditions 	
	<p>a) Self-rescue sequence</p> <ul style="list-style-type: none"> <input type="checkbox"/> Completed as a continuous sequence <input type="checkbox"/> Distance completed <input type="checkbox"/> Pants removed and effectively inflated <input type="checkbox"/> Effective communication in forming and maintaining huddle for 1 minute <p>b) Self-rescue for cold water and moving water</p> <ul style="list-style-type: none"> <input type="checkbox"/> Simulation of effective self-rescue techniques appropriate for the conditions 	
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Item 9 – Defences and releases

a) In ready position, demonstrate ability to scull forward, backward and sideways for 60 seconds.

b) Demonstrate three defences from the front, side, and rear and three releases from the front, side, and rear. Assume a ready position and communicate verbally after each defence and release.

Purpose: To avoid a grasp by a victim and to release a grasp by a victim.

Candidate	Must Sees	Comments
	<p>a) Ready position</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ready position maintained with toes at or near surface <input type="checkbox"/> Effective support scull travelling forward, sideways, and backwards <input type="checkbox"/> Time met <p>b) Defences and releases</p> <ul style="list-style-type: none"> <input type="checkbox"/> Avoidance of grasp (in defences) <input type="checkbox"/> Ability to apply breath control, speed, and adapt to the circumstances (in releases) <input type="checkbox"/> Ready position at a safe distance <input type="checkbox"/> Constructive communication, including a call for help <input type="checkbox"/> Treading water throughout <input type="checkbox"/> Calmness under stress 	
	<p>a) Ready position</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ready position maintained with toes at or near surface <input type="checkbox"/> Effective support scull travelling forward, sideways, and backwards <input type="checkbox"/> Time met <p>b) Defences and releases</p> <ul style="list-style-type: none"> <input type="checkbox"/> Avoidance of grasp (in defences) <input type="checkbox"/> Ability to apply breath control, speed, and adapt to the circumstances (in releases) <input type="checkbox"/> Ready position at a safe distance <input type="checkbox"/> Constructive communication, including a call for help <input type="checkbox"/> Treading water throughout <input type="checkbox"/> Calmness under stress 	
	<p>a) Ready position</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ready position maintained with toes at or near surface <input type="checkbox"/> Effective support scull travelling forward, sideways, and backwards <input type="checkbox"/> Time met <p>b) Defences and releases</p> <ul style="list-style-type: none"> <input type="checkbox"/> Avoidance of grasp (in defences) <input type="checkbox"/> Ability to apply breath control, speed, and adapt to the circumstances (in releases) <input type="checkbox"/> Ready position at a safe distance <input type="checkbox"/> Constructive communication, including a call for help <input type="checkbox"/> Treading water throughout <input type="checkbox"/> Calmness under stress 	
	<p>a) Ready position</p> <ul style="list-style-type: none"> <input type="checkbox"/> Ready position maintained with toes at or near surface <input type="checkbox"/> Effective support scull travelling forward, sideways, and backwards <input type="checkbox"/> Time met <p>b) Defences and releases</p> <ul style="list-style-type: none"> <input type="checkbox"/> Avoidance of grasp (in defences) <input type="checkbox"/> Ability to apply breath control, speed, and adapt to the circumstances (in releases) <input type="checkbox"/> Ready position at a safe distance <input type="checkbox"/> Constructive communication, including a call for help <input type="checkbox"/> Treading water throughout <input type="checkbox"/> Calmness under stress 	

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Item 12 – Submerged victim recovery

Demonstrate recovery of an unconscious victim from deep water: surface and carry victim to a point of safety 5 m distant.

Purpose: To develop skill in submerged victim recovery.

Candidate	Must Sees	Comments
	<input type="checkbox"/> Quick descent to victim and quick ascent to surface <input type="checkbox"/> Quick carry to point of safety with control of victim; victim secured <input type="checkbox"/> Protection of victim’s airway during ascent; mouth and nose maintained above the surface thereafter <input type="checkbox"/> Assessment of ABCs when able to manage airway	
	<input type="checkbox"/> Quick descent to victim and quick ascent to surface <input type="checkbox"/> Quick carry to point of safety with control of victim; victim secured <input type="checkbox"/> Protection of victim’s airway during ascent; mouth and nose maintained above the surface thereafter <input type="checkbox"/> Assessment of ABCs when able to manage airway	
	<input type="checkbox"/> Quick descent to victim and quick ascent to surface <input type="checkbox"/> Quick carry to point of safety with control of victim; victim secured <input type="checkbox"/> Protection of victim’s airway during ascent; mouth and nose maintained above the surface thereafter <input type="checkbox"/> Assessment of ABCs when able to manage airway	
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	<input type="checkbox"/> Quick descent to victim and quick ascent to surface <input type="checkbox"/> Quick carry to point of safety with control of victim; victim secured <input type="checkbox"/> Protection of victim’s airway during ascent; mouth and nose maintained above the surface thereafter <input type="checkbox"/> Assessment of ABCs when able to manage airway	

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Item 15 – Endurance challenge

Swim 400 m within 12 minutes (400 yd. within 11 minutes).

Purpose: To develop aerobic fitness and stroke endurance for use in lifesaving emergencies.

Candidate	Must Sees	Comments
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	

Perform a low risk, non-contact rescue from land of a weak or tired swimmer located no more than 10 m away.

Purpose: To prevent loss of life in an aquatic emergency with minimum risk to the rescuer.

Describe situation:
<p>Must Sees:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Quick, accurate recognition <input type="checkbox"/> Appropriate assessment of situation – call for help <input type="checkbox"/> Lowest risk rescue possible under the circumstances with personal safety maintained throughout: <ul style="list-style-type: none"> <input type="checkbox"/> Appropriate choice and use of aid if needed <input type="checkbox"/> Victim secured at nearest point of safety <input type="checkbox"/> Safe and effective removal with bystander assistance <input type="checkbox"/> Effective use and direction of bystanders where appropriate <input type="checkbox"/> Victim assessment (ABCs) <input type="checkbox"/> Appropriate care of victim throughout including constructive communication <input type="checkbox"/> Contact with EMS if appropriate

Candidate 1	Candidate 2	Candidate 3	Candidate 4
Name:	Name:	Name:	Name:
Victim type/conditions/etc.	Victim type/conditions/etc.	Victim type/conditions/etc.	Victim type/conditions/etc.
Comments:	Comments:	Comments:	Comments:

Perform a non-contact rescue of a tired or weak swimmer or non-swimmer in open water with a towing aid or craft. Approach 20 m or yd. and tow 20 m or yd. to safety. Rescuer performs appropriate follow-up procedures including treatment for shock.

Purpose: To prevent loss of life in an aquatic emergency with minimum risk to the rescuer.

Describe situation:
<p>Must Sees:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Quick, accurate recognition <input type="checkbox"/> Appropriate assessment of situation – call for help <input type="checkbox"/> Lowest risk rescue possible under the circumstances with personal safety maintained throughout: <ul style="list-style-type: none"> <input type="checkbox"/> Appropriate choice and use of aid if needed <input type="checkbox"/> Visual contact and constructive communication throughout <input type="checkbox"/> Victim secured at nearest point of safety <input type="checkbox"/> Safe and effective removal with bystander assistance <input type="checkbox"/> Effective use and direction of bystanders where appropriate <input type="checkbox"/> Appropriate care of victim throughout including constructive communication <input type="checkbox"/> Contact with EMS if appropriate

Candidate 1	Candidate 2	Candidate 3	Candidate 4
Name:	Name:	Name:	Name:
Victim type/conditions/etc.	Victim type/conditions/etc.	Victim type/conditions/etc.	Victim type/conditions/etc.
Comments:	Comments:	Comments:	Comments:

Perform rescue of a non-breathing victim located at the surface in deep water, 5 m from point of safety. Remove victim and perform CPR on a manikin.

Purpose: To prevent loss of life in an aquatic emergency with minimum risk to the rescuer.

Describe situation:
<p>Must Sees:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Quick, accurate recognition <input type="checkbox"/> Appropriate assessment of situation – call for help <input type="checkbox"/> Lowest risk rescue possible under the circumstances with personal safety maintained throughout: <ul style="list-style-type: none"> <input type="checkbox"/> Appropriate choice and use of aid if needed <input type="checkbox"/> Victim’s mouth and nose maintained above the surface throughout <input type="checkbox"/> Victim secured at nearest point of safety <input type="checkbox"/> Safe and effective removal with bystander assistance <input type="checkbox"/> Effective use and direction of bystanders where appropriate <input type="checkbox"/> Contact with EMS <input type="checkbox"/> Victim assessment (ABCs) and appropriate victim care including 5 cycles of drowning resuscitation <input type="checkbox"/> Effective use of barrier devices if available and where appropriate

Candidate 1	Candidate 2	Candidate 3	Candidate 4
Name:	Name:	Name:	Name:
Victim type/conditions/etc.	Victim type/conditions/etc.	Victim type/conditions/etc.	Victim type/conditions/etc.
Comments:	Comments:	Comments:	Comments: