

Lifesaving Society Bronze Cross Recertification Worksheet
Item 8 – Team search

With bystanders, organize and participate in a logical underwater search of both a shallow and a deep-water area.

Purpose: To develop skills in appropriate search techniques, including the recruitment and direction of bystanders.

Candidate	Must Sees	Comments
	<input type="checkbox"/> Recruitment and appropriate direction of bystanders <input type="checkbox"/> Appropriate search pattern <input type="checkbox"/> Efficient surface dives (if depth appropriate)	
	<input type="checkbox"/> Recruitment and appropriate direction of bystanders <input type="checkbox"/> Appropriate search pattern <input type="checkbox"/> Efficient surface dives (if depth appropriate)	
	<input type="checkbox"/> Recruitment and appropriate direction of bystanders <input type="checkbox"/> Appropriate search pattern <input type="checkbox"/> Efficient surface dives (if depth appropriate)	
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	<input type="checkbox"/> Recruitment and appropriate direction of bystanders <input type="checkbox"/> Appropriate search pattern <input type="checkbox"/> Efficient surface dives (if depth appropriate)	

Lifesaving Society Bronze Cross Recertification Worksheet
Item 10 – Spinal injury management

Respond to a breathing or non-breathing suspected spinal-injured victim located in shallow water or on land.

Purpose: To demonstrate the management of a victim with a suspected spinal injury.

Candidate	Must Sees	Comments
	<input type="checkbox"/> Quick recognition and response <input type="checkbox"/> Appropriate entry and approach (in-water victim only) <input type="checkbox"/> Smooth turnover if necessary <input type="checkbox"/> Restricted motion of victim’s head and neck throughout <input type="checkbox"/> Airway maintained throughout <input type="checkbox"/> Contact with EMS at earliest possible moment <input type="checkbox"/> Victim assessment (ABCs) and appropriate care: <ul style="list-style-type: none"> <input type="checkbox"/> Breathing victim: stabilization maintained with assistance <input type="checkbox"/> Non-breathing victim: CPR started immediately <input type="checkbox"/> Appropriate direction for bystanders	
	<input type="checkbox"/> Quick recognition and response <input type="checkbox"/> Appropriate entry and approach (in-water victim only) <input type="checkbox"/> Smooth turnover if necessary <input type="checkbox"/> Restricted motion of victim’s head and neck throughout <input type="checkbox"/> Airway maintained throughout <input type="checkbox"/> Contact with EMS at earliest possible moment <input type="checkbox"/> Victim assessment (ABCs) and appropriate care: <ul style="list-style-type: none"> <input type="checkbox"/> Breathing victim: stabilization maintained with assistance <input type="checkbox"/> Non-breathing victim: CPR started immediately <input type="checkbox"/> Appropriate direction for bystanders	
	<input type="checkbox"/> Quick recognition and response <input type="checkbox"/> Appropriate entry and approach (in-water victim only) <input type="checkbox"/> Smooth turnover if necessary <input type="checkbox"/> Restricted motion of victim’s head and neck throughout <input type="checkbox"/> Airway maintained throughout <input type="checkbox"/> Contact with EMS at earliest possible moment <input type="checkbox"/> Victim assessment (ABCs) and appropriate care: <ul style="list-style-type: none"> <input type="checkbox"/> Breathing victim: stabilization maintained with assistance <input type="checkbox"/> Non-breathing victim: CPR started immediately <input type="checkbox"/> Appropriate direction for bystanders	
	<input type="checkbox"/> Quick recognition and response <input type="checkbox"/> Appropriate entry and approach (in-water victim only) <input type="checkbox"/> Smooth turnover if necessary <input type="checkbox"/> Restricted motion of victim’s head and neck throughout <input type="checkbox"/> Airway maintained throughout <input type="checkbox"/> Contact with EMS at earliest possible moment <input type="checkbox"/> Victim assessment (ABCs) and appropriate care: <ul style="list-style-type: none"> <input type="checkbox"/> Breathing victim: stabilization maintained with assistance <input type="checkbox"/> Non-breathing victim: CPR started immediately <input type="checkbox"/> Appropriate direction for bystanders	
	<input type="checkbox"/> Quick recognition and response <input type="checkbox"/> Appropriate entry and approach (in-water victim only) <input type="checkbox"/> Smooth turnover if necessary <input type="checkbox"/> Restricted motion of victim’s head and neck throughout <input type="checkbox"/> Airway maintained throughout <input type="checkbox"/> Contact with EMS at earliest possible moment <input type="checkbox"/> Victim assessment (ABCs) and appropriate care: <ul style="list-style-type: none"> <input type="checkbox"/> Breathing victim: stabilization maintained with assistance <input type="checkbox"/> Non-breathing victim: CPR started immediately <input type="checkbox"/> Appropriate direction for bystanders	

Lifesaving Society Bronze Cross Recertification Worksheet
Item 12 – Rescue drill

Starting in the water, swim head-up to recover a submerged manikin or victim located 20 m away; surface and carry the manikin or victim 20 m to starting point – all within 120 seconds.

Purpose: To develop strength and endurance to perform a sequence of lifesaving related skills.

Candidate	Must Sees	Comments
	<input type="checkbox"/> In-water start <input type="checkbox"/> Head-up approach <input type="checkbox"/> Recovery of submerged manikin or victim to the surface <input type="checkbox"/> Control carry <input type="checkbox"/> Item completed as a continuous sequence <input type="checkbox"/> Time limit met	
	<input type="checkbox"/> In-water start <input type="checkbox"/> Head-up approach <input type="checkbox"/> Recovery of submerged manikin or victim to the surface <input type="checkbox"/> Control carry <input type="checkbox"/> Item completed as a continuous sequence <input type="checkbox"/> Time limit met	
	<input type="checkbox"/> In-water start <input type="checkbox"/> Head-up approach <input type="checkbox"/> Recovery of submerged manikin or victim to the surface <input type="checkbox"/> Control carry <input type="checkbox"/> Item completed as a continuous sequence <input type="checkbox"/> Time limit met	
	<input type="checkbox"/> In-water start <input type="checkbox"/> Head-up approach <input type="checkbox"/> Recovery of submerged manikin or victim to the surface <input type="checkbox"/> Control carry <input type="checkbox"/> Item completed as a continuous sequence <input type="checkbox"/> Time limit met	
	<input type="checkbox"/> In-water start <input type="checkbox"/> Head-up approach <input type="checkbox"/> Recovery of submerged manikin or victim to the surface <input type="checkbox"/> Control carry <input type="checkbox"/> Item completed as a continuous sequence <input type="checkbox"/> Time limit met	
	<input type="checkbox"/> In-water start <input type="checkbox"/> Head-up approach <input type="checkbox"/> Recovery of submerged manikin or victim to the surface <input type="checkbox"/> Control carry <input type="checkbox"/> Item completed as a continuous sequence <input type="checkbox"/> Time limit met	
	<input type="checkbox"/> In-water start <input type="checkbox"/> Head-up approach <input type="checkbox"/> Recovery of submerged manikin or victim to the surface <input type="checkbox"/> Control carry <input type="checkbox"/> Item completed as a continuous sequence <input type="checkbox"/> Time limit met	
	<input type="checkbox"/> In-water start <input type="checkbox"/> Head-up approach <input type="checkbox"/> Recovery of submerged manikin or victim to the surface <input type="checkbox"/> Control carry <input type="checkbox"/> Item completed as a continuous sequence <input type="checkbox"/> Time limit met	
	<input type="checkbox"/> In-water start <input type="checkbox"/> Head-up approach <input type="checkbox"/> Recovery of submerged manikin or victim to the surface <input type="checkbox"/> Control carry <input type="checkbox"/> Item completed as a continuous sequence <input type="checkbox"/> Time limit met	

Lifesaving Society Bronze Cross Recertification Worksheet
Item 15 -Two-person rescue 1: multiple victims

Respond to an aquatic emergency in open water involving three or four victims and provide care until relieved of responsibility.

Purpose: To develop judgment and effective teamwork in responding to an aquatic emergency involving multiple victims.

Describe situation:
<p>Must Sees:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Quick, accurate recognition and appropriate assessment of situation – signal for help <input type="checkbox"/> Effective communication and response with fellow rescuer <input type="checkbox"/> Lowest risk rescue possible under the circumstances and concern for personal safety maintained throughout: <ul style="list-style-type: none"> ○ Appropriate choice and use of aid if needed ○ Safe and effective entry, approach (maintaining visual contact), reverse and ready <input type="checkbox"/> Effective tow or carry (when used) <input type="checkbox"/> Victim secured at nearest point of safety <input type="checkbox"/> Effective use and direction of bystanders where appropriate <input type="checkbox"/> Safe and effective removal with bystander assistance <input type="checkbox"/> Contact with EMS at earliest possible moment if appropriate <input type="checkbox"/> Victim assessment (ABCs) and appropriate care until rescuers relieved of responsibility <input type="checkbox"/> Effective use of barrier devices if required

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:

Lifesaving Society Bronze Cross Recertification Worksheet
Item 16 – Two-person rescue 2: submerged victim

Perform a rescue of a non-breathing victim submerged in deep water; remove victim and provide care until relieved of responsibility by a lifeguard. Perform CPR on a manikin.

Purpose: To develop judgment and effective teamwork in responding to an aquatic emergency involving a submerged, non-breathing victim.

Describe situation:

- Must Sees:**
- Quick, accurate recognition and appropriate assessment of situation – signal for help
 - Effective communication between rescuers
 - Lowest risk rescue possible under the circumstances and concern for personal safety throughout:
 - o Appropriate choice and use of aid(s)
 - o Safe and effective entry, approach, and carry
 - Protection of victim’s airway during ascent; mouth and nose maintained above the surface thereafter
 - Victim secured at nearest point of safety
 - Safe and effective team removal of victim
 - Contact with EMS at earliest possible
 - Victim assessment (ABCs) and appropriate care – including effective use of barrier devices and ability to deal with complications - until rescuers relieved of responsibility
 - 5 cycles of CPR on a manikin

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:

Lifesaving Society Bronze Cross Recertification Worksheet
Item 17 – Assistant lifeguard situations

As a member of an assistant lifeguard team, respond to an emergency in a supervised aquatic setting.

Purpose: To introduce lifeguarding principles and practices appropriate for assistant lifeguards in emergency situations.

Describe situation:
<p>Must Sees:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Effective safety supervision: Continuous, systematic scanning <input type="checkbox"/> Timely recognition and appropriate response <input type="checkbox"/> Effective communication – other lifeguards, victim(s), patrons <input type="checkbox"/> Effective rescue response and techniques <input type="checkbox"/> Appropriate selection and proper use of equipment including barrier devices <input type="checkbox"/> Appropriate first aid treatment if required <input type="checkbox"/> Accurate communication with EMS at earliest possible moment <input type="checkbox"/> Continued safety supervision of other patrons throughout <input type="checkbox"/> Concern for good public relations

Assistant Lifeguard 1	Assistant Lifeguard 2	Assistant Lifeguard 3	Assistant Lifeguard 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: