

BRONZE STAR PROGRAM UPDATE

February 2014



What's New?

The Lifesaving Society has revised Bronze Star Item 6 – Object support. The revised item reads:

In deep water, support self at the surface for 3 minutes during which support a 4.5 kg (10 lb.) object for 1 minute.

Key changes

- The object only needs to be supported for 1 of the 3 minutes.
- The top of the object is no longer required to be at the surface.
- Additional Notes:
 - define "head above surface"
 - acknowledge that the candidate may move around
 - encourage candidates to hold the object close to the body

Feedback from Society members prompted this revision to better support candidate success, and to provide better alignment of the Bronze Star award within the lifesaving program continuum.

What now?

Lifesaving instructors should implement this revision immediately using the attached insert – which will be included in the next reprint of the *Bronze Medals Award Guide*. The Bronze Star test sheet has been modified slightly to accommodate the revision.

Bronze Star is the pre-Bronze Medallion training standard and excellent preparation for success in Bronze Medallion. In Bronze Star, participants develop problem-solving and decision-making skills as individuals and in partners. They learn CPR and develop Water Smart® confidence and the lifesaving skills needed to be their own personal lifeguard.

Bronze Star is an official training program of the Lifesaving Society — Canada's lifeguarding experts

