



BRONZE CROSS RECERTIFICATION

What's new for recertifying Bronze Cross candidates?

The Lifesaving Society regularly reviews and updates its training programs and standards. In the most recent update, the Bronze medal awards have been revised. As affiliates implement the revised programs, recertifying Bronze Cross candidates need to be prepared to meet the updated requirements.

The Bronze medal awards have been revised:

- 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.

Get ready for the new items

One of the most significant changes in the new Bronze Cross is a renewed emphasis on lifeguarding skills and knowledge. 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 environments.

Especially important for the recertifying candidate, the new Bronze Cross features Assistant Lifeguard Situations in which candidates perform as assistant lifeguards. In these situations, candidates assume responsibility for the surveillance of patrons, the prevention of incidents, and emergency response when an incident occurs.

Mandatory recertification items

In the revised Bronze medal programs, the Society has standardized Bronze recertification exams by designating the *mandatory* (and only) items to be evaluated during a recertification. For the new Bronze Cross, these items are:

Skill

- **Item 8 – Team search:** With bystanders, organize and participate in a logical underwater search of both a shallow and a deep-water area.
- **Item 10 – Spinal injury management:** Respond to a breathing or non-breathing suspected spinal-injured victim located in shallow water or on land.

Fitness

- **Item 11 – Object recovery and transport:** Demonstrate anaerobic fitness and strength for an object recovery: starting in the water, swim 15 m and surface dive to recover a 4.5 kg (10 lb.) object; surface and carry the object 5 m – all within 60 seconds.
- **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.
- **Item 13 – Endurance challenge:** Swim 400 m within 11 minutes (400 yd. in 9:40 minutes).

Judgment

- **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.
- **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.
- **Item 17 – Assistant lifeguard situations:** As a member of an assistant lifeguard team, respond to an emergency in a supervised aquatic setting.





BRONZE CROSS RECERTIFICATION



Note

Some mandatory recertification items will be familiar to you but others are new:

- Team search, spinal injury management, and the endurance challenge items are similar to those you passed on your original Bronze Cross exam. (Note that the 400 m endurance swim, while shorter than the 600 m you swam previously, requires a faster pace time.)
- The Rescue drill is composed of elements of the drill in the “old” Bronze Cross combined with the submerged victim recovery portion of one of the rescues.
- Object recovery and transport and Rescue drill are timed fitness items that employ familiar lifesaving skills like head-up approaches, surface dives, and carries.
- Recognize that teamwork is a quality embedded in several Bronze Cross test items including team search, rescues and situations. Your communication skills and ability to coordinate rescue responses with others will be tested.

Set yourself up for success

1. **Study the mandatory test items and Must Sees.**
2. **Practice the test items.** In the water.
3. **Test yourself.** Can you execute these skills? In the required sequence? At the required fitness level?
4. **Prepare for lifesaving and assistant lifeguard situations.** The new Bronze Cross features two-person rescues in which you respond to aquatic emergencies as a lifesaver. In addition, the new Assistant Lifeguard Situations item requires you to perform as a member of an assistant lifeguard team in scenarios that develop or unfold within the context of supervised settings. These situations require Bronze Cross candidates – as a team – to assume responsibility for the surveillance of patrons, the prevention of incidents, and emergency response when an incident occurs.

These situations will demand a knowledge of and application of skills that may be new to you: roles and responsibilities of assistant lifeguards, scanning, prevention/intervention, communication with patrons and among guard team members, and teamwork. These skills are developed in the new Item 5 – Communication and Item 14 – Safety supervision scanning.

Consult your Lifesaving Society office for more information regarding the revised Bronze Cross Recertification.

Contact Us

Alberta and Northwest Territories

☎ 780.415.1755
 ✉ experts@lifesaving.org
 🌐 www.lifesaving.org

British Columbia and Yukon Territory

☎ 604.299.5450
 ✉ info@lifesaving.bc.ca
 🌐 www.lifesaving.bc.ca

Manitoba

☎ 204.956.2124
 ✉ info@lifesaving.mb.ca
 🌐 www.lifesaving.mb.ca

National Office

☎ 613.746.5694
 ✉ experts@lifesaving.ca
 🌐 www.lifesaving.ca

New Brunswick

☎ 506.455.5762
 ✉ info@lifesavingnb.ca
 🌐 www.lifesavingnb.ca

Newfoundland and Labrador

☎ 709.576.1953
 ✉ info@lifesavingnl.ca
 🌐 www.lifesavingnl.ca

Nova Scotia

☎ 902.425.5450
 ✉ experts@lifesavingsociety.ns.ca
 🌐 www.lifesavingsociety.ns.ca

Ontario

☎ 416.490.8844
 ✉ experts@lifeguarding.com
 🌐 www.lifesavingsociety.com

Prince Edward Island

☎ 902.967.4888
 ✉ info@lifesavingsocietypei.ca
 🌐 www.lifesavingsocietypei.ca

Quebec

☎ 514.252.3100 or
 ☎ 1.800.265.3093
 ✉ alerte@sauvetage.qc.ca
 🌐 www.lifesaving.qc.ca

Saskatchewan

☎ 306.780.9255
 ✉ lifesaving@sasktel.net
 🌐 www.lifesavingsociety.sk.ca



LIFESAVING SOCIETY
The Lifeguarding Experts