

Bronze Star

Bronze Star works to develop swimming proficiency, lifesaving skills and personal fitness. Participants will refine their stroke mechanics, acquire self-rescue skills and apply fitness principles.

Prerequisite: None

This course is excellent preparation for success in Bronze Medallion.

What this course will cover:

Knowledge Items

- The Lifesaving Society: Demonstrate knowledge of the Lifesaving Society and awareness of its training program opportunities.

Skill Items

Self-rescue:

- Simulate self-rescue techniques for the following circumstances: ice, swamped or capsized boat
- Wearing a shirt and lightweight pants, enter the water and don a lifejacket or PFD
- Demonstrate HELP for 1 minute; form a huddle with two or more others for another minute.

- Entries:

- Demonstrate three safe entries appropriate to the environment
- Swimming and lifesaving strokes:
 - Swim 25 m or yd. each of: front crawl, back crawl, breaststroke.
 - Swim 25 m or yd. each of: head-up front crawl, head-up breaststroke.
 - Swim 25 m or yd. each of: whip kick, eggbeater, scissor kick or inverted scissor kick.

Sculling:

- In ready position:
- Scull in place for 30 seconds.
- Scull head-first 10 m and scull feet-first 10 m.

- Victim recognition:
 - Demonstrate ability to recognize the difference between a weak swimmer and a non-swimmer

Reaching and throwing assists:

- Demonstrate two reaching assists
 - Demonstrate accuracy in throwing assists: throw a buoyant aid a distance of 5 m placing the aid within 1 m of the center of a target three out of four times.
 - Throw a buoyant aid with line to a victim 5 m distant and pull the victim to safety
- Drowning resuscitation:
 - On a manikin, demonstrate single-rescuer adult and child drowning resuscitation including ability to deal with complications.

Fitness Items

- Obstacle swim: On the instructor's signal, swim 50 m or yd. submerging under an obstacle twice during the swim.
- Rescue drill: On the instructor's signal, don a shoulder loop and line, enter the water and swim head-up to a partner or manikin located at the surface 25 m or yd. away. Tow partner or manikin to starting position.
- Fitness challenge: Complete a 400 m or yd. fitness training workout:
 - a. 100 m or yd. warm-up.
 - b. 6 x 25 m or yd. one of front crawl, back crawl, breaststroke, or lifesaving kick.
 - c. 2 x 50 m or yd. one of head-up front crawl or head-up breaststroke.
 - d. 50 m or yd. cool-down.