

BRONZE MEDALLION AND BRONZE CROSS

COMBINED COURSE GUIDE



Annually, the lifesaving society offers rescue training programs such as first aid, aquatic safety management and leadership to more than a million Canadians. The Society sets the standards for aquatic security in Canada and certifies Canada's National Lifeguard.

The Lifesaving Society is an independent, philanthropic organization, educating Canadian lifesavers since the first Lifesaving Society Bronze Medallion Award was earned in 1896.

She represents Canada internationally as an active member of the Royal Life Saving Society of the Commonwealth and the International Life Saving Federation. The Society is the Canadian governing body for lifesaving sport - a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

COMBINED BRONZE MEDAL AND BRONZE CROSS COURSE GUIDE

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The lifeguarding experts

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The Lifesaving Society is the simplified style of the Royal Life Saving Society Canada (RLSSC). Both styles may be found in the publication until a new edition is released.

COMBINED COURSE PRESENTATION

The Lifesaving Society is now offering future lifeguards the opportunity to obtain their Bronze Medallion (BM) and Bronze Cross (BC) certification in a single course.

This combined course, which lasts a minimum of 35 hours (excluding the Bronze Cross exam), groups together certain similar items from the two certificates. For example, for the rescue of a submerged victim who is not breathing, corresponding to the items Recovery of a Submerged Victim (MB-12), Rescue 3 (MB-19) and Duet Rescue 2 (CB-16), instruction can start with a victim on the surface of the water who, over the course of the sessions, is submerged deeper and deeper.

Instructors have two options for evaluating group candidates.

THE INSTRUCTORS

The Lifesaving Society recommends that Lifesaving instructors teaching this course be proficient in each of the two targeted bronze levels (has teaching experience for each level).

THE CANDIDATES

The combined course is designed primarily for people with previous experience in lifesaving, first aid, or water sports.

Most novices in the field will find this training very demanding. It will require considerable effort in a short period of time and may discourage many. We therefore strongly advise against offering the combined course to this clientele, as the failure rate is likely to be high.

THE PREREQUISITES

The prerequisites for the Combined course are the same as those for the Bronze Medallion course. However, the Lifesaving Society recommends that candidates' aquatic skills be assessed before training begins.

REQUIRED PREREQUISITES

- *Must be at least 13 years old on the day of the final exam or hold a Bronze Star award.*
- *Candidates must obtain the Bronze Medallion award before taking part in the Bronze Cross examination.*

TO PREPARE FOR COMBINED TRAINING

These items will be assessed during the training.

- Be able to support a 4.5 kg (10 lb) object for 15 seconds.
Retrieve and transport an object (CB1-11)
- Swim 400 m in 11 minutes or less.
Endurance Challenge Item (CB-13)

AFFILIATE MEMBER MANAGEMENT OF THE COMBINED COURSE

EXAM SHEETS

The examination sheets used are the same as those for the regular bronze-level courses.

The instructor must:

- **Register all candidates on each exam sheet for both bronze levels**, even if a candidate has failed one of the two awards.
 - If a candidate fails the Bronze Medallion course, the instructor must write on the Bronze Cross examination sheet “prerequisite not met” in the checkboxes to the right of the candidate's name. The candidate's result will be a Withdrawal (A) for the Bronze Cross course and a Failure (F) for the Bronze Medallion course.
 - If a candidate withdraws from the combined course, the instructor must write “withdrawal” on both exam sheets in the checkboxes to the right of the candidate's name.
- Option A*: Write “**BM-BC combined course 1 exam with external evaluator**” in the top margin of the Bronze Medallion exam sheet. The instructor will evaluate the Bronze Medallion course. The evaluator evaluates only the Bronze Cross course and signs only the Bronze Cross exam sheet.
- Option B*: Write “**BM-BC combined course 2 exams**” in the top margin of both exam sheets. The evaluator must sign all exam sheets.
- Mailing: Send the test sheets **together in the same mailing** to the Lifesaving Society.

OR

- Online transmission: enter the exam numbers of the combined courses in the section comments. For example, in the comments for the Bronze Medal exam, enter “Combined course BM-BC, BC: #.....”.

* Options A and B correspond to the evaluation method chosen by the instructor. These options are presented on the following page.

COMBINED COURSE EVALUATION

Two options are available for assessing candidates for the combined course:

OPTION A (1 EXAM WITH EXTERNAL EXAMINER)

1. Bronze Medallion exam evaluation by the instructor
2. Final examination of Bronze Cross level items by the evaluator

OPTION B

1. Final examination of Bronze Medallion level items by the evaluator.
2. Final examination of Bronze Cross level items by the evaluator; only candidates who have passed the Bronze Medal level are evaluated.

To obtain both Bronze Medallion and Bronze Cross awards, the candidate must pass all items of each award, regardless of the evaluation option chosen.

The instructor and evaluator must ensure that each candidate's performance meets the requirements of each evaluated item, as well as the “Must See” learning objectives of the evaluated levels, as stipulated in the Bronze Levels Award Guide.

REVIEW

The evaluator must repeat items at the end of each evaluation. For example, a Bronze Medallion item must be retaken at the end of the Bronze Medallion exam.

FAILURE

When a candidate fails one or both exams, the instructor and/or evaluator must propose the following options:

- Challenge the failed level(s).
- Take regular training for the failed course(s).
- Combine the above two options (e.g. Bronze Medallion exam “challenge” and regular Bronze Cross level training).

The instructor and/or evaluator can suggest an option according to the needs of the candidate they have identified during the training or evaluation.

EVALUATION - OPTION A (1 REVIEW WITH EXTERNAL EVALUATOR)

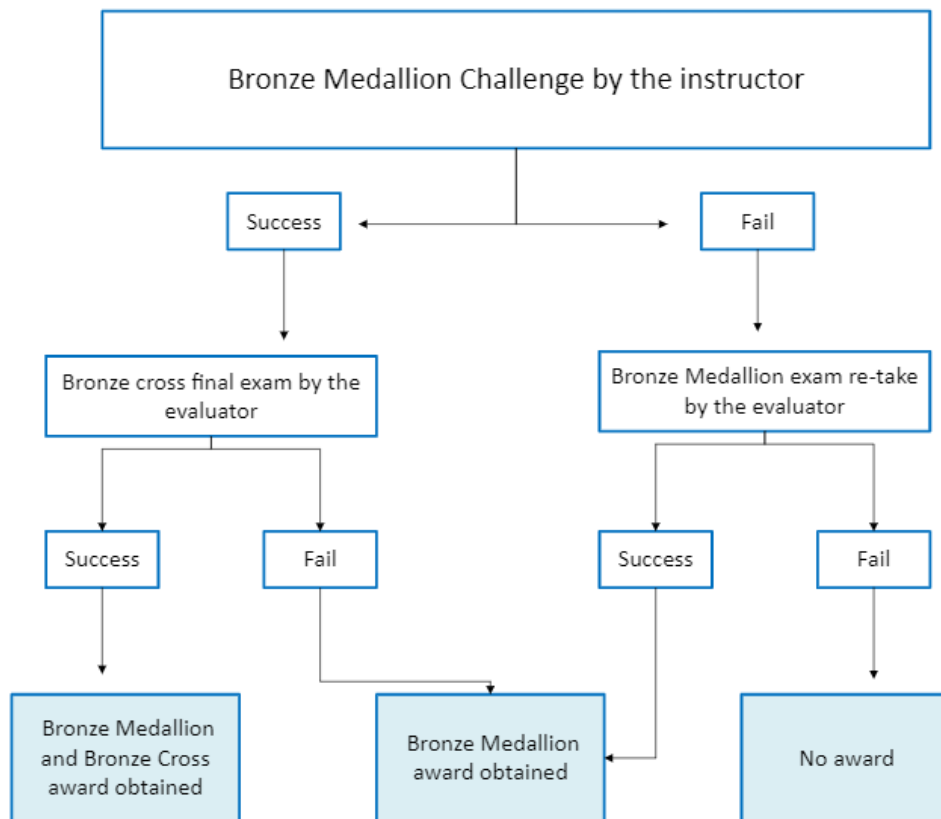
1. Bronze Medallion course evaluation by the instructor.

The instructor must evaluate all Bronze Medallion level items, whether marked with an asterisk (*) or not, after having taught all items, i.e. 15 hours of training.

2. Final review of Bronze Cross level items by the evaluator.

Reminder: Items marked with an asterisk (*) must be assessed by the instructor during training. These items may be re-evaluated by the evaluator during the exam. Items with a cross (t) must all be assessed by the assessor.

DIAGRAM OF THE ASSESSMENT PROCESS



N.B. Write “BM-BC Combined Course 1 assessment with external assessor” in the upper margin of the Bronze Medallion examination sheet. In the online examen comments, enter the number of the examen to which it was combined.

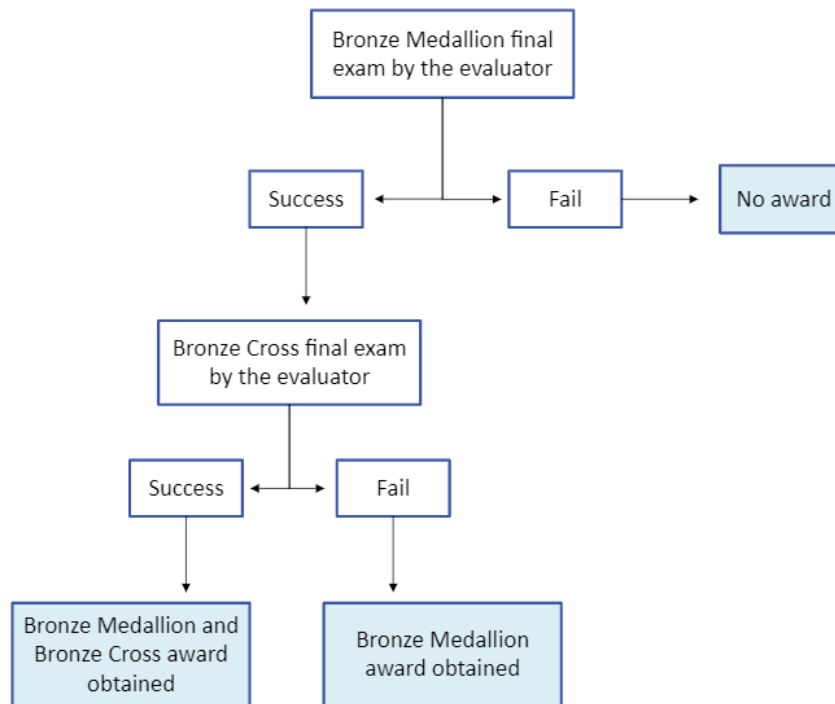
Even in the event of a failure, all candidates taking part in the course must be entered on both exam sheets.

EVALUATION - OPTION B (2 EXAMS)

1. Final review of Bronze Medallion level items by evaluator.
2. Final test of Bronze Cross level items by the assessor; only candidates who have passed the Bronze Medallion level are assessed.

Reminder: Items marked with an asterisk (*) must be assessed by the instructor during training. These items may be re-evaluated by the assessor during the exam. Items marked with a cross (t) must all be assessed by the assessor.

DIAGRAM OF THE ASSESSMENT PROCESS



N.B. Write “BM-BC Combined Course 2 exams” in the upper margin of the Bronze Medallion exam sheet and enter the exam number in the online examen comments.

Even in the event of a failure, all candidates taking part in the course must be registered on both exam sheets.

PROPOSED LESSON PLAN

The proposed lesson plan has been developed and tested over 10 3 hours and a half session, plus an exam session.

Instructors can also develop their own lesson plans. To determine the time allocated to each item, the instructor can use the present lesson plan as a guide. Depending on the activities to be carried out or the needs of the candidates, the instructor may adjust the time allocation for each item, to spread the teaching of the same item over several sessions. For example, an item may be taught in three 20-minute blocks rather than in a single one-hour block.

COMBINED BRONZE MEDAL AND BRONZE CROSS COURSE OUTLINE

(35 hours - 10 sessions of 3 hours and a half)

Course 1

Introduction	30 minutes
The lifesaving Society (BM-1 et BC-1)	15 minutes
Rescue process (BM-3)	30 minutes
Endurance challenge (BM-15 et BC-13)	20 minutes
Entries and removals (BM-8)	40 minutes
Swimming and lifesaving strokes (BM-6)	30 minutes
Tows and carries (BM-10)	30 minutes
Surface dives and underwater swims (BC-7)	15 minutes

Course 2

Drowning resuscitation (BM-13)	30 minutes
Drowning chain of survival (BM-2)	10 minutes
Cold water (BM-4)	15 minutes
Victim recognition (BM-7)	30 minutes
Entries and removals (BM-8)	45 minutes
Swimming and lifesaving strokes (BM-6)	60 minutes
Rescue drill (BM-14)	10 minutes
Object recovery and transport (BC-11)	10 minutes

Course 3

Rescue 1: From land (BM-17)	45 minutes
Risk assessment and response (MB-16)	25 minutes
Search (BM-11)	30 minutes
Endurance challenge (BM-15 et BC-13)	20 minutes
Submerged victim recovery (BM-12)	45 minutes
Spinal injury management (BC-10)	45 minutes

Course 4

Drowning resuscitation (BM-13)	30 minutes
Object recovery and transport (BC-11)	15 minutes
Defences and releases (BM-9)	30 minutes
Self-rescue (BM-5)	45 minutes
Rescue 1: from land (BM-17)	45 minutes
Rescue 2: open water (BM-18)	35 minutes

Course 5

Rescue drill (BM-14)	15 minutes
Rescue drill (BC-12)	15 minutes
Rescue 3: non-breathing victim (BM-19)	60 minutes
Two-rescuer removals (BC-6)	45 minutes
Rescue 1: from land (BM-17)	30 minutes
Rescue 2: open water (BM-18)	45 minutes

Course 6

Assistant lifeguard roles and responsibilities (BC-4)	15 minutes
Non-fatal drowning (BC-2)	15 minutes
Shallow water blackout (BC-3)	15 minutes
Two-person rescue 1: multiple victims (BC-15)	60 minutes
Endurance challenge (BM-15 et BC-13)	20 minutes
Spinal injury management (BC-10)	30 minutes
Object recovery and transport (BC-11)	15 minutes
Two-person rescue 2: submerged victim (BC-16)	40 minutes

Course 7

Safety supervision scanning (BC-14)	30 minutes
Communication (BC-5)	30 minutes
Two-rescuer removals (BC-6)	30 minutes
Rescue drill (BM-14)	15 minutes
Rescue drill (BC-12)	15 minutes
Swimming and lifesaving strokes (BM-6)	60 minutes
Two-rescuer drowning resuscitation (CB-9)	30 minutes

Course 8

Surface dives and underwater swims (BC-7)	15 minutes
Spinal injury management (BC-10)	30 minutes
Two-person rescue 1: multiple victims (BC-15)	60 minutes
Two-person rescue 2: submerged victim (BC-16)	30 minutes
Team search (BC-8)	30 minutes
Assistant lifeguard situations (BC-17)	45 minutes

Course 9

Rescue drill (BC-12)	15 minutes
Rescue 1: from land (BM-17)	30 minutes
Two-person rescue 1: multiple victims (BC-15)	30 minutes
Two-person rescue 2: submerged victim (BC-16)	60 minutes
Team search (BC-8)	30 minutes
Assistant lifeguard situations (BC-17)	45 minutes

Course 10

Rescue 2: open water (BM-18)	45 minutes
Two-person rescue 2: submerged victim (BC-16)	60 minutes
Two-person rescue 1: multiple victims (BC-15)	15 minutes
Swimming and lifesaving strokes (BM-6)	30 minutes
Assistant lifeguard situations (BC-17)	60 minutes

Course 11

Examination according to chosen option.