

BRONZE MEDALLION

LESSON PLAN - 1 INSTRUCTOR

Updated June 2025

LIFESAVING

FIRST AID

BOATING

EDUCATION

SWIMMING

COURSE INTRODUCTION AND OBJECTIVES

The Bronze Medallion course teaches an understanding of the lifesaving principles embodied in the four components of water rescue education – judgment, knowledge, skill and fitness. Rescuers learn tows and carries, and defence and release methods in preparation for challenging rescues of increasing risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a timed swim.

After successfully completing the final exam, candidates obtain the Bronze Medallion award. This award is a prerequisite for Bronze Cross course.

LEARNING OBJECTIVES AND CONTENT

At the end of the course, the candidate will be able to:

- ☐ Demonstrate knowledge of the Lifesaving Society (item 1);
- ☐ Demonstrate knowledge of the Drowning Chain of Survival (item 2) ;
- ☐ Demonstrate knowledge of the Ladder Approach and the Rescuer's Checklist (item 3);
- ☐ Demonstrate knowledge of the dangers of cold-water immersion and risk to the rescuer (item 4);
- ☐ Simulate self-rescue techniques (item 5);
- ☐ Demonstrate different swimming and lifesaving strokes on 25 m or yd distances (item 6);
- ☐ Demonstration ability of victim recognition (item 7);
- ☐ Demonstrate different entries and removals (item 8);
- ☐ Demonstrate defences and releases techniques (item 9);
- ☐ Demonstrate different carry techniques and the use of towing aids (item 10);
- ☐ Demonstrate an effective shallow water search (item 11);
- ☐ Demonstrate recovery of an unconscious victim from deep water (item 12);
- ☐ Demonstrate single-rescuer adult, child, and infant drowning resuscitation on a manikin (item 13);
- ☐ Perform a rescue drill carrying a partner or manikin (item 14);
- ☐ Swim 400 m within 12 minutes (400 yd. within 11 minutes) (item 15);
- ☐ Conduct a safety assessment of an aquatic environment and its activities (item 16);
- ☐ Perform a low-risk, non-contact rescue from land of weak or tired swimmer (item 17);
- ☐ Perform a non-contact rescue of a tired or weak swimmer or non-swimmer in open water with a towing aid or craft (item 18);
- ☐ Perform a rescue of a non-breathing victim and perform CPR on a manikin (item 19).

EVALUATION

All the elements (items) of the course are evaluated by the instructor on a progressive basis. At the end of the training, the candidates will be reevaluated in the pool by an evaluator, recognized by the Lifesaving Society (final exam). The evaluated items during this appraisal are:

- ☐ Perform a low-risk, non-contact rescue from land of weak or tired swimmer (item 17);
- ☐ Perform a non-contact rescue of a tired or weak swimmer or non-swimmer in open water with a towing aid or craft (item 18);
- ☐ Perform a rescue of a non-breathing victim and perform CPR on a manikin (item 19);
- ☐ Any other Bronze Medallion item that allows the instructor and the evaluator to properly assess the candidate's skills.

COURSE DESCRIPTION

- Time required: ☐ 15 hours (recommended time, final exam not included)
- Required material:
- ☐ Pocket mask and gloves
 - ☐ Shirt and pants
 - ☐ Canadian Lifesaving Manual
 - ☐ Canadian First Aid Manual (recommended)
- Certificate validity: ☐ 2 years

PREREQUISITES

- ☐ Be at least 13 years old at final exam or hold a Bronze Star award
- ☐ Demonstrate skills and knowledge equivalent to the Bronze Star level (recommend)

Candidates are responsible for proving they hold the required prerequisites, at the latest by the first class, by sending the instructor a photocopy of their Bronze Star award or a proof of age. Additionally, the instructor will evaluate the candidates' skills on the first course. The affiliate member reserves the right to refuse to any candidate access to the Bronze Medallion course if they do not meet the prerequisites on the first course.

ATTENDANCE

The candidate's presence and participation to the entire course are mandatory. It is the candidate's responsibility to update and recover missed lessons due to an absence.

ATTITUDE AND BEHAVIOUR

A respectful and safe behaviour is required throughout the course; otherwise, candidates can be expelled from the course.

COMPLAINTS UNDER THE HARASSMENT AND MISCONDUCT POLICY

The Lifesaving Society's complaint process is divided into two sections. There are reports of situations of abuse, harassment, neglect, and violence, as well as complaints of an administrative nature, e.g. disputed results, program standards not being met.

For the first type of grievances, you will be redirected to a government platform. Offering impartial, confidential, accessible and effective recourse, the PILS (Protecteur de l'intégrité en loisirs et en sport) helps create and maintain healthy, safe and respectful environments in all leisure and sports settings.

For administrative complaints, members of the Lifesaving Society team will ensure a follow-up. Depending on the nature of the complaint, information may be requested from the instructor, evaluator, affiliate member and, of course, the person making the complaint. Once all the information has been gathered, a follow-up can be made to the complainant.



REPORT ABUSE, HARASSMENT, NEGLIGENCE, AND/OR VIOLENCE



ADMINISTRATIVE COMPLAINT

POLICY, RULES, AND PROCEDURES REGARDING THE PROTECTION OF THE INTEGRITY

The Lifesaving Society is following in the footsteps of sports federations recognized by the Quebec government, by adopting a [Policy, Rules and Procedures for the Protection of Integrity](#).

ADMINISTRATION

The Lifesaving Society is a non-profit organization that relies on its instructors and affiliate members' involvement, dedication and professionalism. The Lifesaving Society develops its courses in collaboration with a medical committee and various national and international authorities, including the International Life Saving Federation.

After successfully completing this course, candidates receive a Lifesaving Society award recognized by government authorities. The Lifesaving Society commits to sending the award within 10 business days after having received the candidates' results from the instructor or affiliate member.

As soon as you receive your award, you need to make sure your personal information is accurate; if it is not, you must contact the Lifesaving Society within 3 months after the exam date to make the required modifications.

Do not hesitate to contact us for any comment, suggestion or question, or to learn about how to get involved in one of our programs.

CONTACT

Course Manager (affiliate member): _____

Phone : _____ E-mail : _____

Contact information :

***** IMPORTANT NOTICE *****

THE ACCREDITED INSTRUCTORS TEACHING THE COURSE SHOULD ALWAYS REFER CANDIDATES TO OFFICIAL DOCUMENTS PRODUCED BY THE LIFESAVING SOCIETY FOR ANY TECHNICAL QUESTION.

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