

BRONZE STAR

LESSON PLAN

Updated June 2025

LIFESAVING

FIRST AID

BOATING

EDUCATION

SWIMMING

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Registered Charity number: 10479 7212 RR0001



**PREVENT
DROWNING**

COURSE INTRODUCTION AND OBJECTIVES

The Bronze Star course 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 cardiopulmonary resuscitation (CPR) and develop Water Smart® confidence and the lifesaving skills needed to be their own personal lifeguard.

After successfully completing the final exam, candidates obtain the Bronze Star award.

LEARNING OBJECTIVES AND CONTENT

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

- ☐ Demonstrate knowledge of the Lifesaving Society (item 1);
- ☐ Simulate self-rescue techniques wearing clothing (item 2);
- ☐ Demonstrate three safe entries appropriate to the environment (item 3);
- ☐ Demonstrate different swimming and lifesaving strokes on 25 m or yd. distances (item 4);
- ☐ Demonstrate different sculling techniques (item 5);
- ☐ Demonstrate ability to recognize the difference between a weak swimmer and a non-swimmer (item 6);
- ☐ Demonstrate reaching and throwing assists (item 7);
- ☐ Demonstrate one-rescuer CPR on a manikin (item 8);
- ☐ Demonstrate ability to submerge under an obstacle twice on a 50 m or yd. swim (item 9);
- ☐ Perform a rescue drill towing a partner or manikin (item 10);
- ☐ Complete a 400 m or yd. fitness training workout (item 11).

EVALUATION

All the elements (items) of the course are evaluated by the instructor on a progressive basis.

COURSE DESCRIPTION

- Time required: ☐ 10 hours
- Required material: ☐ Pocket mask and gloves
☐ Shirt and pants
- Certificate validity: ☐ 2 years

PREREQUISITE

- ☐ None
- ☐ Recommended: Swim Patrol

The instructor evaluates the candidates' skills on the first course. The affiliate member reserves the right to refuse to any candidate access to the Bronze Star course if they do not meet the prerequisite 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 loisir 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.

Feeling like broadening your knowledge?

Visit our Web site's **LIFESAVING** section and discover our numerous trainings!

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