

BRONZE CROSS

LESSON PLAN - 1 INSTRUCTOR

Updated June 2025

LIFESAVING

FIRST AID

BOATING

EDUCATION

SWIMMING

COURSE INTRODUCTION AND OBJECTIVES

The Bronze Cross course is intended for lifeguards who are ready for a bigger challenge and looking for basic training in aquatic facility supervision. The course teaches candidates to identify dangerous areas in an aquatic facility, as well as hazardous circumstances and unsafe activities and behaviours. Candidates also develop their lifesaving skills and learn basic principles regarding emergency procedures and teamwork.

After successfully completing the final exam, candidates obtain the Bronze Cross award. This award is a prerequisite for all advanced courses, including National Lifeguard and Lifesaving Instructor.

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 follow-up care and treatment of a conscious drowning victim (item 2);
- ☐ Demonstrate knowledge of the cause and prevention of shallow water blackout (item 3);
- ☐ Demonstrate knowledge of the roles and responsibilities of an assistant lifeguard (item 4);
- ☐ Demonstrate effective communication (item 5);
- ☐ Demonstrate ability to remove victims from various aquatic environments with a trained partner (item 6);
- ☐ Demonstrate surface dives and underwater swims (item 7);
- ☐ Organize and participate in a logical underwater search with bystanders (item 8);
- ☐ Demonstrate two-rescuer adult, child and infant drowning resuscitation on a manikin (item 9);
- ☐ Respond to a breathing or non-breathing suspected spinal-injured victim located in shallow water or on land (item 10);
- ☐ Demonstrate anaerobic fitness and strength for an object recovery (item 11);
- ☐ Perform a rescue drill of a submerged victim (or manikin) within 120 seconds (item 12);
- ☐ Swim 400 m within 11 minutes (400 yd. in 9:40 minutes) (item 13);
- ☐ Demonstrate safety supervision scanning abilities (item 14);
- ☐ Respond to an aquatic emergency in open water involving three or four victims and provide care (item 15);
- ☐ Perform a rescue of a non-breathing victim submerged in deep water. Perform CPR on a manikin (item 16);
- ☐ As a member of an assistant lifeguard team, respond to an emergency in a supervised aquatic setting (item 17).

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:

- ☐ Respond to an aquatic emergency in open water involving three or four victims and provide care (item 15);
- ☐ Perform a rescue of a non-breathing victim submerged in deep water. Perform CPR on a manikin (item 16);
- ☐ As a member of an assistant lifeguard team, respond to an emergency in a supervised aquatic setting (item 17);
- ☐ Any other Bronze Cross item that allows the instructor and the evaluator to properly assess the candidate's skills.

COURSE DESCRIPTION

Time required: ☐ 20 hours (recommended time, final exam not included)

Required material: ☐ Pocket mask and gloves
☐ Canadian Lifesaving Manual
☐ Canadian First Aid Manual (recommended)

Certificate validity: ☐ 2 years

PREREQUISITE

- ☐ Hold the Bronze Medallion award.

Candidates are responsible for proving they hold the required prerequisites, at the latest by the first class, by sending a photocopy of the award to the instructor. Otherwise, the affiliate member reserves the right to refuse to the candidate access to the Bronze Cross course.

ATTENDANCE

The candidate's presence and participation to the course are required in order to successfully complete the training and receive a certification. 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.

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www.sauvetage.qc.ca



LIFESAVING SOCIETY

7665 boul. Lacordaire, Montréal, QC, H1S 2A7
514 252-3100 and 1 800 265-3093

