# BRONZE STAR (10H)

## 10 Sessions

| | | Course | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Item | Description | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | Total |
| 0 | Administration | 10 | | | | | 10 | | | | 5 | 25 |
| 1 | The Lifesaving Society | 5 | | | | 5 | | | | | 5 | 15 |
| 2 | Self-rescue | | 10 | | 10 | | 10 | | 10 | 10 | | 50 |
| 3 | Entries | 5 | 5 | 5 | 5 | 5 | 5 | 10 | 5 | 5 | 5 | 55 |
| 4 | Swimming ans lifesaving strokes | 20 | 25 | 15 | 20 | 15 | 10 | 10 | 10 | 10 | 10 | 145 |
| 5 | Sculling techniques | | 10 | | 10 | | 5 | | 5 | | 5 | 35 |
| 6 | Victim recognition | | 5 | | | 5 | | 10 | | | 5 | 25 |
| 7 | Reaching and throwing assists | 10 | | 10 | | | | 10 | | 10 | | 40 |
| 8 | Drowning resuscitation | | 5 | 5 | 5 | 5 | 5 | 10 | 5 | 15 | 15 | 70 |
| 9 | Obstacle swim | | | 10 | | 10 | | | 10 | | 10 | 40 |
| 10 | Rescue drill | 10 | | | 10 | | | 10 | | 10 | | 40 |
| 11 | Fitness challenge | | | 15 | | 15 | 15 | | 15 | | | 60 |
| | | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 60 | 600 |