

## Bronze Star - At-a-glance Bronze Cross - At-a-glance

Bronze Star 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 CPR and develop Water Smart® confidence and the lifesaving skills needed to be their own personal lifeguard.



Bronze Cross is designed for lifesavers who want the challenge of more advanced training including an introduction to save supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification.



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## Bronze Medallion\* - At-a-glance

The Lifesaving Society's Bronze Medallion Award teaches an understanding of the lifesaving principals embodied in the four components of water rescue education—judgment, knowledge, skill and fitness.



Rescuers learn tows and carries, and defense and release methods in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and

The timed swim is 600 meters (24 lengths) in under 18 minutes.

### **Bronze Medallion and Cross Combo Course 2018**

**Dates:** March. 11 - 15, 9a - 5:30p

**Instructor(s)** Tristen Rutsatz/Gina Rowlett

**Cost:** \$375.00 Including Textbook

**100% Attendance is Required**

Please bring, Swim Suit, Towel, Pen, Paper and Snacks

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**\*Note:** Bronze Star or a minimum of 13 years of age is a prerequisite to Bronze Medallion. The timed swim is 500 meters (20 lengths) in 15 minutes.

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# BRONZE MEDAL AWARDS

For further information

Contact Tamitik @

250-632-8955

or come down to the

Sam Lindsay

Aquatic Centre

and speak to the

Swim Lesson

Supervisor or

Aquatic Coordinator

Check out our website

@www.kitimat.ca



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