

# Bronze Star, Medallion & Cross

## Be Water Smart

- Learn to swim
- Play and swim in supervised areas.
- Don't go into the water alone, always swim with a buddy.
- Always supervise your children near water...If you are not within arms reach you have gone too far!
- Never dive in shallow water..."Feet first, First time"



LIFESAVING SOCIETY®

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## Bronze Star

Bronze star is the pre Bronze Medallion training standard and excellent preparatory for success in Bronze Medallion. Participants develop problem-solving skills individually and in partners. They learn CPR and develop Water Smart confidence and the lifesaving skills needed to be their own personal lifeguard. Bronze Star is an official training certification of the Lifesaving Society.

## Bronze Medallion

Bronze Medallion opens the door to the world of aquatic leadership including lifeguarding and teaching. Swimmers learn the ladder approach, defense and release methods, rescue breathing, maneuvers for clearing obstructed airways, and ways to rescue different victims. Bronze Medallion is a certification of the Lifesaving Society .



## Bronze Cross

Bronze Cross offers the training needed to become an assistant lifeguard. You will learn the secondary assessment, how to rescue a submerged victim, how to turn a spinal injury victim, to support a weight at the water surface and also different rescue techniques. Bronze Cross is a prerequisite for all advanced training awards in lifeguarding and teaching. Bronze Cross is a certification of the Lifesaving Society.

