

**Biggar Aquatic Centre  
Bronze Registration Form 2023  
Monday, August 21<sup>st</sup> - Friday, August 25<sup>th</sup>  
8:00 a.m. – 1:00 p.m.**

**Payment must be submitted for complete registration.**

Participant's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parents or Guardian: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

Phone Number: (Home) \_\_\_\_\_ (Cell) \_\_\_\_\_

Medical Conditions: \_\_\_\_\_

**The Bronze Awards are from August 21 – August 25 from 8:00a.m. – 1:00 p.m. This will include a two hour exam on Friday August 25.**

- Bronze Star (\$150)**
- Bronze Medallion (\$150)**
- Bronze Cross (\$150)**

For Office Use:  Paid: Cash _____  Cheque _____ #: _____
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## **Bronze Star**

**Bronze Star** develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. Includes a 400 metre fitness challenge workout (no time).

**Prerequisites:** No age requirement; swimming ability required; recommend Swimmer 6 and/or Swim Patrol or Level 10 in Red Cross Swimming Lessons.

**Course length:** 10 hours for up to 10 candidates

**Candidate Books:** Canadian Lifesaving Manual optional

## **Bronze Medallion**

**Bronze Medallion** challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on and around the water. Stroke mechanics, endurance, and rescue of others are included. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross. Includes a 400 metre timed swim within 12 minutes.

**Prerequisites:** 13 years of age OR Bronze Star certification (need not be current)

**Course Length:** 18 hours plus 2 or more hours for exam for up to 10 candidates

**Candidate Manuals/Materials:** Canadian Lifesaving Manual (provided)

**Expiry Date:** Two years from the date of certification (*i.e. date on certification card*)

## **Bronze Cross**

**Bronze Cross** begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Stroke mechanics and endurance are also included. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard award (NLS) and leadership certification programs such as Lifesaving Instructor. Includes a 400 metre timed swim within 11 minutes.

**Prerequisites:** Bronze Medallion certification (need not be current)

**Course Length:** 20 hours plus 2 or more hours for exam for up to 10 candidates

**Candidate Books:** Canadian Lifesaving Manual (provided)

**Expiry Date:** Two years from the date of certification (*i.e. date on certification card*)