

**Biggar Aquatic Centre
Bronze Registration Form 2025
Monday, August 18th - Friday, August 22nd
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 18 - August 22 from 8:00a.m. - 1:00 p.m. This will include a three hour exam on Friday August 22.

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

For Office Use: Paid: Cash _____ Cheque _____ #: _____

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*)