

## Bronze Medallion / Bronze Cross Course

Meadow Lake Aquatic Centre

July 10<sup>th</sup> – July 14<sup>th</sup> 2017

9:00am-5:30pm

Course \$148.03 + Materials \$46.00 = \$194.03

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**Bronze Medallion:** teaches an understanding of the lifesaving principles embodied in the 4 components of water-rescue education - judgment, knowledge, skill and fitness. Rescuers learn tows and carries, and defence methods and releases in preparation for challenging rescues of increased risk involving conscious and unconscious victims of various types. Lifesavers develop stroke efficiency and endurance in a 500 m timed swim.

**Prerequisite:** Minimum 13 years of age *or* Bronze Star certification (need not be current).

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**Bronze Cross:** designed for lifesavers who want the challenge of more advanced training including an introduction to safe supervision in aquatic facilities. Bronze Cross is a prerequisite for all advanced training programs including National Lifeguard and Instructor certification. Includes a timed 600 m swim.

**Prerequisite:** Bronze Medallion and First Aid & CPR C (need not be current).

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**\*\* Once you have your Bronze Cross and First Aid CPR “C” and are 15 years of age, apply at the Meadow Lake Aquatic Centre to become one of our lifeguards!\*\***



For more course information please visit: <http://www.lifesavingsociety.com/swimming-lifesaving/lifesaving/bronze-cross.aspx>