

## Bronze Medal Awards

The Canadian Lifesaving Program's Bronze Medal Awards provides swimmers with a fun and exciting opportunity to learn valuable lifesaving, first aid, and Water Smart® skills and knowledge. Bronze Star, Bronze Medallion, and Bronze Cross are designed for swimmers ages 8-15, but it's never too late to learn these valuable skills!

### Bronze Star

The Lifesaving Society's Bronze Star develops swimming proficiency, lifesaving skills, 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. *Prerequisites:* None.



### 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. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross. *Prerequisite:* minimum 13 years of age or Bronze Star.



### Bronze Cross

The Lifesaving Society's 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. *Prerequisite:* Bronze Medallion.



Bronze Cross is a prerequisite for [National Lifeguard](#) and [Lifesaving Instructor](#).