



Bronze Medallion Exam Worksheet
Item 11 – Spinal injury management

Recover and immobilize a conscious breathing victim with a suspected cervical spinal injury in shallow water. Demonstrate recovery and immobilization with both a face-up and a face-down victim. Recruit and direct bystanders to assist.

Candidate	Must See		Comments	
	Face-up <input type="checkbox"/> Quick, accurate recognition and appropriate entry <input type="checkbox"/> Immobilization of head and neck <input type="checkbox"/> Smooth turnover if necessary <input type="checkbox"/> Victim assessment – ABCs (airway, breathing, circulation) <input type="checkbox"/> Movement of victim minimized throughout <input type="checkbox"/> Reassurance for victim <input type="checkbox"/> Effective direction for all bystanders <input type="checkbox"/> Victim’s body supported <input type="checkbox"/> EMS activated	Face-down <input type="checkbox"/> Quick, accurate recognition and appropriate entry <input type="checkbox"/> Immobilization of head and neck <input type="checkbox"/> Smooth turnover if necessary <input type="checkbox"/> Victim assessment – ABCs (airway, breathing, circulation) <input type="checkbox"/> Movement of victim minimized throughout <input type="checkbox"/> Reassurance for victim <input type="checkbox"/> Effective direction for all bystanders <input type="checkbox"/> Victim’s body supported <input type="checkbox"/> EMS activated	Face-up	Face-down
	Face-up <input type="checkbox"/> Quick, accurate recognition and appropriate entry <input type="checkbox"/> Immobilization of head and neck <input type="checkbox"/> Smooth turnover if necessary <input type="checkbox"/> Victim assessment – ABCs (airway, breathing, circulation) <input type="checkbox"/> Movement of victim minimized throughout <input type="checkbox"/> Reassurance for victim <input type="checkbox"/> Effective direction for all bystanders <input type="checkbox"/> Victim’s body supported <input type="checkbox"/> EMS activated	Face-down <input type="checkbox"/> Quick, accurate recognition and appropriate entry <input type="checkbox"/> Immobilization of head and neck <input type="checkbox"/> Smooth turnover if necessary <input type="checkbox"/> Victim assessment – ABCs (airway, breathing, circulation) <input type="checkbox"/> Movement of victim minimized throughout <input type="checkbox"/> Reassurance for victim <input type="checkbox"/> Effective direction for all bystanders <input type="checkbox"/> Victim’s body supported <input type="checkbox"/> EMS activated	Face-up	Face-down
	Face-up <input type="checkbox"/> Quick, accurate recognition and appropriate entry <input type="checkbox"/> Immobilization of head and neck <input type="checkbox"/> Smooth turnover if necessary <input type="checkbox"/> Victim assessment – ABCs (airway, breathing, circulation) <input type="checkbox"/> Movement of victim minimized throughout <input type="checkbox"/> Reassurance for victim <input type="checkbox"/> Effective direction for all bystanders <input type="checkbox"/> Victim’s body supported <input type="checkbox"/> EMS activated	Face-down <input type="checkbox"/> Quick, accurate recognition and appropriate entry <input type="checkbox"/> Immobilization of head and neck <input type="checkbox"/> Smooth turnover if necessary <input type="checkbox"/> Victim assessment – ABCs (airway, breathing, circulation) <input type="checkbox"/> Movement of victim minimized throughout <input type="checkbox"/> Reassurance for victim <input type="checkbox"/> Effective direction for all bystanders <input type="checkbox"/> Victim’s body supported <input type="checkbox"/> EMS activated	Face-up	Face-down
	Face-up <input type="checkbox"/> Quick, accurate recognition and appropriate entry <input type="checkbox"/> Immobilization of head and neck <input type="checkbox"/> Smooth turnover if necessary <input type="checkbox"/> Victim assessment – ABCs (airway, breathing, circulation) <input type="checkbox"/> Movement of victim minimized throughout <input type="checkbox"/> Reassurance for victim <input type="checkbox"/> Effective direction for all bystanders <input type="checkbox"/> Victim’s body supported <input type="checkbox"/> EMS activated	Face-down <input type="checkbox"/> Quick, accurate recognition and appropriate entry <input type="checkbox"/> Immobilization of head and neck <input type="checkbox"/> Smooth turnover if necessary <input type="checkbox"/> Victim assessment – ABCs (airway, breathing, circulation) <input type="checkbox"/> Movement of victim minimized throughout <input type="checkbox"/> Reassurance for victim <input type="checkbox"/> Effective direction for all bystanders <input type="checkbox"/> Victim’s body supported <input type="checkbox"/> EMS activated	Face-up	Face-down



Perform a non-contact rescue in an aquatic situation designed to emphasize a low-risk rescue, victim care, removals with bystander assistance, and follow-up including contact with EMS.

Describe situation:		
Candidate	Must See	Comments
Additional information (victim type, conditions, etc.):		
	<input type="checkbox"/> Quick, accurate recognition <input type="checkbox"/> Appropriate assessment of situation – call for help <input type="checkbox"/> Appropriate choice and use of aid <input type="checkbox"/> Safe and effective entry, approach (maintaining visual contact), reverse and ready, and tow (if used) <input type="checkbox"/> Victim secured at nearest point of safety <input type="checkbox"/> Safe and effective removal with bystander assistance <input type="checkbox"/> Victim assessment (ABCs – airway, breathing, circulation)	<input type="checkbox"/> Effective use and direction of bystanders where appropriate <input type="checkbox"/> Effective use of barrier devices where appropriate <input type="checkbox"/> Appropriate care of victim throughout including constructive communication <input type="checkbox"/> Follow-up procedures – contact EMS when appropriate <input type="checkbox"/> Lowest risk rescue possible under the circumstances and concern for personal safety throughout
Additional information (victim type, conditions, etc.):		
	<input type="checkbox"/> Quick, accurate recognition <input type="checkbox"/> Appropriate assessment of situation – call for help <input type="checkbox"/> Appropriate choice and use of aid <input type="checkbox"/> Safe and effective entry, approach (maintaining visual contact), reverse and ready, and tow (if used) <input type="checkbox"/> Victim secured at nearest point of safety <input type="checkbox"/> Safe and effective removal with bystander assistance <input type="checkbox"/> Victim assessment (ABCs – airway, breathing, circulation)	<input type="checkbox"/> Effective use and direction of bystanders where appropriate <input type="checkbox"/> Effective use of barrier devices where appropriate <input type="checkbox"/> Appropriate care of victim throughout including constructive communication <input type="checkbox"/> Follow-up procedures – contact EMS when appropriate <input type="checkbox"/> Lowest risk rescue possible under the circumstances and concern for personal safety throughout
Additional information (victim type, conditions, etc.):		
	<input type="checkbox"/> Quick, accurate recognition <input type="checkbox"/> Appropriate assessment of situation – call for help <input type="checkbox"/> Appropriate choice and use of aid <input type="checkbox"/> Safe and effective entry, approach (maintaining visual contact), reverse and ready, and tow (if used) <input type="checkbox"/> Victim secured at nearest point of safety <input type="checkbox"/> Safe and effective removal with bystander assistance <input type="checkbox"/> Victim assessment (ABCs – airway, breathing, circulation)	<input type="checkbox"/> Effective use and direction of bystanders where appropriate <input type="checkbox"/> Effective use of barrier devices where appropriate <input type="checkbox"/> Appropriate care of victim throughout including constructive communication <input type="checkbox"/> Follow-up procedures – contact EMS when appropriate <input type="checkbox"/> Lowest risk rescue possible under the circumstances and concern for personal safety throughout



Perform a rescue of a non-breathing victim located in deep water, 5 m from a point of safety. The situation involves an unsupervised environment and is designed to emphasize victim care, removals with bystander assistance, and follow-up including contact with EMS.

Describe situation:		
Candidate	Must See	Comments
Additional information (victim type, conditions, etc.):		
	<input type="checkbox"/> Quick, accurate recognition <input type="checkbox"/> Appropriate assessment of situation – call for help <input type="checkbox"/> Lowest risk rescue possible under the circumstances and concern for personal safety throughout <input type="checkbox"/> Appropriate choice and use of aid <input type="checkbox"/> Safe and effective entry, approach (maintaining visual contact), reverse and ready, and carry for the circumstances <input type="checkbox"/> Victim secured at nearest point of safety <input type="checkbox"/> Safe and effective removal with bystander assistance	<input type="checkbox"/> Activate Emergency Medical Services (EMS) <input type="checkbox"/> Attempt to obtain an AED and an AED-trained responder <input type="checkbox"/> Appropriate care of victim: CPR (started with 2 rescue breaths) and application of AED by AED trained responder (if available) <input type="checkbox"/> CPR and/or AED use continued until rescuer relieved of responsibility or victim shows signs of life <input type="checkbox"/> If victim shows signs of life, reassess ABCs and treat appropriately <input type="checkbox"/> Effective use of barrier devices where appropriate
Additional information (victim type, conditions, etc.):		
	<input type="checkbox"/> Quick, accurate recognition <input type="checkbox"/> Appropriate assessment of situation – call for help <input type="checkbox"/> Lowest risk rescue possible under the circumstances and concern for personal safety throughout <input type="checkbox"/> Appropriate choice and use of aid <input type="checkbox"/> Safe and effective entry, approach (maintaining visual contact), reverse and ready, and carry for the circumstances <input type="checkbox"/> Victim secured at nearest point of safety <input type="checkbox"/> Safe and effective removal with bystander assistance	<input type="checkbox"/> Activate Emergency Medical Services (EMS) <input type="checkbox"/> Attempt to obtain an AED and an AED-trained responder <input type="checkbox"/> Appropriate care of victim: CPR (started with 2 rescue breaths) and application of AED by AED trained responder (if available) <input type="checkbox"/> CPR and/or AED use continued until rescuer relieved of responsibility or victim shows signs of life <input type="checkbox"/> If victim shows signs of life, reassess ABCs and treat appropriately <input type="checkbox"/> Effective use of barrier devices where appropriate
Additional information (victim type, conditions, etc.):		
	<input type="checkbox"/> Quick, accurate recognition <input type="checkbox"/> Appropriate assessment of situation – call for help <input type="checkbox"/> Lowest risk rescue possible under the circumstances and concern for personal safety throughout <input type="checkbox"/> Appropriate choice and use of aid <input type="checkbox"/> Safe and effective entry, approach (maintaining visual contact), reverse and ready, and carry for the circumstances <input type="checkbox"/> Victim secured at nearest point of safety <input type="checkbox"/> Safe and effective removal with bystander assistance	<input type="checkbox"/> Activate Emergency Medical Services (EMS) <input type="checkbox"/> Attempt to obtain an AED and an AED-trained responder <input type="checkbox"/> Appropriate care of victim: CPR (started with 2 rescue breaths) and application of AED by AED trained responder (if available) <input type="checkbox"/> CPR and/or AED use continued until rescuer relieved of responsibility or victim shows signs of life <input type="checkbox"/> If victim shows signs of life, reassess ABCs and treat appropriately <input type="checkbox"/> Effective use of barrier devices where appropriate



*Perform a rescue of a distressed or drowning victim in open water, requiring a 20 m or yd. approach and a 20 m or yd. return.
The situation is designed to require either a contact or non-contact rescue with emphasis on victim recognition and appropriate care.*

Describe situation:		
Candidate	Must See	Comments
Additional information (victim type, conditions, etc.):		
	<input type="checkbox"/> Quick, accurate recognition <input type="checkbox"/> Assessment of situation – call for help <input type="checkbox"/> Lowest risk rescue possible under the circumstances and concern for personal safety throughout <input type="checkbox"/> Appropriate choice and use of aid <input type="checkbox"/> Safe and effective entry, approach (maintaining visual contact), reverse and ready, and carry for the circumstances <input type="checkbox"/> Victim secured at nearest point of safety <input type="checkbox"/> Safe and effective removal with bystander assistance	<input type="checkbox"/> Activate Emergency Medical Services (EMS) where appropriate <input type="checkbox"/> Attempt to obtain an AED and an AED-trained responder where appropriate <input type="checkbox"/> Appropriate care of victim: CPR (started with 2 rescue breaths) and application of AED by AED trained responder (if available) <input type="checkbox"/> CPR and/or AED use continued until rescuer relieved of responsibility or victim shows signs of life <input type="checkbox"/> If victim shows signs of life, reassess ABCs and treat appropriately <input type="checkbox"/> Effective use of barrier devices where appropriate
Additional information (victim type, conditions, etc.):		
	<input type="checkbox"/> Quick, accurate recognition <input type="checkbox"/> Assessment of situation – call for help <input type="checkbox"/> Lowest risk rescue possible under the circumstances and concern for personal safety throughout <input type="checkbox"/> Appropriate choice and use of aid <input type="checkbox"/> Safe and effective entry, approach (maintaining visual contact), reverse and ready, and carry for the circumstances <input type="checkbox"/> Victim secured at nearest point of safety <input type="checkbox"/> Safe and effective removal with bystander assistance	<input type="checkbox"/> Activate Emergency Medical Services (EMS) where appropriate <input type="checkbox"/> Attempt to obtain an AED and an AED-trained responder where appropriate <input type="checkbox"/> Appropriate care of victim: CPR (started with 2 rescue breaths) and application of AED by AED trained responder (if available) <input type="checkbox"/> CPR and/or AED use continued until rescuer relieved of responsibility or victim shows signs of life <input type="checkbox"/> If victim shows signs of life, reassess ABCs and treat appropriately <input type="checkbox"/> Effective use of barrier devices where appropriate
Additional information (victim type, conditions, etc.):		
	<input type="checkbox"/> Quick, accurate recognition <input type="checkbox"/> Assessment of situation – call for help <input type="checkbox"/> Lowest risk rescue possible under the circumstances and concern for personal safety throughout <input type="checkbox"/> Appropriate choice and use of aid <input type="checkbox"/> Safe and effective entry, approach (maintaining visual contact), reverse and ready, and carry for the circumstances <input type="checkbox"/> Victim secured at nearest point of safety <input type="checkbox"/> Safe and effective removal with bystander assistance	<input type="checkbox"/> Activate Emergency Medical Services (EMS) where appropriate <input type="checkbox"/> Attempt to obtain an AED and an AED-trained responder where appropriate <input type="checkbox"/> Appropriate care of victim: CPR (started with 2 rescue breaths) and application of AED by AED trained responder (if available) <input type="checkbox"/> CPR and/or AED use continued until rescuer relieved of responsibility or victim shows signs of life <input type="checkbox"/> If victim shows signs of life, reassess ABCs and treat appropriately <input type="checkbox"/> Effective use of barrier devices where appropriate