

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	Face-down	Face-up	Face-down
	□ Quick, accurate recognition and appropriate entry	Quick, accurate recognition and appropriate entry		
	Immobilization of head and neck	Immobilization of head and neck		
	Smooth turnover if necessary	Smooth turnover if necessary		
	□ Victim assessment – ABCs (airway, breathing, circulation)	Victim assessment – ABCs (airway, breathing, circulation)		
	Movement of victim minimized throughout	Movement of victim minimized throughout		
	□ Reassurance for victim	□ Reassurance for victim		
	□ Effective direction for all bystanders	□ Effective direction for all bystanders		
	□ Victim's body supported	□ Victim's body supported		
	EMS activated	EMS activated		
	Face-up	Face-down	Face-up	Face-down
	□ Quick, accurate recognition and appropriate entry	Quick, accurate recognition and appropriate entry		
	Immobilization of head and neck	Immobilization of head and neck		
	□ Smooth turnover if necessary	Smooth turnover if necessary		
	□ Victim assessment – ABCs (airway, breathing,	Victim assessment – ABCs (airway, breathing,		
	circulation)	circulation)		
	Movement of victim minimized throughout	Movement of victim minimized throughout		
	Reassurance for victim	Reassurance for victim		
	Effective direction for all bystanders	Effective direction for all bystanders		
	Victim's body supported	Victim's body supported		
	EMS activated	EMS activated		
	Face-up	Face-down	Face-up	Face-down
	□ Quick, accurate recognition and appropriate entry	Quick, accurate recognition and appropriate entry		
	Immobilization of head and neck	Immobilization of head and neck		
	Smooth turnover if necessary	Smooth turnover if necessary		
	□ Victim assessment – ABCs (airway, breathing, circulation)	Victim assessment – ABCs (airway, breathing, circulation)		
	□ Movement of victim minimized throughout	Movement of victim minimized throughout		
	□ Reassurance for victim	Reassurance for victim		
	□ Effective direction for all bystanders	Effective direction for all bystanders		
	□ Victim's body supported	□ Victim's body supported		
	EMS activated	EMS activated		
	Face-up	Face-down	Face-up	Face-down
	□ Quick, accurate recognition and appropriate entry	Quick, accurate recognition and appropriate entry		
	Immobilization of head and neck	Immobilization of head and neck		
	Smooth turnover if necessary	Smooth turnover if necessary		
	Victim assessment – ABCs (airway, breathing,	Victim assessment – ABCs (airway, breathing,		
	circulation)	circulation)		
	Movement of victim minimized throughout	Movement of victim minimized throughout		
	Reassurance for victim	Reassurance for victim		
	Effective direction for all bystanders	Effective direction for all bystanders		
	Victim's body supported	Victim's body supported		
	EMS activated	EMS activated		



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



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

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