

Lifesaving Society Guide to Training During COVID-19

In-Person Safety for Affiliates, Trainers,
Instructors, Examiners and Coaches

August 2020



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Overview

Swimming instruction, and lifesaving and leadership training are fundamental to decreasing drowning and keeping our communities safe. The Lifesaving Society encourages its Affiliate Members to schedule courses knowing they have the support and resources of the Society behind them. This guide is part of that support and aims to ensure that in-person water and classroom training can be delivered safely.

Everyone should follow public health advice in developing and implementing measures to eliminate, mitigate and control the potential for transmission or spread of COVID-19 during in-person training.

Physical distancing and exceptions during instruction

Physical distancing is a primary means of preventing the spread of COVID-19. Where possible, everyone should maintain a distance of 2 metres (6 feet) apart from each other.

Physical distancing may not be possible for some training where physical contact is an integral part of the training. The Ontario Ministry of Health notes: “For health units that are in stage 3 of reopening, there are specific requirements that apply to persons responsible for a business or place that is open and that provides in-person teaching or instruction. Specifically, the person responsible for the business or place that is open and that provides in-person teaching or instruction must ensure that every instructional space:

- is operated to enable students to maintain a physical distance of at least two metres from every other person in the instructional space, **except where necessary for teaching and instruction that cannot be effectively provided if physical distancing is maintained;**
- limits the total number of students permitted to be in each instructional space at any one time to the number that can maintain a physical distance of at least two metres from every other person in the business or place, and in any event cannot exceed, (i) 50 persons, if the instructional space is indoors, or (ii) 100 persons, if the instructional space is outdoors (please see section 5 of Schedule 1 of Ontario Regulation 364/20 made under the EMCPA).”

Physical distancing and exceptions for lifeguards

The Ministry has also confirmed that there is no legislation in Ontario that requires lifeguards to maintain physical distancing while performing their lifeguard duties or while training. Lifeguards should ensure physical distancing precautions are followed to the best extent possible.

The Lifesaving Society [Guide to Reopening Pools and Waterfronts](#), provides guidelines for adapting facility operation to mitigate the risk posed by COVID-19. The guide does not replace or supersede local, provincial/territorial or federal legislation or regulation or directives from the Ministry of Health and Medical Officer of Health. [Additional Lifesaving Society COVID-19 resources are located here.](#)

Affiliate responsibilities

Affiliates should implement appropriate COVID-19 policies and procedures to protect participants, instructors and staff.

Prohibit from instructional sessions, anyone suspected or confirmed to have COVID-19, or who has been in contact with someone with COVID-19, or who has recently travelled outside Canada.

Pre-screening and self-assessment procedure

Establish facility admission protocols and procedures for instruction including an admission self-assessment questionnaire for instructors and candidates based on the criteria outlined on the province of Ontario website: [COVID-19 self-assessment](#).

Include in registration procedures a self-declaration (with signature), stating the candidate and/or instructor has had no known exposure to COVID-19 or shown any symptoms in the previous 14 days.

Implement admission assessment screening for candidates and instructors *for each day* of instruction. Educate candidates and instructors about the need to inform the instructor or affiliate if they develop any COVID-19 symptoms during the course. Stress that they must immediately withdraw from the training session.

Emergency response plan

Define the required steps in the event that a candidate or instructor exhibits COVID-19 symptoms during training. Include:

- Instruction to all candidates to go directly home, have no contact with their family or the public, and self-isolate.
- Instruction to symptomatic candidates to visit [COVID-19 self-assessment](#).
- A process to notify the key contacts that training was suspended due to concerns of a symptomatic candidate or instructor.
- [Contact with your local public health unit](#) for guidance on next steps. Public health will provide instructions and do contact tracing if needed.

The emergency response plan should include a contact tracing system to provide information about who had close interactions with an affected candidate or instructor. This should include attendance records, and participants' full names and contact information (e.g., phone numbers, email).

Safe practice

- Limit class numbers in accordance with Ontario Ministry of Health guidance and physical distancing measures. This may require a change to classroom layouts, pool space usage, and lifeguard supervision assignments during swimming lessons. (If candidates are spread out more than usual to accommodate physical distancing, it may be more challenging than usual for instructors to provide adequate safety supervision.)
- When there is more than one training program being offered in the building on the same day, consider the following protocols:
 - Stagger start and stop times so that candidates in different programs are not arriving or leaving at the same time.
 - Stagger breaks and lunches for the different programs.
 - Establish procedures to maintain physical distancing in washrooms, change rooms, pool deck.
- Communicate COVID-19 policies, procedures and protocols to all participants and train staff on them:
 - Establish and monitor indoor mask-wearing policy for staff and candidates.
 - Clearly define responsibility for sanitizing and disinfecting surfaces and equipment and provide instruction on same.
 - Ensure access to soap and water or hand sanitizer (with at least 60% alcohol) and to appropriate cleaning products including sanitizing wipes for use by candidates and instructors.
 - Require instructors and candidates to wash or sanitize their hands frequently, especially when they arrive, before and after contacting high-touch surfaces, and before leaving.
 - Ensure all high-touch surfaces in the training room, change rooms and pool area (including equipment) are disinfected before and after training using appropriate cleaning products. Remove unnecessary tools or equipment.
- Develop and mark safe entrance/exit paths for the facility, pool and classroom that allow the staff and candidates to maintain physical distancing.
- Post signage to communicate key messages such as how to self-screen for symptoms, the importance of maintaining physical distancing, and hand and respiratory hygiene.
- Develop policy and procedures for the handling of completed documents, transfer of documents and safe storage for decontamination prior to handling of the documents.

Instructor responsibilities

Instructors must know and follow the policies, protocols and procedures established by their employer. Instructors should clearly understand what responsibility they have for sanitizing and disinfection.

In addition, instructors should identify potential risks during specific training exercises and develop measures to eliminate, mitigate, and control the potential for COVID-19 transmission during training.

Specifically:

- Ensure candidates are aware of policies and procedures developed for their safety. At the beginning of each class:
 - review with candidates and volunteers procedures related to PPE, physical distancing, hand hygiene, respiratory etiquette (coughing and sneezing), and cleaning and disinfection procedures.
 - communicate to candidates any planned modifications to skills practice.
 - review the emergency response plan.
 - demonstrate the use of personal protective equipment required by the candidates.
- Practice and monitor physical distancing. Select formations consistent with physical distancing. For skills or items where physical distancing is not possible, the Lifesaving Society has provided adaptations. See Appendices.

Teaching material and equipment

Where possible, avoid sharing of learning aids like kickboards, lifejackets, rescue aids, manikins. (Learning aids might be numbered to avoid cross-contamination.) If this is not practical, clean and disinfect aids between users.

Similarly, candidates should use only their own learning aids (manuals, worksheets, notebooks, pens, pencils, etc.). Have candidates write their names on manuals and materials as soon as they receive them.

Where printed handouts are required for classroom use, they must not be reused in future training sessions, and only instructors should pass out worksheets to individual candidates. (Consider providing handouts to candidates in electronic format where practical.)

Supply candidates with disposable supplies that will only be used by themselves. After use, place disposables (e.g., gauze) in the trash.

Personal protective equipment

Follow the policies of your employer. When practical, wear a mask, and wear gloves when handling equipment or collecting and distributing paperwork or supplies.

During dryland lifesaving activities, candidates should practice physical distancing and wear PPE (mask, eyewear, gloves) whenever practical. During simulated rescue training, candidates should practice donning and taking off PPE as they might in a real-life rescue. (Note: a wet face mask is not effective PPE and wearing a face covering in the water is a breathing hazard.)

Safety supervision

Instructors remain responsible for the safety supervision of candidates in the water. Adjust as required by physical distancing requirements. For more information read the [COVID-19 and Staff Training Information Bulletin](#).

Training adaptations

Adaptations to Lifesaving Society programs may be required to address physical distancing, personal contact restrictions, recommended hygiene protocols, and restricted ratio requirements. Specific recommendations are outlined in the skills adaptation charts in the Appendices of this document.

- Lifesaving Society courses identify a minimum number of instructional hours. Consider whether additional time is needed to meet the needs of each candidate.
- Minimize duplication or repetition of skills already seen and successfully evaluated to minimize direct contact time with other candidates.
- Encourage candidates to wear goggles.
- Some learning activities will not be able to be delivered as outlined. Be creative. Substitute activities that achieve the same outcome.
- Use additional resources such as videos (e.g., Swim for Life Strokes & Skills or Bronze Awards) to enhance learning.
- “Bubble buddies” are defined as a partner or group of three that work together exclusively throughout the course or recertification to limit physical contact with others.

- “Social circle” participants are prearranged persons that are allowed within the participants physical distancing circle. This can include household members living with the participant, or others who are otherwise allowed within the participant’s physical distancing circle.
- Screen all volunteers for swimming ability to avoid real rescues.
- For possible contact tracing, maintain a record (for a minimum of 21 days) of all people in the training/course including any social circle and household members.

Resources

- Appendices: Skills Adaptations During COVID-19
- [*Delivery of online and blended learning – A guide for Lifesaving Society affiliates and leadership personnel.*](#)
- [More Lifesaving Society COVID-19 resources.](#)
- [Public Health Ontario – Cover Your Cough.](#)
- [Public Health Canada – Wash Your Hands.](#)

Appendices

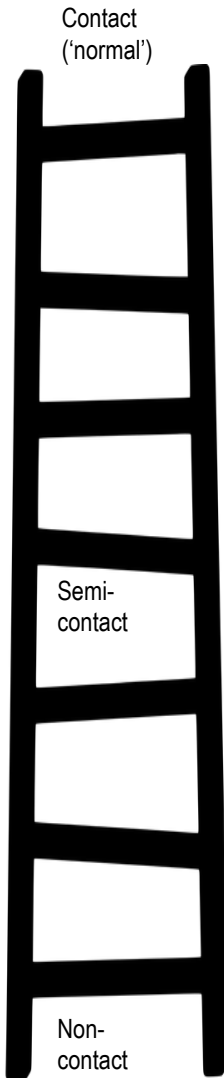
Skills Adaptations During COVID-19

Swim for Life Program

Skills Adaptations During COVID-19

General Suggestions

COVID-19 may affect swimming lesson protocols and practices. Here are some ideas to help instructors and programmers.



Phase back into swimming lessons using the low- to high-risk ladder concept (i.e., **non-contact to contact**):

NOTE: *Safety supervision remains crucial to the safety of the swimmers. ALL instructors should be in the water located at the deepest point to ensure safety.*

1. Follow the recommendations of the health unit in your area.
2. Offer lessons to swimmers who need less physical contact during instruction (Swimmer 4 and higher).
3. Offer private or semi-private lessons to begin (following health recommendations before opening up to larger classes).
4. Use a parent/family member for in-water support of swimmers at Swimmer 3 and below. Ensure instructors know the swimming ability of the parent/family member.
5. Offer family lessons where the family comes to lessons as a unit with one instructor per family (requiring multi-level teaching).
6. Equipment:
 - Use equipment as a barrier to maintain distance.
 - Swimmers use equipment that will allow for semi-independence (note: instructors will have to train/work on training swimmers to move with the piece of equipment).
 - Students bring their own equipment. Affiliates can sell lifejackets, flutter boards, goggles, etc.
 - Develop method to sanitize after each use (tubs on deck for clean/used equipment).
 - Increase cleaning of equipment between uses.
 - As a last resort, don't use any at all.

7. Pool Setup: create zones to distance your lessons.
8. Use physical manipulation of the student's legs to maintain distance from the face.
9. Start with smaller class sizes.

NOTE: *This document shares adaptations to teaching strategies based on the Lifesaving Society Instructor Manual. Use and adapt to your facility accordingly and to health regulations in your area.*

PARENT & TOT

Due to parent involvement, parent & tot lessons already have a caregiver to help start the process of reopening. Consider smaller class sizes, no equipment (due to infants and toddlers putting everything in their mouths).

PRESCHOOL

Using parents to help with a contactless delivery will be a start. See "Support Holds for Parents & Guardians."

Progressing through equipment will allow for help with contactless delivery. See "Progression of Equipment" and "Preschool Progressions."

SWIMMER

It is recommended that Swimmer 3 and below have a caregiver in the water to hold and support the swimmer.

Progressing through equipment will allow for help with contactless delivery. See "Progression of Equipment" and "Preschool Progressions" for some skills in Swimmer 1 and 2.

Swimmer 4 and above will be easier to start with swimmers who are stronger in the water and more independent.

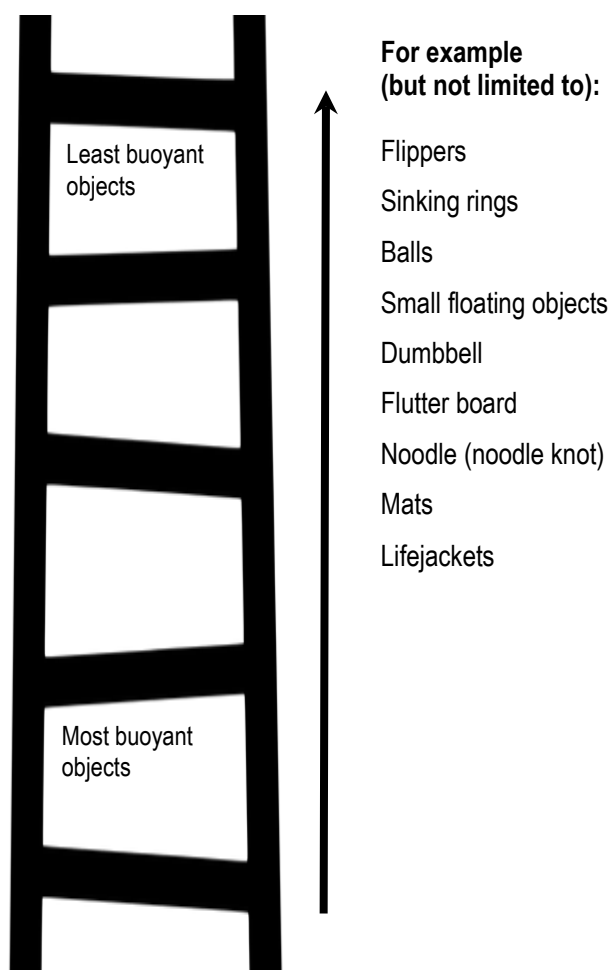
Use Drills to practice swimmers' strokes without physical manipulation.

ADULT

Start with adults who are comfortable in the water and use minimal contact.

Swim for Life Progression of Equipment

Equipment is one of the best ways to increase independence of swimming skills. Start with more buoyant items, then decrease the buoyancy, and increase mobility, so that swimmers strengthen their muscles and endurance. Use equipment that swimmers are familiar with so they are comfortable. Instructors should introduce a variety of equipment.



Considerations:

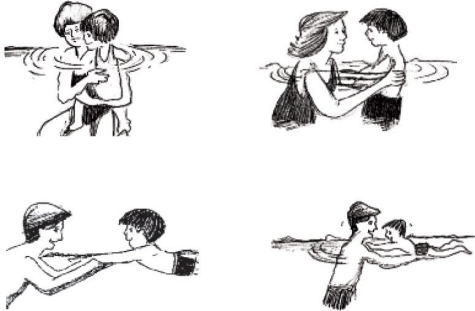
- Is there an opportunity to use no equipment (or minimize use)?
- Consider breaks between lessons to sanitize equipment.
- If your facility allows equipment in the pool area, follow their guidelines and requirements.
- Ensure that swimmers become familiar using each piece of equipment and how to move in the water with each one.
- Instructor-led equipment (instructor holds the equipment, swimmers move around it, or hold opposite side):
Use the equipment to your advantage. Use it to distance and help swimmers hone their skills (e.g., use a noodle / hula hoop upon entry; swimmers must swim to, over or under the equipment that the instructor is holding).

Swim for Life Support Holds for Parents and Guardians

Offering contactless lessons is challenging. Here are some holds that you can share with your instructors so that parents can assist while the instructor delivers the lessons. Instructors will have to show or describe holds to the parents and will have to adapt and add this into their lessons.

(REFERENCE *Teaching Swim for Life*, p. 2–6)

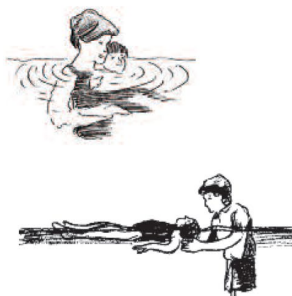
Face-to-face



Back cradle position



Back and head support position



Side-by-side



Considerations:

- The instructor will have to discuss ways the parent must hold the child.
- Progress through the holds to increase independence (e.g., face-to-face: swimmer's hands on parent shoulders while parent holds the ribs. Move down slightly each time you practice where swimmer holds onto the elbows, wrists, hands, fingers).

Back positions

- Move from head on shoulder to chest: parents hold onto back, head, hands and one finger holding the child.

Side by side

- Parents are close to the swimmer leaning students against them; then facing students holding wrist/hands at the top and bottom of the body to manipulate.

Swim for Life Preschool Progressions

Preschool 1	Item #2	Jump in assisted	<ul style="list-style-type: none"> • Use a pole for student to hold onto one end, instructor the other end. • Use a noodle as above. • Have student wear a lifejacket.
	Item #3	Face in water	<ul style="list-style-type: none"> • Have student hold onto the side. • Have student wear a lifejacket. • Have student hold on to a noodle.
	Item #5	Float on front and back (3 sec. each) assisted	<ul style="list-style-type: none"> • To begin, have student practice on a floating mat. • Have student wear a lifejacket. • Students try using a noodle or leg floats for support.
	Item #7	Glide on front and back (3 m each) assisted	<ul style="list-style-type: none"> • To begin, student practices on a floating mat. • Students use flutter boards, leg floats. • “Airplane” story. • “Superman” push offs.
Preschool 2	Item #3	Submerge	<ul style="list-style-type: none"> • Use sinking toys. • “Bob” story.
	Item #5	Float on front and back (3 sec. each) wearing PFD or with buoyant aid	<ul style="list-style-type: none"> • To begin, students practice on a floating mat. • Have student wear a lifejacket. • Students try using a noodle or leg floats for support.
	Item #6	Roll laterally front to back and back to front wearing a PFD	<ul style="list-style-type: none"> • Using their arms, move from a “T” to and “I” and back to a “T”.
	Item #7	Glide on front and back (3 m each) wearing PFD or with buoyant aid	<ul style="list-style-type: none"> • To begin, students practice on a floating mat. • Students use flutter boards, leg floats • “Airplane” story. • “Superman” push offs.
	Item #8	Flutter kick on back with buoyant aid 5 m	<ul style="list-style-type: none"> • Students use flutter boards, leg floats • “Airplane” story. • “Superman” push offs.

Preschool 3	Item #5	Recover object from bottom in waist-deep water	<ul style="list-style-type: none"> • Students hold onto a pole to help get them to the bottom.
	Item #6	Back float, roll to front, swim 3 m	<ul style="list-style-type: none"> • Have each student perform close to wall. • Begin using PFDs or buoyant aid.
Preschool 4	Item #8	Glide on side 3 m	<ul style="list-style-type: none"> • Begin using PFDs or buoyant aid.
Preschool 5	Item #1	Forward roll entry wearing PFD	<ul style="list-style-type: none"> • Begin with lateral log rolls. • Students practice on floating mat.

Swim for Life Contactless Skill Suggestions

Entries & Exits
<p>Allow each swimmer to complete entries with a piece of equipment (e.g., PFD, noodle). Have the instructor hold a piece of equipment out for swimmers' to grab onto in order to turn around if needed (a single swimmer; if multiple swimmers change equipment in between). Find a variety of ways to exit the pool that do not require contact (ramp, stairs). Include Water Smart messages about how to get back to the wall/surface/exit while wearing equipment.</p>
Underwater Skills
<p>Have swimmers swim to a piece of equipment as a guide to distance and turn around. Sinking toys. "I spy" underwater.</p>
Swim to Survive
<p>Teach each skill separately. Drills.</p>
Movement/Swimming Skills
<p>Drills. Movement in the water (how to get up and down (recovery) with each piece of equipment).</p>
Water Smart Education
<p>Videos. Posters. Colouring pages. (Swim Licensees: see Dropbox for more activities.)</p>

Canadian Swim Patrol – Rookie

Skills Adaptations During COVID-19

ITEM	SKILL	CONTACT LEVEL Increasing Level of Risk →				NOTES
		No contact required maintain physical distancing	CPR Manikin (dry) Training or Training/Sport Rescue Manikin or Teaching Aid (wet)	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)	
H₂O Proficiency						
1	Head-up front crawl or breaststroke – 25 m or yd.	√				No change.
2	Scull in ready position – 30 sec.	√				No change.
3	Carry object (2.3 kg) – 15 m or yd.	√				One object per candidate or disinfect between users.
4	Surface dives, foot-first & head-first	√				No change.
5	Lifesaving kick – 25 m or yd.	√				No change.
6	Inflate clothing / use as buoyant assist	√				Candidate brings own clothing.
7	Obstacle swim – 25 m or yd.	√				No change.
8	Front Crawl / Back crawl / Breaststroke – 50 m or yd.	√				No change.
9	Fitness training: 350 m or yd. workout (3 times)	√				No change.
10	Swim 100 m in 3 min. (100 yd. in 2:40 min) or better	√				No change.

Rookie Patrol (cont'd)

First Aid						
11	Assess conscious victim	√				Candidate maintains physical distancing while verbalizing assessment and communication with bystanders where appropriate.
12	Contacting EMS	√				No change.
13	Care for external bleeding	√		√	√	<p>Candidates can:</p> <ul style="list-style-type: none"> • Direct victims to administer self-treatment when reasonable (e.g., wound treatment, respiratory emergencies). • Demonstrate on a manikin where possible (e.g., chest/facial injuries). • Demonstrate on themselves (e.g., leg injury). <p>Where Must Sees require contact, use a household member or bubble buddy.</p>
Recognition & Rescue						
14	Look & see	√				No change.
15	Victim simulation and recognition	√				No change.
16	Rescue drill: throw aid to target – 30 sec.	√				One aid per candidate or disinfect between users.

Canadian Swim Patrol – Ranger

Skills Adaptations During COVID-19

ITEM	SKILL	CONTACT LEVEL Increasing Level of Risk →				NOTES
		No contact required maintain physical distancing	CPR Manikin (dry) Training or Training/Sport Rescue Manikin or Teaching Aid (wet)	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)	
H₂O Proficiency						
1	Somersault sequence, forward & backward	√				No change.
2	Stride entry & swim head-up – 25 m or yd. Ready position	√				No change.
3	Eggbeater kick on back – 25 m or yd.	√				No change.
4	Support object (2.3 kg) – 1 min.	√				One object per candidate or disinfect between users.
5	Search & recover object	√				One object per candidate or disinfect between users. Candidate verbalizes search strategy, demonstrates skill alone.
6	Remove conscious victim	√		√	√	Candidate should verbalize effectively while maintaining physical distancing. If contact is required, candidate demonstrates with household member or bubble buddy.
7	Front Crawl / Back crawl / Breaststroke – 75 m or yd.	√				No change.
8	Lifesaving medley – 100 m or yd. (3 times)	√				No change.
9	Swim 200 m in 6 min. (200 yd. in 5:20 min) or better	√				No change.

Ranger Patrol (cont'd)

First Aid						
10	Assess unconscious victim, breathing victim		√	√	√	Candidate demonstrates on a manikin, household member or bubble buddy. Candidate should include verbal cues for bystanders where appropriate.
11	Care for victim in shock		√	√	√	As above.
12	Obstructed airway – conscious victim			√	√	Candidate demonstrates on a household member or bubble buddy. Simulate cough.
Recognition & Rescue						
13	Victim simulation, recognition & avoidance	√				Candidate demonstrates foot/arm block, duck/push away, submerge victim on a manikin.
14	Rescue with buoyant aid – 20 m or yd.	√		√	√	One aid per candidate or disinfect between users. Candidate should verbalize effectively while maintaining physical distancing. If contact is required, candidate demonstrates with household member or bubble buddy.

Canadian Swim Patrol – Star

Skills Adaptations During COVID-19

ITEM	SKILL	CONTACT LEVEL Increasing Level of Risk →				NOTES
		No contact required maintain physical distancing	CPR Manikin (dry) Training or Training/Sport Rescue Manikin or Teaching Aid(wet)	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)	
H₂O Proficiency						
1	Entries with aids – at least two	√				One aid per candidate or disinfect between users.
2	Head-up swim (25 m or yd.) & scull in ready position	√				As above.
3	Defence methods – front, side & rear	√	√	√	√	Candidate demonstrates foot/arm block, duck/push away, submerge victim on a manikin. Candidate demonstrates releases on a household member or bubble buddy.
4	Eggbeater kick – travel, change direction & height	√				No change.
5	Carry object (4.5 kg) – 25 m or yd.	√				One object per candidate or disinfect between users.
6	Remove unconscious victim	√	√	√	√	Candidate demonstrates the walk out & one-rescuer drag on land with household member or bubble buddy. Candidate demonstrates cradle removal on a manikin. Candidate demonstrates modified underarm lift with the rescuer on deck/dock wearing mask and gloves.

Star Patrol (cont'd)

7	Search to recover object	√				One object per candidate or disinfect between users. Candidate verbalizes search strategy, demonstrates skill alone.
8	Turn & support victim face-up – shallow water		√	√	√	Candidate demonstrates on a manikin, household member or bubble buddy.
9	Front Crawl / Back crawl / Breaststroke – 100 m or yd.	√				No change.
10	Fitness training: 600 m or yd. workout (three times)	√				No change.
11	Swim 300 m in 9 min. (300 yd. in 8:00 min) or better	√				No change.
First Aid						
12	Care for bone or joint injury	√	√	√	√	Candidates can: <ul style="list-style-type: none"> • Direct victims to administer self-treatment when reasonable (e.g., wound treatment, respiratory emergencies). • Demonstrate on a manikin where possible (e.g., chest/facial injuries). • Demonstrate on themselves (e.g., leg injury). Where Must Sees require contact, use a household member or bubble buddy.
13	Care for respiratory emergency – asthma or allergic reaction	√	√	√	√	As above.

Star Patrol (cont'd)

Recognition & Rescue						
14	Locate & describe submerged object	√				No change.
15	Rescue with towing aid – 20 m or yd.	√		√	√	<p>One aid per candidate or disinfect between users.</p> <p>Candidates should verbalize effectively while maintaining physical distancing. If contact is required, candidate demonstrates with household member or bubble buddy.</p>

Bronze Star

Skills Adaptations During COVID-19

ITEM	SKILL	CONTACT LEVEL Increasing Level of Risk →				NOTES
		No contact required maintain physical distancing	CPR Manikin (dry) Training or Training/Sport Rescue Manikin or Teaching Aid(wet)	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)	
H₂O Proficiency						
1	Entries	√				No change
2	Inflate clothes & huddle – 1 min.	√		√	√	Candidates demonstrate huddle position alone in the water. Candidates demonstrate group huddle on land with household member or bubble buddy.
3	Recover submerged victim		√			Use manikin for control carries.
4	Rescue Drill 1	√				One object per candidate or disinfect between users.
5	Rescue Drill 2	√	√			One object/manikin per candidate or disinfect between users.
6	Object support	√				One object per candidate or disinfect between users.
7	Fitness medley – 100 m	√				As above.
8	Endurance – 400 m in 12 min.	√				No change.
First Aid						
9	Assess pulse & respiration rates	√		√	√	Candidates demonstrate on themselves for own pulse. Candidates demonstrate partner pulse on household member or bubble buddy.

Bronze Star (cont'd)

10	Adult CPR	√	√			Candidates should not share a manikin during this skill.
11	Land spinal	√	√	√	√	Candidate demonstrates with manikin, household member and/or bubble buddy.
Recognition & Rescue						
12	Victim simulation & recognition	√				No change.
13	Hand signal communications	√				No change.
14	Walk & spot	√				No change.
15	In-water search	√				Candidate verbalizes search strategy and demonstrates skill alone. For team searches, maintain physical distancing.
16	Rescue with a partner	√		√	√	Candidate demonstrates while maintaining physical distancing. If physical distancing cannot be maintained, demonstrate with household member or bubble buddy.
17	Rescue non-breathing victim		√	√	√	Candidate demonstrates with manikin, household member and/or bubble buddy.

Bronze Star (2020 program)
Skills Adaptations During COVID-19

ITEM	SKILL	CONTACT LEVEL Increasing Level of Risk →				NOTES
		No contact required maintain physical distancing	CPR Manikin (dry) Training or Training/Sport Rescue Manikin or Teaching Aid(wet)	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)	
Knowledge						
1	Lifesaving Society	√				No change.
Skill						
2	Self-rescue	√		√	√	Candidate demonstrates huddle position alone in the water. Candidate demonstrates group huddle on land with household member or bubble buddies.
3	Entries	√				No change.
4	Swimming and lifesaving strokes	√				No change.
5	Sculling	√				No change.
6	Victim recognition	√				No change.
7	Reaching and throwing assists	√				One object per candidate or disinfect between users.
8	Drowning resuscitation	√	√			Candidates should not share a manikin or AED during this skill.
Fitness						
9	Obstacle swim	√				No change.
10	Rescue drill	√	√	√	√	One aid per candidate or disinfect between users. If partner is required, maintain physical distancing or demonstrate with household member or bubble buddy.
11	Fitness challenge	√				No change.

Bronze Medallion
Skills Adaptations During COVID-19

ITEM	SKILL	CONTACT LEVEL Increasing Level of Risk →				NOTES
		No contact required maintain physical distancing	CPR Manikin (dry) Training or Training/Sport Rescue Manikin or Teaching Aid(wet)	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)	
H₂O Proficiency						
1	Throwing accuracy	√				One aid per candidate or disinfect between users.
2	Self-rescue	√				Candidate demonstrates huddle position alone in the water.
3	Rescue drill		√			Use manikin for control carries. One manikin per candidate or disinfect between users.
4	Defenses & releases	√	√	√	√	Candidate demonstrates foot/arm block, duck/push away, submerge victim on a manikin. Candidate demonstrates releases on a household member or bubble buddy.
5	Fitness challenge	√				No change.
6	Endurance challenge	√				No change.
First Aid						
7	One-rescuer CPR: adult & child	√	√			Candidates should not share a manikin during this skill.
8	Obstructed airway: conscious & unconscious		√	√	√	Candidate demonstrates conscious obstructed airway on household member or bubble buddy. Simulate cough. Candidate demonstrates unresponsive obstructed airway on manikin.

Bronze Medallion (cont'd)

9	Circulatory emergencies	√	√			<p>Candidates can:</p> <ul style="list-style-type: none"> • Direct victims to administer self-treatment when reasonable (e.g., wound treatment, respiratory emergencies). • Demonstrate on a manikin where possible (e.g., chest/facial injuries), • Demonstrate on themselves (e.g., leg injury). <p>Where Must Sees require contact, use a household member or bubble buddy.</p>
Recognition & Rescue						
10	Walk, spot & demonstrate	√				No change.
11	Spinal injury management		√	√	√	Candidate demonstrates with manikin, household member and/or bubble buddy.
12	Search	√				Candidate verbalizes search strategy and demonstrates skill alone.
13	Rescue 1: non-contact		√	√	√	Use manikin for control carries. Use household member and/or bubble buddy for all assistive carries. Demonstration of single chin carry not required.
14	Rescue 2: non-breathing victim		√	√	√	As above.
15	Rescue 3: open water		√	√	√	As above.

Bronze Medallion (2020 program)

Skills Adaptations During COVID-19

ITEM	SKILL	CONTACT LEVEL Increasing Level of Risk →				NOTES
		No contact required maintain physical distancing	CPR Manikin (dry) Training or Training/Sport Rescue Manikin or Teaching Aid(wet)	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)	
Knowledge						
1	The Lifesaving Society	√				No change.
2	Drowning Chain of Survival	√				No change.
3	Rescue process	√				No change.
4	Cold water	√				No change.
Skill						
5	Self-rescue	√		√	√	Candidate demonstrates huddle position alone in the water. Candidate demonstrates group huddle on land with household member or bubble buddies.
6	Swimming and lifesaving strokes	√				No change.
7	Victim recognition	√				No change.
8	Entries & removals	√	√	√	√	One object per candidate or disinfect between users. Candidate demonstrates the walk out & one-rescuer drag on land with household member or bubble buddy. Candidate demonstrates cradle removal on a manikin. Candidate demonstrates modified underarm lift with the rescuer on deck/dock wearing mask and gloves.

Bronze Medallion (2020 program) cont'd

9	Defences & releases	√	√	√	√	Candidate demonstrates foot/arm block, duck/push away, submerge victim on a manikin. Candidate demonstrates releases on a household member or bubble buddy.
10	Tows & carries	√	√	√	√	Use manikin for control carries. Use bubble buddies for all assistive carries – demonstration of single chin carry not required.
11	Search	√				Candidate verbalizes search strategy and demonstrates skill alone.
12	Submerged victim recovery	√	√			Candidate demonstrates retrieval of a submerged victim and ABC assessment on a manikin.
13	Drowning resuscitation	√	√			Candidates should not share a manikin or AED during this skill.
Fitness						
14	Rescue drill	√	√			One manikin per candidate or disinfect between users.
15	Endurance challenge	√				No change.
Judgment						
16	Risk assessment and response	√				No change.
17	Rescue 1: from land	√				No change.
18	Rescue 2: open water	√				No change.
19	Rescue 3: non-breathing victim		√	√	√	Candidate demonstrates cradle removal on a manikin. Candidate demonstrates modified underarm lift with the rescuer on deck/dock wearing mask and gloves.

Bronze Cross

Skills Adaptations During COVID-19

ITEM	SKILL	CONTACT LEVEL Increasing Level of Risk →				NOTES
		No contact required maintain physical distancing	CPR Manikin (dry) Training or Training/Sport Rescue Manikin or Teaching Aid(wet)	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)	
H₂O Proficiency						
1	Rescue drill		√			Use manikin for control carries. One manikin per candidate or disinfect between users.
2	Fitness challenge	√				No change.
3	Endurance challenge	√				No change.
First Aid						
4	First aid assessment	√	√			For conscious victim, candidate maintains physical distancing and verbalizes assessment and direction to bystanders where appropriate.
5	One-rescuer CPR	√	√			Candidates should not share a manikin during this skill.
6	Two-rescuer CPR	√	√			Candidates should work opposite each other on separate manikins following distancing guidance. Candidates should not share a manikin/AED during this skill.
7	Obstructed airway: conscious & unconscious		√	√	√	Candidate demonstrates conscious obstructed airway on household member or bubble buddy. Simulate cough. Candidate demonstrates unresponsive obstructed airway on manikin.

Bronze Cross (cont'd)

8	Hypothermia	√	√	√	√	<p>Candidates can:</p> <ul style="list-style-type: none"> • Direct victims to administer self-treatment when reasonable (e.g., wound treatment, respiratory emergencies). • Demonstrate on a manikin where possible (e.g., chest/facial injuries). • Demonstrate on themselves (e.g., leg injury). <p>Where Must Sees require contact, use a household member or bubble buddy.</p>
Recognition & Rescue						
9	Walk, spot & evaluate	√				No change.
10	Spinal injury management		√	√	√	<p>Candidate demonstrates motion restriction techniques such as modified body, vice grip on a manikin.</p> <p>Candidate demonstrates motion restriction techniques such as Canadian Rollover as well as spinal carry on a household member or bubble buddy.</p>
11	Team Search	√				Candidate verbalizes search strategy and demonstrates skill alone. For team searches, maintain physical distancing.
12	Rescue 1: multiple victims		√	√	√	<p>Candidates can:</p> <ul style="list-style-type: none"> • Direct victims to administer self-treatment when reasonable (e.g., wound treatment, respiratory emergencies). • Demonstrate on a manikin where possible (e.g., chest/facial injuries). • Demonstrate on themselves (e.g., leg injury). <p>Where Must Sees require contact, use a household member or bubble buddy.</p>

Bronze Cross (cont'd)

13	Rescue 2: submerged victim		√	√	√	<p>Candidate demonstrates retrieval of a submerged victim and ABC assessment on a manikin.</p> <p>Candidate demonstrates modified underarm lift with the rescuer on deck/dock wearing mask and gloves.</p>
14	Rescue 3: two rescuers		√	√	√	<p>Candidates can:</p> <ul style="list-style-type: none"> • Direct victims to administer self-treatment when reasonable (e.g., wound treatment, respiratory emergencies). • Demonstrate on a manikin where possible (e.g., chest/facial injuries). • Demonstrate on themselves (e.g., leg injury). <p>Where Must Sees require contact, use a household member or bubble buddy.</p>
15	Rescue 4: injured victim		√	√	√	<p>Contact depends on victim type. Minimize contact time with the victim.</p>

Bronze Cross (2020 program)
Skills Adaptations During COVID-19

ITEM	SKILL	CONTACT LEVEL Increasing Level of Risk →				NOTES
		No contact required maintain physical distancing	CPR Manikin (dry) Training or Training/Sport Rescue Manikin or Teaching Aid(wet)	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)	
Knowledge						
1	The Lifesaving Society	√				No change.
2	Non-fatal drowning	√				No change.
3	Shallow water blackout	√				No change.
4	Assistant lifeguard roles & responsibilities	√				No change.
Skill						
5	Communication	√				No change.
6	Two-rescuer removals	√	√	√	√	Candidate demonstrates walk out & one-rescuer drag on land with household member or bubble buddy. Candidate demonstrates cradle removal on a manikin. Candidate demonstrates modified underarm lift with the rescuer on deck/dock wearing mask and gloves.
7	Surface dives and underwater swims	√				No change.
8	Team search	√	√	√	√	Candidate verbalizes search strategy and demonstrates skill alone. For team searches, maintain physical distancing.

Bronze Cross (2020 program) cont'd

9	Two-rescuer drowning resuscitation	√	√			Candidates should work opposite each other on separate manikins following distancing guidance. Candidates should not share a manikin/AED during this skill.
10	Spinal injury management	√	√	√	√	Candidate demonstrates motion restriction techniques such as modified body, vice grip on a manikin. Candidate demonstrates motion restriction techniques such as Canadian Rollover as well as spinal carry on a household member or bubble buddy.
Fitness						
11	Object recovery and transport	√				One object per candidate or disinfect between users.
12	Rescue drill	√	√			One manikin per candidate or disinfect between users.
13	Endurance challenge	√				No change.
Judgment						
14	Safety supervision scanning	√				No change.
15	Two-person rescue 1: multiple victims		√	√	√	Candidates can: <ul style="list-style-type: none"> • Direct victims to administer self-treatment whenever reasonable (e.g., treatment of wounds, respiratory emergencies). • Demonstrate on a manikin where possible (e.g., chest injury, facial injuries). • Demonstrate on themselves (e.g., leg injury). Whenever Must Sees require contact, use a household member or bubble buddy.

Bronze Cross (2020 program) cont'd

16	Two-person rescue 2: submerged victim		√	√	√	<p>Candidates can:</p> <ul style="list-style-type: none"> • Direct victims to administer self-treatment whenever reasonable (e.g., treatment of wounds, respiratory emergencies). • Demonstrate on a manikin where possible (e.g., chest injury, facial injuries). • Demonstrate on themselves (e.g., leg injury). <p>Whenever Must Sees require contact, use a household member or bubble buddy.</p>
17	Assistant lifeguard situations		√	√	√	As above.

Emergency and Standard First Aid

Skills Adaptations During COVID-19

ITEM	SKILL	CONTACT LEVEL Increasing Level of Risk →				NOTES
		No contact required maintain physical distancing	CPR Manikin (dry) Training or Training/Sport Rescue Manikin or Teaching Aid(wet)	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)	
Emergency First Aid						
1	Goals of first aid	√				No change.
2	Legal implications of first aid	√				No change.
3	Self-protection	√				No change.
4	Anatomy and physiology of ABC priorities	√				No change.
5	Assessment	√	√	√	√	One manikin per candidate or disinfect between users. Minimize contact time with the victim.
6	One-rescuer CPR: adult, child & infant	√	√			Candidates should not share a manikin/AED during this skill.
7	Obstructed airway: conscious victim	√		√	√	Direct victim to self-treatment when reasonable. Minimize contact time with the victim.
8	Obstructed airway: unconscious victim	√	√	√	√	Minimize contact time with the victim.
9	Management of bystanders	√				No change.
10	Respiratory emergencies	√		√	√	Contact depends on victim type. Direct victim to self-treatment when reasonable. Minimize contact time with victim.

Emergency and Standard First Aid (cont'd)

11a	Circulatory emergencies: shock	√		√	√	Direct victim to self-treatment when reasonable. Minimize contact time with the victim.
11b	Circulatory emergencies: heart attack or angina	√		√	√	As above.
11c	Circulatory emergencies: external bleeding	√		√	√	As above.
11d	Circulatory emergencies: stroke/TIA	√		√	√	As above.
12a	Abdominal injuries	√		√	√	As above.
12b	Burn injury	√		√	√	As above.
12c	Facial injury	√		√	√	As above.
13	Care of unconscious victim	√	√	√	√	Minimize contact time with the victim.
Standard First Aid (includes Emergency First Aid)						
1	Two-rescuer CPR: adult, child & infant	√	√	√	√	Candidates should work opposite each other on separate manikins following distancing guidance. Contact depends on victim type. Minimize contact time with the victim. Candidates should not share a manikin/AED during this skill.
2	Suspected spinal injury	√		√	√	Candidate demonstrates motion restriction techniques. Minimize contact time with the victim.
3	Environmental emergencies: heat or cold illness	√		√	√	Contact depends on victim type. Direct victim to self-treatment when reasonable. Minimize contact time with victim.
4	Bone and joint injury	√		√	√	As above.
5	Chest injury	√		√	√	Direct victim to self-treatment when reasonable. Minimize contact time with the victim.

Emergency and Standard First Aid (cont'd)

6	Suspected head injury	√		√	√	Candidate demonstrates motion restriction techniques if required. Minimize contact time with the victim.
7	Seizure	√		√	√	Minimize contact time with the victim.
8	Diabetes	√		√	√	As above.
9	Poisoning	√		√	√	As above.
10	Critical incident stress management	√				No change.

National Lifeguard – Pool
Skills Adaptations During COVID-19

ITEM	SKILL	CONTACT LEVEL Increasing Level of Risk →				NOTES
		No contact required maintain physical distancing	CPR Manikin (dry) Training or Training/Sport Rescue Manikin or Teaching Aid(wet)	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)	
1	Lifeguard theory & practice	√				No change.
2a	Physical standard: object recovery	√				One object per candidate or disinfect between users.
2b	Physical standard: underwater swim	√				No change.
2c	Physical standard: sprint challenge	√				No change.
2d	Physical standard: rescue drill	√	√			One manikin per candidate or disinfect between users.
2e	Physical standard: endurance challenge	√				No change.
2f	Physical standard: approach & carry			√	√	Approach victim in a way that mitigates risk, such as approaching victim from behind to carry. Minimize contact time with the victim.
3	Pool facility analysis	√				No change.
4	Lifeguard communication	√				No change.
5a	Pool supervision: scanning & observation	√				No change
5b	Pool supervision: positioning & rotation	√				No change.
5c	Pool supervision: intervention	√				No change.

National Lifeguard – Pool (cont'd)

6	Entries & removals	√	√	√	√	<p>Candidate demonstrates the walk out & one-rescuer drag on land with household member or bubble buddy.</p> <p>Candidate demonstrates cradle removal on a manikin.</p> <p>Candidate demonstrates modified underarm lift with the rescuer on deck/dock wearing mask and gloves.</p>
7	Pool emergencies: specialized techniques	√	√	√	√	Technique dependent.
8	Facility search: missing person	√				For team searches, maintain physical distancing.
9a	Management of distressed or drowning victim			√	√	Approach victim in a way that mitigates risk, such as maintaining physical distancing guidelines, passing victim a rescue aid, approach from behind carry, etc. Minimize contact time with the victim.
9b	Management of submerged, non-breathing victim		√	√	√	<p>Candidate demonstrates retrieval of a submerged victim and ABC assessment on a manikin.</p> <p>Candidate demonstrates modified underarm lift with top rescuer dry, with mask and gloves.</p>
9c	Management of spinal-injured victim		√	√	√	<p>Candidate demonstrates motion restriction techniques such as modified body, vice grip on a manikin.</p> <p>Candidate demonstrates motion restriction techniques such as Canadian Rollover as well as spinal carry on a household member or bubble buddy.</p> <p>Bubble buddies demonstrate stabilization to a board with a manikin.</p>
9d	Management of injured swimmer	√	√	√	√	Contact depends on victim type. Minimize contact time with the victim.

National Lifeguard – Pool (cont'd)

10	Lifeguarding situations	√	√	√	√	<p>Candidates can:</p> <ul style="list-style-type: none"> • Direct victims to administer self-treatment whenever reasonable (e.g., treatment of wounds, respiratory emergencies). • Demonstrate on a manikin where possible (e.g., chest injury, facial injuries). • Demonstrate on themselves (e.g., leg injury). <p>Whenever Must Sees require contact, use a household member or bubble buddy.</p>
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Assistant Instructor
Skills Adaptations During COVID-19

SKILL	CONTACT LEVEL Increasing Level of Risk →				NOTES
	No contact required - maintain physical distancing	Training/Sport Rescue Manikin, Teaching Aid (doll, PFD, etc.)	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)	
Session 5 – Formations and Holds					
Class Formations and Instructor Positioning	√				
Support Holds		√	√	√	<p>Allow candidates to verbalize how they would do a support hold and demonstrate as best they can using a teaching aid such as a doll or PFD.</p> <p>Show video clip located in the Leadership Library online.</p>
What Does “Deep” Mean?	✓				
Session 7 – Strokes and Skills (1)					
Physical Principles	✓				
Progressions	✓				
Strokes and Skills	✓				
Session 9 – Teaching Practice (1)					
Stroke Drills	✓				
Progressions	✓				

Assistant Instructor (cont'd)

Session 11 – Teaching Practice (2)					
Learning Through Games and Songs	✓		✓	✓	<p>Use games that allow physical distancing to occur.</p> <p>Create a learning activity that incorporates singing that is shared during the online portion of the course or in some other electronic format.</p>
Session 13 – Teaching Practice (3)					
Recognize and React	✓	✓	✓	✓	<p>Approach victim in a way that mitigates risk such as maintaining physical distancing guidelines, passing victim a rescue aid, approach from behind carry, etc.</p> <p>Minimize contact time with victim.</p> <p>For any first aid, have the victims help with their treatment or self treat where possible.</p> <p>If control carry is required, use manikin.</p>

Notes

- Online portion could also be covered in-person, as long as one can maintain the physical distancing guidelines.
- The times listed are the minimum instructional hours; additional time may be needed to ensure the needs of each candidate is being met.
- Some learning activities will not be able to be delivered as is using an online format. Be creative and substitute a learning activity that will achieve the same outcome.

Swim Instructor

Skills Adaptations During COVID-19

SKILL	CONTACT LEVEL Increasing Level of Risk →				NOTES
	No contact required - maintain physical distancing	Training/Sport Rescue Manikin, Teaching Aid (kickboard, PFD, etc.)	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)	
Session 3 – Skill Demonstration					
Front crawl, back crawl, breaststroke	✓				
Whip kick on back, eggbeater kick, scissor kick	✓				
Standing dive (where water depth permits)	✓				
Session 6 – Teaching Swim for Life					
Exploring Buoyancy	✓				
Exploring Resistance	✓				
Progressions	✓				
Support Holds		✓	✓	✓	See Teaching Practice note. Use video clip located in the Leadership Library online.
Strokes and Drills	✓				Encourage demonstrations, use of drills and verbalization for peer stroke correction.
Teaching Approaches	✓		✓	✓	See Teaching Practice note.

Swim Instructor (cont'd)

Session 9 – Teaching Practice (1)					
Teaching Practice	✓		✓	✓	See Teaching practice note below.
Session 10 – Teaching Practice (2)					
Teaching Practice	✓		✓	✓	See Teaching Practice note.
Session 13 – Evaluating Practice					
Evaluation of Each Other's Strokes and Skills	✓				Encourage demonstrations, use of drills and verbalization for peer stroke correction.
Make The Decision	✓				
Session 14 – Health and Safety (2)					
Recognize and React		✓	✓	✓	Approach victim in a way that mitigates risk such as maintaining physical distancing guidelines, passing victim a rescue aid, approach from behind carry, etc. Minimize contact time with victim. For any first aid, have the victims help with their treatment or self treat where possible. If control carry is required, use manikin.

Teaching practice

- Ensure physical distancing during the teaching practice occurs for all assigned levels.
- If lower levels are assigned, allow candidates to verbalize how they would do a support hold or demonstrate as best they can using a teaching aid such as a doll or PFD.
- Encourage candidates to practice holds on a younger sibling or family member when the opportunity presents itself.
- Discuss how support holds differ with a “real” preschooler or child.
- If physical manipulation is needed for any level, allow candidate to describe what they would do to correct the issue and encourage the use of drills.

Additional notes

- Some learning activities will not be able to be delivered as is in an online format – be creative and substitute a learning activity that will achieve the same outcome.
- Use the Swim for Life Strokes & Skills video resource (available in DVD, USB or download from LifeguardDepot.com).

Lifesaving Instructor

Skills Adaptations During COVID-19

SKILL	CONTACT LEVEL Increasing Level of Risk →				NOTES
	No contact required - maintain physical distancing	CPR manikin (dry), Training/Sport Rescue Manikin, Teaching Aid (wet)	Household Member or Social Circle	Bubble Buddies (face mask & gloves required when dry)	
Session 3 – Skill Demonstration					
Front crawl, back crawl, breaststroke	✓				
Whip kick on back, eggbeater kick, scissor kick	✓				
Stride entry, surface dive	✓				
Victim removal		✓	✓	✓	See applicable <i>Skills Adaptations During COVID-19</i> chart.
CPR, obstructed airway procedure		✓	✓	✓	See applicable <i>Skills Adaptations During COVID-19</i> chart.
Session 6 – Teaching Lifesaving (1)					
Progressions - Strokes	✓				
Progressions - Entries	✓				
Progressions - Skills	✓	✓	✓	✓	See applicable <i>Skills Adaptations During COVID-19</i> chart.
Rescuer's Checklist Drill	✓	✓	✓	✓	See applicable <i>Skills Adaptations During COVID-19</i> chart.
Teaching Approaches	✓		✓	✓	
Session 9 – Teaching Practice (1)					
Teaching Practice	✓		✓	✓	Ensure physical distancing during the teaching practice occurs for all assigned levels.

Lifesaving Instructor (cont'd)

Session 10 – Teaching Lifesaving (2)					
First Aid	✓	✓	✓	✓	See Teaching lifesaving note below.
Session 11 – Teaching Practice (2)					
Teaching Practice	✓		✓	✓	Ensure physical distancing during the teaching practice occurs for all assigned levels.
Session 14 – Evaluating Practice					
Evaluation of Each Other's Strokes and Skills	✓				Encourage demonstrations, use of drills and verbalization for peer stroke correction.
Make The Decision	✓				
Session 15 – Health and Safety (2)					
Recognize and React		✓	✓	✓	Approach victim in a way that mitigates risk, such as maintaining physical distancing guidelines, passing victim a rescue aid, approach from behind carry, etc. Minimize contact time with victim. For any first aid, have the victims help with their treatment or self treat where possible. If control carry is required, use manikin.

Teaching lifesaving

- Direct victims to administer self-care whenever reasonable (e.g. treatment of wounds, respiratory emergencies).
- Demonstrate on a manikin where possible (e.g., chest injury, facial injuries).
- Demonstrate on themselves (e.g., leg injury).
- See applicable *Skills Adaptations During COVID-19* charts for more details.

Additional notes

- Some learning activities will not be able to be delivered as is in an online format – be creative and substitute a learning activity that will achieve the same outcome.
- Use the Bronze Awards video resource (available as USB or download from LifeguardDepot.com).