

Bronze Cross Recertification Worksheet
Item 8 – Team search



With bystanders, organize and participate in a logical underwater search of both a shallow and a deep-water area.

Purpose: *To develop skills in appropriate search techniques, including the recruitment and direction of bystanders.*

Candidate	Must Sees	Comments
	<input type="checkbox"/> Recruitment and appropriate direction of bystanders <input type="checkbox"/> Appropriate search pattern <input type="checkbox"/> Efficient surface dives (if depth appropriate)	
	<input type="checkbox"/> Recruitment and appropriate direction of bystanders <input type="checkbox"/> Appropriate search pattern <input type="checkbox"/> Efficient surface dives (if depth appropriate)	
	<input type="checkbox"/> Recruitment and appropriate direction of bystanders <input type="checkbox"/> Appropriate search pattern <input type="checkbox"/> Efficient surface dives (if depth appropriate)	
	<input type="checkbox"/> Recruitment and appropriate direction of bystanders <input type="checkbox"/> Appropriate search pattern <input type="checkbox"/> Efficient surface dives (if depth appropriate)	
	<input type="checkbox"/> Recruitment and appropriate direction of bystanders <input type="checkbox"/> Appropriate search pattern <input type="checkbox"/> Efficient surface dives (if depth appropriate)	
	<input type="checkbox"/> Recruitment and appropriate direction of bystanders <input type="checkbox"/> Appropriate search pattern <input type="checkbox"/> Efficient surface dives (if depth appropriate)	
	<input type="checkbox"/> Recruitment and appropriate direction of bystanders <input type="checkbox"/> Appropriate search pattern <input type="checkbox"/> Efficient surface dives (if depth appropriate)	
	<input type="checkbox"/> Recruitment and appropriate direction of bystanders <input type="checkbox"/> Appropriate search pattern <input type="checkbox"/> Efficient surface dives (if depth appropriate)	
	<input type="checkbox"/> Recruitment and appropriate direction of bystanders <input type="checkbox"/> Appropriate search pattern <input type="checkbox"/> Efficient surface dives (if depth appropriate)	
	<input type="checkbox"/> Recruitment and appropriate direction of bystanders <input type="checkbox"/> Appropriate search pattern <input type="checkbox"/> Efficient surface dives (if depth appropriate)	
	<input type="checkbox"/> Recruitment and appropriate direction of bystanders <input type="checkbox"/> Appropriate search pattern <input type="checkbox"/> Efficient surface dives (if depth appropriate)	
	<input type="checkbox"/> Recruitment and appropriate direction of bystanders <input type="checkbox"/> Appropriate search pattern <input type="checkbox"/> Efficient surface dives (if depth appropriate)	
	<input type="checkbox"/> Recruitment and appropriate direction of bystanders <input type="checkbox"/> Appropriate search pattern <input type="checkbox"/> Efficient surface dives (if depth appropriate)	
	<input type="checkbox"/> Recruitment and appropriate direction of bystanders <input type="checkbox"/> Appropriate search pattern <input type="checkbox"/> Efficient surface dives (if depth appropriate)	
	<input type="checkbox"/> Recruitment and appropriate direction of bystanders <input type="checkbox"/> Appropriate search pattern <input type="checkbox"/> Efficient surface dives (if depth appropriate)	



Bronze Cross Recertification Worksheet
Item 10 – Spinal injury management

Respond to a breathing or non-breathing suspected spinal-injured victim located in shallow water or on land.

Purpose: *To demonstrate the management of a victim with a suspected spinal injury.*

Candidate	Must Sees	Comments
	<ul style="list-style-type: none"> <input type="checkbox"/> Quick recognition and response <input type="checkbox"/> Appropriate entry and approach (in-water victim only) <input type="checkbox"/> Smooth turnover if necessary <input type="checkbox"/> Restricted motion of victim’s head and neck throughout <input type="checkbox"/> Airway maintained throughout <input type="checkbox"/> Contact with EMS at earliest possible moment <input type="checkbox"/> Victim assessment (ABCs) and appropriate care: <ul style="list-style-type: none"> <input type="checkbox"/> Breathing victim: stabilization maintained with assistance <input type="checkbox"/> Non-breathing victim: CPR started immediately <input type="checkbox"/> Appropriate direction for bystanders 	
	<ul style="list-style-type: none"> <input type="checkbox"/> Quick recognition and response <input type="checkbox"/> Appropriate entry and approach (in-water victim only) <input type="checkbox"/> Smooth turnover if necessary <input type="checkbox"/> Restricted motion of victim’s head and neck throughout <input type="checkbox"/> Airway maintained throughout <input type="checkbox"/> Contact with EMS at earliest possible moment <input type="checkbox"/> Victim assessment (ABCs) and appropriate care: <ul style="list-style-type: none"> <input type="checkbox"/> Breathing victim: stabilization maintained with assistance <input type="checkbox"/> Non-breathing victim: CPR started immediately <input type="checkbox"/> Appropriate direction for bystanders 	
	<ul style="list-style-type: none"> <input type="checkbox"/> Quick recognition and response <input type="checkbox"/> Appropriate entry and approach (in-water victim only) <input type="checkbox"/> Smooth turnover if necessary <input type="checkbox"/> Restricted motion of victim’s head and neck throughout <input type="checkbox"/> Airway maintained throughout <input type="checkbox"/> Contact with EMS at earliest possible moment <input type="checkbox"/> Victim assessment (ABCs) and appropriate care: <ul style="list-style-type: none"> <input type="checkbox"/> Breathing victim: stabilization maintained with assistance <input type="checkbox"/> Non-breathing victim: CPR started immediately <input type="checkbox"/> Appropriate direction for bystanders 	
	<ul style="list-style-type: none"> <input type="checkbox"/> Quick recognition and response <input type="checkbox"/> Appropriate entry and approach (in-water victim only) <input type="checkbox"/> Smooth turnover if necessary <input type="checkbox"/> Restricted motion of victim’s head and neck throughout <input type="checkbox"/> Airway maintained throughout <input type="checkbox"/> Contact with EMS at earliest possible moment <input type="checkbox"/> Victim assessment (ABCs) and appropriate care: <ul style="list-style-type: none"> <input type="checkbox"/> Breathing victim: stabilization maintained with assistance <input type="checkbox"/> Non-breathing victim: CPR started immediately <input type="checkbox"/> Appropriate direction for bystanders 	
	<ul style="list-style-type: none"> <input type="checkbox"/> Quick recognition and response <input type="checkbox"/> Appropriate entry and approach (in-water victim only) <input type="checkbox"/> Smooth turnover if necessary <input type="checkbox"/> Restricted motion of victim’s head and neck throughout <input type="checkbox"/> Airway maintained throughout <input type="checkbox"/> Contact with EMS at earliest possible moment <input type="checkbox"/> Victim assessment (ABCs) and appropriate care: <ul style="list-style-type: none"> <input type="checkbox"/> Breathing victim: stabilization maintained with assistance <input type="checkbox"/> Non-breathing victim: CPR started immediately <input type="checkbox"/> Appropriate direction for bystanders 	



Bronze Cross Recertification Worksheet
Item 11 – Object recovery and transport

Demonstrate anaerobic fitness and strength for an object recovery: starting in the water, swim 15 m and surface dive to recover a 4.5 kg (10 lb.) object; surface and carry the object 5 m – all within 60 seconds.

Purpose: *To develop the skills and fitness needed to recover a submerged victim.*

Candidate	Must Sees	Comments
	<input type="checkbox"/> In-water start and approach into surface dive <input type="checkbox"/> Object recovered from depth <input type="checkbox"/> Head above surface throughout carry <input type="checkbox"/> Distances completed and time limit met	
	<input type="checkbox"/> In-water start and approach into surface dive <input type="checkbox"/> Object recovered from depth <input type="checkbox"/> Head above surface throughout carry <input type="checkbox"/> Distances completed and time limit met	
	<input type="checkbox"/> In-water start and approach into surface dive <input type="checkbox"/> Object recovered from depth <input type="checkbox"/> Head above surface throughout carry <input type="checkbox"/> Distances completed and time limit met	
	<input type="checkbox"/> In-water start and approach into surface dive <input type="checkbox"/> Object recovered from depth <input type="checkbox"/> Head above surface throughout carry <input type="checkbox"/> Distances completed and time limit met	
	<input type="checkbox"/> In-water start and approach into surface dive <input type="checkbox"/> Object recovered from depth <input type="checkbox"/> Head above surface throughout carry <input type="checkbox"/> Distances completed and time limit met	
	<input type="checkbox"/> In-water start and approach into surface dive <input type="checkbox"/> Object recovered from depth <input type="checkbox"/> Head above surface throughout carry <input type="checkbox"/> Distances completed and time limit met	
	<input type="checkbox"/> In-water start and approach into surface dive <input type="checkbox"/> Object recovered from depth <input type="checkbox"/> Head above surface throughout carry <input type="checkbox"/> Distances completed and time limit met	
	<input type="checkbox"/> In-water start and approach into surface dive <input type="checkbox"/> Object recovered from depth <input type="checkbox"/> Head above surface throughout carry <input type="checkbox"/> Distances completed and time limit met	
	<input type="checkbox"/> In-water start and approach into surface dive <input type="checkbox"/> Object recovered from depth <input type="checkbox"/> Head above surface throughout carry <input type="checkbox"/> Distances completed and time limit met	
	<input type="checkbox"/> In-water start and approach into surface dive <input type="checkbox"/> Object recovered from depth <input type="checkbox"/> Head above surface throughout carry <input type="checkbox"/> Distances completed and time limit met	
	<input type="checkbox"/> In-water start and approach into surface dive <input type="checkbox"/> Object recovered from depth <input type="checkbox"/> Head above surface throughout carry <input type="checkbox"/> Distances completed and time limit met	
	<input type="checkbox"/> In-water start and approach into surface dive <input type="checkbox"/> Object recovered from depth <input type="checkbox"/> Head above surface throughout carry <input type="checkbox"/> Distances completed and time limit met	
	<input type="checkbox"/> In-water start and approach into surface dive <input type="checkbox"/> Object recovered from depth <input type="checkbox"/> Head above surface throughout carry <input type="checkbox"/> Distances completed and time limit met	
	<input type="checkbox"/> In-water start and approach into surface dive <input type="checkbox"/> Object recovered from depth <input type="checkbox"/> Head above surface throughout carry <input type="checkbox"/> Distances completed and time limit met	
	<input type="checkbox"/> In-water start and approach into surface dive <input type="checkbox"/> Object recovered from depth <input type="checkbox"/> Head above surface throughout carry <input type="checkbox"/> Distances completed and time limit met	



Bronze Cross Recertification Worksheet
Item 13 – Endurance challenge

Swim 400 m within 11 minutes (400 yd. within 9:40 minutes).

Purpose: *To develop aerobic fitness and stroke endurance for use in lifesaving emergencies.*

Candidate	Must Sees	Comments
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	
	<input type="checkbox"/> Recognizable stroke(s) – any combination <input type="checkbox"/> Continuous swim <input type="checkbox"/> Distance completed within the time limit	



Bronze Cross Exam and Recertification Worksheet
Item 15 -Two-person rescue 1: multiple victims

Respond to an aquatic emergency in open water involving three or four victims and provide care until relieved of responsibility.
Purpose: *To develop judgment and effective teamwork in responding to an aquatic emergency involving multiple victims.*

Describe situation:		
Candidate	Must See	Comments
Additional information (victim type, conditions, etc.):		
	<input type="checkbox"/> Quick, accurate recognition and appropriate assessment of situation – signal for help <input type="checkbox"/> Effective communication and response with fellow rescuer <input type="checkbox"/> Lowest risk rescue possible under the circumstances and concern for personal safety throughout: <ul style="list-style-type: none"> ○ Appropriate choice and use of aid(s) ○ Safe and effective entry, approach (maintaining visual contact), reverse and ready <input type="checkbox"/> Effective tow or carry (when used) <input type="checkbox"/> Victims secured at nearest point of safety	<input type="checkbox"/> Effective use and direction of bystanders where appropriate <input type="checkbox"/> Safe and effective removals with bystander assistance <input type="checkbox"/> Contact with EMS at earliest possible moment if appropriate <input type="checkbox"/> Victim assessment (ABCs) and appropriate care until rescuers relieved of responsibility <input type="checkbox"/> Effective use of barrier devices if required
Additional information (victim type, conditions, etc.):		
	<input type="checkbox"/> Quick, accurate recognition and appropriate assessment of situation – signal for help <input type="checkbox"/> Effective communication and response with fellow rescuer <input type="checkbox"/> Lowest risk rescue possible under the circumstances and concern for personal safety throughout: <ul style="list-style-type: none"> ○ Appropriate choice and use of aid(s) ○ Safe and effective entry, approach (maintaining visual contact), reverse and ready <input type="checkbox"/> Effective tow or carry (when used) <input type="checkbox"/> Victims secured at nearest point of safety	<input type="checkbox"/> Effective use and direction of bystanders where appropriate <input type="checkbox"/> Safe and effective removals with bystander assistance <input type="checkbox"/> Contact with EMS at earliest possible moment if appropriate <input type="checkbox"/> Victim assessment (ABCs) and appropriate care until rescuers relieved of responsibility <input type="checkbox"/> Effective use of barrier devices if required



Bronze Cross Exam and Recertification Worksheet
Item 16 – Two-person rescue 2: submerged victim

Perform a rescue of a non-breathing victim submerged in deep water; remove victim and provide care until relieved of responsibility by a lifeguard. Perform CPR on a manikin.

Purpose: *To develop judgment and effective teamwork in responding to an aquatic emergency involving a submerged, non-breathing victim.*

Describe situation:

Candidate	Must See	Comments
-----------	----------	----------

Additional information (victim type, conditions, etc.):

	<input type="checkbox"/> Quick, accurate recognition and appropriate assessment of situation – signal for help <input type="checkbox"/> Effective communication between rescuers <input type="checkbox"/> Lowest risk rescue possible under the circumstances and concern for personal safety throughout: <ul style="list-style-type: none"> ○ Appropriate choice and use of aid(s) ○ Safe and effective entry, approach, and carry <input type="checkbox"/> Protection of victim’s airway during ascent; mouth and nose maintained above the surface thereafter <input type="checkbox"/> Victim secured at nearest point of safety	<input type="checkbox"/> Safe and effective team removal of victim <input type="checkbox"/> Contact with EMS at earliest possible moment <input type="checkbox"/> Victim assessment (ABCs) and appropriate care – including effective use of barrier devices and ability to deal with complications – until rescuers relieved of responsibility <input type="checkbox"/> 5 cycles of CPR on a manikin
--	--	--

Additional information (victim type, conditions, etc.):

	<input type="checkbox"/> Quick, accurate recognition and appropriate assessment of situation – signal for help <input type="checkbox"/> Effective communication between rescuers <input type="checkbox"/> Lowest risk rescue possible under the circumstances and concern for personal safety throughout: <ul style="list-style-type: none"> ○ Appropriate choice and use of aid(s) ○ Safe and effective entry, approach, and carry <input type="checkbox"/> Protection of victim’s airway during ascent; mouth and nose maintained above the surface thereafter <input type="checkbox"/> Victim secured at nearest point of safety	<input type="checkbox"/> Safe and effective team removal of victim <input type="checkbox"/> Contact with EMS at earliest possible moment <input type="checkbox"/> Victim assessment (ABCs) and appropriate care – including effective use of barrier devices and ability to deal with complications – until rescuers relieved of responsibility <input type="checkbox"/> 5 cycles of CPR on a manikin
--	--	--



Bronze Cross Exam and Recertification Worksheet
Item 17 – Assistant lifeguard situations

As a member of an assistant lifeguard team, respond to an emergency in a supervised aquatic setting.

Purpose: *To introduce lifeguarding principles and practices appropriate for assistant lifeguards in emergency situations*

Team Members	Assistant Guard 1:	Assistant Guard 3:	Assistant Guard 3:
Describe situation:			
<input type="checkbox"/> Effective safety supervision: Continuous, systematic scanning <input type="checkbox"/> Timely recognition and appropriate response <input type="checkbox"/> Effective communication – other lifeguards, victim(s), patrons <input type="checkbox"/> Effective rescue response and techniques <input type="checkbox"/> Appropriate selection and proper use of equipment including barrier devices <input type="checkbox"/> Appropriate first aid treatment if required <input type="checkbox"/> Accurate communication with EMS at earliest possible moment <input type="checkbox"/> Continued safety supervision of other patrons throughout <input type="checkbox"/> Concern for good public relations			
Describe situation:			
<input type="checkbox"/> Effective safety supervision: Continuous, systematic scanning <input type="checkbox"/> Timely recognition and appropriate response <input type="checkbox"/> Effective communication – other lifeguards, victim(s), patrons <input type="checkbox"/> Effective rescue response and techniques <input type="checkbox"/> Appropriate selection and proper use of equipment including barrier devices <input type="checkbox"/> Appropriate first aid treatment if required <input type="checkbox"/> Accurate communication with EMS at earliest possible moment <input type="checkbox"/> Continued safety supervision of other patrons throughout <input type="checkbox"/> Concern for good public relations			
Describe situation:			
<input type="checkbox"/> Effective safety supervision: Continuous, systematic scanning <input type="checkbox"/> Timely recognition and appropriate response <input type="checkbox"/> Effective communication – other lifeguards, victim(s), patrons <input type="checkbox"/> Effective rescue response and techniques <input type="checkbox"/> Appropriate selection and proper use of equipment including barrier devices <input type="checkbox"/> Appropriate first aid treatment if required <input type="checkbox"/> Accurate communication with EMS at earliest possible moment <input type="checkbox"/> Continued safety supervision of other patrons throughout <input type="checkbox"/> Concern for good public relations			