



Bronze Medallion Swimming Lessons for Centurion Sea Cadets



Parents & Cadets,

The Navy League is offering reimbursement to Centurion cadets who successfully complete the Bronze Medallion Swimming Course offered during this 2013-14 cadet year. Along with swimming endurance this 18–20 hour course teaches CPR and water rescue. A textbook will need to be purchased for this course, usually available at the pools. To receive reimbursement, upon successful completion of the course, please provide us with a copy of your receipts and certificate. Below are the Lifesaving Society prerequisites and an overview of the Bronze Medallion lessons.

Prerequisite: The Lifesaving Society prerequisite is a minimum 13 years of age *or* Bronze Star certification (need not be current). Any Centurion cadet can participate—please be advised if not 13 years old or older at testing they will not be passed, disallowing the reimbursement.

Bronze Medallion at a Glance:

1. Demonstrate accuracy in throwing buoyant aids.
2. Simulate self-rescue techniques for circumstances including ice, moving water, and swamped or capsized boat
3. Starting in the water, demonstrate 20 m head-up approach, surface dive to recover a submerged victim or manikin, and return to the starting point using a control carry to support and carry the victim.
4. Demonstrate 3 defences from the front, side, and rear and 3 releases from the front, side, and rear. Assume a ready position and communicate verbally after each defence or release.
5. Swim head-up 6 x 25 m or yd. maintaining a consistent pace and work-to-rest ratio.
6. Swim 500 m or 550 yd. in 15 minutes or better using any combination of strokes of the candidate's choice.
7. Demonstrate rescue breathing and one-rescuer cardiopulmonary resuscitation (CPR) on a manikin, including: Adult and child victims.
8. Simulate the treatment of a conscious and unconscious adult or child with an obstructed airway.
9. Demonstrate the appropriate recognition and care of a victim suffering from shock, heart attack or angina, external bleeding, Stroke and Transient Ischemic Attack (TIA).
10. Walk around an aquatic environment scene, evaluate the ongoing activities, and where appropriate, model safe aquatic leisure choices.
11. Recover and immobilize a conscious breathing victim with a suspected cervical spinal injury in shallow water.
12. Demonstrate recovery and immobilization with both a face-up and a face-down victim. Recruit and direct bystanders to assist.
13. Perform a logical underwater search of a specified area to maximum depth of 3 m.
14. 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.
15. 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.
16. Perform a rescue of a distressed or drowning victim in open water, requiring a 20m approach and 20m return. The situation is designed to require either a contact or non-contact rescue with emphasis on victim recognition and appropriate care.

If you are interested and able to commit to the entire course, please register for the Bronze Medallion Course through the Recreation Guide. Interested cadets (parents) can register for whichever pool, dates and time suits best as parents would for any City of Ottawa program or lessons.

We hope you find this opportunity valuable for your cadet and they find it enjoyable!
The Navy League – Kanata Branch