

# Currents

Newfoundland Labrador

December 2020



LIFESAVING SOCIETY  
The Lifeguarding Experts

## Introducing the new Bronze medal awards

*[Watch the Galactic Bronze video for a fun introduction to the revised programs.](#)*

The Lifesaving Society is excited to announce the official release of the revised Bronze medal awards! The update improves skill progressions for a seamless flow into National Lifeguard and sets candidates up for success as they move through the Society's lifesaving, assistant lifeguard and lifeguard continuum.

We outline the changes in three communiques:

- [What's new for instructors?](#)
- [What's new for recertifying Bronze Cross candidates?](#)
- [What's new for affiliates?](#)

Highlights include:

- Bronze Star focuses on swimming proficiency, lifesaving skill and physical fitness.
- Bronze Medallion reintroduces lifesaving strokes.
- Bronze Cross introduces fundamental assistant lifeguard skills.
- Standardized Bronze Medallion and Bronze Cross recertification exams.

There are no changes to prerequisites.

## What Lifesaving Instructors need to know

1. Find out when your employer plans to launch the new Bronze program – they have until June 2022 to switch.
2. Attend a Bronze Update Clinic before teaching the new curriculum.
3. Purchase the new [Bronze Medals Award Guide](#), which includes all the Test Items and Must Sees. The new [Teaching Bronze](#) USB flash drive has more than a hundred pages of additional resources including core and lesson plans, learning activities and videos.

*Is the Bronze Update Clinic mandatory? Is it worth a credit towards my instructor recertification?*

The Bronze Update Clinic is mandatory. You will receive 3 leadership recertification credits upon successful completion of the clinic.

*Where do I get the new resources?*

You can buy the [Bronze Medals Award Guide](#), [Medallion](#) and [Cross](#) workbooks and the [Teaching Bronze](#) USB flash drive from LifeguardDepot.com.

The new test sheets for full courses and recertification courses are on the Society's website in [Find a Form](#) and on the [Teaching Bronze](#) USB.

## What Lifesaving Instructor Trainers need to know

1. [Contact the Lifesaving Society](#) to register for an Explore Bronze Update Clinic before teaching your next Lifesaving Instructor Course.
2. Purchase and review the new [Bronze Medals Award Guide](#) (as well as the new [Instructor Manual](#) if you haven't already).
3. For more information, contact [Raegan Wiseman](#)

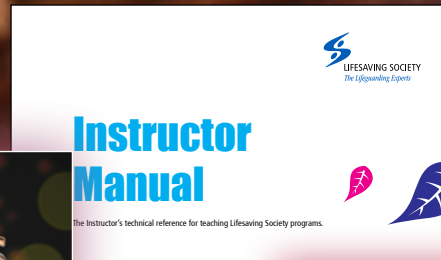
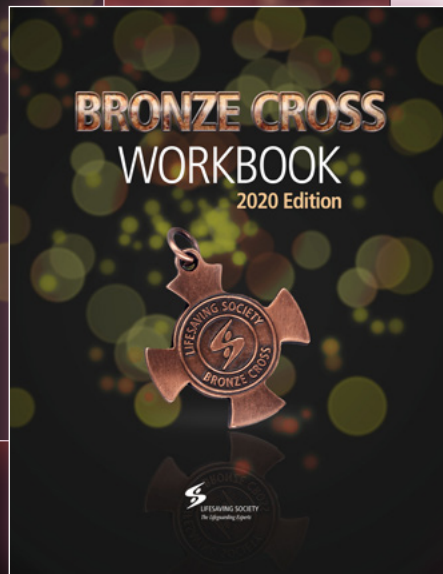
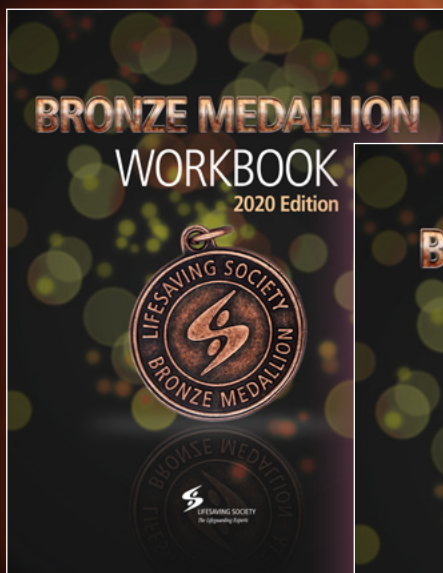
## Office Holiday Hours



Happy Holidays. The Society's office will close December 22, 2020 thru January 3, 2021. We will check voicemail and email periodically. Please leave a message or email [info@lifesavingnl.ca](mailto:info@lifesavingnl.ca). We reopen January 4, 2021.

# EXPLORE BRONZE

The Bronze medal awards have been revised! Here are the resources that instructors and examiners need to be successful:



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Depot.com®**

Get yours today! Click an image to learn more and order online at [LifeguardDepot.com](http://LifeguardDepot.com), or call 1-844-647-7033.

New Bronze test sheets are in *Find a Form* on our website.

LifeguardDepot.com is the online store of the Lifesaving Society. All proceeds from LifeguardDepot.com support drowning prevention and the development of young leaders through lifesaving sport.

## New Bronze test sheets

The test sheets for the new Bronze medal awards are now available in English and in French in [Find a Form on our website](#).

Instructors, Examiners and recertifying candidates should take note that the Society has standardized Bronze Medallion and Bronze Cross recertification exams by designating mandatory – and only – items to be evaluated. To facilitate this, the Society has prepared separate Recertification test sheets that must be used when submitting Medallion and Cross recertification candidates for the new (2020) awards.

The new *Bronze Medals Award Guide* has been available since March and the award descriptions and test items have been updated accordingly in [Swimming & Lifesaving](#) and [Lifeguarding](#) on the Society's website.

Affiliates may implement the new Bronze medal awards at their convenience by June 2022, so instructors and examiners need to be ready. Check with your employer about when they plan to start using the new Bronze medals curriculum.

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**Bronze Cross Recertification**  
(Revised 2020)  
This test sheet for Recertification exam candidates only.  
Side 1: Please record each candidate's name and contact information accurately.

| 1     | 2                     | 3           | 4                        | 5                             | 6                                      | 7                                  | 8                                     | 9                                     | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|-------|-----------------------|-------------|--------------------------|-------------------------------|--|------------------------------------|---------------------------------------|---------------------------------------|----|----|----|----|----|----|----|----|----|----|----|
| Birth | Prerequisites checked | Team search | Spinal injury management | Object recovery and transport | Rescue drill: recover submerged victim | Endurance challenge - 400 m or yd. | Two-person rescue 1: multiple victims | Two-person rescue 2: submerged victim |    |    |    |    |    |    |    |    |    |    |    |

**LIFESAVING SOCIETY**  
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**Bronze Medallion Recertification**  
(Revised 2020)  
This test sheet for Recertification exam candidates only.  
Side 1: Please record each candidate's name and contact information accurately.

| 1     | 2                     | 3           | 4                    | 5                         | 6                                  | 7                   | 8                    | 9                              | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
|-------|-----------------------|-------------|----------------------|---------------------------|------------------------------------|---------------------|----------------------|--------------------------------|----|----|----|----|----|----|----|----|----|----|----|
| Birth | Prerequisites checked | Self-rescue | Defence and releases | Submerged victim recovery | Endurance challenge - 400 m or yd. | Rescue 1: from land | Rescue 2: open water | Rescue 3: non-breathing victim |    |    |    |    |    |    |    |    |    |    |    |

## Lifesaving Society and Swimming Canada collaborate on lane swimming safety standards

The guide to [Single Lane Swimming for Competitive Swimmers](#) is available on the [COVID-19](#) section of the Society's website.

The document describes how multiple swimmers can train in a single lane with minimal risk of COVID-19 transmission during competitive/club swim training and reflects a collaborative effort between Swimming Canada and Lifesaving Society Canada. The guide has effectively helped over 23,000 swimmers to participate in 282,000 swims across Canada (and counting).

## PPE – Now Available

The Lifesaving Society sells Personal Protective Equipment including reusable and disposable masks, medical gloves, non-contact infrared thermometers, hand sanitizer, BVMs and BVM HEPA filter attachments, cleaning supplies and more.

Order now while supplies last. Visit [LifeguardDepot.com](#), email [orders@lifeguarding.com](mailto:orders@lifeguarding.com) or call 1-844-647-7033.

**LifeguardDepot.com®**

## JOIN US AT OUR 2021 AGM

The Lifesaving Society Newfoundland and Labrador will host its 2021 Annual General Meeting by video conference Saturday, May 15. Members and friends of the Society including instructors, examiners and affiliate representatives are cordially invited to attend. Invitations to the AGM will be circulated to members by email. To update your email address, contact the Society's CEO, [Raegan Wiseman](#).



# Prices and Fees

Complete 2021 fees and literature prices are posted in [Find a Form](#) on the Society's website. To allow for better planning and budgeting by Affiliate Members, the Society announces prices and fees one year in advance. We will post 2022 prices in January.

## 2021 Literature Prices

|  |         |
|--|---------|
| Canadian Lifesaving Manual                   | \$44.70 |
| Canadian Lifesaving Manual with              |         |
| Bronze Medallion Workbook                    | \$46.75 |
| Bronze Medallion Workbook (2020)             | \$4.00  |
| Bronze Cross Workbook (2020)                 | \$4.00  |
| Alert: Lifeguarding in Action                | \$44.80 |
| New Instructor Manual                        | \$20.00 |
| Coaching Lifesaving                          | \$28.35 |
| Examiner Handbook                            | \$28.35 |
| Trainer Manual                               | \$28.35 |
| Canadian First Aid Manual                    | \$14.25 |
| Canadian CPR-HCP Manual                      | \$11.45 |
| Any single Award Guide                       | \$20.00 |
| Swim Instructor Pack                         | \$49.70 |
| Lifesaving Instructor Pack                   | \$59.90 |
| Combined Swim and Lifesaving Instructor Pack | \$84.50 |

## 2021 Exam Fees

|   |         |
|---|---------|
| Canadian Swim Patrol (kits for class of 10) | \$15.50 |
| Safeguard                                   | \$10.75 |
| Bronze Star                                 | \$12.50 |
| Bronze Medallion                            | \$17.00 |

|                                   |         |
|-----------------------------------|---------|
| Anaphylaxis Rescuer               | \$1.35  |
| CPR-A, -B, or -C                  | \$1.35  |
| CPR-A, -B, -C with processing fee | \$6.35  |
| Basic First Aid                   | \$1.35  |
| Airway Management                 | \$10.75 |
| Emergency First Aid (with CPR-B)  | \$10.75 |
| Standard First Aid (with CPR-C)   | \$20.55 |
| CPR-HCP                           | \$16.40 |

|   |         |
|---|---------|
| Bronze Cross or recert  | \$21.40 |
| National Lifeguard or recert  | \$34.25 |
| Lifesaving Sport Official   | \$15.75 |
| Instructor, Examiner, Instructor Trainer, Coach                                     | \$30.00 |
| Leadership Recert   | \$30.00 |
| (Each additional leadership recert at the same time \$8.95 to a maximum of \$60.00) |         |

Retail prices are the same for all affiliates throughout Newfoundland and Labrador and include free shipping and handling.



## Lifesaving Rescue Tube

- Constructed with new performance foam technology that boosts strength and resilience.
- Braided orange leash with high-quality shoulder strap designed for comfort and durability.
- Length: 37" Width: 5¾" Height: 3½"
- Compliant with International Life Saving Federation specifications for lifesaving sport competition.
- Bright yellow, lightweight and "RESCUE" embossed.
- Stainless steel clip and rings for secure "wrap'n'snap" around victim or manikin.
- Ideal for indoor and outdoor guarding in any aquatic setting.
- Price: \$86.71      Product code: 42.7400.00

**Order online at [LifeguardDepot.com](http://LifeguardDepot.com)  
or call 1-844-647-7033**

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