

## BRONZE CROSS CORE PLAN (Sample)

TOPICS	1 (3 hours)	2 (3 hours)	3 (3 hours)	4 (3 hours)	5 (3 hours)	6 (3 hours)	7 (3 hours)	8 (3 hours)	9 EXAM
<b>Screening (Related Rookie thru Bronze Medallion items)</b>									
Victim Simulation - non, uncon, injured & weak/tired	X	X	X	X	X	X	X	X	part of rescues
Ladder Approach - Talk, Throw, Reach, Wade, Row, Swim, Tow & Carry	X	X	X	X	X	X	X	X	part of rescues
Defences & Releases - from CLM + own techniques + bobbing/swimming with victim	X								
Swimming skills/Fitness - Breaststroke, Front Crawl, Back Crawl & Lifesaving kicks (4)	X								
Rescuer's Checklist - Hazards, Assists, Entries, Approach, RRR, Carries & Removals	X	X	X	X	X	X	X	X	part of rescues
Follow-up = Breathing - aspiration, asthma, hyperventilation, anaphylaxis, chest wounds	X			X		X		X	part of rescues
Follow-up = Circulatory - Angina/HA, TIA/Stroke, Bleed & Shock	X		X		X		X		part of rescues
Follow-up = Bone/Joint Injury (i.e. S&S + basic treatment = holding 4 immobilization)	X			X		X		X	part of rescues
Follow-up = Critical Incident Stress	X	X	X	X	X	X	X	X	part of rescues
Walk, Spot & Demonstrate	X								
Submerged Victim Recovery - 2m max + protect airway + secure	X								
Spinal Injury Mgmt - Holds/Rollovers + Shallow & Breathing with MANY bystanders	X								
Search - Alone (shallow & deep + surface dives + max 3m deep)	X								
Non-Contact Rescue - any distance + tired/weak/non swimmers	X								
Deep water, Non-Breathing Rescue - 5m from safety + at or near surface	X								
20mx2 Rescue - any victim type/injury from Rookie thru BrMedallion	X								
<b>1. Rescue Drill - 50mx2 w/ line</b>	X	X							
<b>2. Fitness Challenge - 6x25m x 2sets ...cannot fail if completed once</b>			X		X		X		
<b>3. Endurance Challenge - 600m in less than 18min</b>		X		X		X		X	
<b>4. First Aid Assessment - Primary &amp; Secondary</b>									
. Primary = LOC, ABCD & MOI	X	X	X	X	X	X	X	X	part of rescues
. Secondary = Vitals, Head to Toe & History		X		X		X	X	X	part of rescues
<b>5. CPR - 1 rescuer</b>									
. Adult/Child	X		X		X		X	X	part of rescues
. Infant		X	X		X		X		
. Complications - vomiting	X		X		X		X	X	part of rescues
. Breathing Adaptations - nose & stoma	X				X				part of rescues
<b>6. CPR - 2 rescuer</b>									
. Adult/Child	X		X		X		X	X	part of rescues
. Infant		X	X		X		X		
<b>7. Obstructed Airway</b>									
a) Conscious - Adult/Child & Pregnant/Obese	X			X		X			part of rescues
b) Conscious - Infant		X	X		X		X		
c) Unconscious - Adult/Child	X		X		X		X	X	part of rescues
c) Unconscious - Infant		X	X		X		X		
<b>8. Hypothermia</b>									
		X		X		X		X	part of rescues
<b>9. Walk, Spot &amp; Evaluate - educate peers about hazardous behaviours</b>									
			X			X			
<b>10. Spinal Injury Management - 1 bystander ONLY + breathing, deep to shallow &amp; vomit mgmt</b>									
		X		X		X	X	X	X
<b>11. Team Search - 1 trained rescuer w/ untrained bystanders + deep &amp; shallow areas</b>									
		X			X			X	
<b>12. Rescue 1 - 1 rescuer + 2 or more victims (only 1 severe) + any distance + any victim types</b>									
				X		X	X	X	X
<b>13. Rescue 2 - 1 rescuer + 1 victim submerged (less than 3m deep) + nonbreathing + any distance away</b>									
		X	X		X		X	X	X
<b>14. Rescue 3 - 50mx2 + 2 rescuers + 1 victim (i.e. ext bleed, arm/leg injury or hypothermia)</b>									
. Both rescuers swim out & return with combo carry/tow			X		X		X	X	
. Only rescuer swims out & returns while other preps 1st aid & bystander			X		X		X	X	
. One rescuer swims out & returns part way then 2nd rescuer meets & finishes carry alone			X		X		X	X	
<b>15. Rescue 4 - 1 rescuer + 1 victim + 20mx2 + deteriorating situation</b>									
. Deteriorating situation - environment (i.e. weathers, waves or hazards)		X		X		X	X	X	
. Deteriorating situation - victim (issues = breathing, ext bleed, arm/leg inj or hypothermia)		X		X		X	X	X	X