



LIFESAVING SOCIETY
The Lifeguarding Experts

Bronze Star

(Revised 2020)

Side 1: Please record each candidate's name, and contact information accurately.

Date of birth	The Lifesaving Society											Result				
	1	2a	2b	3	4a	4b	4c	5a	5b	6	7a		7b	7c	8	9
1	Name Address City Postal Code E-mail Phone															
2	Name Address City Postal Code E-mail Phone															
3	Name Address City Postal Code E-mail Phone															
4	Name Address City Postal Code E-mail Phone															
5	Name Address City Postal Code E-mail Phone															
6	Name Address City Postal Code E-mail Phone															

The Lifesaving Society
 Self-rescue: ice, swamped or capsized boat
 Self-rescue: HELP and huddle – 1 min.
 Entries (3)
 Front crawl, back crawl, breaststroke – 25 m or yd.
 Head-up front crawl & breaststroke – 25 m or yd.
 Kicks: whip, eggbeater, scissor/inverted – 25 m or yd.
 Sculling: stationary – 30 sec.
 Sculling: head-first and feet-first – 10 m each
 Victim recognition
 Reaching assists (2)
 Throwing assists: target accuracy – 5 m
 Throwing assists: to victim – 5 m
 Drowning resuscitation
 Obstacle swim – 50 m
 Rescue drill: approach and tow
 Fitness challenge – 400 m or yd. workout

Check box if there are more candidates on the reverse side of this page. - Satisfactory Performance - Fail

This test sheet is Page _____ of _____ Pages.

Total Pass for Exam Total Fail for Exam

Invoicing Information

Host name (Affiliate or Organization paying the exam fees) _____ Telephone _____

Street address _____

City _____ Prov. _____ Postal code _____

Exam Information

Exam date: _____

YY MM DD

Facility name (e.g., name of pool) _____ Telephone _____

Instructor Information

Instructor's name _____ ID# _____

E-mail address _____

Telephone _____ Signature _____

Individual who examined the candidates Same as Instructor or

Examiner's name _____ ID# _____

E-mail address _____

Telephone _____ Signature _____



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Side 2: Please record each candidate's name, and contact information accurately.

Date of birth	The Lifesaving Society											Result				
	1	2a	2b	3	4a	4b	4c	5a	5b	6	7a		7b	7c	8	9
7	Self-rescue: ice, swamped or capsized boat															
8	Self-rescue: HELP and huddle – 1 min.															
9	Entries (3)															
10	Front crawl, back crawl, breaststroke – 25 m or yd.															
11	Head-up front crawl & breaststroke – 25 m or yd.															
12	Kicks: whip, eggbeater, scissor/inverted – 25 m or yd.															
13	Sculling: stationary – 30 sec.															
	Sculling: head-first and feet-first – 10 m each															
	Victim recognition															
	Reaching assists (2)															
	Throwing assists: target accuracy – 5 m															
	Throwing assists: to victim – 5 m															
	Drowning resuscitation															
	Obstacle swim – 50 m															
	Rescue drill: approach and tow															
	Fitness challenge – 400 m or yd. workout															

<input type="checkbox"/> Check box if there are more candidates on the reverse side of this page. This is Page _____ of _____ Pages.	<input checked="" type="checkbox"/> - Satisfactory Performance	<input type="checkbox"/> - Fail	Total Pass for Exam <input type="text"/>	Total Fail for Exam <input type="text"/>
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Please complete all sections on Side 1 of test sheet. Host, exam information and examiner sections must be completed on both sides 1 and 2 of the test sheet.

Invoicing Information Host name (Affiliate or Organization paying the exam fees) _____ Exam Information Exam date: ____ YY ____ MM ____ DD	Individual who examined the candidates Same as Side 1 <input type="checkbox"/> (sign below) or Examiner's name _____ ID# _____ E-mail address _____ (_____) Telephone _____ Signature _____
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