



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	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	Result
1	2a	2b	3	4a	4b	4c	5a	5b	6	7a	7b	7c	8	9	10	11					
Name			Year																		
Address			Month																		
City		Postal Code	Day																		
E-mail		Phone																			
2			Year																		
Address			Month																		
City		Postal Code	Day																		
E-mail		Phone																			
3			Year																		
Address			Month																		
City		Postal Code	Day																		
E-mail		Phone																			
4			Year																		
Address			Month																		
City		Postal Code	Day																		
E-mail		Phone																			
5			Year																		
Address			Month																		
City		Postal Code	Day																		
E-mail		Phone																			
6			Year																		
Address			Month																		
City		Postal Code	Day																		
E-mail		Phone																			

☐ Check box if there are more candidates on the reverse side of this page. ☒ - Satisfactory Performance ☒ - Fail Total Pass for Exam  Total Fail for Exam

This test sheet is Page of Pages.

## 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



LIFESAVING SOCIETY  
The Lifeguarding Experts

## Bronze Star

(Revised 2020)

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					
	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
7																
Name																
Address																
City																
Postal Code																
E-mail																
Phone																
8																
Name																
Address																
City																
Postal Code																
E-mail																
Phone																
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☐

Check box if there are more candidates on the reverse side of this page.

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- Satisfactory Performance

X - Fail

Total Pass  
for Exam

Total Fail  
for Exam

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 ☐ (sign below) or

Examiner's name

ID#

E-mail address

(\_\_\_\_\_) \_\_\_\_\_

Telephone

Signature