



LIFESAVING SOCIETY
The Lifeguarding Experts

Bronze Star

(Revised 2020)

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

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

Check box if there are more candidates on the reverse side of this page.
This test sheet is Page _____ of _____ Pages.

- Satisfactory Performance

X - Fail

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.

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

Check box if there are more candidates on the reverse side of this page. - Satisfactory Performance X - Fail Total Pass for Exam Total Fail for Exam
This is Page _____ of _____ Pages.

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

Return completed test sheet to the Lifesaving Society Branch Office promptly after the exam. Retain one copy for your records. Do not send cash by mail.