



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	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
							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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## Bronze Star

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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																		
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		