



## BRONZE MEDALLION AND BRONZE CROSS

HCP offers bronze medallion and bronze cross lifesaving courses. These courses both teach lifesaving principles: judgment, knowledge, skill and fitness. Candidates learn tows and carries, defense methods and releases in order to prepare for challenging rescues of increased risk involving conscious and unconscious victims. Lifesavers develop stroke efficiency and endurance in a timed swim. Candidates are better prepared to assess both dangerous areas and behaviors in order to keep aquatic areas safe and to avoid any injuries. It is a more advanced training and is a prerequisite for all advanced training programs such as National Lifeguard.

### Duration and Dates of Courses

**Length of Course:** 20 hours excluding the final examination

**Cost:** Resident 165\$ course registration and examination fee.

Non-Resident 185\$ course registration and examination fee.

**Date of Course:** June 27th-July 27th (not including final exam)

- Tuesday from 4:30-6:30pm
- Thursday from 4:30-6:30pm

**Validity of certifications:** two years

### Attendance and Punctuality

The presence and participation of the candidate for the entire duration of the course is mandatory. The candidate must be present 75% of the training (missing no more than 3 classes) in order to be allowed to take the final exam. It is the responsibility of the candidate to keep themselves up to date and to complete missed lessons due to absence. If you know that you will be absent, please inform the instructor in advance.

Arriving to class **on time** is crucial. Tardiness will not be tolerated.

### Bronze Medallion

- Candidates must be 13 years of age on the day of the final examination or have completed Bronze Star.
- The candidates must have completed the Olympic Way silver level.**

### Bronze Cross

- Candidates must have completed bronze medallion.

**Instructor:** Chloé Gauthier

If you have any questions or concerns about the courses, please do not hesitate to contact the instructor.