

Bronze Cross Course Outline

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10
0:00	Intro	Deadly Bleeding	Obstructed Airway	Bystanders	Hypothermia	Secondary Survey	Project Presentations	Big Quiz	Pools	Final Exam
0:15	Lifesaving	Shock		Spinal Injuries	Fractures	Cramps Imbedded Object			BREAK	
0:30	Primary Survey	Drowning	ABC Problem Solving		ABC Practice	First Aid Practice	Review	BREAK	Practice Exam	
0:45	Rescue Breathing	CPR	BREAK		BREAK	BREAK	BREAK	Spinals		
1:00	BREAK									
1:15	Aids, Entries	BREAK	Submerged Victim	Spinals	Spinals	Defenses & Releases	Submerged Victim	Rescues		
1:30	Victim Types	Removals, Dives	Eggbeater		Rescues	Rescues	Rescues			
1:45	Rollovers	Rescues	Tows and Carries	Rescues						
2:00	Eggbeater		Rescues							
2:15	Stroke Correction	Time Swim	Time Swim	Time Swim	Time Swim	Time Swim	Time Swim	Time Swim	Time Swim	
2:30					First Aid Assignment Due		Project Due		Pools Assignment Due	