



Circular

Title:	SLSWA Skills Maintenance Checks (Proficiency) Requirements for 2020-21 Season
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Department:	Member Education
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Audience:	Managers and Directors, Education Managers and Directors
Summary:	All active lifesavers are required to complete a Skills Maintenance Check (proficiency) to demonstrate competency in the lifesaving award/s they hold and in which they wish to remain current. This Circular describes the skills maintenance requirements for the 2020/21 season.
Attachments:	SLSWA Skills Maintenance Information Booklet v2019

Introduction

Skills maintenance checks are necessary to:

- ensure ongoing competency of members in their area of training and activities
- maintain the standards of knowledge and expertise of surf life savers
- satisfy legal and statutory requirements
- reinforce and maintain our service commitment to the bathing and beach going community

All training resources are available in the SLS Members Area Library for members to view and refresh their knowledge.

Proficiency

A member's proficiency is valid until the 31 December each year (any reference to this date should read 31 July in Northern Australia approved clubs) unless stated otherwise in SurfGuard or via Circular (e.g., Provide First Aid has a three-year proficiency requirement).

Any member who is not proficient by the 31 December, or has not completed appropriate awards shall not be allowed to:

- perform patrols
- operate rescue craft or
- compete in surf lifesaving competitions

until such time as they have met the proficiency requirements as determined for that season.

Skills maintenance checks may be conducted after 31 December under the requirements and approval of SLSWA. Any member completing their proficiency after 31 December each season shall be eligible to patrol but shall not be permitted to participate in any SLSA Championship competition until 1 July later in that year. (see SLSA Policy 5.04 for further details on competitor proficiency/patrol requirements).

When a skills maintenance check is successfully completed (or a member gains a relevant award after 30 June, in a particular year) the proficiency or qualification is current until 31 December in the following season.

COVID 19

Completion of 2020/21 Skills Maintenance activities is dependent on the Government COVID-19 restrictions in place up to December 31.

SLSWA will continue to monitor restrictions and advise clubs as to the status of activities as well as any adjustments or modifications to skills maintenance activities and dates if required.



COVID 19 (Cont.)

Please refer to SLSWA communication for the current training guidelines (SLSWA COVID-19: Advice for Trainers delivering Members and Commercial Training and Assessment (recommencement of contact training)).

Note that Phase 4 restrictions are currently in place which include:

- Require 2 square meters per person
- Consider maintaining 1.5m physical distancing where possible to be good practice
- Encourage enhanced hygiene practices during training

If you require further information regarding COVID-19 training restrictions please contact Domenic Cowdell at SLSWA – dcowdell@slnwa.com.au or 9207 6666.

Aquatic Rescue Pathway Awards

Training resources for all aquatic rescue awards are located in the SLSA Members Area Library.

Surf Rescue Certificate (SRC)

1. Run-Swim-Run (timed)

- Unaided 100m Run-100m Swim-100m Run in 5 minutes or less
- The run distance to be taken from waist-deep water, e.g., the run is from a flag, around a marker and to waist deep water, the aquatic components are from waist deep water around two swimming buoys and back to waist deep water
- Swim leg must be around two swimming buoys
- Reasonable adjustment may be made for surf conditions on the day

2. Resuscitation (CPR)

- Members to be assessed on theoretical knowledge
- A primary assessment (DRSAB--) on a live victim
- Demonstration of the lateral position
- Primary assessment (DRSABCD), CPR 1 and 2 person (adult or child AND infant) on an approved manikin – to include resuscitation methods using an approved mask

3. Signals

- Demonstrate ten signals correctly according to SLSA operating procedures in the current *SLSA Public Safety and Aquatic Rescue* training manual
- Know which signals have been removed from the Bronze Medallion Syllabus (underwater search, search complete, message not understood, approach the helicopter)

4. Rescue

- Demonstrate a minimum of one rescue of an unconscious victim using either a rescue tube (and swim fins if available) or a rescue board and according to SLSA operating procedures in the current *SLSA Public Safety and Aquatic Rescue* training manual. The rescue must include the following:
 - Negotiating the surf zone
 - Securing the victim
 - Returning to shore with the victim
 - Calling for assistance

5. Radio operations

- Members to be assessed on theoretical knowledge
- A practical demonstration of a scenario involving equipment. The scenario must include demonstrations of the following skills and must be conducted for each candidate:
 - Pre-operation checks
 - Knowledge of local operating channels and uses
 - Rescue procedures and requests for assistance



Bronze Medallion (BM)

1. Run-Swim-Run (timed)

- Unaided 200m Run-200m Swim-200m Run in 8 minutes or less
- The run distance to be taken from waist-deep water, e.g., the run is from a flag, around a marker and to waist deep water, the aquatic components are from waist deep water around two swimming buoys and back to waist deep water
- Swim leg must be around two swimming buoys
- Reasonable adjustment may be made for surf conditions on the day

2. Resuscitation (CPR) with oxygen and defibrillation

- Members to be assessed on theoretical knowledge
- A primary assessment (DRSAB--) on a live victim
- Demonstration of the lateral position
- Primary assessment (DRSABCD), CPR 1 and 2 person (adult or child AND infant) on an approved manikin – to include resuscitation methods using an approved mask
- Team CPR scenario including primary assessment (DRSABCD), use of resuscitation mask with oxygen supplement and AED

3. Signals

- Demonstrate ten signals correctly according to SLSA operating procedures in the current *SLSA Public Safety and Aquatic Rescue* training manual

4. Rescue

- Demonstrate a minimum of one rescue of an unconscious victim using either a rescue tube (and swim fins if available) or a rescue board and according to SLSA operating procedures in the current *SLSA Public Safety and Aquatic Rescue* training manual. The rescue must include the following:
 - Negotiating the surf zone
 - Securing the victim
 - Returning to shore with the victim
 - Calling for assistance

5. Spinal Management

- Provide spinal care for a 'walk up victim' on land without the use of a spinal board
- Trapezius grip for stabilisation of the neck and maintenance of the airway on land
- Extended-arm roll for stabilisation of the neck and maintenance of the airway in shallow water
- Vice grip roll-over method for stabilisation of the neck and maintenance of the airway in deeper water
- Log-rolls to remove a victim from a spinal board or respond in the event of regurgitation
- Spinal board extrication, including securing to victim to board.

6. Radio operations

- Members to be assessed on theoretical knowledge
- A practical demonstration of a scenario involving equipment. The scenario must include demonstrations of the following skills and must be conducted for each candidate:
 - Pre-operation checks
 - Knowledge of local operating channels and uses
 - Rescue procedures and requests for assistance

7. Tourniquets

- Members to be assessed on theoretical knowledge
 - Know when to apply a tourniquet
- Demonstrate how to apply a tourniquet



Silver Medallion Aquatic Rescue (SMAR)

Proficiency is required in the prerequisites for this award to remain current.

The prerequisites are:

- Complete a 400-metre swim in 8 minutes or less in a swimming pool of no less than 25m length
- Hold and be proficient in the SLSA Bronze Medallion

SLSWA recommends that all current patrol captains and vice captains undertake the *Silver Medallion Aquatic Rescue* online course as part of their skills maintenance. This online course forms the search and rescue (SAR) module of both the Silver Medallion Beach Management and Silver Medallion Aquatic Rescue (SMAR) courses.

Gold Medallion (Advanced Lifesaving)

A member must be proficient in ALL of the following awards:

- a) Bronze Medallion
- b) Advanced Resuscitation Techniques Certificate/ART (AID)
- c) Apply First Aid/First Aid (AID)

If any of these award proficiencies lapse during the season, even after successful completion of the Gold Medallion, then the member will become non-proficient in the Gold Medallion.

1. Pool Swim

The member must complete an 800-metre swim in 14 minutes or less in a swimming pool of not less than 25 metres. The pool swim must be completed before any other component of the Gold Medallion skills maintenance check.

2. Mission Test

- The distance will be 400m swim, 800m run, 400m board paddle, and 800m run
- The time will be 25 minutes or less
- The run distance to be taken from waist deep water, e.g. the run is from a flag, around a marker and to waist deep water, the aquatic components are from waist deep water around two swimming buoys and back to waist deep water
- Aquatic course is around two swimming buoys

3. Rescue - Demonstrate a board and tube rescue according to SLSA operating procedures in the current Public Safety and Aquatic Rescue Training Manual.

- Tube Rescue: Complete a tube rescue of a patient 100 metres out to sea and return. Member should use swim fins during this rescue
- Board Rescue: Complete a board rescue of a patient 200 metres out to sea and return.

4. Complex Rescue Scenario (may include one of the rescues above) - Demonstrate a complex rescue scenario as set by the Assessor according to the SLSA operational procedures in the current Public Safety and Aquatic Rescue Training Manual.

The rescue must assess the following events:

- Negotiating the surf zone
- Securing the patient/s
- Calling for assistance
- Returning to shore without losing the patient/s
- Performing emergency care as required by the patient/s

Emergency Care Pathway Awards

Awards involving resuscitation are to be assessed annually. Once proficiency is achieved, resuscitation in other award skills maintenance checks is not required.

Please note that completion of the SLS skills maintenance for any award in the SLSA emergency care pathway is not sufficient to result in the renewal of the HLTAID unit of competency that aligns with the member's award. For example, the skills maintenance for the SLSA Resuscitation award is not sufficient to result in the renewal of a member's HLTAID001-Provide cardiopulmonary resuscitation unit of competency. Members should contact their SLS state/territory centre for advice on renewing their units of competency.

Resuscitation

Award holders must successfully complete a skills maintenance check, showing their competence in the following.

- Members to be assessed on theoretical knowledge
- A primary (DRSABCD) assessment on a live victim
- A demonstration of the lateral position
- Primary assessment (DRSABCD), CPR 1 and 2 person (adult or child AND infant) on an approved manikin – to include resuscitation methods using an approved mask and AED

Advanced resuscitation techniques certificate (ART)

1. Resuscitation

- Members to be assessed on theoretical knowledge
- A primary assessment (DRSABCD) on a live victim
- A demonstration of the lateral position
- Primary assessment (DRSABCD), CPR 1 person (adult or child AND infant) on an approved manikin – to include resuscitation methods using an approved mask
- Team CPR scenario including primary assessment (DRSABCD), use of resuscitation mask with oxygen supplement and AED

2. Provide supplemental oxygen

- Use of bag-valve-mask resuscitator on unconscious victim(s) during resuscitation scenario

3. Oropharyngeal Airways

- Correct measurement and insertion of an oropharyngeal (OP) airway
- Demonstrate an understanding of when and why an OP airway is introduced into resuscitation

Remember: If a member has already completed a skills maintenance that required Resuscitation to be assessed i.e. Bronze Medallion, they are proficient in that section of this award. Members still need to be assessed as competent in sections 2-3 to be deemed proficient in ARTC/ART[AID].

Spinal Management Certificate

The Spinal Management Award has been superseded by the new Bronze Medallion award. Completing the Bronze Medallion Spinal Management section would requalify the Spinal Management award.

Pain Management Certificate

Skills maintenance checks for this award will be required at a minimum every two years.

To become proficient, members must complete the course, including all assessment tasks and workbooks. It is highly recommended that a yearly skills check be conducted.

Items included in skills maintenance checks will include:

- Demonstration of set up and simulated use
- Knowledge of local security and state documentation requirements



Beach Management Pathway Awards

Training resources for all beach management awards are located in the SLSA Members Area Library.

Radio Operations (RO)

- Members to be assessed on theoretical knowledge
- A practical demonstration of a scenario involving equipment. The scenario must include demonstrations of the following skills and must be conducted for each candidate:
 - Pre-operation checks
 - Knowledge of local operating channels and uses
 - Rescue procedures and requests for assistance

Silver Medallion Beach Management (SMBM)

Proficiency is required in the prerequisites for this award to remain current.

The prerequisites are:

- Hold the Bronze Medallion award
- Be proficient in ONE of the following:
 - – Bronze Medallion
 - – First Aid
 - – Radio Operator
 - – Advanced Resuscitation Techniques
 - – Spinal Management

SLSA recommends that all current patrol captains and vice captains undertake the *Silver Medallion Aquatic Rescue* online course as part of their skills maintenance. This online course forms the search and rescue (SAR) module of both the Silver Medallion Beach Management and Silver Medallion Aquatic Rescue (SMAR) courses.

Powercraft Pathway Awards

Training resources for all powercraft awards are located in the SLSA Members Area Library.

All members must demonstrate proficiency in the pre-requisite awards associated with these awards as follows:

- IRB Crew
 - Proficient Bronze Medallion
- Silver Medallion IRB Driver
 - Proficient Bronze Medallion
 - Proficient IRB Crew
 - Hold a Recreational Skippers Ticket
- RWC Operator
 - Proficient Bronze Medallion
 - Hold a Recreational Skippers Ticket

IRB Crew (IRBC)

Skills maintenance in this award may be assessed by an authorised delegate or current SM IRB Driver. Logged hours should be included in making assessment decisions.

- Members to be assessed on theoretical knowledge
- Demonstrate effective and safe crewing practice and ability including:
 - Parallel running
 - Figures of eight
 - Response to signals
 - Negotiation of surf as required
 - Demonstrate victim rescue to include both unconscious and conscious patients
 - Demonstrate ability to carry out a victim lift, exit, carry and lay



Silver Medallion IRB Driver (SMIRBD)

Skills maintenance in the Silver Medallion IRB Driver award can only be assessed by an IRB assessor. Logged hours should be included in making assessment decisions.

- Members to be assessed on theoretical knowledge
- Demonstrate the ability to apply safe driving practice including but not limited to:
 - Parallel running
 - Figures of eight
 - Response to signals
 - Negotiation of surf as required
 - Demonstrate ability to conduct a victim rescue to include both unconscious and conscious patients
 - Demonstrate ability to carry out a victim lift, exit, carry and lay

Specialist Powercraft Awards (JRB/ORB) and RWC Operator

Skills maintenance in the RWC Operator award can only be assessed by an RWC assessor. Logged hours should be included in making assessment decisions.

ATV/SSV Awards

Members driving license must be checked each year for currency.

A member who loses their driver's license (whether through cancellation or suspension) must not be in control of the ATV/SSV.

SLSWA – Training and Assessing Awards

To maintain currency of SLSWA Trainer, Assessor and Facilitator (TAF) awards, all award holders must complete the “**TAF Currency Form SLSWA**” found on the Members Area Library every two years.

Details of the information required to complete this form are found in the “**TAF Members Currency Requirements**” document that is also available in the Members Area Library.

Both documents are located on the Members Area in the SLSWA section of the library, in the Education section.

For any assistance or further information, please contact Domenic Cowdell at SLSWA – dcowdell@slnwa.com.au

A handwritten signature in black ink that reads 'J. O'Toole'.

James O'Toole
Chief Executive Officer