

**PUA21004 Certificate II in Public
Safety (Aquatic Rescue)**

**BRONZE MEDALLION & SURF RESCUE
CERTIFICATE**

**SESSION
PLANS**

Australian for life. 

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Session Plans

Session plans in this section follow the relevant Unit of Competency and contain the following information:

Session Plan – Surf Awareness & Self Rescue								
PUASAR0012B – Apply Surf Awareness and Self Rescue Skills								
BRONZE/SRC								
Required Skills & Knowledge	Refer to relevant Units of Competency in this manual							
Resources Required:	<input type="checkbox"/> Training Room <input type="checkbox"/> Computer <input type="checkbox"/> Data Projector/Screen <input type="checkbox"/> Whiteboard/Pens <input type="checkbox"/> SLS Rescue Boards <input type="checkbox"/> SLS Rescue Tubes <input type="checkbox"/> Water Safety							
Reference Material	<input type="checkbox"/> 33 rd Edition Manual Public Safety & Aquatic Rescue - Chapter 2 Surf Awareness & Skills <input type="checkbox"/> SLS PowerPoint (www.slra.com.au/default.aspx?s=adminresources&id=820) - 33ed Bronze PPT Ch 02 Intro VER 4-0 231209 (Surf Awareness & Skills) <input type="checkbox"/> Assessment Questions							
	<table border="1"> <tr> <th>Online Learning System (www.slrcourses.com.au)</th> <th>Candidate Assessment Book</th> </tr> <tr> <td>Bronze – Unit 2</td> <td>Bronze – Unit 2</td> </tr> <tr> <td>SRC – Unit _____</td> <td>SRC – Unit _____</td> </tr> </table>	Online Learning System (www.slrcourses.com.au)	Candidate Assessment Book	Bronze – Unit 2	Bronze – Unit 2	SRC – Unit _____	SRC – Unit _____	
Online Learning System (www.slrcourses.com.au)	Candidate Assessment Book							
Bronze – Unit 2	Bronze – Unit 2							
SRC – Unit _____	SRC – Unit _____							
33ed Bronze PPT Ch 02 Intro VER 4-0 231209 (Surf Awareness & Skills)								
Slide	Topics to be covered	33 rd Edition Reference/Other Reference						
2	Learning Outcomes	Chapter 2						
3-4	Waves	Page 18 - 19						
5-9	Rips & Other Currents	Page 20 – 22						
10 - 13	Beach Types and Other Awareness Issues	Page 22 – 24						
14 - 19	Surf Skills – including Self Survival	Page 24 - 27						
20 - 21	Rescue Board Skills & Familiarisation of Rescue Tube	Page 28 - 31						
Activities/Training Techniques								
- Discuss (Dry) <ul style="list-style-type: none"> o Discuss the formation of waves and wave types o Discuss how to identify rips, types and escaping from rips. o Discuss inshore currents and holes o Discuss the different types of beaches and hazards associated with each o Discuss awareness issues such as tides and winds o Discuss the need and use of self survival skills during a rescue. 								

Session Plan Title & relevant Unit of Competency

Target group

Required skills & knowledge

Resources required – main resources required to conduct this session plan

Reference Material – Material used to assist in the delivery of this session including the relevant Theory Assessment Task

Power Point Title

Slide Description – slide order, description and information reference

Activities/Training Techniques – suggested activities and techniques to assist in the delivery of this session to meet the required skills and knowledge

There is no set time frame for each session plan and it is recommended to check session times and resources prior to each course and alter to suit your candidates.

The session plans listed in this book are as follows and can be used in conjunction with the Activity/Scenario guides located at the back of this guide:

- Session Plan – Induction
- Session Plan – Safety & Wellbeing
- Session Plan – Surf Awareness & Self Rescue
- Session Plan – First Aid
- Session Plan – Radio Operations
- Session Plan – Communications
- Session Plan – Rescue & Carries
- Session Plan - Patrols

Session Plan - Induction

BRONZE/SRC

Resources Required	<input type="checkbox"/> Training Room <input type="checkbox"/> Computer <input type="checkbox"/> Data Projector/Screen <input type="checkbox"/> Whiteboard/Pens <input type="checkbox"/> Candidate Assessment Workbooks <input type="checkbox"/> Current Training Manuals
Reference Material	<input type="checkbox"/> SLS PowerPoint (www.slsa.com.au/default.aspx?s=adminresources&id=820) - 33ed Bronze PPT Ch 00 Intro VER 4-0 231209 – Introduction <input type="checkbox"/> AT – 1 Activity Guide – Run-Swim-Run
Slide	Topics to be covered
2	Housekeeping
3 - 5	SLS History and Overview
6 - 8	Drowning Prevention & SLS Priorities
9	International Lifesaving
10 – 11	SLS & Club Structure
12 – 13	Course Overview & Content
14 – 15	Resources and Description
16	Assessment Information
17 – 18	Club Orientation/Induction

Session Plan – Safety & Wellbeing

PUAOHS001C – Follow Defined OHS Policies & Procedures

PUATEA004C – Work Effectively In A Public Safety Organisation

BRONZE/SRC

Required Skills & Knowledge	Refer to relevant Units of Competency in this manual						
Resources Required	<input type="checkbox"/> Training Room <input type="checkbox"/> Computer <input type="checkbox"/> Data Projector/Screen <input type="checkbox"/> SLS Flags <input type="checkbox"/> Whiteboard/Pens						
Reference Material	<input type="checkbox"/> 33rd Edition Manual Public Safety & Aquatic Rescue <ul style="list-style-type: none"> - Chapter 1 Safety & Wellbeing - Chapter 8 Communication <input type="checkbox"/> SLS PowerPoint (www.slsa.com.au/default.aspx?s=adminresources&id=820) <ul style="list-style-type: none"> - 33ed Bronze PPT Ch 01 Intro VER 4-0 231209 (Safety & Wellbeing) - 33ed Bronze PPT Ch 08 Intro VER 4-0 231209 (Communications) <input type="checkbox"/> SLSWA Video Library (http://www.mybeach.com.au/lifesavingvideo/) <ul style="list-style-type: none"> - 5 Person Carry (Lifting technique) <input type="checkbox"/> Assessment Questions <table border="1" style="margin: 10px auto; width: 80%;"> <thead> <tr> <th style="text-align: center;">Online Learning System (www.slscourses.com.au)</th> <th style="text-align: center;">Candidate Assessment Book</th> </tr> </thead> <tbody> <tr> <td>Bronze – Unit 1 & Unit 8</td> <td>Bronze – Unit 1 & Unit 8</td> </tr> <tr> <td>SRC – Unit 1 & Unit 4</td> <td>SRC – Unit 1 & Unit 4</td> </tr> </tbody> </table> <input type="checkbox"/> Attachments <i>Attachments are located in the Candidate Assessment Book</i> <ul style="list-style-type: none"> - Policy Number 2.2 – Lightning - MSDS Medical Air - Policy Number 3.1 – Disinfection of Equipment 	Online Learning System (www.slscourses.com.au)	Candidate Assessment Book	Bronze – Unit 1 & Unit 8	Bronze – Unit 1 & Unit 8	SRC – Unit 1 & Unit 4	SRC – Unit 1 & Unit 4
Online Learning System (www.slscourses.com.au)	Candidate Assessment Book						
Bronze – Unit 1 & Unit 8	Bronze – Unit 1 & Unit 8						
SRC – Unit 1 & Unit 4	SRC – Unit 1 & Unit 4						

33ED BRONZE PPT CH 01 INTRO VER 4-0 231209 (SAFETY & WELLBEING)

Slide	Topics to be covered	33 rd Edition Reference/Other Reference
2	Learning Outcomes	Chapter 1
3	Personal Care	Page 4
4 – 6	Personal & Environmental Hygiene Workplace Illness & Injury	Page 5 - 6

7 - 8	Occupational Health & Safety	Page 6 - 7 Policies/MSDS Attachments (see above)
9 - 15	Risk Management	Page 8 - 10
16 -17	Incident Reporting	Page 11 - 12
18 – 19	Critical Incident Stress and Debrief Process	Page 11 - 13
20 - 22	Health & Fitness/Sun Damage	Page 13 - 15
33ED BRONZE PPT CH 08 INTRO VER 4-0 231209 (COMMUNICATIONS)		
Slide	Topics to be covered	33rd Edition Reference/Other Reference
14 - 20	Communication Tools in Surf Life Saving	Page 119 – 121
Activities/Training Techniques		
<ul style="list-style-type: none"> - Discuss (Dry) <ul style="list-style-type: none"> ○ Management & personal responsibilities ○ Personal & environmental hygiene within the workplace including consequences ○ Discuss Laws, Code of Practice & Duty of Care in regards to OH&S ○ Discuss Policies & Procedures in the workplace and MSDS ○ Discuss Risk Management principles & manual handling practices ○ Discuss incident reporting ○ Discuss Critical Incident Stress & debrief process ○ Discuss health & fitness ○ Discuss the importance of signals in Surf Life Saving - Practice Signals (Dry) 		

Session Plan – Surf Awareness & Self Rescue

PUASAR0012B – Apply Surf Awareness and Self Rescue Skills

BRONZE/SRC

Required Skills & Knowledge	Refer to relevant Units of Competency in this manual						
Resources Required	<input type="checkbox"/> Training Room <input type="checkbox"/> Computer <input type="checkbox"/> Data Projector/Screen <input type="checkbox"/> Whiteboard/Pens <input type="checkbox"/> SLS Rescue Boards <input type="checkbox"/> SLS Rescue Tubes <input type="checkbox"/> Water Safety						
Reference Material	<input type="checkbox"/> 33rd Edition Manual Public Safety & Aquatic Rescue <ul style="list-style-type: none"> - Chapter 2 Surf Awareness & Skills <input type="checkbox"/> SLS PowerPoint (www.slsa.com.au/default.aspx?s=adminresources&id=820) <ul style="list-style-type: none"> - 33ed Bronze PPT Ch 02 VER 4-0 231209 (Surf Awareness & Skills) <input type="checkbox"/> SLSWA Video Library <ul style="list-style-type: none"> - Board Rescue (Conscious/Unconscious Patient) - Tube Rescue (Conscious/Unconscious Patient) <input type="checkbox"/> Assessment Questions <table border="1" style="margin-left: 20px;"> <thead> <tr> <th>Online Learning System (www.slscourses.com.au)</th> <th>Candidate Assessment Book</th> </tr> </thead> <tbody> <tr> <td>Bronze – Unit 2</td> <td>Bronze ☒ Unit 2</td> </tr> <tr> <td>SRC – Unit 2</td> <td>SRC – Unit 2</td> </tr> </tbody> </table>	Online Learning System (www.slscourses.com.au)	Candidate Assessment Book	Bronze – Unit 2	Bronze ☒ Unit 2	SRC – Unit 2	SRC – Unit 2
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Bronze – Unit 2	Bronze ☒ Unit 2						
SRC – Unit 2	SRC – Unit 2						

33ed Bronze PPT Ch 02 VER 4-0 231209 (Surf Awareness & Skills)

Slide	Topics to be covered	33 rd Edition Reference/Other Reference
2	Learning Outcomes	Chapter 2
3 - 4	Waves	Page 18 - 19
5 - 9	Rips & Other Currents	Page 20 – 22
10 - 13	Beach Types and Other Awareness Issues	Page 22 – 24
14 - 19	Surf Skills – including Self Survival	Page 24 - 27
20 - 21	Rescue Board Skills & Familiarisation of Rescue Tube	Page 28 - 31

Activities/Training Techniques

- Discuss (**Dry**)
 - Discuss the formation of waves and wave types
 - Discuss how to identify rips, types and escaping from rips.
 - Discuss inshore currents and holes
 - Discuss the different types of beaches and hazards associated with each

- Discuss awareness issues such as tides and winds
- Discuss the need and use of self survival skills during a rescue.
- Discuss the need and use of surf skills in the lifesaving environment
- Discuss rescue board skills including:
 - Paddling techniques
 - Negotiating the surf zone
 - Returning to shore
 - Paddling with a patient
- Discuss use of rescue tube (Rescue techniques are discussed at a later session)
- Practice Signals **(Wet/Dry)**
- Practice Surf Skills i.e. entering/exiting waves **(Wet)**
- Practice Self Survival Skills i.e. treading water/sculling **(Wet)**
- Familiarisation of Surf Equipment i.e. Rescue Board and Rescue Tube skills **(Wet)**

Session Plan – First Aid

PUAEME001B – Provide Emergency Care

Required Skills & Knowledge	Refer to relevant Units of Competency in this manual
Attachments	Attachments are located in the Candidate Assessment Book <input type="checkbox"/> MSDS Medical Air <input type="checkbox"/> Incident Report Log
Resources Required	<input type="checkbox"/> Training Room <input type="checkbox"/> Computer <input type="checkbox"/> Data Projector/Screen <input type="checkbox"/> Whiteboard/Pens **ANY SPECIFIC RESOURCES ARE LISTED UNDER THE RELEVANT CHAPTER
Reference Material	<input type="checkbox"/> 33rd Edition Manual Public Safety & Aquatic Rescue <ul style="list-style-type: none"> - Chapter 3 The Human Body - Chapter 4 Resuscitation - Chapter 5 Defibrillation & Basic Oxygen - Chapter 6 First Aid <input type="checkbox"/> SLS PowerPoint (www.slsa.com.au/default.aspx?s=adminresources&id=820) <ul style="list-style-type: none"> - 33ed Bronze PPT Ch 03 VER 4-0 231209 (The Human Body) - 33ed Bronze PPT Ch 04 VER 4-0 231209 (Resuscitation) - 33ed Bronze PPT Ch 05 VER 4-0 231209 (Defibrillation & Basic Oxygen – Bronze Only) - 33ed Bronze PPT Ch 06 VER 4-0 231209 (First Aid) <input type="checkbox"/> SLSWA Video Library <ul style="list-style-type: none"> - 1 Person & 2 Person Assessment - 1 Person & 2 Person Resuscitation - 1 Person CPR - Spinal Resuscitation <input type="checkbox"/> AT – 3 Activity Guide – First Aid <input type="checkbox"/> AT – 4 Activity Guide – Resuscitation <input type="checkbox"/> Assessment Questions

Online Learning System (www.slscourses.com.au)	Candidate Assessment Book
Bronze – Unit 3	Bronze – Unit 3
SRC – Unit 3	SRC – Unit 3

33ED BRONZE PPT CH 03 VER 4-0 231209 (THE HUMAN BODY)

BRONZE/SRC

Slide	Topics to be covered	33 rd Edition Reference/Other Reference
2	Learning Outcomes	Chapter 3
3 - 4	Circulatory System	Page 34
5 - 6	Skeletal System	Page 35
7 - 8	Respiratory System	Page 36 - 37
9	Nervous System	Page 37 - 38
10	Digestive System Discuss the function of the nervous system	Page 38
11	Integumentary (Skin) System	Page 38
No Slide	Urinary System	Page 38

Activities/Training Techniques – The Human Body

- Discuss the systems of the body (**DRY**)

33ED BRONZE PPT CH 04 VER 4-0 231209 (RESUSCITATION)

BRONZE/SRC

Specific Resources

Mannequins

Masks

Cleaning/Disinfectant Products

Slide	Topics to be covered	33 rd Edition Reference/Other Reference
2	Learning Outcomes	Chapter 4
3	Chain of Survival	Page 42
4 - 5	CPR & DRABCD	Page 43
6	D – Danger & R - Response	Page 44 – 45
7 - 9	A - Airway	Page 46 - 47
10	B - Breathing	Page 48 - 49
11	C - Compressions	Page 50 - 51
	D – Defibrillation (Discussed in depth with next Slide presentation)	Page 60 - 63
12	Recovery	Page 52
13	Complications	Page 53 - 54
14	CPR on Infants and Small Children	Page 54
15 – 17	Communicable diseases, PPE and Disinfection	Page 54 – 55
18 – 19	DRABCD Summary	Page 56 – 57

Activities/Training Techniques - Resuscitation

- Practice (**DRY**)
 - o Danger, Response and Recovery Position
 - o Airway including pistol grip and chin lift
 - o Breathing including mouth to mask, mouth to mouth and mouth to nose using mannequin
 - o 1 person & 2 person CPR on mannequin

- DRABCD and Recovery scenarios
- DRABCD and recovery on child mannequin
- Discuss **(DRY)**
 - PPE Requirements
 - Communicable Diseases
 - Disinfection & Cleaning Procedures
- Clean mannequins & training gear **(DRY)**
- Review DRABCD steps, summary and flow chart **(DRY)**

33ED BRONZE PPT CH 05 VER 4-0 231209 (DEFIBRILLATION & BASIC OXYGEN)
BRONZE ONLY

Specific Resources	<input type="checkbox"/> Oxygen	<input type="checkbox"/> Masks	<input type="checkbox"/> AED(Training)
	<input type="checkbox"/> Mannequins	<input type="checkbox"/> Cleaning/Disinfectant Products	

Slide	Topics to be covered	33 rd Edition Reference/Other Reference
2	Learning Outcomes	Chapter 5
3 - 5	What is Defibrillation? And what is an AED?	Page 60
6 - 10	Defibrillation Process & Protocols	Page 61 – 63
11 – 12	Why use oxygen? And who may benefit?	Page 64
13 - 14	Oxygen Equipment & Safety Precautions	Page 64
15 - 16	Administering Oxygen Therapy Mouth to Mask with Oxygen	Page 64 – 65

Activities/Training Techniques – Defibrillation & Basic Oxygen

- Discuss **(DRY)**
 - Use of defibrillation and its link in the Chain of Survival
 - The defibrillation process including:
 - Preparing the casualty
 - Defib safety
 - Defib components
 - Pad placements
 - AED prompts
 - Use of oxygen in a rescue situation
 - The conditions likely to benefit from oxygen
 - Oxygen equipment and provide basic instructions
 - Safety precautions required when using oxygen
 - Procedure for administering oxygen therapy
 - Use of mouth to mask rescue breathing with oxygen
- Demonstrate **(DRY)**
 - The use of AED
- Practice **(DRY)**
 - Delivery with training AED and mannequin.
 - DRABCD scenarios with AED

- Delivery of oxygen therapy
- Delivery of mouth to mask rescue breathing with oxygen
- Practice DRABCD scenario with AED & Oxygen

33ED BRONZE PPT CH 06 INTRO VER 4-0 231209 (FIRST AID)

BRONZE/SRC

Specific Resources **First Aid Kits including Bandages/Slings** **Cleaning/Disinfectant Products**

Slide	Topics to be covered	33 rd Edition Reference/Other Reference
2	Learning Outcomes	Chapter 6
3	What is First Aid?	Page 70
4 - 5	Legal Aspects of First Aid	Page 70 - 71
6	First Aid Kits	Page 71
7 - 9	Patient Management	Page 72
10 - 13	Emergency Action Plan & Assessment	Page 73 – 74
14 - 16	Bleeding Management	Page 75 – 76
17 – 27	Injury Management	Page 76 - 81
28 - 31	Spinal & Neck Injuries	Page 81 - 83
32 - 38	Temperature Related Illness	Page 84 - 85
39 - 42	Burns Management	Page 85
43 - 49	Hard & Soft Tissue Injuries	Page 86 - 89
50 - 54	Marine Envenomation	Page 90 - 98

Activities/Training Techniques

- Describe first aid and explain the 5 P's
- Discuss **(DRY)**
 - The legal aspects surrounding first aid in the surf environment
 - First aid kits used in surf life saving, contents and kit maintenance
 - Patient management procedure including referral and principles of management
 - DRABCD & secondary assessment
 - Management of bleeding injuries including arterial/venous and nose bleeds
 - Management of the following injuries:
 - Needle stick injury
 - Shock (including signs & symptoms)
 - Drowning/Near drowning
 - Asthma
 - Cardiac Emergencies (including signs & symptoms)
 - Altered state of consciousness
 - Fainting
 - Cause and management of neck and spinal injuries including signs/symptoms recognising neck injuries and management in the surf environment
 - Cause and management of temperature related illnesses

- Cause and management of burns
- Cause and management of hard and soft tissue
- RICER
- Cause and management of marine envenomation
- Pressure immobilization
- Venomous sea creatures
- Practice (**DRY/WET**)
 - First aid with marine envenomation scenarios
 - First aid with hard and soft tissue injury scenarios
 - First aid with spinal care scenarios
 - First aid with various injury management scenarios
 - First aid with bleeding scenarios
 - Secondary assessment in a DRABCD scenario

Session Plan – Radio Operations

PUAOPE002B - Operate Communications Systems and Equipment

BRONZE ONLY

Required Skills & Knowledge	Refer to relevant Units of Competency in this manual					
Resources Required	<input type="checkbox"/> Training Room <input type="checkbox"/> Computer <input type="checkbox"/> Data Projector/Screen <input type="checkbox"/> Whiteboard/Pens <input type="checkbox"/> Radios					
Reference Material	<input type="checkbox"/> 33 rd Edition Manual Public Safety & Aquatic Rescue - Chapter 7 Radio Operations <input type="checkbox"/> SLS PowerPoint (www.slsa.com.au/default.aspx?s=adminresources&id=820) - 33ed Bronze PPT Ch 07 VER 4-0 231209 (Radio Operations) <input type="checkbox"/> AT – 2 Activity Guide – Radio <input type="checkbox"/> Assessment Questions					
	<table border="1"> <tr> <td>Online Learning System (www.slscourses.com.au)</td> <td>Candidate Assessment Book</td> </tr> <tr> <td>Bronze – Unit 5</td> <td>Bronze – Unit 5</td> </tr> </table>	Online Learning System (www.slscourses.com.au)	Candidate Assessment Book	Bronze – Unit 5	Bronze – Unit 5	
Online Learning System (www.slscourses.com.au)	Candidate Assessment Book					
Bronze – Unit 5	Bronze – Unit 5					

33ED BRONZE PPT CH 07 VER 4-0 231209 (RADIO OPERATIONS)

Slide	Topics to be covered	33 rd Edition Reference/Other Reference
2	Learning Outcomes	Chapter 7
3 - 6	Network and Equipment	Page 103
7 - 13	Transmitting and Receiving Procedures Call Signs	Page 104 - 105
14 - 15	Rescue Emergency Procedures	Page 106
16 - 17	Pre and Post Patrol Radio Procedures & Maintenance	Page 106 - 107
18	Emergency Maintenance Procedures	Page 107
19 - 20	Practical & Summary	

Activities/Training Techniques

- Discuss (**Dry**)
 - o Protocol and procedures when using a radio including:
 - o During a rescue
 - o Problems that may occur with the equipment
 - o Radio network used by SLS and equipment used in surf clubs, Surfcom
 - o Radio maintenance
- Practice (**Dry**)
 - o Activity listed in PowerPoint presentation

Session Plan – Communications

PUACOM001C – Communicate in the Workplace

BRONZE/SRC

Required Skills & Knowledge

Refer to relevant Unit of Competency in this manual

Resources Required

- Training Room Computer Data Projector/Screen
 Whiteboard/Pens Flags

Reference Material

- 33rd Edition Manual Public Safety & Aquatic Rescue**
 - Chapter 8 Communications

 SLS PowerPoint
(www.slsa.com.au/default.aspx?s=adminresources&id=820)
 - 33ed Bronze PPT Ch 08 VER 4-0 231209 (Communications)

 AT – 1 Activity Guide – Signals

 Assessment Questions

Online Learning System (www.slscourses.com.au)		Candidate Assessment Book
Bronze – Unit 4		Bronze – Unit 4
SRC – Unit 4		SRC – Unit 4

33ed Bronze PPT Ch 08 VER 4-0 231209 (Communications)

Slide	Topics to be covered	33 rd Edition Reference/Other Reference
2	Learning Outcomes	Chapter 8
3 - 6	Effective Communication	Page 110 - 111
7 - 10	Verbal Communication	Page 112 - 113
11 - 13	Non-Verbal Communication	Page 113 – 114
14 – 15	Graphic Communication	Page 115 – 117
16	Selecting Communication Tools	Page 118
17 – 21	Signals	Page 119 - 121

Activities/Training Techniques

- Discuss (**Dry**)
 - Methods of communication
 - Five skills to ensure effective communication
 - Verbal communication
 - Barriers to communication
 - Communication Pathway
 - Listening skills
 - Body language/gestures

- Non-verbal examples
- Types of graphic communication used in the surf environment
- How to select the correct communication tool
- The use of signals in the surf environment

- Practice **(Dry)**
 - The signal practical listed in the PowerPoint presentation
 - Signals

Session Plan – Rescues & Carries

PUASAR009B – Participate in an Aquatic Rescue Operation

BRONZE/ SRC (Rescue Techniques Only)

Required Skills & Knowledge

Refer to relevant Unit of Competency in this manual

Resources Required:

- Training Room
- Computer
- Data Projector/Screen
- Whiteboard/Pens
- SLS Rescue Board
- SLS Rescue Tube
- Spinal Board
- IRB (optional for carry)

Reference Material

- 33rd Edition Manual Public Safety & Aquatic Rescue**
 - Chapter 9 Rescue Techniques
 - Chapter 10 Carries & Supports
- SLS PowerPoint**
(www.slsa.com.au/default.aspx?s=adminresources&id=820)
 - 33ed Bronze PPT Ch 09 VER 4-0 231209 (Rescue Techniques)
 - 33ed Bronze PPT Ch 10 VER 4-0 231209 (Carries & Supports) –**BRZ Only**
- AT – 6 Activity Guide – Rescues and Carry**
- SLSWA Video Library**
(<http://www.mybeach.com.au/lifesavingvideo/>)
 - Board Rescue – Conscious/Unconscious
 - Tube Rescue – Conscious/Unconscious
 - 5 Person Carry – **BRZ Only**
 - Spinal Stretcher Carry (Water/Standing) – **BRZ Only**
- Assessment Questions**

Online Learning System (www.slscourses.com.au)	Candidate Assessment Book
Bronze – Unit 6	Bronze – Unit 6
SRC – Unit 5	SRC – Unit 5

33ED BRONZE PPT CH 09 VER 4-0 231209 (RESCUE TECHNIQUES)

Slide	Topics to be covered	33 rd Edition Reference/Other Reference
2	Learning Outcomes	Chapter 9
3	Introduction	Page 124
4 - 11	Rescuer Attributes & Recognition	Page 125 - 129
12 - 27	Rescue Methods	Page 130 - 143

Activities/Training Techniques

- Discuss **(Dry)**
 - 4 concepts of lifesaving practice – Prevention, Recognition, Rescue, Recovery
 - Attributes required to be a rescuer and The Essential Steps of Aquatic Rescues
 - Various methods used in the surf environment including self survival skills
 - Rescues without equipment
 - Tube rescues including rescue breathing
 - Board rescues including rescue breathing
 - Rescue body boards
 - Mass rescues including with tube/board
 - Using signals (refer to communication section)
- Watch **(Dry)**
 - SLSWA videos
- Practice **(Wet)**
 - Board/tube rescue scenarios using signals
 - Rescue scenarios

33ed Bronze PPT Ch 10 VER 4-0 231209 (Carries & Supports)

Bronze Only

Slide	Topics to be covered	Training Techniques
2	Learning Outcomes	Chapter 10
3	Principles of Patient Movement	Page 146
4 - 5	2 Person Carries	Page 146 - 148
6 - 11	Spinal Carries	Page 148 - 155

Activities/Training Techniques

- Discuss **(Dry)**
 - Principles involved when moving patients
 - Variations used to carry a patient with 2 people
 - Principles of and variations used to carry a patient with a suspected spinal injury
- Watch **(Dry)**
 - SLSWA videos
- Practice **(Wet)**
 - 2 person carry scenarios
 - Extended arm rollover and stretcher carry
 - Removal from an IRB with spinal board
 - Five person carry
 - Spinal carry scenarios

Session Plan - Patrols

PUATEA001B – Work Effectively in a Public Safety Organisation

BRONZE ONLY

Required Skills & Knowledge

Refer to relevant Unit of Competency in this manual

Resources Required:

- Training Room Computer Data Projector/Screen
 Whiteboard/Pens Patrol Equipment/Setup

Reference Material

- 33rd Edition Manual Public Safety & Aquatic Rescue
 - Chapter 11 Patrols
 SLS PowerPoint
 (www.slsa.com.au/default.aspx?s=adminresources&id=820)
 - 33ed Bronze PPT Ch 11 VER 4-0 231209 (Patrols) – BRZ Only
 AT – 7 Activity Guide – Patrol
 Assessment Questions

Online Learning System (www.slscourses.com.au)	Candidate Assessment Book
Bronze – Unit 7	Bronze – Unit 7

33ed Bronze PPT Ch 11 VER 4-0 231209 (Patrols)

Slide	Topics to be covered	Training Techniques
2	Learning Outcomes	Chapter 11
3 - 5	Roles & Responsibilities	Page 158 - 159
6 - 7	Patrol Operations	Page 160
8 - 11	Patrolling Methods	Page 161 - 163
12 - 16	Patrol & Service	Page 164 - 166
17 - 25	Beach Closure – Emergency Services	Page 166 - 173

Activities/Training Techniques

- Discuss (**Dry**)
 - o Roles and responsibilities of the patrol members and the patrol captain including patrol log
 - o Preparation and setup of patrol including equipment checks
 - o Methods used to patrol the
 - o Working in groups and teams including providing quality service and uniform standards
 - o Crowd control and service agreements
 - o Procedure when closing a beach and the information required by Emergency Services during assistance
 - o Procedure when using motorized rescue craft and patrol vehicles
- Practice (**Dry**)
 - o Patrol practical listed in the PowerPoint presentation 25