



AUSTRALIAN LIFESAVING **ACADEMY**

SLSA Bronze Medallion PUA21004 Certificate II in Public Safety (Aquatic Rescue)

Scenario and Checklist Guide

Assessment Task 3 - Observation checklists

Signals

Instructions:

Place Participants in a circle and stand in the middle, call out each signal: make sure you have identified that each person has performed a signal. If it is answered incorrectly then note it in the Participants Assessment Book.

Note: If a Participant is found to be not yet competent in signals, they are to take no further participation in a deep water assessment process or activity.

Beach to Surf Craft signals

- Assistance required
- Beach to surf craft
- Attract attention between boat or craft and the shore
- Remain stationary
- Go to the right or to the left
- Pick up swimmers
- Return to shore
- Proceed further out to sea
- Pick up or adjust buoys
- Investigate submerged object
- Message not clear, repeat
- Message understood, all clear

Surf Craft to Beach

- Shore signal received and understood
- Emergency evacuation alarm
- Search completed
- Assistance required
- Boat wishes to return to shore

Helicopter Signals (if required)

- Beach patrol member requests permission to enter helicopter landing area
- Helicopter pilot indicates OK to approach helicopter

First Aid & Resuscitation

Related unit: PUAEME001B

Provide emergency care

Related SLSA units: 3 – 7

Resources required:

- A patient (could be another participant for the “Live Patient” Assessment)
- Resuscitation manikins
- Masks
- Oxygen equipment (if over the age of 14)
- Bandages, slings & splints
- Other first aid equipment

Identified individual skills and knowledge being applied

- Live Patient – includes oxygen (14 years and over)
- CPR on manikin
- Bleeding
- Soft tissue injury
- Fractures
- Marine envenomation
- Following OHS policies and procedures relating to personal hygiene, cross infection, safety of the patient and own personal safety
- Applying principles of cultural diversity
- Applying appropriate patient care and techniques to determine first aid required
- Applying knowledge related to handover to emergency personnel
- Applying knowledge of SLSA procedures relating to first aid and reporting incidents
- Knowledge of issues affecting the first aid case and patrol environment are identified, impact assessed and appropriate action taken to ensure first aid and patrol requirements are met, this may mean changing the first aid treatment based on the patient’s condition.
- Applying knowledge of own limitations during rescue
- Managing own work to ensure required outcomes are met
- Promotes co-operation during interaction with other patrol members and emergency personnel.

Live Patient Observation Checklist

Instructions:

Identify a patient and ask them to lie in the middle of the room on in an outdoor area. Advise the Participant to commence demonstration when they are ready and that this demonstration will include the use of Oxygen for Therapy

D = Assess Danger

- Check danger, hazards, risks & safety (yourself, bystanders or patient)
- Adequately assess and remove danger
- Put on gloves

R = Check for Response - Check preliminary "Signs of Life" – Not moving, Unconscious, Unresponsive

- Apply 'COWS' (toe tap) or "Squeeze & Shout"
- Simulated calling for assistance (either self or using bystanders)*

A = Assess Airway – DRY Patient

- Apply backward head tilt (adult & child only, neutral infant)
- Patient was assessed on their back (raise right buttock if heavily pregnant)
- Patient's mouth is opened correctly – using pistol grip and head support
- Observe obstructions in airway (if applicable)
- If obstruction found – patient was rolled and assessed as a 'wet' patient*

B = Assess Breathing – Check "Signs of Life" - Not breathing normally

- Patient is assessed whilst on their back
- Participant demonstrated "Look, Listen, Feel" for breathing utilising backward head tilt & pistol grip
- No breathing found – 2 Rescue Breaths delivered (checking for over-inflation)*

Reassess "Signs of Life"

- Not Moving, Unconscious, Unresponsive, Not Breathing – commence CPR*

Participant advised not to apply pressure to patient's chest

C = Perform Compressions

- Hand positions correct (centre of Chest)
- Hand technique correct (2 hands, 1 hand, 2 fingers)
- Correct Compression rate (30:2; at least 5 cycles in 2 minutes)
- Correct change over of rescuer after 5 cycles (2 minutes)

Advise participant that patient has started breathing normally – after you are satisfied of their ability to delivery appropriate technique and cycles of CPR

Patient Recovery

- Patient to be placed in appropriate recovery position (unconscious / conscious)
- Oxygen is to be applied
- Participant to monitor and note (communicate patient's vital signs)
- Participant to communicate to assessor appropriate patient handover information
- Patient verbally reassured

Verbal Questions

Verbal Questions: These questions should be asked to each Participant individually after they have completed their practical demonstration and out of ear shot of those participants	
Resuscitation	Standard Response
<ul style="list-style-type: none"> ▪ Backward head tilt is applied to adults and children only? 	YES
<ul style="list-style-type: none"> ▪ If you are performing compressions and hear a rib crack, what action should you take? 	<i>Check hand positioning and repositioning</i>
<ul style="list-style-type: none"> ▪ If emergency care workers are unwilling or unable to perform rescue breathing, is it appropriate to perform compressions only? 	YES
<ul style="list-style-type: none"> ▪ What is the first thing you should check if a patient's chest does not rise? 	<i>Airway</i>
<ul style="list-style-type: none"> ▪ How do you maintain a good airway and give effective rescue breathing to an infant? 	<ol style="list-style-type: none"> 1. <i>Keep infant's head in neutral position with lower jaw lifted at point of the chin</i> 2. <i>Airway operator performing rescue breathing place mouth over infant's nose and mouth (or use mask)</i> 3. <i>Air volume required is small – puffs of air. Monitor infant's chest rise to check for over inflations</i>

Resuscitation - Observation checklist

Instructions to Assessor
<ul style="list-style-type: none"> ▪ Assessor to advised Participant if Wet or Dry Patient ▪ Participant 1 to perform CPR for 1 cycle ▪ Participant 2 to introduce oxygen mask and take over compressions ▪ Participant 3 to introduce oxygen therapy tube for supplement rescue breathing ▪ <i>Rotate Participants for individual assessment</i>
D = Assess Danger
R = Check for Response - Check preliminary "Signs of Life" – Not moving, Unconscious, Unresponsive)
A = Assess Airway
B = Assess Breathing – Check "Signs of Life" - Not breathing normally Reassess "Signs of Life" <ul style="list-style-type: none"> ❑ <i>Not Moving, Unconscious, Unresponsive, Not Breathing – commence CPR</i>
PARTICIPANT 1
C = Perform Compressions <ul style="list-style-type: none"> ❑ Hand positions correct (centre of Chest) ❑ Hand technique correct for compressions (2 hands, 1 hand, 2 fingers) ❑ Correct Compression rate (30:2; at least 5 cycles in 2 minutes) ❑ Jaw support and backward head tilt applied correctly ❑ Correct change over of rescuer after 5 cycle (2 minutes)) ❑ jaw thrust when resuscitation mask introduced by Participant 2
PARTICIPANT 2 – Takes over compressions
<ul style="list-style-type: none"> ❑ Communicate with Participant 1 ❑ Correct introduction resuscitation mask to Participant 1 ❑ Visually check "Signs of Life" – Not moving, Unconscious, Unresponsive, not breathing ❑ Take over compressions from Participant 1 ❑ Hand technique correct (2 hands, 1 hand, 2 fingers) ❑ Correct depth of Compression (one-third depth of chest) ❑ Correct Compression rate (30:2; 5 cycles in 2 minutes at least) ❑ <i>Correct breathing by Participant 1 (in time with compressions)</i>
PARTICIPANT 3 – oxygen supplemented rescue breathing & oxygen therapy
<ul style="list-style-type: none"> ❑ Communicates oxygen equipment available to CPR and Rescue Breathing operators ❑ Demonstrates correct operation of oxygen equipment <ul style="list-style-type: none"> - Tubing introduced to nipple on oxygen mask or via mask tubing connector ❑ Participant 3 demonstrates effective communication within a team ❑ Patient reassured ❑ Ambulance called ❑ Information gathered and documented in note book ❑ <i>Nipple on oxygen mask – therapy mask supplement</i>

First Aid- Bleeding - Observation checklist

<p>Instructions to assessor</p> <ul style="list-style-type: none"> ▪ Scenario takes place on a routine patrol at your club and normal ambulance response times apply ▪ Participants work in teams of three (3) – patient, first aid provider, patrol member assistant <p>Instructions to Participant</p> <ul style="list-style-type: none"> ▪ Using the patrol first aid kit demonstrate the first aid treatment given to a patient with the following injury ▪ Complete the Incident Report Log in your Participant's Assessment Book <p>Scenario</p> <p>During a rostered patrol at your beach an observant patrol captain advises the patrol of a patient with a severe fin chop / broken glass cut to his foot. Your patrol captain instructs you to go to the patient's assistance immediately. On arriving at the scene you find the patient is seated on the sand and has put his hand over the wound. When you remove his hand you see a 1 cm deep and 5 cm long cut to the pad of his right foot. The wound is bleeding profusely and stitches may be required.</p> <p>The patient is breathing quickly, his skin colour is pale and his responses seem slow.</p>
<p>Skill & Knowledge demonstration</p>
<p>Follow DRABC</p> <ul style="list-style-type: none"> <input type="checkbox"/> Identify as first aider provider and ask for consent <input type="checkbox"/> Put on gloves and position first aid kit appropriate for patient treatment <input type="checkbox"/> Follow OH&S guidelines for infection etc.
<p>Patient assessment</p> <ul style="list-style-type: none"> <input type="checkbox"/> Reassure patient and maintain a calm, caring and reassuring manner <input type="checkbox"/> Make patient comfortable <input type="checkbox"/> Gather information from patient / friend on how injury occurred (time, mechanism) <input type="checkbox"/> Question how patient is feeling / patient's medical history and pre-existing conditions <input type="checkbox"/> Observe and note patient's skin colour, breathing, consciousness,
<p>Scene Management</p> <ul style="list-style-type: none"> <input type="checkbox"/> Request ambulance / Radio Operations giving details of injury and patient details <input type="checkbox"/> Bystander / patrol member to return with ambulance response time and returns to guide ambulance <input type="checkbox"/> Initial recording of treatment
<p>Injury management</p> <ul style="list-style-type: none"> <input type="checkbox"/> Patient's injured lower leg and foot elevated <input type="checkbox"/> Clean wound with sterile saline (wiping away from wound) <input type="checkbox"/> Dry wound and cover with sterile non-stick dressing <input type="checkbox"/> Cover dressing with firm bandage to maintain direct pressure (check skin colour below bandaging) <input type="checkbox"/> Perform secondary assessment (body check) after permission or consent has been obtained from the conscious patient. Consent is not required from the unconscious patient <input type="checkbox"/> Reassure patient and make comfortable <input type="checkbox"/> Treat for shock / administer oxygen therapy
<p>Record Incident & Restore Equipment</p> <ul style="list-style-type: none"> <input type="checkbox"/> Record treatment and patient information in Incident Log (found in the Participant's Assessment book) <input type="checkbox"/> Patient handover conducted to ambulance <input type="checkbox"/> Restock first aid kit and dispose of hazardous material in appropriate manner

First Aid- Soft tissue injury - Observation checklist

Ask the Participant to attend to a patient who is suffering from a suspected sprained ankle, they should follow the principles of RICER

RICER principles should be followed:

- REST – patient is placed in a comfortable position
- ICE – an ice pack is applied
- COMPRESSION – Participant is to apply compression bandage
- ELEVATION – Participant elevate limb once bandage & Ice have been applied
- REFERRAL – Learner explains that the patient should seek medical attention

First Aid- Slings - Observation checklist

Manage a patient that requires a **sling**, please ask Participant to demonstrate application of a sling for a suspected fractured arm.

Arm Sling

- Place the triangular bandage between the arm and the chest with the apex of the triangle towards the elbow
- Lift the triangular bandage to support the arm
- Tie off the at the shoulder on the injured side

Splint – Minor Fractured leg

- Immobilise the fracture site with a splint (could be rescue tube)
- Bandage both above and below (not over) the fracture
- Obtain patient details
- Call for assistance
- Apply ice packs or cold compress
- Raise area if safe to do so
- Check pulse is present beyond the fracture

First Aid - Marine Envenomation - Observation checklist

Manage a person that has **suspected marine envenomation**: Extraction from the water should follow protocols of the State or Territory as well as applying appropriate safety guidelines relevant to sort of envenomation.

- DRABCD (including applying any PPE required for removing patient from water)
- Removes patient from water using appropriate carries relevant to envenomation (Stinger Drag/drill – if in Northern Territory, North Queensland and Northern Western Australia)
- Reassures patient and makes comfortable
- Obtain patient details
- Uses bystanders or other patrol members to call for assistance if required
- Applies first aid treatment relevant to envenomation which may include:
 - dousing with vinegar and removing tentacles
 - applying ice packs or hot packs – depending on sting
- Continues to reassure patient until emergency services arrive or patient is well enough to leave beach.

Radio Operations

Related unit: PUAOPE002A
Related SLSA: Unit 9

Operate Communications Systems & Equipment

Resources required:

- Radios
- Radio Base & charger
- Waterproof bag

Tasks to be demonstrated

- Demonstrate how to use the radio equipment as per the club's and/or state's guidelines, including identify appropriate channel
- Demonstrate how to complete radio check to fault find
- Demonstrate what to do should radio be immersed in water
- Demonstrate correct procedure to storing radios after patrol
- Applying knowledge of correct SLSA radio transmitting procedures
- Applying knowledge of club's/branch/State's radio procedures and protocols

Each Participant is to perform the following radio techniques. Break into groups of two and switch to training channel and complete practical demonstration.

Ask Participant to perform sign on & sign off as well as emergency simulation.

Possible Script for Radio Emergency:

- *Position: Roving Patrol situated north of club house*
- *Problem & Persons: 3 swimmers caught in a rip*
- *Progress: 1 patrol member has entered water to render assistance, require IRB immediately*

Emergency use of radio

Radio Send and Receive

- Waits for break in transmission
- Positions radio correctly
- Speaks clearly into radio
- Says call sign twice - who you are calling
- Sender identifies them selves
- Wait for the reply
- Receiver acknowledges and identifies
- Be concise with text of message
- Ends transmission correctly
- Uses correct terminology

Emergency Situation

- Say Rescue, Rescue, Rescue
- Reports position
- Reports problem
- Reports persons
- Reports progress
- Be concise with text of message
- Ends transmission correctly

Question: Where does this transmission need to be recorded?

Response: Radio Log

Demonstrate the following Radio Procedures

- Sign on at beginning of patrol
- Demonstrate radio checks
- Demonstrate fault finding procedures
- Demonstrate correct procedure for radio that has been immersed in water
- Replace radios correctly at completion of patrol to ensure are charging correctly

Aquatic rescues: Observation Checklists

Related unit: PUASAR012A Apply surf survival and self survival skills
PUASAR009A Participate in an aquatic rescue operation

Related SLSA: Unit 2, 10 & 11

These rescues are observing the individual's ability to perform each rescue technique in isolation, however to ensure that the participants can apply the individual skills learned to flow from water to shore the following have been included in some observations:

- The individual rescue
- The signals to shore
- Applying appropriate carry from water's edge to shore
- Applying "live patient assessment"

Resources required:

- Rescue Board
- Rescue Tube
- Swim Fins
- Goggles
- Water safety personnel

Tasks to be demonstrated

- Demonstration negotiation of surf to reach patient in a timely manner
- Reading surf and hazards to ensure safe passage out to patient
- Applying OHS procedures in relation to identified surf hazards and risk to self and patient and manual handling of patient
- Demonstration the use of rescue equipment
- Demonstration of rescue without equipment
- Demonstration of self survival skills during rescue
- Demonstration of teamwork during board & live patient observation
- Demonstration of use of appropriate signals during rescues
- Demonstration of spinal management techniques
- Demonstration of giving and receiving feedback during rescues
- Knowledge relating to factors affecting work requirements are identified, impact assessed and appropriate action taken to ensure work requirements are met, this may mean changing the rescue equipment based on the patient's condition or the experience of the rescuer.
- Applying knowledge of own limitations during rescue
- Managing own work to ensure required outcomes are met.

Tube Rescue

Each Participant is to perform the following rescues for both conscious and unconscious patient.

Scenario setting: a patient should be positioned past the break or at least in overhead water.

During **unconscious Board Rescue** perform **3 person carry**

Live Patient Assessment to be conducted during unconscious rescues

Trainer should position self in IRB or on board to watch the Participant perform each rescue

Conscious Tube Rescue

- Perform Tube check is safe to use
- Uses appropriate PPE such as flippers
- Wades and porpoise through wave zone, keeping an eye on patient
- Dives under waves when necessary
- Swims continuously out to patient using stroke which allows them to keep patient in sight
- Finds patient within reasonable time
- Approaches patient
- Talks to patient trying to calm, throws tube and requests patient to grab hold
- Secures patient
- Gives assistance required signal
- Returns to shore
- Covers airway of patient when going under a wave
- Provides adequate patient care when reaching shore.

Unconscious Tube Rescue

- Perform Tube check is safe to use
- Uses appropriate PPE such as flippers
- Wades and porpoise through wave zone, keeping an eye on patient
- Dives under waves when necessary
- Swims continuously out to patient using stroke which allows them to keep patient in sight
- Finds submerged patient using appropriate search pattern techniques
- Secures patient
- Gives assistance required signal
- Position patient correctly to give 2 rescue breaths
- Returns to shore
- Covers airway of patient when going wave
- Provides adequate patient care when reaching shore.
- Supports casualties head & maintain airway during appropriate carry
- Perform correct lay
- Manage DRABC **2 person assessment**

Refer back to “Live Patient Observation Checklist”

Board Rescues

Conscious Board Rescue	Unconscious Board Rescue
<ul style="list-style-type: none"> <input type="checkbox"/> Perform board check is safe to use <input type="checkbox"/> Uses appropriate PPE such as flippers <input type="checkbox"/> Paddles board correctly <input type="checkbox"/> Negotiates wave zone by rolling board when appropriate <input type="checkbox"/> Finds patient within reasonable time <input type="checkbox"/> Approaches patient, keeping patient seaward side. <input type="checkbox"/> Talks to patient during approach advising as to what is going to happen <input type="checkbox"/> Secure and position patient onto board <input type="checkbox"/> Keep contact with patient during paddle back in, ensuring board does not nose dive <input type="checkbox"/> As approaching shore give assistance required signal <input type="checkbox"/> Secure patient when required in wave zone <input type="checkbox"/> Beach board safely <input type="checkbox"/> Provides adequate patient care when reaching shore. 	<ul style="list-style-type: none"> <input type="checkbox"/> Perform board check is safe to use <input type="checkbox"/> Uses appropriate PPE such as flippers <input type="checkbox"/> Paddles board correctly <input type="checkbox"/> Negotiates wave zone by rolling board when appropriate <input type="checkbox"/> Finds patient within reasonable time <input type="checkbox"/> Approaches patient, keeping patient seaward side. <input type="checkbox"/> Support patient onto board and clear airway <input type="checkbox"/> Keep patient above water <input type="checkbox"/> Correctly roll patient onto board <input type="checkbox"/> Secure and position patient onto board <input type="checkbox"/> Keep contact with patient during paddle back in, ensuring board does not nose dive <input type="checkbox"/> As approaching shore give assistance required signal <input type="checkbox"/> Secure patient when required in wave zone <input type="checkbox"/> Beach board safely <input type="checkbox"/> Provides adequate patient care when reaching shore. <input type="checkbox"/> Roll patient off the board <input type="checkbox"/> Correctly pick up patient from board using 2 person carry technique <input type="checkbox"/> Participant talks with other patrol members during the carry giving instructions <input type="checkbox"/> Relief patrol member comes in and takes patient from Participant (rescuer) <input type="checkbox"/> Turn and catch patient <input type="checkbox"/> Head is being supported correctly <input type="checkbox"/> Patient is secured between 2 patrol members <input type="checkbox"/> Participant lifts casualties legs and supports on shoulder <input type="checkbox"/> Clear commands are being given by patrol member who is in control <input type="checkbox"/> Patient is laid correctly <p>Simulate</p> <ul style="list-style-type: none"> <input type="checkbox"/> Manage DRABC, 2 person assessment <input type="checkbox"/> Perform correct recovery position

Lifts and carries

Land-based Spinal Stretcher Carry (Standing Patient) – 5 Participants required to complete lift & carry Each Participant should be allowed to take control of the lift.	Water-based Spinal Injury Carry – 5 Participants required to complete lift & carry Each Participant MUST demonstrate to take control of the lift and the stabilisation of the head.
<ul style="list-style-type: none"> □ 1st Participant reassures patient and immobilises head □ 2nd Participant fits cervical collar – (if appropriately qualified) □ 2nd Participant then slides spinal board between 1st Participant and the patient, while the 1st Participant maintains head and neck stabilisation □ 2nd & 3rd Participants grasp nearest side of the spinal board with one hand reaching under and through the patient's armpit area, the other hand grasps the next handle below the armpit area near the elbow of the patient □ 4th & 5th Participants grasp top and middle handles of the board under the arms of 1st Participant □ Under the control of the 1st Participant the patient with their back against the spinal board is lowered toward the 1st Participant. □ Continue to reassure the patient □ Keep warm and treat for shock □ Give oxygen therapy □ Monitor ABC and sensation 	<ul style="list-style-type: none"> □ 1st Participant approaches patient and places both arms quickly under patient's armpits □ Placing hands on either side of the patient's heads over the ears □ Holding the neck still and stable in the neutral position □ Lift the patient's upper body so the patient's face is lifted clear of the water □ The 1st Participant ensures the patient's head remains in neutral position and controls the lift □ Other members of the team approach and position themselves along the patient's body □ Then locking arms □ 1st Participant controls the lift and gives clear audible commands to the rest of the team □ 1st Participant is also reassuring patient if conscious □ 1st Participant controls the lowering of the patient □ All team members should apply appropriate safe manual handling techniques during the lifting, carrying and lowering □ Suspected spinal management is maintained throughout the rescue □ Communication between team members during the lowering of patient is maintained □ Patient is laid facing the correct position □ 1st Participant is maintaining head in a neutral position □ Correct recovery position is performed

Single Person unassisted rescues

Each Participant will need to perform the following unassisted single person rescue techniques during one of the rescues the patient will lunge at the Participant and the Participant will perform release techniques.

The patient should be in open water and in a break

Hip Tow – Open water

- Participant approaches patient and communicates to gain their trust and calm them down
- Participant approaches patient

Patient should panic and lunge once Participant is in reach

Participant demonstrates escape techniques

Leg or arm Block:

- Blocks patient lunge using leg or arm
- Pushes patient away using leg or arm

Escape technique

- Tucks chin to chest
- Push on casualties body or arms
- Push self under water

Resurface well clear of patient

- Talks to patient trying to calm
- Reapproaches patient from behind and gets patient to lie on their back
- Participant places one arm over patient's corresponding shoulder, across chest and under armpit
- Participant tows patient to safety using sidestroke with hip very close to small of patient's back
- Participant using stroking arm to clam struggling patient to chest.
- Gives assistance required signal
- Returns to shore
- Covers airway of patient when going wave
- Provides adequate patient care when reaching shore.

Wrist Tow – open water

- Participant approaches patient and communicates to gain their trust and calm them down
- Participant approaches patient from behind and gets patient to lie on their back
- Participant grasps one of the patient's wrists in one hand
- Participant tows patient to safety using sidestroke

Armpit Tow – open water

- Participant approaches patient and communicates to gain their trust and calm them down
- Participant approaches patient from behind and gets patient to lie on their back
- Participant puts one arm under armpit
- Participant tows patient to safety using sidestroke

Tired Swimmer Tow – open water

- Participant approaches patient and communicates to gain their trust and calm them down
- Participant approaches patient from front and gets patient to lie on back
- Participant gets patient to place hands on their shoulders
- Participant tows patient to safety using breaststroke

Assessment Task 4 Observation checklists

Explanation of assessment requirements

This is the final component of their assessment, the scenarios will bring together all the knowledge and individual skills they have been developing during the training.

This activity is to be given under “Supervised” conditions by the Assessor.

Resources required

The following list of equipment is meant as a guide only. Assessors may make reasonable adjustments to modify equipment used for specific assessment activities. These adjustments must not alter the validity and reliability of the assessment process.

The Assessor can then make reasonable adjustments to modify equipment used for specific assessment activities. These adjustments must not alter the validity and reliability of the assessment process.

Item	Quantity
Assessor	As many as required
Water safety personnel	As required
Participant’s Assessment Book	1 each
Scenario observation checklist	
ALA PUA21004 Attendance Sheet	
Rescue equipment as required for skill set	As required
First aid equipment as required for skill set	As required
Communication equipment as required for skill set	As required

Preparation

All equipment has been checked to ensure it is safe to use

All water safety personnel have been briefed and understand their roles

Participants will need to have access to appropriate equipment as well as appropriate environmental conditions to complete these scenarios.

Briefing for the participants

Allow the participants to warm up and assess the environmental conditions; explain the activities they will need to complete

Explain to the participants they are completing the final component of their assessment, once this assessment has been conducted all other evidence which has been collected will be reviewed and a judgement made on their competence.

Patrol Scenario Instructions & Checklist

Required resources:

- Patrol gear - Two markers to define the area (flags, poles etc)
First Aid Kit (min broad bandage, gloves, saline or water, triangular bandage, wound padding, bandage clips or tape)
Oxygen unit, blankets, two radios, patrol log sheet, incident report form
Rope (define a patrol shelter area), appropriate signage, signal flags
- Appropriate signage for beach closure
- Patrol Captain to assist with direction – could be a trainer or assessor to deliver direction only (the patrol captain is not permitted to instruct or coach the assessment group)
- The scenario will require 2 x patients and 4 x patrol members from the assessment group to be directly involved on each run through. The first aid scenario is to be repeated 3 times without a participant repeating a roll.

Scenario Setting

- Simulate setting up of a patrol
- Extra bodies to act as beach goers – in both water and on beach if available
- Patient with glass cut to foot (severe)
- Patient with suspected fractured collar bone after playing on water's edge

Role & Responsibilities

Assessor:	Explain the tasks to the patrol members
Patrol Captain:	direct patrol set-up and issue patrol members with duties and complete normal patrol checks,
Patrol Members:	Follow directions as given by the patrol captain
Beach goers if available:	Swimming and on beach – to ask questions about proceedings
Bleeding Patient:	Has a severe bleeding wound on the beach at one end of the marked patrol area.
Collar bone Patient:	Collapsed about in pain at the other end of the marked patrol area.
Emergency personnel:	Take over care of patient once treatment as been administered. Emergency personnel will be the assessors.
The beach closure	This element will be performed once by the entire patrol group at the conclusion of all the first aid elements.

Tasks to be performed by the participants

Before the emergency takes place:

- The Participant will take part in the setting up of an actual patrol; this will include setting up the patrol shelter area, checking equipment, participating in Patrol briefing.
- Sign on patrol log and complete any relevant paperwork associated with the club requirements this should include completing a “Stinger drag” if you are in Northern Territory or North Queensland.
- The Patrol Captain will assign them appropriate tasks in relation to the setting up of the beach, which they will then carry out.
- The Patrol Captain will reassign each of the participants a different role for the scenario

First Aid Treatment

- Patrol captain gives direction to patrol members to treat patients patient for first aid. The first aid cases will occur symiltaneously.
- Patrol members treat first aid patient
- Patrol members hand over patient to medical personnel
- Patrol members complete incident report

Emergency commences and beach is closed

- Alarm is given as a result of a shark sighting by a member of the public and Patrol Captain issues instructions and the participants attend to duties the Patrol Captain assigns them.
- If beach goers are present, they ask questions and try to re-enter the water

Emergency ends and debriefing commences

- Patrol Captain conducts debriefing: this will include an individual appraisal on how they conducted themselves and any suggestions to improve their skills and knowledge.
- Patrol members sign off Patrol log

Patrol Scenario Observation Checklist

Before emergency – Patrol Set up
<input type="checkbox"/> Signs on to Patrol Log
<input type="checkbox"/> Takes part in the patrol briefing
<input type="checkbox"/> Receives instructions and complete tasks as required
<input type="checkbox"/> Contributed to team activities during the set up and scenarios: <ul style="list-style-type: none"><input type="checkbox"/> Using ropes & knots to secure designated patrol area<input type="checkbox"/> Identify surf conditions, hazards and risks prior to setting up flags<input type="checkbox"/> Check all equipment is operational for use<input type="checkbox"/> Set up patrol shelter area as instructed<input type="checkbox"/> Complete radio checks<input type="checkbox"/> Fill in Patrol Log book (patrol members, conditions, etc)
<input type="checkbox"/> Patrol tasks are completed in an appropriate time
<input type="checkbox"/> Promoted cooperation and gave assistance to other patrol members during the setting up of the patrol when required.
<input type="checkbox"/> Participation by team members is encouraged and acknowledged during the setting up of the patrol
<input type="checkbox"/> Followed OH&S procedures relating to any lifting, checking of oxygen cylinder etc
<input type="checkbox"/> Demonstrated knowledge of the surf and environment during the setting up of the patrol area
<input type="checkbox"/> Accepts re-assigned role and adjusts tasks are required

In this scenario the Assessor will determine the location, severity and type of injury
First aid scenario – The patrol will be alerted by an observant Patrol Captain of both patients. The Patrol Captain will advise patrol members to attend patients – stagger the initial observation but result in a simultaneous treatment.
<input type="checkbox"/> Patrol members respond to Patrol Captain's instructions and assist patients
<input type="checkbox"/> Patrol members identify need for emergency care and request medical personnel as required
<input type="checkbox"/> Patrol members ensure personal safety of carer and patient by applying appropriate PPE and maintaining personal hygiene during application of first aid
<input type="checkbox"/> Patrol members reassures patient. Patients may need to be moved to a common location.
<input type="checkbox"/> Patrol members communicate with each other during the assessment phase of the patient
<input type="checkbox"/> Patrol members implement appropriate first aid treatment based on patient's symptoms.
Bleeding Patient
<input type="checkbox"/> Wound is cleaned
<input type="checkbox"/> Pressure is applied with appropriate bandages
<input type="checkbox"/> Leg / foot is elevated
OR
Suspected fractured collar bone
<input type="checkbox"/> Patient is made comfortable
<input type="checkbox"/> Appropriate sling is applied
<input type="checkbox"/> Patrol members monitor patient until emergency personnel arrive and complete handover
<input type="checkbox"/> Patrol members record incident in log
<input type="checkbox"/> Patrol members restock and restore first aid kit as required
Beach Closure as per State requirements – Patrol Captain advises patrol members to close beach due to surf conditions, marine stinger presence, crocodile or shark sighting
<input type="checkbox"/> Patrol Captain advises patrol team and radio officer that Beach is Closed
<input type="checkbox"/> Patrol member receives instructions from Patrol Captain and prioritising tasks to complete closure in a reasonable time
<input type="checkbox"/> Patrol members remove the patrol area markers and place any relevant signage to denote Beach Closure
<input type="checkbox"/> Patrol communicates beach closed to public this could include: red flag and 'swimming prohibited' signage displayed; conditions board changed; loud hailer or whistle used to advise swimmers to leave water
<input type="checkbox"/> Patrol members remain stationed near water for preventative or rescue action
<input type="checkbox"/> Patrol Member communicates with beach goers regarding re-entering the water and:
<input type="checkbox"/> conducts themselves in a professional manner
<input type="checkbox"/> gives information to the beach goers as to why they can't enter water
<input type="checkbox"/> Feedback/assistance is given to other patrol members in an appropriate manner during the scenario
<input type="checkbox"/> Patrol member follows any OHS policies and procedures relating to the process closing the beach
Debriefing & sign off
<input type="checkbox"/> Attends debriefing with Patrol Captain
<input type="checkbox"/> Patrol member acknowledges feedback and acts on information given by the Patrol Captain about their performance
<input type="checkbox"/> Completes any logs required by the Patrol Captain
<input type="checkbox"/> Signs off from the patrol

Rescue Scenario Instructions & Checklist

Required resources

- Patrol Area set up and ready for operation
- Scenario personnel
 - 2 x patients 4 x patrol members
 - Rescue Board and Rescue Tube (swim fins are recommended)
 - Beach goers if available to create interest and be there asking questions
 - An observant Patrol Captain will observe patients in the water and instruct the patrol accordingly – the patients will be situated a minimum of 75m from waist depth water or beyond the break should that be greater than the minimum.
 - Ambulance officers - assessors

Scenario Setting

- Patrol area appropriately marked
- Groups of 6 participants rotating through all elements
- Participants are allocated their roll – patients, rescuers and patrol members. Unconscious Board and Conscious Tube.

Scenario Procedure

The tube rescue will start first and when the return journey has commenced the board rescue will start. On return to the beach the tube patient will be rested and become a beach goer while the tube rescuer will collect the board on its return and become the radio operator. 2 patrol members will be waiting at the water's edge to receive the board rescue patient and assist the rescuer to three person carry the patient through to patient lay, assessment, simulated resuscitation and patient recovery.

This sequence can be conducted three times including the carry and a further set of board and tube rescues will result in all participants being assessed in all elements.

Role & Responsibilities

Conscious Patient: out the back past break applying drowning chain & panic during pickup

Unconscious Patient: out the back past break

Patrol Captain: Direct patrol members only

Ambulance Officer: Receive handover of patient from patrol members - assessor

Patrol Member: Complete board or tube rescue as directed

The Tasks:

- Surveillance of the patrolled area
- Tube Rescue – conscious
- Board rescue – unconscious
- Use appropriate “assistance required signal”
- Identify appropriate carry and apply to removing patient from water to shore with the assistance of other patrol members
- Team application of DRABCD
- Use radio to relay information on patient & request medical assistance
- Handover procedure – for unconscious patient
- Documentation & equipment checks to be completed or explained

Rescue Scenario Observation Checklist

Water Rescue commences

- Prior to rescue is performing surveillance of patrolled area
- Prepares and responds to the rescue by choosing appropriate equipment or that which is identified by the Patrol Captain.
- Negotiates surf using appropriate technique
- Identifies any surf hazards and takes appropriate action relating to them such as using board roll or dolphin through the break
- Follows SLSA procedures relating to surf hazards
- Demonstrated knowledge of the surf and environment during rescue
- Approaches patient and completes identified rescue using correct techniques (refer to individual practical observation sheet)
- Applied SLSA procedures in relation to securing patient during the rescue
- Uses signal techniques for "assistance required"
- Uses verbal communication during the lifting and carrying of the patient
- Applied SLSA procedures in relation to lifting and carrying
- Identified the need for emergency care treatment once patient was on the beach
- Administer the principles of DRABCD
- Followed ARC guidelines (refer to Individual practical observation sheet for administering CPR)
- Use radio to relay condition of patient to Patrol Captain once the rescue group have completed initial assessment and is advised by assessor that patient is NOT BREATHING.
- Supported other members during the scenarios when required
- Demonstrated their ability to give and receive instructions during the rescue
- Completed reports and logs as required
- Communicated professionally with members of the public when questioned
- Remains calm and keeps reassuring conscious patient
- Documentation & equipment checks
- Complete handover procedure to ambulance personnel - Assessor
- Explained paperwork to be completed

Role and responsibilities of the Rescue Group waiting on the beach

- beach surveillance
- Acknowledges "Assistance required" with "Message understood" signal
- questioning bystanders to gain information about patient
- preparation of any equipment required
- Uses verbal communication during the lifting and carrying of the patient
- complete appropriate carry to safe position on beach
- Applies manual handling techniques during carry
- Take control of patient care and administer DRABCD as required (Assessor to advise patient is not breathing once initial assessment has been completed)
- Request for emergency personnel
- Assist with patient care
- Documentation & equipment checks
- Complete handover procedure to ambulance personnel - Assessor
- Identify appropriate documentation which should be completed

Spinal Care Scenario Instructions & Checklist

Required resources

- A designated Patrol Area to be marked
- Spinal board
- Scenario personnel
 - Patient – unconscious suspected spinal
 - Beach goers, if available, to create interest and be there answer questions as well as asking questions and gathering around the rescue taking place just off the water's edge.

Scenario Setting

- Patrol set up and 6 members are on patrol, 1 to be patient
- The Patrol Captain observes the patient and is quick to diagnose a possible spinal injury.

Role & Responsibilities

Unconscious Patient: Patient to be located in front of the patrol area inshore floating face down.

Walk up Patient: Patient will present themselves to the patrol with a serious neck injury.

Patrol Captain: Allocates the rolls to the patrol members and instigates the rescue.

Patrol Members: Perform the rescue through to patient lay, assessment, resuscitation if required and recovery. A thorough secondary check is expected

Beach goers: If available, asking questions standing around

The rescue will be performed by 5 of the 6 participant squad and all participants are to contribute to a spinal care action and take control of the patient's head on at least one occasion. 6 scenarios will cover this requirement and all will be allocated the roll of patient once. Patient care and assessment is critical to this scenario.

Case one performed twice – Spinal rescue performed with a spinal board.

Case two performed twice – No spinal board used to perform the carry to the beach.

Case three performed twice – A walk up patient is to be cared for to the ground using a spinal board.

Suspected Spinal Observation Checklist

Rescuer initiating the rescue – with extended arm rollover
<ul style="list-style-type: none"><input type="checkbox"/> Rescuer approaches patient from the side facing towards the patient's head<input type="checkbox"/> Following guidelines laid out in the SLSA Training Manual relating to suspected spinal injuries by using the "extended arm rollover" (see individual observation checklist)<input type="checkbox"/> During the rescue the 1st Rescuer is communicating with the rest of the team<input type="checkbox"/> Applying DRABCD during the rescue<input type="checkbox"/> Remains calm<input type="checkbox"/> Answers questions from some beach goers who have gathered around and request them to move back
With a Spinal Board - Patrol team arrives and completes the rescue
<ul style="list-style-type: none"><input type="checkbox"/> Other members of the team approach from the down current side<input type="checkbox"/> assist with submerging the spinal board and place it under the patient<input type="checkbox"/> 1st rescuer controls the lift and gives clear audible commands to the rest of the team<input type="checkbox"/> 1st rescuer controls the lowering of the patient<input type="checkbox"/> All team members should apply appropriate safe manual handling techniques during the lifting, carrying and lowering<input type="checkbox"/> Suspected spinal management is maintained throughout the rescue<input type="checkbox"/> DRABCD<input type="checkbox"/> Emergency response procedures are followed to alert appropriate medical personnel
Without a Spinal Board – Patrol team arrives and completes the rescue
<ul style="list-style-type: none"><input type="checkbox"/> Other members of the team approach from the down current side<input type="checkbox"/> assist with securing the patient and manually move the patient from the water<input type="checkbox"/> 1st rescuer controls the lift and gives clear audible commands to the rest of the team<input type="checkbox"/> 1st rescuer controls the lowering of the patient<input type="checkbox"/> All team members should apply appropriate safe manual handling techniques during the lifting, carrying and lowering<input type="checkbox"/> Suspected spinal management is maintained throughout the rescue<input type="checkbox"/> DRABCD<input type="checkbox"/> Emergency response procedures are followed to alert appropriate medical personnel
Walk up spinal case – Patient approaches the patrol team with an injured neck
<ul style="list-style-type: none"><input type="checkbox"/> Members secure the patient and apply the Spinal Board<input type="checkbox"/> The patrol team lower the patient to the sand<input type="checkbox"/> 1st rescuer controls the procedure and gives clear audible commands to the rest of the team<input type="checkbox"/> 1st rescuer controls the lowering of the patient<input type="checkbox"/> All team members should apply appropriate safe manual handling techniques during the lowering<input type="checkbox"/> Suspected spinal management is maintained throughout the process<input type="checkbox"/> DRABCD