

Circular

| | |
|---------------------|---|
| Title: | SLSWA Skills Maintenance Checks (Proficiency) Requirements for 2022-23 Season |
| Date: | 1 September 2022 |
| Document ID: | 22, 2022/2023 |
| Department: | Member Education |
| From: | Domenic Cowdell - Member Education and Training |
| 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 2022/23 season. |
| Attachments: | SLSWA Skills Maintenance Information Booklet v2022 |

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 31st December each year (any reference to this date should read 31st 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 and should refer to relevant Circulars, Bulletins and Policies regarding eligibility to participate in state and national Surf Sports competition.

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.



Gap Analysis

For members whose award(s) have lapsed for a period of greater than one year, a gap analysis needs to be completed and the member may need to complete additional training/updates to ensure they are current with the latest techniques and information.

Appendix 1 indicates the changes over time that have occurred to the various SLS awards and can be used to establish the required updates.

The SLSA Education Committee has produced a guideline that, for a period of five or more years, a member needs to complete a full assessment for that award to regain their currency. Exemptions to this guideline are possible if a member can show due to: experience, other qualifications, current work; that they retain the appropriate skill set and are current. This may be applied to either the whole award or elements of it.

SLSWA Training and Lifesaving Development Officer is available to provide guidance.

COVID 19

Completion of 2022/23 Skills Maintenance activities is dependent on the Government COVID-19 restrictions in place.

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.

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

A handwritten signature in black ink, appearing to read 'J. O'Toole'.

James O'Toole
Chief Executive Officer



SLSWA Season 2022/23 Skills Maintenance Requirements

Aquatic Rescue Pathway Awards

Training resources for all aquatic rescue awards are in the SLSA Members Area Library under SLSWA organisation.

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 (-----CD), 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 defibrillation

- Members to be assessed on theoretical knowledge
- A primary assessment (DRSAB--) on a live victim
- Demonstration of the lateral position
- Primary assessment (-----CD), 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 AED

Bronze Medallion holders **may no-longer use oxygen** unless they hold a current advanced resuscitation award.

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
 - Returning to shore with the victim
 - Securing 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; to place a supine victim on a spinal board
- Spinal board extrication from shallow water
- Securing a victim to a spinal board using spinal straps.

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

- Know when to apply a tourniquet
- Demonstrate how to apply a tourniquet

8. Use of the Anapen auto injection device

- Know how to use the Anapen device
- Understand the differences between the Anapen and the EpiPen



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 the following awards:

- a) Bronze Medallion
- b) Advanced Resuscitation Techniques (ART) or ART (AID) award
- c) First Aid or First Aid (AID) award

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

WA Nipper Rescue Certificate (NRC)

- 200m swim in 6 minutes or less
- Tube rescue as per the SRC requirements
- Demonstrate all signals covered in the course (8)



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 HLTAID009 - Provide cardiopulmonary resuscitation unit 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 (DRSAB--) assessment on a live victim
- Primary assessment (-----CD), 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

1. Resuscitation

- Members to be assessed on theoretical knowledge
- Use of pulse oximeter
- A primary assessment (DRSAB--) on a live victim
- Primary assessment (-----CD), 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

4. Control Life Threatening Bleeding

- Tourniquets
 - Know when to apply a tourniquet
 - Demonstrate how to apply a tourniquet
- Wound Packing technique

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 online theory assessment and assessment portfolio under the supervision of a Pain Management Facilitator.

It is highly recommended that a yearly skills check be conducted.



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

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.

Drone Patrol Operation

Prerequisites: Must be proficient in a Patrolling Award

Complete a Skills Maintenance Check with a qualified WA Facilitator (Drone Patrol Operator) to include:

Knowledge of:

- Emergency procedures

Demonstration of:

- Pre-flight procedures
- Take off
- In-flight control
- Post flight procedures

Powercraft Pathway Awards

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.

- 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

- 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. See RWC Skill Maintenance Card in the Members Area Library for details.

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 at least 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, Education section.

Appendix 1 – Gap Analysis

| Award | Season | Change |
|---|---------|--|
| All Resuscitation (SRC, BM, First Aid, ART) | 2009/10 | <ul style="list-style-type: none"> Ratio of compressions to breaths in CPR changed to 30:2 Defibrillation awareness added 'D' added to DRABCD, defibrillation |
| | 2011/12 | <ul style="list-style-type: none"> 'S' added to DRSABCD, send for help |
| | 2012/13 | <ul style="list-style-type: none"> Treatment of anaphylaxis, using an autoinjector |
| | 2013/14 | <ul style="list-style-type: none"> Infant resuscitation on a manikin to be assessed in all CPR training |
| | 2014/15 | <ul style="list-style-type: none"> Victim's airway and breathing is routinely assessed on their back – they are only rolled if necessary to clear foreign matter |
| | 2015/16 | <ul style="list-style-type: none"> Specified number of scenarios and 2 minutes of uninterrupted CPR on: a) an adult manikin on the floor; and b) an infant manikin on a stable surface to be assessed in all CPR training |
| | 2016/17 | <ul style="list-style-type: none"> Rate of CPR compressions changed to 100-120 compressions per minute |
| Advanced Resuscitation Techniques | 2010/11 | <ul style="list-style-type: none"> Suction introduced SLSA awards Advanced Resuscitation Certificate and Defibrillation Certificate replaced with Advanced Resuscitation Techniques Certificate |
| | 2014/15 | <ul style="list-style-type: none"> Assessment of vital signs Respirations, Pulse and Temperature, completion of incident report, and 3x scenario to be assessed |
| | 2021/22 | <ul style="list-style-type: none"> ARC Guideline changes: (9.2.10) <ul style="list-style-type: none"> Recommend against the routine administration of oxygen in persons with suspected heart attack and stroke who do not have signs of shock Oxygen should be administered to persons with an oxygen saturation of less than 92% (where a pulse oximeter is available). Oxygen should be given to persons with signs of blue colouration of skin, not breathing, shock, severe bleeding, severe burns, breathing difficulties, decompression illness or a situation suggestion carbon monoxide poisoning (irrespective of oxygen saturation level) How to control Life threatening bleeding using wound packing, tourniquet |
| Bronze Medallion | 2011/12 | <ul style="list-style-type: none"> IRB awareness added |
| | 2012/13 | <ul style="list-style-type: none"> 2 new signals added <ul style="list-style-type: none"> submerged victim missing (Code X); and all clear |
| | 2013/14 | <ul style="list-style-type: none"> 34th edition training manual released Theory paper added to skills maintenance assessment Revision of: safety while working in a beach environment; surf awareness and rip current survival principles; how oxygen is used in team resuscitation; use of whistles as communication; identifying distressed and drowning victims; surveillance methods and beach management Addition of: use of swim fins as a basic survival technique; information on the lymphatic system; stroke; anaphylaxis; the phonetic alphabet; 3 person walk up spinal Removal of: in-water rescue breathing; 5 person spinal carry |



| | | |
|------------------------------|---------|---|
| | 2016/17 | <ul style="list-style-type: none"> • 34th edition (revised July 2016) training manual released • ARC guideline changes: <ul style="list-style-type: none"> ○ Compression rate (100 – 120 compressions per minute) ○ Heart attack first aid treatment (give aspirin unless anaphylaxis is a contraindication) ○ Shock first aid treatment (no longer raise legs) ○ Heat exhaustion first aid treatment (give electrolyte sports drink) ○ External bleeding first aid treatment (no longer raise bleeding limb) ○ Spinal management (removal of application of a cervical collar) |
| | 2017/18 | <ul style="list-style-type: none"> • October 2017 reprint of SLSA 34th edition Public Safety and Aquatic Rescue (revised July 2016) • ARC guideline changes: <ul style="list-style-type: none"> ○ Checking resuscitation equipment (notably oxygen pipe connection, assembly, or resuscitation bag valve devices). <ul style="list-style-type: none"> ○ EpiPen administration (now 3 seconds and no massaging injection site) (9.2.7) |
| | 2018/19 | <ul style="list-style-type: none"> • ARC guideline changes: <ul style="list-style-type: none"> ○ Severe Bleeding (prioritise management of severe bleeding over airways) ○ Tourniquets (use of two) ○ Haemostatic dressing (to manage severe bleeding) ○ New guideline for first aid management of a diabetic emergency (9.2.9) |
| | 2019/20 | <ul style="list-style-type: none"> • PSAR 35th edition released May 2020 <ul style="list-style-type: none"> ○ Removal of oxygen therapy and oxygen aided resuscitation to the resuscitation component of the SRC / Bronze ○ Spinal Management content added to Bronze ○ Tourniquet training added to Bronze ○ Mental health awareness training for SRC and Bronze • ARC guideline updates: <ul style="list-style-type: none"> ○ Shock (control bleeding, send for help, reassure) (9.2.3) ○ Hyperthermia (send for help and cool person by any means available) (9.3.4) |
| | 2020/21 | <ul style="list-style-type: none"> • ARC guideline changes: <ul style="list-style-type: none"> ○ Treatment for hyperthermia includes ice on the soles, palms, and cheeks in addition to groin and armpits. No longer on the back of the neck. (9.3.4) ○ for Unconscious patients only Removal of blind finger sweeps for airway management (choking). Now reach in to seize and remove visible items directly. |
| IRB Crew & Driver | 2007/08 | <ul style="list-style-type: none"> • Powercraft Code of Conduct introduced |
| | 2011/12 | <ul style="list-style-type: none"> • Extra safety protocols for IRB introduced, including safe lifting of IRB, removal of right crew foot strap and addition of 'locked in' position for crew |
| | 2015/16 | <ul style="list-style-type: none"> • Introduction of lifejackets, personal flotation devices and surf helmets in IRB training |
| IRB Crew | 2015/16 | <ul style="list-style-type: none"> • Knots and lashings to be assessed |