



Surf Life Saving Australia - Circular

Title:	Skills Maintenance (Proficiency Check) Requirements for 2019/20 Season
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Summary:	All active lifesavers are required to complete a skills maintenance (proficiency check) to demonstrate competency in the lifesaving award/s they hold and in which they wish to remain current. This circular outlines the skills maintenance requirements for the 2019/20 season.

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Skills Maintenance 2019/20

Introduction

The requirements in this circular detail the minimum national requirements for the SLS 2019/20 season as ratified by the Lifesaving Committees. Additional requirements may be included by your relevant SLS state/territory centre.

A *SLS Skills Maintenance Information v2019* pack is available to download from the SLS Members Area Document Library.

Theory Component

Members are encouraged to complete the skills maintenance theory component online as assessment marking and record keeping is automated online to reduce any potential administrative burden placed upon SLS trainers and assessors. Commencing the SLS 2019/20 season to further reduce any administrative burden on trainers and assessors, the online option of the skills maintenance theory component can be **bulk assigned on 1st September** to members with existing SLS Members Area accounts.

Online

Members completing the theory component online:

- require an SLS Members Area account to access the online *SLS - Skills Maintenance 2019/20* course
- will receive the national pre-season updates by a video announcement from SLSA then answer questions which relate to the updates outlined in the video.
- will have their completion results automatically uploaded into the new SLSA Assessing App—no need for online certificate of completion.
- can present an electronic or printed copy of their online certificate of completion to an assessor or endorsed delegate who is not using the new SLSA Assessing App.

Paper-based

Members completing the theory component offline will need to:

1. Receive the pre-season updates from their assessor or endorsed delegate.
2. Complete the *SLS Skills Maintenance Workbook 2019/20* (written theory questions)
3. Present their completed *SLS Skills Maintenance Workbook 2019/20* to their assessor or endorsed delegate.

Practical component

Training resources that support SLS awards are located in the [SLSA Members Area](#) Document Library and eLearning Platform. Members are encouraged to review these prior to commencing patrol.

Aquatic Rescue Pathway Awards

Bronze Medallion (BM) and Surf Rescue Certificate (SRC)

1. Resuscitation (CPR)

- Completion of theory component
- A primary assessment (DRSAB--) on a live victim including the demonstration of the lateral position
- Primary assessment (DRSABCD), CPR 1 and 2 person (adult or child AND infant) on an approved manikin – to include resuscitation methods using a resuscitation mask or face shield and AED.
- Team CPR scenario including primary assessment (DRSABCD) – to include resuscitation methods using a resuscitation mask or face shield and AED.



2. Radio operations

- Completion of theory component
- A practical demonstration of a scenario involving equipment (without transmitting). The scenario must include at least three of the following situations and must be conducted for each candidate:
 - Pre-operation checks
 - Knowledge of local operating channels and uses
 - Inter-patrol communications
 - Sign on/sign off
 - Rescue procedures and requests for assistance.

3. Signals

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

4. Run-Swim-Run (timed)

- SRC—Unaided: 100 m Run-100 m Swim-100 m Run in 5 minutes or less
- BM—Unaided: 200 m Run-200 m Swim-200 m 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.

5. Rescue

- Demonstrate a minimum of one rescue of a conscious or 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.

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 25 m length
- Hold and be proficient in the SLSA Bronze Medallion [and hold the Certificate II in Public Safety (Aquatic Search and Rescue)].

Gold Medallion (GM)

1. A member must be proficient in each of the following awards:
 - Bronze Medallion
 - Advanced Resuscitation Techniques Certificate
 - Apply (Senior) First Aid/Provide first Aid

If any of these award proficiencies lapse during the season, even after successful completion of the Gold Medallion proficiency, then the member will become non-proficient in the Gold Medallion, until such time as the lapsed award has been updated.

2. Pool Swim

- The member must complete an 800 m swim in 14 minutes or less in a swimming pool of no less than 25 m
- The pool swim must be completed before any other component of a Gold Medallion skills maintenance.



3. Mission Test (timed)

- The distance will be 400 m swim, 800 m run, 400 m board paddle, and 800 m 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 must be around two swimming buoys.

4. Rescue

- Demonstrate a board rescue according to SLSA operating procedures in the current SLSA Public Safety and Aquatic Rescue training manual. The victim should be 200 m out to sea
- Demonstrate a tube rescue according to SLSA operating procedures in the current SLSA Public Safety and Aquatic Rescue training manual. The victim should be 100 m out to sea and the member should use swim fins during this rescue.

5. Complex Rescue Scenario (may include one of the rescues above)

- Demonstrate a complex rescue scenario as set by the delegated assessor according to the SLSA operational procedures in the current *SLSA Public Safety and Aquatic Rescue* training manual
- The rescue must assess the following events:
 - Negotiating the surf zone
 - Securing the patient/s
 - Returning to shore without losing the victim/s
 - Calling for assistance
 - Performing emergency care as required by the victim/s.

Emergency Care Pathway Awards

SLSA awards involving resuscitation are to be assessed annually. Once proficiency is achieved, resuscitation in other SLSA award skills maintenance 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 SLSA Resuscitation award is not sufficient to result in the renewal of a member's HLTAID001-Provide cardiopulmonary resuscitation unit of competency. Members should contact their SLS state/territory centre for advice on renewing their units of competency.

Resuscitation

A member is considered to be proficient in the stand-alone SLSA Resuscitation award if they have completed the BM and SRC Skills Maintenance Section 1 on Resuscitation (CPR).

Advanced resuscitation techniques certificate (ARTC)

1. Resuscitation (CPR)

- A member is considered to be proficient in this component of the ARTC Skills Maintenance if they have successfully completed the BM and SRC Skills Maintenance Section 1 on Resuscitation (CPR).

2. Advanced Resuscitation

- Team CPR scenario including primary assessment (DRSABCD) – to include resuscitation methods using a resuscitation mask or face shield, AED and oxygen supplement (oxygen cylinder connected to bag-valve-mask resuscitator on an unconscious victim).



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. Bag-valve-mask resuscitator
 - Correct use of bag valve mask resuscitator

Members proficient in ARTC section 1 are also deemed proficient in BM and SRC section 1 on resuscitation.

Members still need to be assessed as competent in sections 2-3 to be deemed proficient in the SLSA Advanced Resuscitation Techniques Certificate.

Spinal Management (Spinal)

Participate in a spinal management scenario relevant to your location.

Silver Medallion Advanced First Aid (SMAFA)

To remain proficient in the Silver Medallion Advanced First Aid, a member must complete the advanced first aid component of the SLSA award in full every three years as well as maintain their annual proficiency in the following SLSA awards:

- Spinal Management Certificate, and
- Advanced Resuscitation Techniques Certificate.

Pain Management (PM)

Proficiencies for this award will be required at a minimum every 2 years and annually in some states depending on their state permit requirements. Independent of the frequency, items included in the proficiency will include:

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

Beach Management Pathway Awards

Radio Operations (RO)

A member is considered to be proficient in the stand-alone SLSA Radio Operations award if they have completed the BM and SRC Skills Maintenance Section 2 on Radio Operations.

For those who use this award as part of their operation within a SLS communications centre, additional assessment may be included at a local level.

Silver Medallion Beach Management (SMBM)

1. Proficiency is required in the prerequisites for this award to remain current. The prerequisites are:
 - Hold or have held the Bronze Medallion award AND:
 - Be proficient in ONE of the following:
 - Bronze Medallion
 - First Aid
 - Radio Operator
 - Advanced Resuscitation Techniques
 - Spinal Management.



Powercraft Pathway Awards

Powercraft award holders need to demonstrate skills in a 'one off' skills maintenance check or may be deemed as proficient via demonstration of competency during normal operational activities. Proficiency of powercraft award holders may be able to be assessed in numerous ways such as club powercraft officer recommendation and through the use of logbooks.

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 current state/territory boat license (where applicable)
- RWC Operator
 - Proficient Bronze Medallion
 - Hold a current state/territory boat/PWC license (where applicable)
 - Additional state/territory pre-requisites as required.

IRB Crew (IRBC)

Skills maintenance in this award may be assessed by an endorsed delegate. Logged hours should be included in making assessment decisions.

1. Completion of theory component
2. 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
 - Demonstrate ability to carry out a victim lift, exit, carry and lay.

Silver Medallion IRB Driver (SMIRBD)

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

1. Completion of theory component
2. 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
 - Demonstrate ability to carry out a victim lift, exit, carry and lay.

Side-by-Side Vehicle (SSV)

It is not a national requirement to undertake an annual SSV (ATV) proficiency. Instead a member's driving license must be checked each year for currency. Each SLS state/territory centre can manage this process and this information can be recorded in SurfGuard.

A member who loses their driver's license (whether through cancellation or suspension) must not be driving the SSV. Members must participate in an SSV Operator Induction for each new SSV make and model that they have not driven before. The *SLSA SSV Operator Induction Guide* is available in the SLS Members Area Document Library.



Rescue Water Craft Operator (RWCO)

Skills maintenance for the Rescue Water Craft Operator certificate must be completed as per SLS state/territory centre requirements and may be assessed during normal operational activities.

Specialist powercraft awards (JRB/ORB/RIB Crew, Driver, Skipper)

Skills maintenance for specialist groups shall be determined by the individual group and as approved by your relevant SLS state/territory centre. Skills maintenance may be assessed during normal operational activities.



Appendix 1 - Bronze Medallion In-Depth Proficiency Matrix

Year	Change
2002/03	<ul style="list-style-type: none"> • 32nd edition training manual released • 7 units of competency aligned to 32nd edition training manual • Full Certificate II in Public Safety (Aquatic Rescue) obtained after 20 hours patrol • WHS information added
2004/05	<ul style="list-style-type: none"> • RPL or credit transfer to full Cert II is available to proficient members
2005/06	<ul style="list-style-type: none"> • 32nd edition training manual (version 2) released • Oxygen therapy and oxygen aided resuscitation added to the resuscitation component of the Bronze • 'C' in DRABC changed to 'check signs of life' • Certificate II in Public Safety (Aquatic Rescue) compulsory for all new members undergoing proficiency the year after qualification • Requirement for 'on the job training' replaced with 'patrol familiarisation' activity
2006/07	<ul style="list-style-type: none"> • Members who do not have a Certificate II in Public Safety (Aquatic Rescue) after December 30 will no longer be able to patrol
2008/09	<ul style="list-style-type: none"> • 33rd edition training manual released • Two-person tube rescue added • Section on systems of the body added
2009/10	<ul style="list-style-type: none"> • Defibrillation awareness added • 'D' added to DRABCD, defibrillation • Resuscitation rates and protocols replaced with 30:2
2010/11	<ul style="list-style-type: none"> • Radio proficiency added
2011/12	<ul style="list-style-type: none"> • IRB awareness added • "S" added to DRSABCD, send for help
2012/13	<ul style="list-style-type: none"> • 2 new signals added <ul style="list-style-type: none"> – Submerged patient missing (Code X) – All clear • Inclusion of CPR on infants • Treatment of anaphylaxis, using an autoinjector
2013/14	<ul style="list-style-type: none"> • 34th edition training manual released • Theory paper added to skills maintenance assessment
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 standing spinal and application of a cervical collar)
2017/18	<ul style="list-style-type: none"> • October 2017 reprint of <i>SLSA 34th edition Public Safety and Aquatic Rescue (revised July 2016)</i> • ARC guideline changes*: <ul style="list-style-type: none"> – Checking resuscitation equipment (notably oxygen pipe connection, assembly or resuscitation bag valve devices). • EpiPen administration (now 3 seconds and no massaging injection site)
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)

* Refer to the Australian Resuscitation Council website for more information.