

THE AWARD SKILLS MAINTENANCE REQUIREMENTS FOR THE 2013/14 SEASON ARE:

AQUATIC RESCUE AWARDS

Surf Rescue Certificate

1. Run Swim Run (timed):
 - . 100m Run / 100m Swim / 100m Run in 5 minutes or less.

2. Resuscitation (CPR):
 - . A patient assessment on a live patient and demonstration of lateral position.
 - . CPR, 1 and 2 person (adult/child and infant) on a manikin.

3. Signals – 10 correct:
 - . Demonstrate 10 correct signals as determined by the Assessor conducting the proficiency. The new 'Code X' and 'All Clear/OK' signal that were introduced in the 2012/13 maintenance should be included.

4. Rescue (1 of either Board or Tube):
 - . Demonstrate a rescue, using either a rescue tube or a rescue board, according to SLSA operating procedures in the current Public Safety and Aquatic Rescue Training Manual. The rescue must include the following:
 - . Negotiating the surf zone
 - . Securing the patient
 - . Returning to shore with the patient
 - . Calling for assistance

Members may choose their preferred rescue method. If tube rescue is selected fins should be used where available

Bronze Medallion

1. Run Swim Run (timed):
 - . 200m Run / 200m Swim / 200m Run to be completed in 8 minutes or less.

2. Resuscitation (CPR) with oxygen and defibrillation.
 - . A patient assessment on a live patient and demonstration of lateral position.
 - . 1 person CPR (adult/child and infant) on a manikin.
 - . Team CPR including use of resuscitation mask with oxygen supplement and AED.

3. Signals – 10 correct.

. Demonstrate 10 correct signals as determined by the Assessor conducting the proficiency. The new 'Code X' and 'All Clear/OK' signal that were introduced in the 2012/13 maintenance should be included.

4. Rescue (1 of either Board or Tube):

. Demonstrate a rescue, using either a rescue tube or a rescue board, according to SLSA operating procedures in the current Public Safety and Aquatic Rescue Training Manual. The rescue must include the following:

- . Negotiating the surf zone
- . Securing the patient
- . Returning to shore with the patient
- . Calling for assistance

Members may choose their preferred rescue method. If tube rescue is selected fins should be used where available.

5. Radio

. At least three questions on the use of radio must be asked of each candidate.

This may include:

- . Pre operation checks
- . Knowledge of local operating channels and uses
- . Call signs
- . Rescue procedures

Silver Medallion Aquatic Rescue

There is currently no skills maintenance requirement for this award. However, award holders will be expected to remain current through update sessions or search and rescue exercises offered locally.

Gold Medallion

The Gold Medallion is only to be assessed by an Assessor appointed on an annual basis by the Branch/State Director of Lifesaving (or equivalent).

Assessors who are appointed must be noted in the Branch minutes annually.

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

- . Advanced Resuscitation Techniques Certificate
- . Apply (Senior) First Aid
- . Spinal Management

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.

The skills maintenance check for the gold Medallion for the 2013/14 season will be:

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 a Gold Medallion proficiency.

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 must be 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. It is recommended that members wear swim fins during the tube rescue.
- . Board Rescue: Complete a board rescue of a patient 200 metres out to sea and return.

4. Complex Rescue Scenario (may be included as part of the rescue section 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 consist of the following events being assessed:

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

EMERGENCY CARE AWARDS

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

Resuscitation Certificate

Award holders must successfully complete a skills maintenance check, showing their competence in:

- . Patient assessment on a living person and a demonstration of the lateral position
- . DRSABC, 1 & 2 person CPR techniques (adult/child and infant) on a manikin including the use of a resuscitation mask

Advanced Resuscitation Techniques Certificate (ARTC)

1. Resuscitation*

- . Patient assessment on a living person and a demonstration of the lateral position
- . 1 person CPR (adult/child and infant) on a manikin.
- . Team CPR including the use of resuscitation mask with oxygen supplement and AED.

2. Oxy Viva Operation

- . Use of air bag resuscitator on conscious/unconscious patient(s) during resuscitation scenario.

3. Oropharyngeal Airways

- . Correct measurement and insertion of an Oropharyngeal Airway (on a manikin where possible).
- . Demonstrate an understanding of when and why an airway is introduced into resuscitation.

4. Suction

- . The use of hand held suction apparatus for the removal of fluids from the mouth.

* Remember: If a member has already completed a skills maintenance that required resuscitation to be assessed i.e. Bronze Medallion, they are considered to be proficient in that section of the award.

Spinal Management Certificate

1. Demonstrating placing a patient on a spinal board in a surf environment and on land.
2. Application of cervical collar on a patient. This may occur during the above scenarios clearly identifying how to correctly measure and apply a cervical collar.

Pain Management

Within NSW proficiencies for this award must be completed every two years. Proficiencies for pain management must include:

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

Silver Medallion Advanced First Aid

There is no skills maintenance check for this award. However, a member must maintain proficiency in the prerequisite awards of Pain Management, Spinal Management and ARTC to remain current in Silver Medallion Advanced First Aid.

POWERCRAFT AWARDS

The Lifesaving Standing Committee has agreed that not all powercraft operators/crew necessarily need to demonstrate skills in a “one off” proficiency check and that many may be seen as proficient via demonstration of competency during normal operational activities. Proficiency of powercraft operators/crew may be able to be assessed in numerous ways such as through the use of log books and club/service powercraft officer recommendation.

All members wanting to remain proficient in IRB Crewperson, Silver Medallion (IRB Driver) and/or RWC Operator must demonstrate proficiency in the prerequisite awards associated with these awards:

For IRB Crewperson

- . Proficient Bronze Medallion

For Silver Medallion (IRB Driver)

- . Proficient Bronze Medallion
- . Proficient IRB Crewperson
- . Hold a current state/territory boat license (where applicable)

For RWC Operator

- . Proficient Bronze Medallion
- . Hold a current state/territory boat/pwc license (where applicable)
- . Additional State/Territory pre-requisites as required

IRB Crew

1. Questions on safety and the SLSA Powercraft Code of Conduct.
2. Demonstrate effective and safe crewing practice and ability including:
 - . Parallel running
 - . Figures eight
 - . Response to signals
 - . Negotiate the surf as required
 - . Demonstrate the ability to conduct a patient rescue
 - . Demonstrate ability to carry out a patient lift, exit, carry and lay

Silver Medallion (IRB Driver) and RWC Operator

IRB/RWC Drivers must successfully demonstrate their competence in current IRB/RWC driving techniques

such as:

1. Knowledge on safety and the SLSA Powercraft Code of Conduct.

2. Demonstrated ability to apply safe driving practice and the ability including but not limited to:

- . Parallel running
- . Figures eight
- . Response to signals
- . Negotiate the surf as required

3. Other driving skills and rescue techniques

- . Demonstrate the ability to conduct a patient rescue
- . Demonstrate the ability to carry out a patient lift, exit, carry and lay

RWC operators they must also be able to reboard the craft from deep water.

Specialist Powercraft Awards (JRB/ORB)

Skills maintenance for specialist groups shall be determined by the individual group and as approved by the relevant Branch/State Director of Lifesaving. Skills maintenance may be assessed during normal operational activities.

BEACH MANAGEMENT AWARDS

Silver Medallion (Patrol Captain) OR Silver Medallion (Basic Beach Management)

Proficiency is required in the prerequisites for the awards to remain current.

It is recommended that all current Patrol Captain's undertake the new online course 'Introduction to Search and Rescue' as part of their skills maintenance. This short online course has been developed to provide access to theory content of the Silver Medallion Aquatic Rescue course that is most relevant to Patrol Captains.

RADIO AWARDS

Radio Operators Certificate

For those who hold the stand alone Radio Operators Certificate (i.e. who do not have their BM/CERTII), at

least three questions on the use of radio must be asked of each candidate. This may include:

- . Pre operation checks
- . Knowledge of local operating channels and uses
- . Operating procedures,
- . Call signs
- . Rescue procedures

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

TRAINING AND ASSESSING AWARDS

Assessor

1. Be currently endorsed as per State requirements. Endorsement is dependent on the Assessor remaining current in the award/s they are assessing AND current in training and assessment.

Training Officer

1. Be currently endorsed as per State requirements. Endorsement is dependent on the Trainer remaining current in the award/s they are training AND current in training and assessment.

Facilitator

1. Be currently endorsed as per State requirements. Endorsement is dependent on the Trainer remaining current in the award/s they are Facilitating AND current in training and assessment.