

Dear Bronte SLSC Members,

Please read, as this document contains important information about significant changes to the registration process, requirements and layout of skills maintenance this season at Bronte SLSC.

In particular:

- You will register for a skills maintenance session via the members portal - eLearning
- You are required to complete an online skills maintenance module prior to your practical skills maintenance session (accessed via members portal - eLearning) it will take approximately 5 minutes
- The skills maintenance will be station based with rotation through 6 stations covering run-swim-run, signals, radios, CPR, first aid updates and board/tube rescue
- You must enrol in one of the 5 scheduled dates between September and November and there is a maximum of 60 people per session. No further sessions will be scheduled.

Skills Maintenance is a requirement of our members to complete each year, who hold the minimum of either their Bronze Medallion or Surf Rescue Certificate. We have restructured our skills maintenance sessions this year as we want to refresh and maintain our member's knowledge and skills, and ensure that you are confident as lifesavers. It is a requirement that you complete your Skills Maintenance by **December 31st 2019** to continue patrolling.

If you hold the following awards you must complete a skills maintenance session:

- Bronze Medallion
- Advanced Resuscitation Techniques Certificate (ART)
- Spinal Management
- Silver Medallion: Aquatic Rescue : one date only Saturday 26th October 2019

NB If you obtained any of the above awards prior to the 31st June 2019 you must complete the corresponding skills maintenance session.

Registering for the skills maintenance session:

Bronte is offering 5 Bronze Medallion Skills Maintenance sessions as well as several sessions for ART and spinal management. You must enrol for one of the sessions via the **members' portal**. **There are step-by-step instructions on how to enrol attached. Also attached are all the dates and times of the skills maintenance sessions.**

Link to access the members' portal: https://members.sls.com.au/SLSA_Online/modules/login/index.php

Completing the online skills maintenance module:

This year there is a requirement to complete the **online skills maintenance component** prior to attending a skill maintenance sessions. This can be accessed and completed via the members' portal eLearning. Step-by-step instructions on how to access and complete are attached. Please keep an electronic copy of your completed certificate for viewing on the day of your skills maintenance session. This takes approximately 5 minutes to complete and should be done so when registering for the skills maintenance session.

Skills maintenance session layout:

The skills maintenance sessions will be station-based, where you will rotate through 6 stations. The session will take 2 hours. You will either spend the first half (1 hr) of the session doing the dry-based stations or the wet-based stations, and then you will swap over. There will be a maximum of 60 members attending each session. Please note all skills maintenance sessions will be at Bronte SLSC. Please meet at the club room 5 minutes prior to the start of your session.

What to bring to the skills maintenance session:

- Your electronic copy of your completed online Skills Maintenance for viewing
- Goggles, swimmers, towel, warm clothes

Completing the online Safeguarding Children & Young People Awareness Course

This season there is a new online course called Safeguarding Children & Young People Awareness Course. We are asking all members to complete this short 15 minute course that can also be accessed on the members' portal – eLearning. Instructions are also included in the attachment.

In the attachments you will find:

1. Dates & Times of the Skills Maintenance Sessions
2. How-To Instructions
 - a. Registering for a skills maintenance session
 - b. Completing the online skills maintenance module
 - c. Completing the Safeguarding Children & Young People Awareness Course

Please read both of the attachments. I recommend that you register for you skills maintenance ASAP and refresh your lifesaving skills early in the season.

Emily Harrison

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