

2023-2024 Skills Maintenance (Proficiencies) & Registering for your proficiency date.

Skills maintenance and proficiency date – how to find in your Members Area:

https://www.youtube.com/watch?v=Ul_fj0lgMcl (thanks Ben McCann)

The lifesaving committee previously approved a three-year cycle for skills maintenance for both the Surf Rescue Certificate and Bronze Medallion. This season the skill maintenance practical will focus on **Tube Rescue**.

What do I need to do for my **bronze medallion/SRC** proficiency?

1. Theory Component

Where in my Members Portal is the online theory that I need to complete?

1. Top tab **eLearning**
2. **Login to eLearning** - (then wait for the login to occur)
3. Left side – **My Training**
4. **2023/24 Skills Maintenance** is in the 'Not Started or In Progress Courses' section.

A Bronze Medallion member will need to:

- Watch a video update
- Complete three online learning 'branching scenarios' *
- Answer six questions related to any of the above content

Surf Rescue Certificate member will need to:

- Watch a video update
- Complete one online learning branching scenario
- There are no theory questions for SRC this season

Award Members are not required to complete any theory this season.

** What is a branching scenario? A branching scenario is a more interactive form of learning online. The member will be given three scenarios which they must work*

through, involving rescue and first aid, where they will need to make decisions and then be presented with the consequences of that decision. They will be given choices at each step, with each response they give determining the next part of the scenario given. They are unpredictable and more engaging and can be completed a number of times with a different outcome. Best of all they put theory into perspective.

2. Practical component

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

1. 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.

2. Signals

Demonstrate knowledge of signals. The demonstration must include the following:

- Beach to water signals
- Water to beach signals

3. Resuscitation (CPR)

- 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 (individually issued face shields are preferred, if using masks special cleaning procedures need to be followed).
- Team CPR scenario including primary assessment (DRSABCD) – to include resuscitation methods using a resuscitation mask or face shield and AED.

4. Radio

Participation in a scenario involving equipment. 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
- Rescue procedures, requests for assistance which include the four P's

5. Rescue

Demonstrate a minimum of one rescue of a victim. SLISA strongly encourages that this is of an unconscious victim, using a rescue tube and according to SLISA operating procedures in the current SLISA Public Safety and Aquatic Rescue training manual. The rescue must include the following:

How do I register for my proficiency date?:

Where in my Members Portal is the online theory that I need to complete?

1. Top tab **eLearning**
2. **Login to eLearning** - (then wait for the login to occur)
3. Left side – **Training Event**
4. Go to the month of December and enrol on your Patrol number.