

2024-2025 Skills Maintenance & registering for your proficiency date.

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 **carries and drags**.

What do I need to do for my Skills Maintenance this season?

See below for the 1. Theory Component and 2. Practical Component for each Award

1. Theory Component

Where in my **SLSA Members Area** is the online theory that I need to complete?

1. The fourth top tab from the left - **eLearning**
2. **Login to eLearning** - (then wait for the login to occur)
3. Left side – **Training Library**
4. **2024 Skills Maintenance** (for Bronze, SRC, Radio Operator Certificate, & (the newer Silver Medallion Patrol Captain). If you are Silver Medallion Beach Management (SMBM) like most of us, go back and click on **Training Library** on the left and scroll down to **SLS – Surf Risk Rating** and complete the online course.

A Bronze Medallion or Surf Rescue Certificate member will need to complete the following:

- watch a video update
- the Sexual Harassment and Misconduct Awareness training module
- online learning branching scenario
- online radio module
- online difficult conversations module
- answer questions related to any of the above content

All Award members will need to complete:

- the Sexual Harassment and Misconduct Awareness training module

Radio Operator Certificate holders will need to complete the following:

- online radio module
- the Sexual Harassment and Misconduct Awareness training module

Silver Medallion Patrol Captain award members need to complete:

- online learning branching scenarios

Silver Medallion Beach Management (SMBM) award members need to complete:
- the Surf Risk Rating (SRR) training module (see above instructions on where to find this module in your **SLSA Members Area**)

***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 many times with a different outcome. Best of all they put theory into perspective.*

2. Practical (proficiency) component

How do I register for my proficiency date in the **SLSA Members Area**?

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 November and enrol on your Patrol number that appears in that month.

The information below outlines the practical requirements of each SLSA award for skills maintenance. Where scenarios should be used to combine components; for example, a scenario combining a tube rescue with CPR. Training resources that support SLSA awards are in the **SLSA Members Area** Document Library. Members are encouraged to review these prior to commencing the patrolling season.

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 lessThe 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 Board Rescue and according to SLISA operating procedures in the current *SLISA 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

6. Carries and Drags

Demonstrate a minimum of three carries and drags of a victim. This should include carries and drags for both unconscious and conscious victims, according to SLISA procedures in the current *SLISA Public Safety and Aquatic Rescue* training manual. The carries and drags should include the following:

- Two-person carry (trunk and legs)
- IRB carry with or without handover depending on members qualifications
- Two-handed seat carry (recommended for non-tropical waters) OR
- Two-person drag (recommended for tropical waters)

The carry needs to demonstrate the following:

- Appropriate victim airway management (where applicable)
- Correct techniques including safe lifting and manual handling techniques
- Carrying the victim to a safe location and correct lowering of the victim

Advanced Resuscitation Techniques

Please note that the Advanced Resuscitation Techniques Certificate is no longer available to be made proficient this season. The below requirements are for the Advanced Resuscitation Techniques and Advanced Resuscitation Techniques [AID] awards only.

1 Resuscitation (CPR)
2 See Bronze Medallion and SRC Skills Maintenance Resuscitation (CPR) component above for requirements. A member is proficient in this component of the ART Skills Maintenance if they have previously completed the BM and SRC Skills Maintenance.

1 Advanced Resuscitation
2 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).

1 Oropharyngeal Airways
2 Correct measurement and insertion of an oropharyngeal (OP) airway
3 Demonstrate an understanding of when and why an OP airway is introduced into resuscitation.

1 Bag-valve-mask resuscitator
2 Correct use of bag valve mask resuscitator

The deadline for the completion of the upgrade from Advanced Resuscitation Techniques (ART [AID]) to Advanced Resuscitation Techniques (ART) has been extended to July 2026.

Radio Operations (RO)

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.

Silver Medallion Beach Management (SMBM)

Participate in a practical on-beach session to implement learning from the Surf Risk Rating (SRR) training module.

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