



Surf Life Saving Australia – Circular

Title:	Skills Maintenance (Proficiency Check) Requirements for 2021/22 Season – States Impacted by Health Orders/Restrictions
Document ID:	Circular 10/21-22
Audience:	Lifesaving and Education Committees
From:	Coastal Safety and Learning & Development
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Subject:	Skills Maintenance for 2021/22 season – States Impacted by Health Orders/Restrictions
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 2021/22 season if a State is impacted by Health Orders/restrictions.

Introduction

The requirements in this circular detail the minimum requirements for the SLS 2021/22 season in those States impacted by State Health Orders as ratified by the Lifesaving and Education Committees. Additional requirements may still be included by your relevant SLS state/territory centre.

Theory Component

Members are required to complete the skills maintenance theory component online as assessment marking and record keeping is automated and reduces the burden placed upon SLS trainers and assessors. The member will need to watch a video and then answer questions relating to the content in the video. The online course will be bulk assigned on or before the 1st September to members with existing SLS Members Area accounts in NSW, QLD, TAS and SA. If a member is unable to complete this component online, they should speak with their club training officer.

Practical component

The information below outlines the practical requirements of each SLSA award for skills maintenance. Training resources that support SLSA awards are located in the [SLSA Members Area](#) Document Library. Members are encouraged to review these prior to commencing the patrolling season.

Practical components should be undertaken in an outdoor, well ventilated setting this is inclusive of all Emergency Care Pathway Awards i.e. CPR. States should ensure that relevant covid plans referencing social distancing measures, relevant PPE, sanitisation procedures, hand hygiene and any other relevant State health order requirements must be followed.

Aquatic Rescue Pathway Awards

1. Resuscitation (CPR)

A primary assessment (DRSAB) on a manikin including the demonstration of the lateral position.

Primary assessment (DRSABCD), CPR 1 person (adult or child and infant) on an approved manikin with breaths to be performed to the side of the manikin.

2. 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.

3. Rescue

Demonstrate the ability to negotiate the surf zone using either a rescue tube (and swim fins if available) or a rescue board. The member should demonstrate the ability to call for assistance when returning to the shore.

Note. No patient pick up is to be performed due to COVID-19 restrictions.

Bronze Medallion (BM) Only

The following requirements are new content as a result of the changes to the Bronze Medallion award for the 2021/22 season (35th edition). It is necessary for all active surf lifesavers to be upskilled in this new content. Some members may have completed these requirements last season.

1. Tourniquets

- Self-Administer an arterial tourniquet to a leg and demonstrate the ability to tighten as per the manufacturer's instructions

2. Spinal Management

- Held over until 2022/23 season. This will be a mandatory requirement in the 2022/23 skills maintenance.

Silver Medallion Aquatic Rescue (SMAR)

Held over for the 2021/22 season, if they complete the Bronze Medallion and any other pre-requisite proficiency requirements.

Gold Medallion (GM)

Held over for the 2021/22 season, if they complete the relevant pre-requisite proficiency requirements including:

- Bronze Medallion
- Advanced Resuscitation Techniques Certificate
- Apply (Senior) First Aid/Provide first Aid

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 to be performed again.

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 skills maintenance for 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 primary assessment (DRSAB--) on a manikin including the demonstration of the lateral position.
- Primary assessment (DRSABCD), CPR 1 person (adult or child and infant) on an approved manikin with breaths to be performed to the side of the manikin.

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

2. Oropharyngeal Airways

- Demonstrate an understanding of how to measure and insert an oropharyngeal (OP) airway
- Demonstrate an understanding of when and why an OP airway is introduced into resuscitation.

3. Bag-valve-mask resuscitator

- Correct set up of bag valve mask resuscitator

Beach Management Pathway Awards

Radio Operations (RO)

A member is considered to be proficient in the stand-alone SLSA Radio Operations award on completion of the SLS – Radio Operators Certificate online course and associated Theory Assessment

Powercraft Pathway Awards

Powercraft award holders may 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.

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. Demonstrate effective and safe crewing practice and ability including:

- Parallel running
- Figures of eight
- Response to signals
- Negotiation of surf

Silver Medallion IRB Driver (SMIRBD)

Skills maintenance in the Silver Medallion IRB Driver award can only be assessed by an IRB assessor. Demonstrate the ability to apply safe driving practice including but not limited to:

- Parallel running
- Figures of eight
- Response to signals
- Negotiation of surf

Rescue Water Craft Operator (RWCO)

Skills maintenance in the Rescue Water Craft Operator (RWCO) award can only be assessed by an RWC assessor. Demonstrate the ability to apply safe driving practice including but not limited to:

- Parallel running
- Figures of eight
- Response to signals
- Negotiation of surf

Specialist Powercraft Awards (JRB/ORB Crew, Driver, Skipper)

Members must meet the pre-requisite proficiency requirements of the relevant awards.

Side-by-Side Vehicle (SSV)

- Members must participate in an SSV Operator Induction for each new SSV make and model that they have not driven before.
- Members must ensure a current and valid licence is maintained in SurfGuard.

Age Manager Award

Age Managers are required to complete a proficiency every five years. A member is considered to be proficient:

- On completion of the Age Managers online course
- On completion of the Safeguarding Children and Young People Awareness online course
- Hold the current working with children check or equivalent requirement for their state/territory

Appendix 1 - Bronze Medallion In-Depth Proficiency Matrix

Year	Change
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 can not 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 SLSA 34th edition Public Safety and Aquatic Rescue (revised July 2016) • 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)
2019/20	<ul style="list-style-type: none"> • PSAR 35th edition released May 2020 • Removal of oxygen therapy and oxygen aided resuscitation to the resuscitation component of the SRC / Bronze • Spinal Management content added to Bronze • Tourniquet training added to Bronze • Mental health awareness training for SRC and Bronze • Release of new PUA training package including updated Certificate II in Public Safety (Aquatic rescue)

	<ul style="list-style-type: none">• ARC guideline updates:<ul style="list-style-type: none">○ Shock (control bleeding, send for help, reassure)○ Snake bites (send for help, immobilise and apply pressure)○ Hyperthermia (send for help and cool person by any means available)
2020/21	<ul style="list-style-type: none">• ARC guideline changes*:• Treatment for hyperthermia includes ice on the soles, palms and cheeks in addition to groin and armpits. No longer on the back of the neck.• Removal of blind finger sweeps for airway management

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