



Surf Life Saving Australia - Circular

Title:	Skills Maintenance (Proficiency Check) Requirements for 2020/21 Season
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Audience:	Lifesaving and Education Committees
From:	Coastal Safety and Learning & Development
Date:	31 st July 2020
Subject:	Skills Maintenance for 2020/21 season
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 2020/21 season.

Introduction

The requirements in this circular detail the minimum national requirements for the SLS 2020/21 season as ratified by the Lifesaving Committee. Additional requirements may be included by your relevant SLS state/territory centre.

Online Component

Members are required to complete the annual skills maintenance online component. The online component is broken up into two sections; interactive online training and theory assessment questions. If a member is unable to complete this component online, they should speak with their club training officer. The following online components will be required for SLSA awards this season:

Surf Rescue Certificate

- Radio operations
- Signals
- Mental health awareness

Bronze Medallion

- Radio operations
- Signals
- Mental health awareness
- Tourniquets
- Spinal management

Radio Operations

- Radio operations.

Practical component

The information below outlines the practical requirements of each SLSA award for skills maintenance. Where possible scenarios should be used to combine components; for example, a scenario combining a rescue with CPR. 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.

Aquatic Rescue Pathway Awards

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

1. Resuscitation (CPR)

- A primary assessment (DRSAB--) on a live victim including the demonstration of the lateral position (this may be completed on a manikin if COVID-19 social distancing requirements are still in place).
- 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 for the 2020/21 season with COVID-19, 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.

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 a minimum of one rescue of a victim, SLSA strongly encourages that this is of an unconscious victim, using either a rescue tube (and swim fins if available) or a rescue board and according to SLSA operating procedures in the current *SLSA 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
- Two person carry or drag

Bronze Medallion (BM) Only

The following requirements are new content as a result of the changes to the Bronze Medallion award for the 2020/21 season (35th edition). It is necessary for all active surf lifesavers to be upskilled in this new content. Refer to the member's area for detailed sessions plans and timings.

4. Tourniquets

- Apply an arterial tourniquet to a limb high and tight as per the manufacturer's instructions

5. *Spinal Management

Members must complete a practical upskill session before June 30, 2022. State centres will determine when this is to be completed. The upskill session will include familiarisation of the following through demonstration and practice:

- Provide spinal care for a 'walk up victim' on land.
- Trapezius grip for stabilisation of the neck and maintenance of the airway on land
- Extended-arm roll for stabilisation of the neck and maintenance of the airway in shallow water
- Log-rolls to remove a victim from a spinal board or respond in the event of regurgitation
- Spinal board extrication, including securing victim to board.

* Note: States have until the June 30, 2022 for all lifesavers to be upskilled to the new spinal management content.

Silver Medallion Aquatic Rescue (SMAR)

Proficiency is required in the prerequisites for this award to remain current. The prerequisites are:

- Complete a 400 m swim in 8 minutes or less in a swimming pool of no less than 25 m length
- Hold and be proficient in the SLSA Bronze Medallion [and hold the Certificate II in Public Safety (Aquatic Search and Rescue)].

Gold Medallion (GM)

1. A member must be proficient in each of the following awards:

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

If any of these award proficiencies lapse during the season, even after successful completion of the Gold Medallion proficiency, then the member will become non-proficient in the Gold Medallion, until such time as the lapsed award has been updated.



2. Pool Swim
 - The member must complete an 800 m swim in 14 minutes or less in a swimming pool of no less than 25 m
 - The pool swim must be completed before any other component of a Gold Medallion skills maintenance.
3. Mission Test (timed)
 - The distance will be 400 m swim, 800 m run, 400 m board paddle, and 800 m 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.
4. Rescue
 - Demonstrate a board rescue according to SLSA operating procedures in the current SLSA Public Safety and Aquatic Rescue training manual. The victim should be 200 m out to sea
 - Demonstrate a tube rescue according to SLSA operating procedures in the current SLSA Public Safety and Aquatic Rescue training manual. The victim should be 100 m out to sea and the member should use swim fins during this rescue.
5. Complex Rescue Scenario (may include one of the rescues above)
 - Demonstrate a complex rescue scenario as set by the delegated assessor according to the SLSA operational procedures in the current SLSA Public Safety and Aquatic Rescue training manual
 - The rescue must assess the following events:
 - Negotiating the surf zone
 - Securing the patient/s
 - Returning to shore without losing the victim/s
 - Calling for assistance
 - Performing emergency care as required by the victim/s.

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.

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 member is considered to be proficient in the stand-alone SLSA Resuscitation award if they have completed the BM and SRC Skills Maintenance Section 1 on Resuscitation (CPR).

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 2-4 below to be deemed proficient in the SLSA Advanced Resuscitation Techniques Certificate.
2. Advanced Resuscitation
 - 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. Individually issued face shields are preferred for the 2020/21 season with COVID-19, if using masks special cleaning procedures need to be followed).
3. Oropharyngeal Airways
 - Correct measurement and insertion of an oropharyngeal (OP) airway



- Demonstrate an understanding of when and why an OP airway is introduced into resuscitation.
4. Bag-valve-mask resuscitator
- Correct use of bag valve mask resuscitator

Spinal Management (Spinal)

Participate in a spinal management scenario relevant to your location.

Silver Medallion Advanced First Aid (SMAFA)

To remain proficient in the Silver Medallion Advanced First Aid, a member must complete the advanced first aid component of the SLSA award in full every three years as well as maintain their annual proficiency in the following SLSA award:

- Advanced Resuscitation Techniques Certificate.

Beach Management Pathway Awards

Radio Operations (RO)

A member is considered to be proficient in the stand-alone SLSA Radio Operations award if they have completed the BM and SRC Skills Maintenance Radio Operations module.

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

Silver Medallion Beach Management (SMBM)

1. Proficiency is required in the prerequisites for this award to remain current. The prerequisites are:

- Hold or have held the Bronze Medallion award AND:
- Be proficient in ONE of the following:
 - Bronze Medallion
 - First Aid
 - Radio Operator
 - Advanced Resuscitation Techniques

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. Proficiency of powercraft award holders may be able to be assessed in numerous ways such as club powercraft officer recommendation and through the use of logbooks.

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. Logged hours should be included in making assessment decisions.

Demonstrate effective and safe crewing practice and ability including:

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



- Demonstrate victim rescue
- Demonstrate ability to carry out a victim lift, exit, carry and lay.

Silver Medallion IRB Driver (SMIRBD)

Skills maintenance in the Silver Medallion IRB Driver award can only be assessed by an IRB assessor. Logged hours should be included in making assessment decisions.

Demonstrate the ability to apply safe driving practice including but not limited to:

- Parallel running
- Figures of eight
- Response to signals
- Negotiation of surf as required
- Demonstrate ability to conduct a victim rescue
- Demonstrate ability to carry out a victim lift, exit, carry and lay.

Side-by-Side Vehicle (SSV)

It is not a national requirement to undertake an annual SSV (ATV) proficiency. Instead a member's driving license must be checked each year for currency. Each SLS state/territory centre can manage this process and this information can be recorded in SurfGuard.

A member who loses their driver's license (whether through cancellation or suspension) must not be driving the SSV. Members must participate in an SSV Operator Induction for each new SSV make and model that they have not driven before. The SLSA *SSV Operator Induction Guide* is available in the SLS Members Area Document Library.

Rescue Water Craft Operator (RWCO)

Skills maintenance for the Rescue Water Craft Operator certificate must be completed as per SLS state/territory centre requirements and may be assessed during normal operational activities.

Specialist powercraft awards (JRB/ORB/RIB Crew, Driver, Skipper)

Skills maintenance for specialist groups shall be determined by the individual group and as approved by your relevant SLS state/territory centre. Skills maintenance may be assessed during normal operational activities.



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 <i>SLSA 34th edition Public Safety and Aquatic Rescue (revised July 2016)</i> • 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 <ul style="list-style-type: none"> ◦ 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) • 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)

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