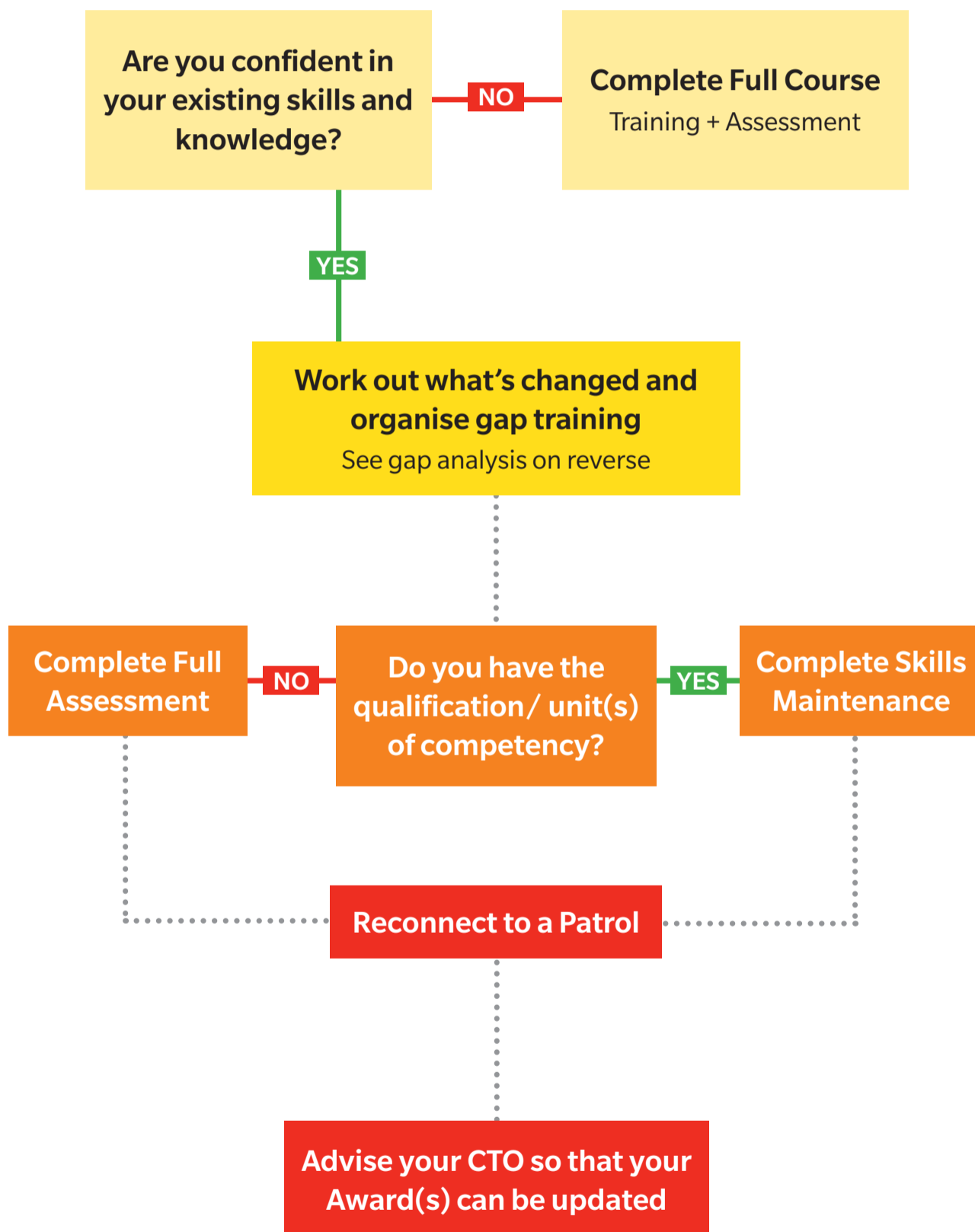


# Returning to Surf Life Saving?

**Welcome Back!** If you have not been proficient in a Surf Life Saving award for 3 years or more, you need to complete an “in-depth proficiency” to bring your awards up to date.

Take a look at the flowchart below and the additional information to get a better idea of what this means.



## Are you confident in your existing skills and knowledge?

Surf Life Saving NSW recognises prior learning, but we also know that sometimes people who return to Surf Life Saving after some time away would like a refresh!

Attending courses (or parts of a course) can be a great way to meet people at the Club. If you wish to attend a course, speak to your Chief Training Officer or Club Captain about course dates.

## What's changed since you last completed training?

If you feel fairly confident that your knowledge and skills are up to date, the next step is to identify what has changed since you last completed your training or were last proficient in the award. The Gap Analysis on the reverse of this resource shows you what has changed in our key awards in recent years.

Your Chief Training Officer can help you to work through this, or can put you in touch with a Trainer who will be able to help fill any gaps in skills and knowledge.

## Can you still do what you think you can do?

Once any gaps in knowledge or skills have been addressed, it's time to demonstrate that you are up to date in the same way that all lifesavers do on an annual basis.

If you haven't already got the qualification or unit(s) of competency associated with the award, you will need to complete a full assessment conducted by an endorsed Assessor.

If you do already hold the qualification or unit of competency, you will need to complete skills maintenance as per the current NSW Pre-Season Information Pack conducted by an endorsed Assessor or Club-endorsed delegate.

## Has patrolling, or have the people on patrol, changed?

As you'll know, saving lives is a team effort! The last step in the process is to reconnect to a patrol. Spending some time on patrol is a great way of reminding yourself of the on-patrol policies and procedures and of meeting the people you will be volunteering your time with.

Once you have completed the above steps, make sure your Chief Training Officer is informed so that they can arrange for your awards to be updated. They'll need to know who in the Club has supported you with gap training, assessment/skills maintenance and patrolling to update your record.



SURF LIFE SAVING  
**NEW SOUTH WALES**

# Gap Analysis – Surf Life Saving NSW

AWARD	YEAR CHANGED	CHANGE	ADDITIONAL INFORMATION Bronze Manual (34 <sup>th</sup> Edition) Powercraft Manual (8 <sup>th</sup> Edition)
<b>ALL Resuscitation</b>  (Including Surf Rescue Certificate, Bronze Medallion, First Aid, Advanced Resuscitation Techniques)	2009	Ratio of compressions to breaths in CPR changed to 30:2	New ARC Guideline: See Chapter 4 ( <b>CPR</b> section) of Bronze Medallion manual.
	2011	“S” (“Send for Help”) added to DRSABCD (primary assessment)	New ARC Guideline: See Chapter 4 ( <b>Send for help</b> section) of Bronze Medallion manual.
	2013	Infant resuscitation on a manikin to be assessed in all CPR training	New unit of competency requirement: See Chapter 4 ( <b>CPR on infants and children</b> section) of Bronze Medallion manual.
	2014	Patients airway and breathing is routinely assessed on their back – they are only rolled if necessary to clear foreign matter	New ARC Guideline: See Chapter 4 ( <b>Airway</b> section) of Bronze Medallion manual.
	2015	Specified number of scenarios and 2 minutes of uninterrupted CPR on: a) an adult manikin on the floor; and b) an infant manikin on a stable surface to be assessed in all CPR training	New unit of competency requirement.
	2016	Rate of CPR compressions changed to 100-120 compressions per minute	New ARC Guideline: See Chapter 4 ( <b>CPR</b> section) of the Bronze Medallion manual.
<b>Advanced Resuscitation Techniques only</b>	2010	Suction introduced and SLSA Awards Advanced Resuscitation Certificate and Defibrillation replaced with Advanced Resuscitation Techniques Certificate	New unit of competency requirement: See Advanced Resuscitation Certificate Learner Guide ( <b>Topic 3</b> ).
	2014	Assessment of vital signs (Respirations, Pulse and Temperature), completion of incident report, and 3x scenarios to be assessed	New unit of competency requirements: See Advanced Resuscitation Certificate Learner Guide ( <b>Topic 1</b> ).
<b>Bronze Medallion</b>	2011	IRB awareness added	New SLS requirement: See Chapter 11 ( <b>Emergency Services</b> section) of the Bronze Medallion
	2012	2 new signals added: a) all clear; and b) submerged patient missing (Code X)  Treatment of Anaphylaxis, using an auto-injector	New SLS requirement: See Chapter 7 ( <b>Water safety signals and flags</b> section) of the Bronze Medallion See Chapter 6, Page 97 of the Bronze Manual
	2014	<b>Revision of:</b> safety while working in a beach environment; surf awareness and rip current survival principles; how oxygen is used in team resuscitation; use of whistles as communication technique; identifying distressed and drowning patients; surveillance methods and beach management  <b>Addition of:</b> use of swim fins as a basic survival technique; information on the lymphatic system; stroke; anaphylaxis; the phonetic alphabet; and 3 person walk-up spinal  <b>Removal of:</b> in-water rescue breathing and 5 person spinal carry	New Work, Health and Safety legislation and new SLS requirements or guidance: Use index of Bronze Medallion manual to find relevant content.
	2016	ARC Guideline changes – Heart attack treatment; shock, heat exhaustion and external bleeding first aid treatment; Spinal Management	ARC guidelines – see <b>SLSA Circular 84: Australian Resuscitation Council Changes</b>
	2017	Treatment of Anaphylaxis – changed time of injection from 10 seconds to 3 seconds, with removal of need to massage	Refer to page 97 of the Bronze Manual and Anaphylaxis Action Plan
	<b>IRB Crew &amp; Driver</b>	2007	Powercraft Code of Conduct introduced
2011		Extra safety protocols for IRB introduced, including safe lifting of IRB, removal of right crew foot strap and addition of “locked in” position for crew	New SLS requirement: See Chapter 1 ( <b>Introduction</b> ) and Chapter 3 ( <b>The locked in position</b> section) of the Powercraft Manual
2015		Introduction of lifejackets, personal flotation devices and surf helmets in IRB training	New SLS requirement: See Chapter 1 ( <b>Lifejackets &amp; PFD’s and Surf Helmets</b> in training sections) of the Powercraft Manual
<b>IRB Crew</b>	2015	Knots and lashings to be assessed	Unit requirement: See Appendix 1 of the Powercraft Manual.
<b>IRB Driver and RWC</b>	2017	IRB Driver and RWC Pre-course Workbook updated – in line with Road and Maritime Services changes	See updated Pre-course Workbook for relevant course