

SLSA Skills Maintenance

Work Card and Scenarios

SKILLS MAINTENANCE WORK CARD		SKILLS MATRIX		AWARDS				MAINTENANCE COMPLETED													
<p>How to use this table:</p> <ol style="list-style-type: none"> Record the names of your participants below and the awards that they hold in the middle section. Ensure that participants sign this sheet where indicated. Identify which skills you need to assess for each award from the skills matrix to the right. You may use the sample scenarios provided on the following pages to assist with skills maintenance assessments. Use the tracking tool to record which skills you have assessed in the table on the far right. Record which individuals have participated in each scenario (and completed the theory for resuscitation and/or radio) in the table on the far bottom right. Sign, date and return this form to your chief training officer. <p>NOTE: Participants only need to have each skill assessed once. For example, participants only need to be assessed on resuscitation once to be deemed competent for all awards that require resuscitation.</p>		RSR			100 m < 5 min	200 m < 8 min															
		Resus	✓	✓	✓	✓															
		Signals			✓	✓															
		Rescue (Board)			✓	✓															
		Carries and drags			✓	✓															
		Radio			✓	✓	✓														
		Oxygen		✓																	
		Airway		✓																	
		Suction		✓																	
		SAR							✓												
Participant name	Participant signature	First Aid	ART	SRC	Bronze	Radio	SMAR	RSR	Resus*	Signals	Rescue	Carries	Radio*	Oxygen	Airway	Suction	SAR				
1.																					
2.																					
3.																					
4.																					
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6.																					
7.																					
8.																					
9.																					
10.																					
DELEGATED AUTHORITY SIGNATURE		Participant awards. Tick relevant boxes above.						Scenarios (*and theory) completed by participant. Tick relevant boxes above.													
DATE COMPLETED																					

Scenarios

Tube Rescue

A non-swimmer who has been wading in the surf zone has lost their footing and is now panicking and going under the water.

A ten-year-old girl is playing in the shallows when she gets knocked off her feet and washed into the water. Her father is nearby but says he can't swim.

A beachgoer has reported to the patrol captain that they have seen a person struggling to keep afloat just near the south flag.

A person has been dragged out in a rip and they are signalling for help.

A group of teenagers get caught in a rip current next to the flagged area.

Board Rescue

A swimmer is being dumped in large waves. They have surfaced in the surf zone and signal for help before going under.

A swimmer is caught in a rip. They are attempting to swim toward the shore and are clearly fatiguing rapidly.

A group of rock fishers get swept off the rocks. Some manage to climb out but one is injured and can't climb out.

A person who was body-boarding in the surfcraft area has lost their board and are signalling for assistance.

Radio

A person is lying face-down in shallow water part-way up the beach. They are some distance from the flags.

A member of the public advises that an elderly man is having serious chest pains at the BBQ area.

A victim has been swimming outside the flags and rescued from a rip. She is semi-conscious and breathing.

A victim has been found unconscious and not breathing at the waters' edge.

An outpost patrol is attending to a victim who has collapsed on the sand after struggling to get back to shore. They are conscious but coughing up a lot of water.

A member of the public walks up to the patrol tent and says that they think they have been stung by something. They collapse in front of you and stop breathing.

The IRB has been patrolling out the back of the break but is low on fuel.

You see 15 swimmers swept to sea in a flash rip current and need to get assistance urgently.

A group of teenagers are swept off the rocks after swimming and jumping off of them.

A member of the public informs the Patrol Captain that her sister is missing. She was last seen swimming parallel to the beach, about 100m out from the shoreline.

Oxygen

A person has collapsed at the local café. They are conscious but suffering shortness of breath.

A victim has been rescued after colliding with a body boarder. She is conscious but coughing up a lot of water.

A beachgoer has dislocated their shoulder after being dumped in the surf. They are distressed and suffering from shortness of breath.

An elderly victim has been found unconscious and not breathing on the sand.

A member of the public walks up to the patrol tent and says that they think they are having an allergic reaction to something. They collapse in front of you and stop breathing.

You are treating a victim for a bluebottle sting when they start to go into anaphylaxis.

Scenarios (continued)

Airway

A victim was seen to be severely dumped in the surf. They struggle to resurface and stay afloat.

An unconscious victim has been pulled onto a nearby surfers' board. The surfer signals for help.

A child has been rescued from a rip. They are coughing up a lot of water.

A fisher has reported that a surfer is unconscious at the south end of the beach after falling hard.

Resuscitation/Airway/Suction

An intoxicated victim has been rescued from a rip. They lose consciousness on the sand and stop breathing.

A beachgoer reports to the patrol tent saying that they saw someone collapse in the car park. The person is unconscious and not breathing.

A victim has been found unconscious and not breathing on the sand.

An outpost patrol is attending to a victim who has collapsed on the sand. They are breathing and conscious but then stop breathing.

A member of the public walks up to the patrol tent and says that they have severe sun burn. They collapse in front of you and stop breathing.

A surfer has collided with another surfer. When rescued to shore they complain of dizziness, collapse and stop breathing.

A woman has collapsed and is not responsive but is breathing. You can hear gurgling in her airway.

Spinal

A person is lying face-down in shallow water in the flagged zone.

You have just seen a surfer take a hard fall. They have surfaced in the surf zone and appear to be having difficulty moving.

A beachgoer walks up to the patrol tent and says that their neck has been hurting ever since they got dumped in the shore-break.

A body boarder has collided with a swimmer in the surf zone. The swimmer then struggles to gain their footing in the surf zone and says that can feel tingling in their legs.

Search and Rescue

A beachgoer has reported to a roving patrol team that they have seen a person go under the water at the north end of the beach and not come up again.

A fisherman has just reported to the patrol captain that they saw someone get swept off the rocks while fishing and hasn't been seen again.

A 5-year-old girl has been reported missing. She was last seen playing at the waters' edge.

A surfer has taken a hard fall. They have not resurfaced and the board has washed up on the beach with a broken leg-rope.