

Surf Life Saving Australia – Circular

Title:	Skills Maintenance (Proficiency Check) Requirements for 2021/22 Season
Document ID:	Circular 2/21-22
Audience:	Lifesaving and Education Committees
From:	Coastal Safety and Learning & Development
Date:	7 th July 2021
Subject:	Skills Maintenance for 2021/22 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 2021/22 season.

Introduction

The requirements in this circular detail the minimum national requirements for the SLS 2021/22 season as ratified by the Lifesaving Committee. Additional requirements may be included by your relevant SLS state/territory centre.

It is important to acknowledge that we may need to modify these requirements where COVID is still creating an impact. Further information will be provided where flexibility is required and will be communicated from your State/Territory.

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. 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 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 2021/22 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 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.

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. 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 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 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 live victim including the demonstration of the lateral position (this may be completed on a manikin if COVID-19 social distancing requirements are 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 2021/22 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.

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 2021/22 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

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 a practical radio assessment.

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.

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 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.

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 (IRB/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.

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	•	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	•	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 <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)
<ul style="list-style-type: none"> • 2020/21 	<ul style="list-style-type: none"> • ARC guideline changes*: <ul style="list-style-type: none"> ○ 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.