

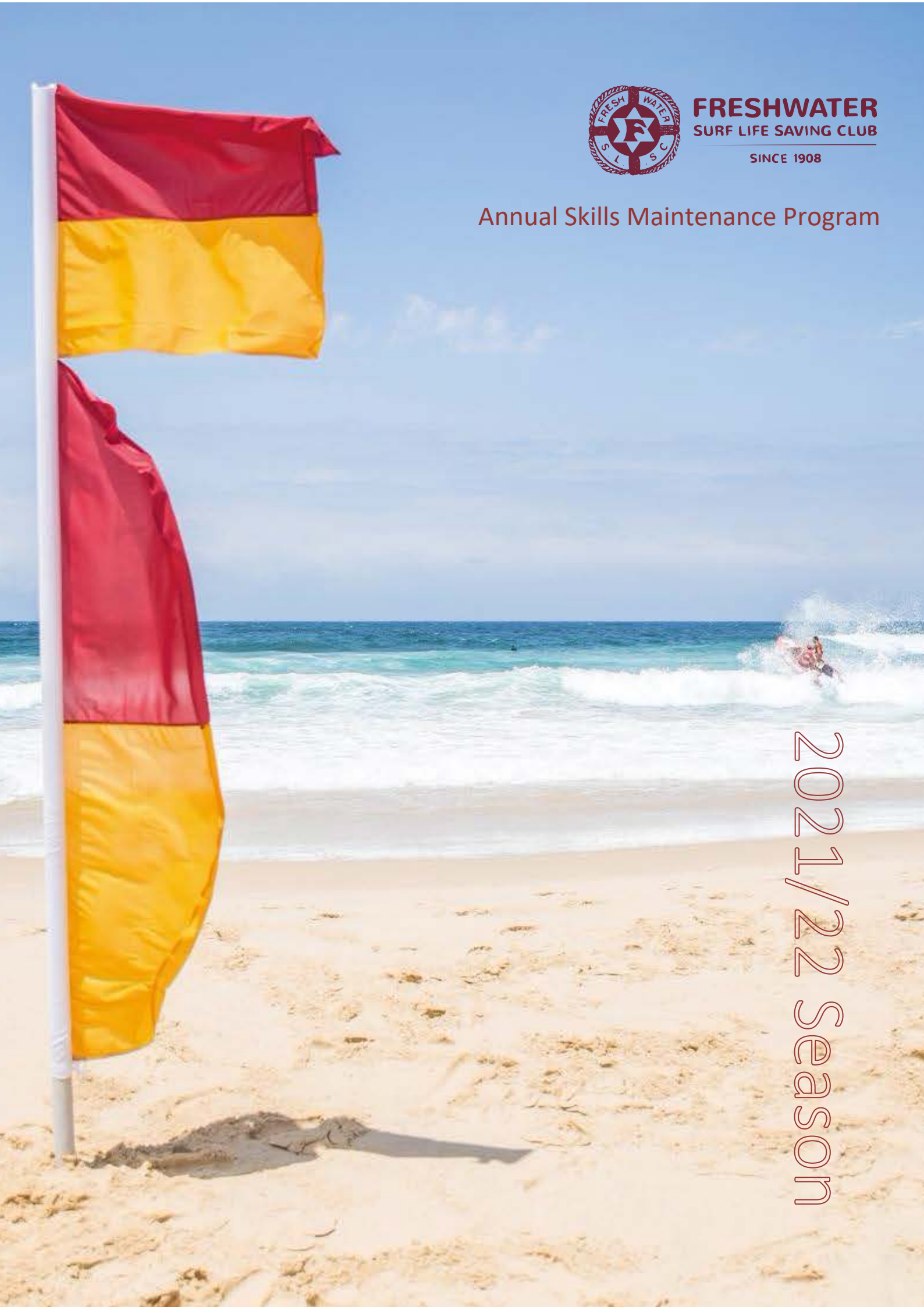


**FRESHWATER**  
SURF LIFE SAVING CLUB

SINCE 1908

## Annual Skills Maintenance Program

2021/22 Season





## SLSNSW SKILLS MAINTENANCE REQUIREMENTS FOR 2021/22

SLSNSW have met with their national counterparts to propose modifications to the 2021/22 Skills Maintenance (Proficiency Check) requirements so that our members can undertake these requirements in a safe manner whilst ensuring that we as an organisation adhere to the relevant NSW Government Health Orders.

The 2021/22 Skills Maintenance (Proficiency Check) requirements outlined below are to be undertaken by all Clubs and Branches across NSW. The primary driver of all proposed recommendations is member safety and wherever possible the ability to minimise movement and contact between members.

Due to the various restrictions we as a Club and a community have been under for the last few months, many of the usual Skills Maintenance and Education activities that would normally have started well before now, have been delayed. This has impacted the number of Skills Maintenance sessions our Club is able to deliver this season, and in particular the dates we can deliver them. Unfortunately, we will not have the capacity to run proficiency checks in December and respectfully ask for your co-operation by attending one of the organised sessions in October or November.

On the plus side, you will find that Skills Maintenance this season should be completed much more quickly as there are less practical tasks to complete. There is, however, a theory component that must be completed online. We ask that you please complete the theory prior to attending your practical session so that we can sign everything off as complete efficiently.

The following pages will provide you with some basic information on how to complete the online theory and how to book in for the practical Skills Maintenance sessions being run at the Club.



## SKILLS MAINTENANCE COMPONENTS

### THEORY

This must be completed for all awards and is accessed via eLearning in your Members Area account. (The same place you renew your membership.) All Bronze/SRC members in NSW must complete the two courses shown below, whether or not you hold a separate Radio Operators award.

The image shows two course cards side-by-side. The left card features a photo of a lifeguard in a yellow shirt and red cap wading in the ocean. Below the photo, the text reads: 'Skills Maintenance 2021/22 Theory Surf Life Saving', 'Skills Maintenance 2021/22 Theory', and a red 'ENROL' button with a green arrow and the word 'Free'. The right card features a photo of two lifeguards in yellow shirts and red caps on a beach, one using a radio and the other binoculars. Below the photo, the text reads: 'Skills Maintenance 2021/22 Radio Operations (RO) Surf Life Saving', 'Skills Maintenance 2021/22 Radio Operations (RO)', and the text 'Course Allocated'.

For those who need some assistance on how to locate these online theory components, the following couple of pages should help.

Details on the practical components of Skills Maintenance can be found on page 5 & 6.

Information on when the practical sessions will be held and how to book in can be found on page 7.

Providing everything runs as planned, you should be able to complete the dry and wet activities within 1½ hours.



## How to access the online Skills Maintenance courses

In order to access the Skills Maintenance online Learning courses and assessment you will need to have a [SLS Members Area](#) account. To log into your account, go to [members.sls.com.au](https://members.sls.com.au) and enter your login details. If you do not have a Members Area account, you can easily create one using the create account option. If you don't remember your username or password, you can also easily re-set your password by clicking on the forgot password option.

Once you have logged into your SLS Member Area account follow the below steps to access your Skills Maintenance courses.



Username

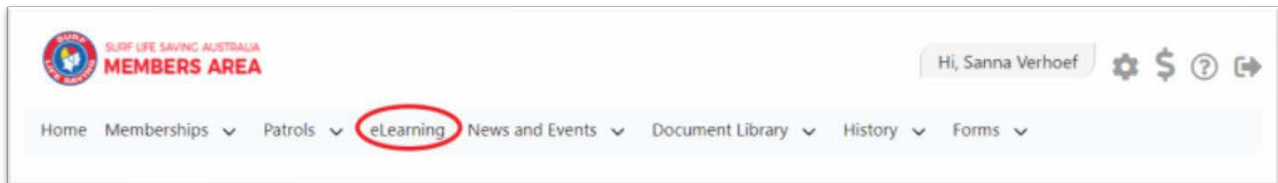
Password

**LOG IN**

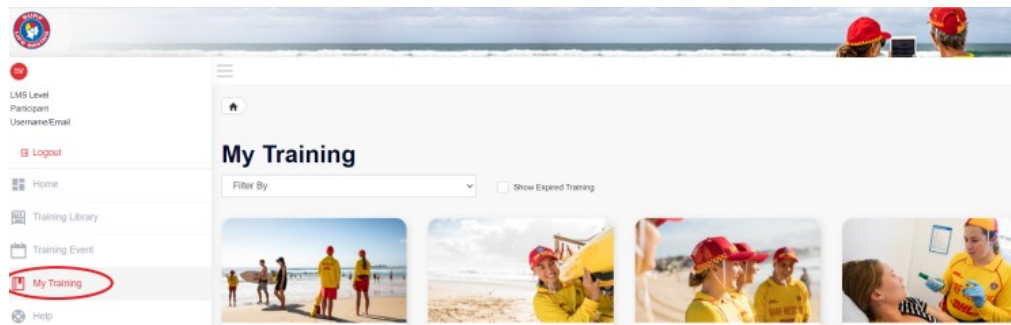
Don't have a Members Area account yet?  
[Click here](#) to create one

Forgotten username or password?  
[Click here](#) to resend your confirmation code  
[Click here](#) to enter your SMS confirmation code

1. Select *eLearning* from the options along the top of the screen.



2. All active, patrolling members in NSW, QLD, TAS and SA will have the Skills Maintenance online course automatically assigned to them prior to the 1<sup>st</sup> September. These states should follow from step 3-4. Other members can follow steps 5-7.
3. Once you are on the eLearning page, from the options on the left select *My Training*.

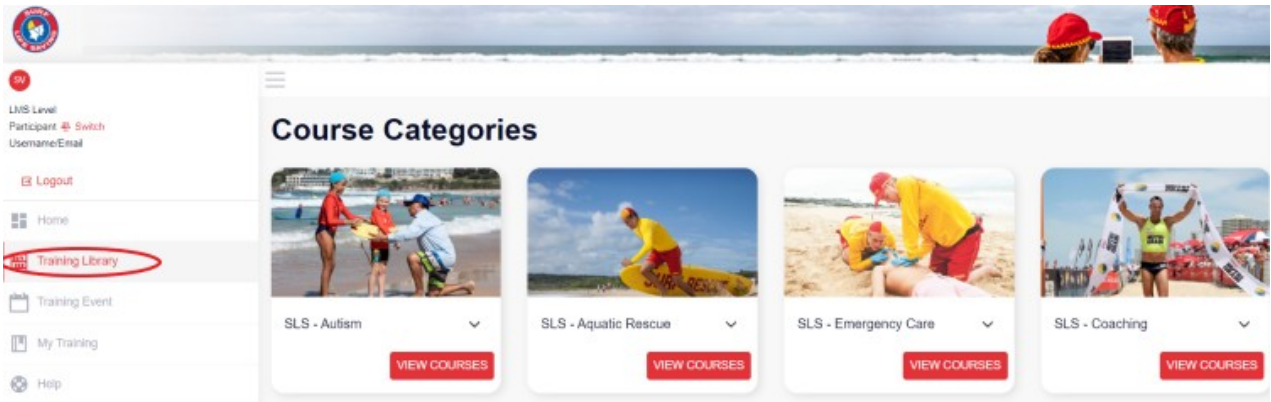


4. Once you have selected the *My Training* option, all the courses in which you are enrolled will appear. Press on the *Start* button. This will take you to all the modules that you need to complete for your skills maintenance, you must complete each module and the theory questions for the eLearning component to show as complete.

**Note:** Some members will not have been automatically enrolled into the course. If you can't find the course in your *My Training* then you need to enroll into the course yourself, you can do this by following the remaining steps below.

5. From the options on the left select the Training Library option. This will take you to all the courses available for enrolment.

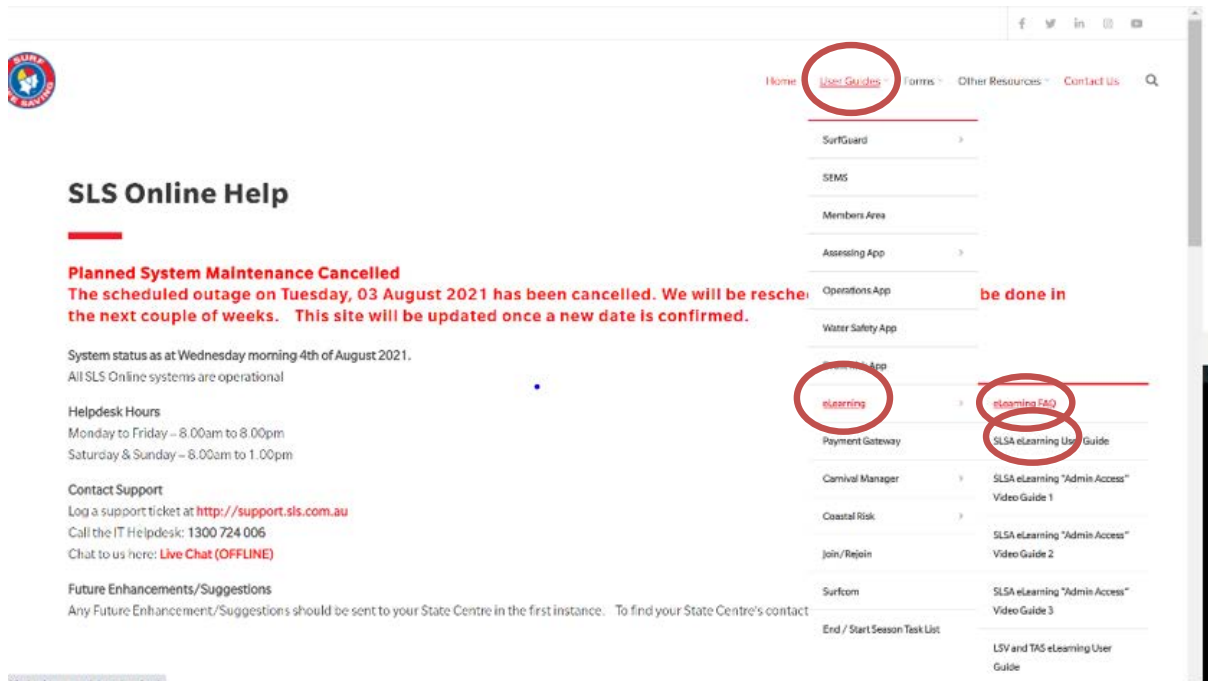
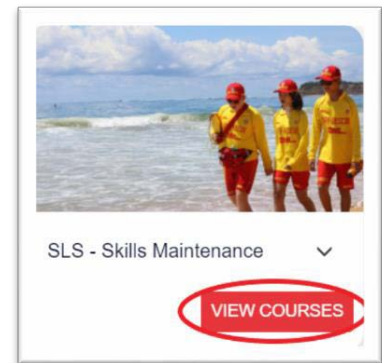




6. Look for *SLS – Skills Maintenance* and select *View Courses*
7. Select the course in which you wish to enroll, press on the *Enroll* button. You must complete each module and the theory questions for the eLearning component to show as complete.

**Note:** Now that you are enrolled in the course it will now appear in your *My Training* area, to access the course again, follow steps 3-4 above.

If you have any issues with your eLearning, please check out the eLearning User Guide and FAQ at [help.sls.com.au](http://help.sls.com.au) eLearning, please lodge a support ticket at [support.sls.com.au](http://support.sls.com.au)





## BRONZE MEDALLION & SRC

### Practical Component

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

Note: 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.

One of our Club's Assessors will visit members on patrol in the new year to complete the following components:

4. Tourniquets
  - Self-Administer an arterial tourniquet to a leg and demonstrate the ability to tighten as per the manufacturer's instructions
5. Spinal Management
  - All Bronze Medallion members will be updated on Spinal Management techniques since the Spinal Management award is no longer available.

## ADVANCED RESUSCITATION TECHNIQUES

### Practical Component

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.

Note: A member is considered to be proficient in this component if they have successfully completed the BM or SRC resuscitation component. However, they still need to be assessed as competent in the 2 sections below to be deemed proficient in the Advanced Resuscitation award.
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



## **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

## **PATROL CAPTAINS**

### **SUPPLEMENTARY LEARNING FOR PATROL CAPTAINS**

All members who wish to hold the position of Patrol Captain for the 2021/22 season must undertake the Supplementary Learning for Patrol Captains training program by December 31st, 2021.

Members that have already completed this supplementary training should ensure that their SurfGuard records show the certificate of completion.

The Supplementary Learning for Patrol Captains training program is now available in the SLSA Members Area and will refresh your Patrol Captain skills. It features real life scenarios, practical advice and takes just 20 minutes to complete.

In this program you will learn how to:

- Be better prepared as a leader and set up your patrol more effectively
- Improve your patrol's active supervision
- Streamline your role allocation and respond faster to emergencies.

At the end of this session, your certificate of completion will be automatically generated and recorded in SurfGuard.

Members can find further information on this supplementary training at:

<https://www.surflifesaving.com.au/resources/supplementary-learning-patrol-captains>



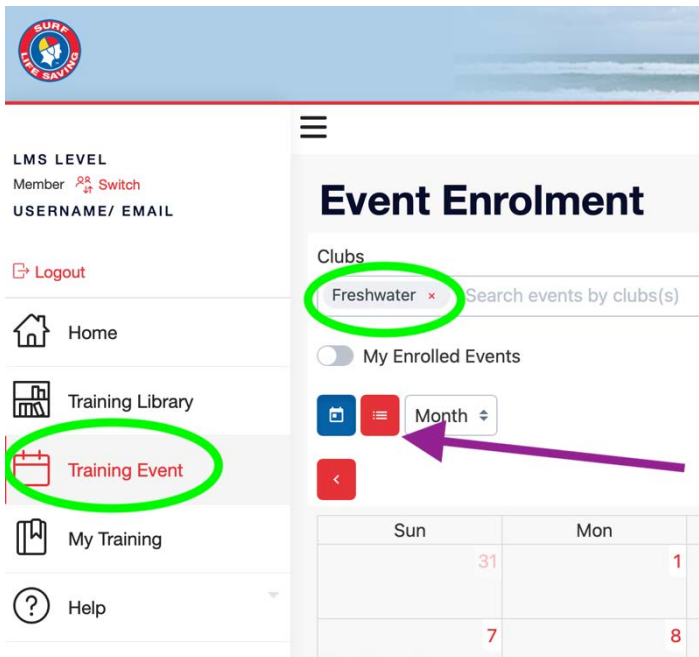
## BOOKING INTO PRACTICAL SESSIONS AT FRESHWATER

Practical Proficiency Check sessions will be held at Freshwater on the following dates:

Date	Start Times
Saturday 30 October 8.00 to 10.00am	8am, 8.20am, 8.40am
Saturday 6 November 8.00 to 10.00am	8am, 8.20am, 8.40am
Sunday 7 November 12 midday to 2.00pm	12pm, 12.20pm, 12.40pm
Sunday 21 November 12 midday to 2.00pm	12pm, 12.20pm, 12.40pm
Saturday 27th November 8.00 to 10.00am	8am, 8.20am, 8.40am

You MUST book into your preferred session so that we can manage the Covid plan effectively. Members who turn up without first booking in online will be at risk of not being able to participate.

To book in, log into your Members Area account and go through to eLearning. Click on the Training Event option.



Ensure you have “Freshwater” listed in the Clubs area.

View the calendar and select the month you want, click on the red icon next to “Month” and a list of the dates and sessions you can book into will appear.

Once you’ve chosen the date and start time you want, click on the red **Enrol** button.

Once you’ve enrolled, you will receive a confirmation email.

Please ensure you arrive 5-10 minutes prior to your session time, and enter through the BBQ courtyard (behind the café). You will be signed into the Club (the usual QR code) and also signed into the proficiency session.