

Freshwater SLSC

2025/26 Skills Maintenance



SLS Hub

The Member's Area has been upgraded and rebranded as the "SLS Hub". When you log in to your existing Member's Area account to renew your membership, you will be bounced directly to the SLS Hub and forced to change your password as part of an additional security upgrade.

All the same features exist in the SLS Hub, plus some more, but there's a new look and feel to it. For detailed info, you can check out the online user guide at the following link or QR code.

[SLS Hub User Manual](#)



eLearning

Once you've logged into your SLS Hub, you will land on a Dashboard. There is a black border at the top of the page and the access point to eLearning is under the "Applications" menu button. Once you click through to eLearning, everything will be familiar.

This season's online modules are in the **Training Library**, within the **2025 Skills Maintenance** course category. For members with SRC, Bronze, Resuscitation or ART awards, all your "online" elements revolve around **Lifesaving CPR** and they **MUST be completed before you attend a Dry session**.

Bronze, SRC and Resuscitation Holders

There are 3 modules in your online skills maintenance:

1. Video Update
2. Lifesaving CPR Part 1
3. Lifesaving CPR Part 2

ART Holders

You have 1 extra module:

1. Video Update
2. Lifesaving CPR Part 1
3. Lifesaving CPR Part 2
4. Lifesaving CPR Update for ART

How to book into Dry Sessions

The introduction of **Lifesaving CPR** means we must limit the number of members attending any of the Dry sessions. We will advertise the session dates and times around the Club **BUT you must book in via the Training Events** area of your eLearning accounts. No booking means you will probably be turned away.

Dry sessions will be held on weeknights. If you have a resuscitation mask, bring it with you.

Book in online, complete the eLearning modules and arrive BEFORE the start time for your session.

What about the Wet stuff?

All Bronze, SRC & IRB award holders will still need to do a Wet session. Bronze and SRC will include signals and a timed run-swim-rescue. Fins can be used!

IRB Crew & Drivers will have a practical session as well that will involve some training updates that came in last season. The dates will be in the Training Event area as well.

Run-Swim-Rescue

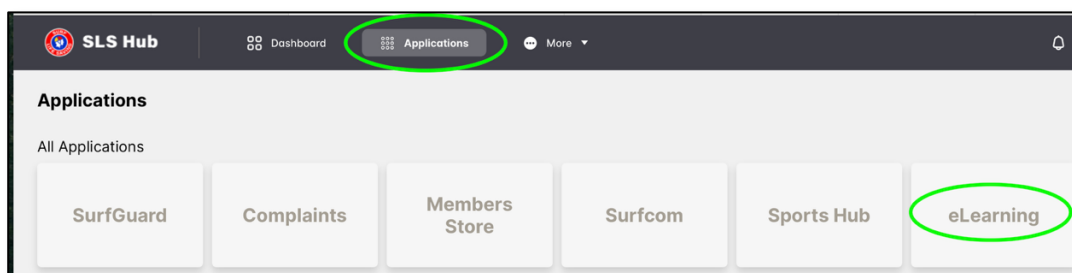
- 100m run from beach to waist-deep water
- 100m swim to a patient, with a tube
- Tube rescue back to beach, assisting patient to the shore
- 3 ½ min's to get to the patient
- Fins can be used!!

How to Access the eLearning Modules and Enrol in the Sessions:

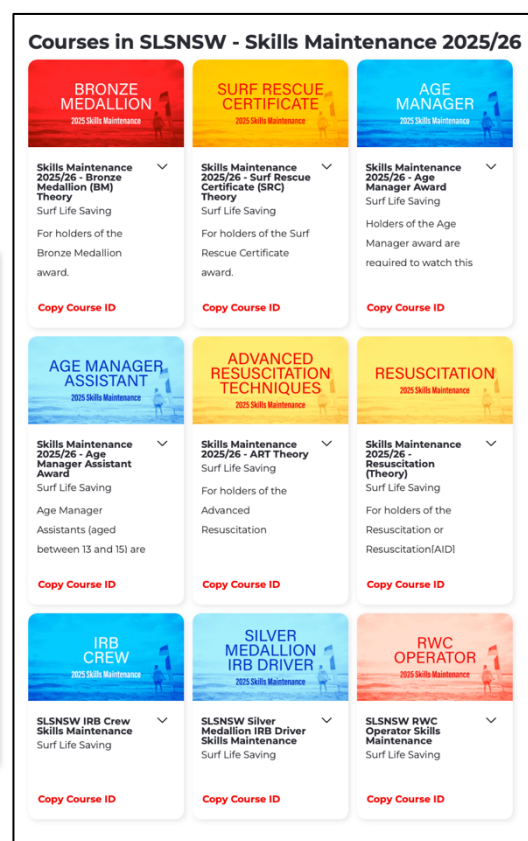
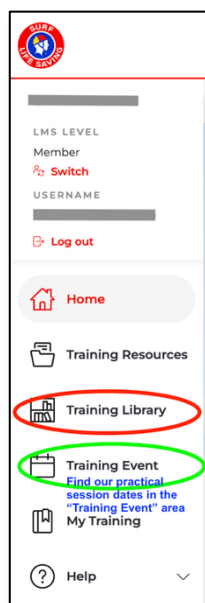
You need to have your own SLS Hub (aka Members Area) account. This is the same place you renew your membership each season. To log into your account, go to hub.sls.com.au and enter your login details. ***Do not use another family members' account as this won't update YOUR record.***

Once you've logged into your SLS Hub account, follow the steps below.

1. Select **Applications** from the menu options along the top of the screen and then click on the eLearning box. Navigate through to eLearning.



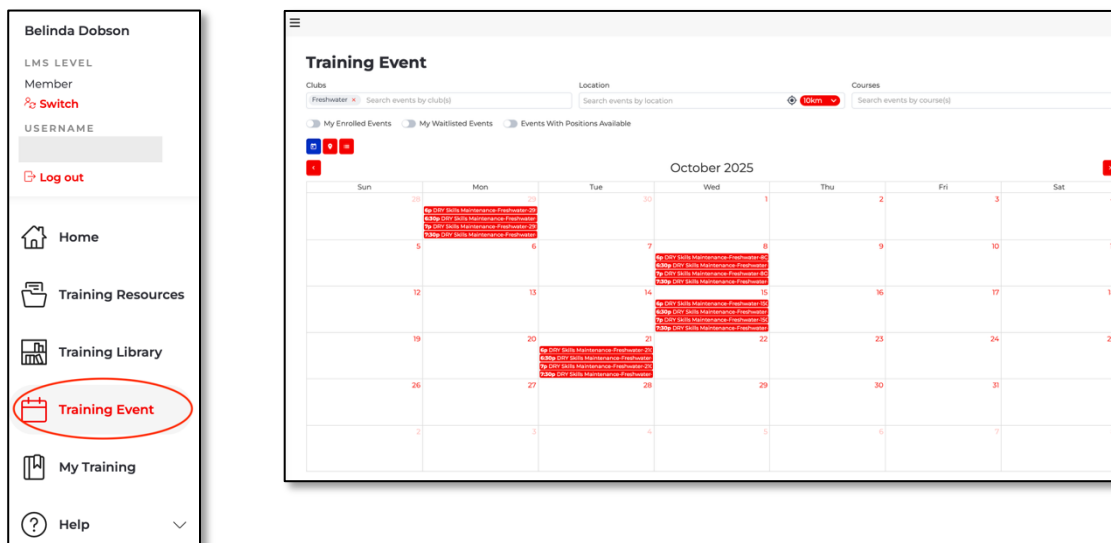
2. Once you are in the eLearning page, select **Training Library** from the options on the left. You should then see the 2025-26 Skills Maintenance icon in the top left corner of the page. Click on **view courses**.



3. Enrol in the Skills Maintenance courses for the awards you hold and make sure they are done BEFORE you attend a practical session. Some awards have multiple modules and all of them must be completed for you to finish the theory section for the award.
4. Then select **Training Event** and enrol in one of the practical sessions. See over for more details.

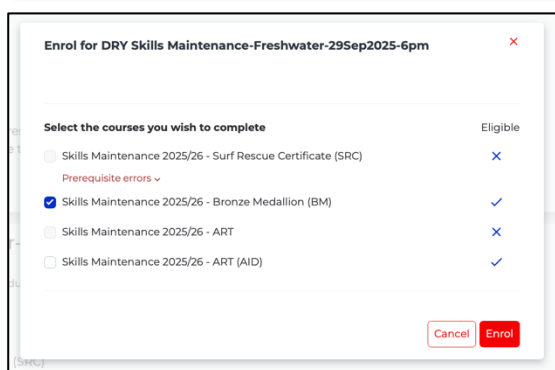
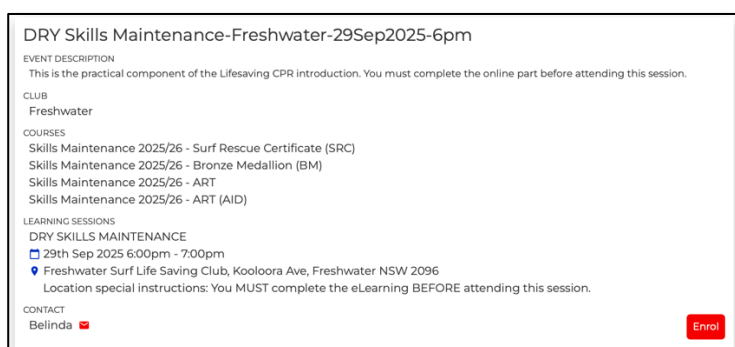
Whenever you are in SLS eLearning courses, make sure you click "Exit" at the top left when you finish a module. If you don't, the system may not recognise that you've completed it in full.

Once you are in the **Training Event** area, make sure “Freshwater” is showing under the Clubs filter. Then you can scroll through the months to see the dates where there are DRY sessions available.



Due to the implementation of **Lifesaving CPR** this season, we are running Dry sessions during the week. Each date we have on offer will have 4 sessions, with different start times; 6pm, 6.30pm, 7pm & 7.30pm. You **MUST** arrive on time for the session you book into.

If you make a mistake, or your availability changes, please un-enrol, so that your place is made available to someone else, and then book into the correct event/session. Each session is limited!!



- Do your eLearning first!!
- Locate your resuscitation mask and bring it with you.
- Arrive 5-10 min's BEFORE your scheduled START time.

The Freshie Education Team is pulling out all the stops this season to ensure everyone is upskilled in the new techniques. We really appreciate your attention, and your co-operation.