

Name:

Bronze Medallion

PUA20119 Certificate II in Public Safety (Aquatic Rescue)

LEARNER GUIDE

v2.2 JULY 2023



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Introduction

Congratulations on commencing your training for the Surf Life Saving Bronze Medallion (BM). You are joining thousands of other Surf Life Saving (SLS) members who complete this course each year to support their local SLS club to provide water safety services to SLS members and to the public.

COURSE OVERVIEW

Before you start the course, make sure you have reviewed the *Course Overview* (available from your trainer or from the SLS Members Area Document Library) and that you understand the course entry requirements and learning outcomes for the course.

HOW YOU WILL LEARN

The Bronze Medallion is designed to be delivered using a blended learning approach. This means that you will learn using a variety of methods including face-to-face learning (in the classroom, on the beach and in the water) and self-paced learning (completed in your own time).

It is important that you complete the self-paced learning in the timeframes advised by your trainer to ensure a positive learning experience for both yourself, and your fellow course participants.

Your trainer will provide you with an overview of the individual sessions which make up your course. They will also provide you with a summary of any additional fitness or skill support sessions which are available at your SLS club.

HOW YOU WILL BE ASSESSED

Your assessment will include a theory assessment as well as practical skill and scenario-based assessments in an environment similar to where patrol activities will be undertaken. It will also include the completion of a third-party report by your trainer or a patrol captain. Refer to the *Assessment information* section of this learner guide for more detailed information on the assessment process, and on each of the BM's 12 assessment tasks.

More information relevant to SLS assessments in your state/territory may be found within your SLS state centre's course participant handbook, for example: enrolment information, assessment principles and pathways, assessor and trainer responsibilities, recognition of prior learning, credit transfers, additional support services, reasonable adjustment, complaints and appeals, how to provide feedback on courses, privacy and course participant records and certificates.

WHAT YOU WILL NEED

To complete the Bronze Medallion, you will need:

○ **SLS Members Area login details**

You will need to use your own, individual SLS Members Area login details to access the SLS Members Area, eLearning platform or SLS Learning app, electronic training manuals and other SLS mobile applications. If you are part of a family group you will still need to create your own Members Area login so that learning and assessment is recorded against the correct member.

○ **SLSA Public Safety and Aquatic Rescue (35th edition) training manual (PSAR35)**

The electronic version of PSAR35 can be accessed via the Internet at <https://www.sls.com.au/psar35>

If you cannot access the electronic version, ask your trainer for a copy of the latest PDF version.

○ **SLS Members Area eLearning platform**

The recommended method for completing the self-paced learning and theory assessment is via the SLS Members Area eLearning platform or SLS Learning app, which are available free of charge to SLS members. You will need to use your individual SLS Members Area login to access the electronic course resources. If you are part of a family group you will still need to create your own Members Area login so that completion of learning and assessment is recorded against the correct member. Always login via the SLS Members Area for the first time you access the SLS Member Area eLearning platform.

○ **Learner guide and assessment portfolio**

This learner guide will guide you through your learning and help you to prepare for assessment. It includes preparation checklists and reflection questions for each session, a space to record notes and the benchmarks used to assess competency for each assessment task. The assessment portfolio includes checklists and templates to ensure that the evidence required for assessment of the course is collected and submitted.

○ **Equipment**

For wet sessions, you will require appropriate swimming attire, a towel and a personal water bottle. Your SLS club may also issue you with a high visibility rash vest. Check with your club whether sunscreen is provided or whether you need to provide this yourself. For dry sessions, it is recommended that you wear comfortable clothing which will enable you to participate in activities such as performing CPR on a manikin on the floor.

○ **State/territory requirements**

Remember that more information relevant to your state/territory may be found within your SLS state centre's course participant handbook. For example: enrolment information, assessment principles and pathways, assessor and trainer responsibilities, recognition of prior learning, credit transfers, additional support services, reasonable adjustment, complaints and appeals, how to provide feedback on courses, privacy and course participant records and certificates.

Before you leave your first face-to-face training session (Course Introduction), make sure that you have downloaded the SLS Publications app, and that you know how to access the online manual and learning. You will need to use your own individual SLS Members Area login to access them.

Refer to the SLSA IT Helpdesk website for support regarding any online course resources.

SAFETY FIRST

Many of the activities that you will be required to participate in during this course will require a certain level of fitness and/or skill. It is important that you follow the instructions of your trainer at all times, and that you are aware of your own limitations. If you feel uncomfortable with what you are being asked to do at any stage, speak with your trainer to discuss your concerns. All training and assessment is conducted in accordance with organisational standard operating procedures and Work Health and Safety (WHS) requirements.

CONTACTS

Use the space below to write contact details specific to your course and your surf lifesaving club that you may refer to and update at any time. This may include members of your training squad in addition to those holding key roles within your surf lifesaving club such as your club president, member protection information officer, club safety officer, peer support officer and chief training officer.

[illegible]

Session 1—Dry: Course Introduction

DATE:

WHAT TO EXPECT IN THIS SESSION

This session is all about getting you set up to complete the course. You'll learn about how the course will be delivered and assessed and you will start getting to know the other participants in your training squad. You'll also have the chance to familiarise yourself with your surf lifesaving club, including finding out who is who in your club, and to learn about water safety signals.

WHAT YOU WILL NEED FOR THIS SESSION

- ☐ A pen to make notes in this learner guide
- ☐ A mobile device (smart phone or tablet) to download the SLS apps
- ☐ Appropriate swimming attire, a towel, personal water bottle and sunscreen (if completing the entry requirement swim during this session)
- ☐ High visibility rash vest if one has been issued to you (if completing the entry requirement swim during this session)

HOW TO PREPARE FOR THIS SESSION

- ☐ While the session will cover how to access a copy of the *SLSA Public Safety and Aquatic Rescue (35th edition)* training manual (PSAR35) and the Bronze Medallion online self-paced learning, you can get a head start by downloading the SLS Learning app from the app store relevant to your mobile digital device.

Note

If you arrive at the session with access to these resources, your trainer may ask you to assist other participants to get set up with the apps and SLS eLearning platform.

CLUB ORIENTATION TABLE

Tick each item in the table below after you have located them during your surf lifesaving club orientation.

<input type="radio"/>	Ambulance access points
<input type="radio"/>	Amenities (e.g., kitchen)
<input type="radio"/>	Emergency exits, evacuation procedure and meeting points
<input type="radio"/>	Evacuation/shark alarms
<input type="radio"/>	Fire extinguishers
<input type="radio"/>	First aid room
<input type="radio"/>	Gear shed and location of equipment
<input type="radio"/>	Gymnasium (if applicable)
<input type="radio"/>	Location of phone and emergency numbers
<input type="radio"/>	Specific problem areas/issues relevant to club

REFLECTION QUESTIONS

- Are you familiar with the different ways in which Surf Life Saving works to reduce drowning?
- Do you know how your SLS club fits into the national organisation and how decisions are made in your SLS club and state centre?
- Are you aware of the different award pathways and training opportunities available to you after you complete this course?
- Do you know who is available to support you in your role at your SLS club?

HOW TO PREPARE FOR THE NEXT SESSION

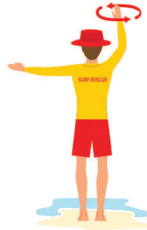
- Complete the self-paced learning modules - Surf Life Saving as a Workplace, Mental Health Awareness and Radio Communications. **Do NOT complete the other online modules at this time.**
- Review the reflection questions. If the answer to any of the questions is 'no', refer to content in the PSAR35 manual or speak with your trainer.
- In the PSAR35 manual, you may choose to review content in the Safety and Wellbeing (specifically the 'common causes of workplace injury and illness') and in the Radio Operations sections.
- For the next dry session, you will need comfortable, casual clothing to cope with activities such as bending, kneeling and lying on the floor. Part of the session may be outdoors.

MY NOTES

Beach to water signals



1. Attract attention



2. Pick up swimmers



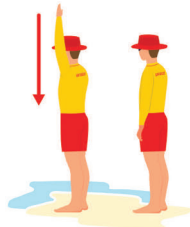
3. Proceed further out to sea



4. Go the right or to the left



5. Remain stationary



6. Message understood, all clear



7. Pick up or adjust buoys

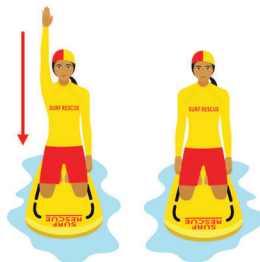


8. Return to shore

Water to beach signals



9. Assistance required



10. Shore signal received and understood



11. Emergency evacuation alarm



12. Submerged victim missing



13. All clear/ok



14. Powercraft wishes to return to shore

Session 2—Self-paced: Safety, Wellbeing and Radio Operations

COMPLETE BY:

WHAT TO EXPECT IN THIS SESSION

This self-paced session will introduce you to some of the key work health and safety (WHS) considerations that apply within Surf Life Saving. You will learn about the key policies and best practice procedures we have in place to support your physical and mental wellbeing as an SLS member. You will also be introduced to how the organisation uses radio communications in its operations and begin to familiarise yourself with the language used when communicating via radios.

WHAT YOU WILL NEED FOR THIS SESSION

- Complete the self-paced learning modules - Surf Life Saving as a Workplace, Mental Health Awareness and Radio Communications. **Do NOT complete the other online modules at this time.**

WHAT TO DO IF YOU ARE NOT USING THE ONLINE SELF-PACED LEARNING

Review the Safety and Wellbeing and Radio Operations modules in the PSAR35 manual.

REFLECTION QUESTIONS

- Do you know what your responsibilities are in relation to work health and safety (WHS)?
- Do you know the signs and symptoms of mental ill health and would you know what to do if you observed these in yourself or others?
- Are you aware of Surf Life Saving's Member Protection Policy and the information it contains?
- Do you understand how radios work, including the purpose of channels, repeaters and networks?
- Are you confident in your knowledge of Surf Life Saving's prowords?

HOW TO PREPARE FOR THE NEXT SESSION

- Review the reflection questions. If the answer to any of the questions is 'no', refer to content in the PSAR35 manual or speak with your trainer.
- You will need comfortable, casual clothing to cope with activities such as bending, kneeling and lying on the floor. Part of the session may be outdoors.

MY NOTES

Session 3—Dry: Safety and Radio Operations

DATE:
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WHAT TO EXPECT IN THIS SESSION

This session will give you a greater understanding of some of the hazards that you may encounter in Surf Life Saving, and how they can be managed to reduce their associated risks. You will be introduced to the key items of personal protective equipment (PPE) used in Surf Life Saving and will find out what to do in the event of a personal injury.

You will also start to put some of your newly acquired knowledge on radio communications (from the self-paced learning) into practice, using your club radios to communicate with your fellow training squad members.

WHAT YOU WILL NEED FOR THIS SESSION

- ☐ A pen to make notes in this learner guide
- ☐ Comfortable, casual clothing to cope with activities such as bending, kneeling and lying on the floor. Part of the session may be outdoors
- ☐ To have completed the self-paced learning (Session 2—Safety, Wellbeing and Radio Operations)

HAZARD IDENTIFICATION TABLE

Complete the following table as you identify hazards in and around your surf lifesaving club.

HAZARDS IDENTIFIED	LOCATION	OBVIOUS, HIDDEN OR DEVELOPING?	POTENTIAL MANAGEMENT OPTIONS

REFLECTION QUESTIONS

- Are you aware of the physical and psychological hazards which you may encounter in your role in Surf Life Saving?
- Would you know what to do if you had a safety concern or sustained an injury while volunteering?
- Are you confident in your ability to use prowords, call signs and the 4Ps to communicate over the radio?
- Would you know what to do if your radio is dropped into water, or shows signs of physical damage?

HOW TO PREPARE FOR THE NEXT SESSION

- Complete the self-paced learning modules - Radio Protocols, Water Safety Signals, Rip Currents, Surf Awareness and Identifying Victims. **Do NOT complete the other online modules at this time.**
- Review the reflection questions. If the answer to any of the questions is 'no', refer to content in the PSAR35 manual or speak with your trainer.
- In the PSAR35 manual, you may choose to review content in the Surf Awareness section (specifically content on 'Surf skills').
- For the next wet session, you will need appropriate swimming attire, a towel, a personal water bottle and sunscreen (if not provided by SLS club). You will also need your high visibility rash vest if one has been issued to you.

THEORY ASSESSMENT TASK NOTE

After this session you may choose to answer some of the theory assessment questions in **Part 1 of Assessment Task 1**. You may do this online via the SLS eLearning platform or using a paper-based answer sheet provided by your trainer.

MY NOTES

RADIO OPERATIONS CHEAT SHEET



Call Signs		
Standard*	Use for	Example
All stations	Everyone on the network	All call signs
Patrol	Patrol Captain (or next available patrol member)	Grange patrol
Roving	A roving patrol	Newport roving
Outpost	An outpost patrol	Carlton Park southern outpost
IRB	Inflatable rescue boat	Mullaloo IRB
Tower #	Surveillance tower	Tower 1
Offshore #	Offshore rescue boat	Offshore Rescue Boat 2
Support Ski #	Personal water craft (jet ski)	Support Ski 6
RWC #	Personal water craft (jet ski)	RWC 6

*Other call signs may be used in your local area. Check your local Standard Operating Procedures (SOPs).

Call signs commonly used at your club

Proword	Definition	Functional Meaning
Over	I have finished my message and expect a reply. NB: Often over is removed from the end of a transmission once the conversation has commenced.	I've finished my message and handing over to you for a reply.
Go ahead	Proceed with the transmission of your message.	Go ahead with your message.
Standby	Please wait until I call you back. I need to complete my current job or get more information or assistance for you. Other stations may transmit.	Stand by for more information while I do something. Other stations may transmit.
Break	I have finished a conversation with one station and am calling another without breaking my transmission.	Wait for my reply while I break to call another station. e.g., SurfCom.
Roger	I have received and understood all of your last transmission.	I understand.
Wilco	Your last message has been received, understood and will be complied with. I will do what you have asked me to.	I understand and will go do what you have asked me to do.
Say again	I missed part or all of your last transmission. Transmit it again.	Please say your message again.
Correction	An error has been made; the correct version is...	The correct information will follow after I say 'correction'.
Affirmative	Yes or Permission is granted.	Yes or Permission granted.
Negative	No or Permission is not granted.	No or Permission denied.
Out	The conversation is finished and I don't expect a reply. Used at the end of transmission as an indication to other stations that the network is clear and free for use.	I am getting out of this conversation. End of conversation.

Emergency Call

Where a patrol requires urgent assistance, the correct radio procedure to clear a channel is to call **'Rescue, Rescue, Rescue'**.

For example:
Mindil Beach: 'Rescue, Rescue, Rescue.' (Pause). 'SurfCom, SurfCom, this is Mindil Beach, over'.
SURFCOM: 'All stations stand by. Break. Mindil Beach this is SurfCom, go ahead.'

Session 4—Self-paced: Radio, Signals and Surf Awareness

COMPLETE BY:

WHAT TO EXPECT IN THIS SESSION

This self-paced session will give you further opportunities to practise your radio communication skills and knowledge of water safety signals. It will introduce you to the different characteristics of beaches and surf conditions, and how these affect hazard ratings. You will learn about rip currents, and about how to recognise signs which suggest that someone may be in distress or drowning. The session will introduce you to scanning strategies which will help you understand how to provide beach surveillance.

WHAT YOU WILL NEED FOR THIS SESSION

- Complete the self-paced learning modules - Radio Protocols, Water Safety Signals, Rip Currents, Surf Awareness and Identifying Victims. **Do NOT complete the other online modules at this time.**

WHAT TO DO IF YOU ARE NOT USING THE ONLINE SELF-PACED LEARNING

Review the following modules in the PSAR35 manual:

- Radio Operations
- Surf Awareness
- Rescue (recognising the victim, signalling team members).

REFLECTION QUESTIONS

- Are you confident in your ability to use call prowords, call signs and the 4Ps to communicate over the radio?
- Are you confident in your knowledge of Surf Life Saving's water safety signals?
- Are you aware of the common features of rip currents and how to escape one if you are caught in it?
- Do you understand how the characteristics of each beach interact, determining how hazardous they are at any point in time (e.g., swell, waves, wind, rips, tide, underwater topography)?
- Are you aware of the range of scanning techniques?
- Could you recognise the difference between a distressed victim and a drowning victim?

HOW TO PREPARE FOR THE NEXT SESSION

- Review the reflection questions. If the answer to any of the questions is 'no', refer to content in the PSAR35 manual or speak with your trainer.
- You will need appropriate swimming attire, a towel, a personal water bottle and sunscreen (if not provided by SLS club). You will also need your high visibility rash vest if one has been issued to you.

MY NOTES

Session 5—Wet: Surf Awareness and Surf Skills

DATE:

WHAT TO EXPECT IN THIS SESSION

This wet session provides you with the opportunity to familiarise yourself with your local beach environment and to refine your skills in the surf using techniques such as dolphin diving and body surfing. You will learn about performing rescues without equipment and will be introduced to rescue boards while having the opportunity to practise and develop your board paddling skills. You will also complete your first run-swim-run.

WHAT YOU WILL NEED FOR THIS SESSION

- Appropriate swimming attire, a towel, personal water bottle and sunscreen (if not provided by SLS club)
- High visibility rash vest if one has been issued to you
- Your assessment portfolio to complete a risk assessment during training.
- To have completed the self-paced learning (Session 4—Radio, Signals and Surf Awareness)

REFLECTION QUESTIONS

- Are you confident in your knowledge of Surf Life Saving's water safety signals?
- Do you know what considerations should be taken before entering the surf?
- Are you confident in your use of techniques to negotiate the surf (e.g., wading, dolphin diving, bodysurfing)?

THEORY ASSESSMENT TASK NOTE

After this session you may choose to answer some of the theory assessment questions in **Part 2 of Assessment Task 1**. You may do this online via the SLS eLearning platform or using a paper-based answer sheet provided by your trainer.

HOW TO PREPARE FOR THE NEXT SESSION

- Complete the self-paced learning modules - Primary Assessment, CPR and Deciding to Rescue. **Do NOT complete the other online modules at this time.**
- Review the reflection questions. If the answer to any of the questions is 'no', refer to content in the PSAR35 manual or speak with your trainer.
- In the PSAR35 manual, you may choose to review content in the Resuscitation section.
- For the next dry session, you will need comfortable, casual clothing to cope with activities such as bending, kneeling and lying on the floor. You are required to perform CPR on an adult manikin on the floor.

MY NOTES

RUN-SWIM-RUN TIME
(if completed)

Session 6—Self-paced: Resuscitation and Rescue Planning

COMPLETE BY:

WHAT TO EXPECT IN THIS SESSION

This self-paced session will introduce you to the principles of providing emergency care, the role of CPR in the 'chain of survival' and how your duty of care applies to the provision of resuscitation. You will learn about basic anatomy as it applies to resuscitation, along with the primary assessment procedure (DRSABCD). You will also have an opportunity to put your decision-making skills to the test in a rescue scenario.

WHAT YOU WILL NEED FOR THIS SESSION

- Complete the self-paced learning modules - Primary Assessment, CPR and Deciding to Rescue. **Do NOT complete the other online modules at this time.**

WHAT TO DO IF YOU ARE NOT USING THE ONLINE SELF-PACED LEARNING

Review the *SLS Resuscitation Chart* on the next page of this learner guide and the Resuscitation section in the PSAR35 manual.

REFLECTION QUESTIONS

- Do you know what considerations should be made before performing a rescue?
- Do you know what the 'chain of survival' is?
- Are you aware of the legal considerations related to the provision of emergency care (duty of care, consent, recording and confidentiality)?
- Are you confident in your understanding of DRSABCD?

HOW TO PREPARE FOR THE NEXT SESSION

- Review the reflection questions. If the answer to any of the questions is 'no', refer to content in the PSAR35 manual or speak with your trainer
- In the PSAR35 manual, you may choose to review content in the Resuscitation section.
- You will need comfortable, casual clothing to cope with activities such as bending, kneeling and lying on the floor. You are required to perform CPR on an adult manikin on the floor.

MY NOTES

Resuscitation Chart



D



DANGER

Check for and remove any dangers to **yourself, bystanders and the victim**.

R



RESPONSE

Check for a response by **talk and touch**.

S



SEND



If unresponsive, send for help by **calling Triple Zero (000)**.

A



AIRWAY

Open airway and **ensure it is clear**.

If not, roll victim onto their side and clear the airway.

B



BREATHING

Look, listen and feel for breathing.

If victim not breathing or breathing is not normal, start CPR.

If normal breathing returns, roll victim on to their side and monitor them.

C



CPR (30:2)

Start **CPR**.

Perform **30 chest compressions** followed by **2 rescue breaths**. Continue chest compressions if unwilling or unable to perform rescue breaths.

Perform compressions at the **centre** of the victim's chest, at a rate of **100-120 per minute** and to **1/3 the depth** of the victim's chest.

Ensure adequate backward head tilt when performing rescue breaths for adults and children. For **infants**, apply no head tilt and use 2 fingers to compress the infant's chest.

D



DEFIBRILLATION

Attach an Automated External Defibrillator (**AED**) as soon as it is available and **follow its prompts**.

Continue CPR until:

- Responsiveness or normal breathing returns.
- A health care professional arrives and takes over CPR.
- It is unsafe or impossible to continue (e.g., exhaustion).
- A health care professional advises to cease CPR.

To get involved or learn to save a life, visit **sls.com.au**

Session 7—Dry: Resuscitation (Part One)

DATE:
.....

MY NOTES
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WHAT TO EXPECT IN THIS SESSION

In this session you will be putting your newly acquired knowledge relating to resuscitation into practice, performing live victim assessments on other training squad members and using resuscitation manikins to practise CPR on both adults and infants. You will learn about the incident reporting requirements of Surf Life Saving and about how to effectively hand over victims to emergency services.

WHAT YOU WILL NEED FOR THIS SESSION

- ☐ A pen to make notes in this learner guide and to complete the incident report form on the following page
- ☐ Comfortable, casual clothing to cope with activities such as bending, kneeling and lying on the floor. You are required to perform CPR on an adult manikin on the floor
- ☐ To have completed the self-paced learning (Session 6—Resuscitation and Rescue Planning).

REFLECTION QUESTIONS

- Are you confident in your understanding of DRSABCD?
- Do you know how to ensure that CPR is effective?
- Are you confident in effectively performing CPR individually and as part of a patrol team?
- Are you aware of the safety precautions that should be considered when using an AED?

HOW TO PREPARE FOR THE NEXT SESSION

- ☐ In the PSAR35 manual, you may choose to review content on tube and board rescue techniques in the Rescue section.
- ☐ You will need appropriate swimming attire, a towel, personal water bottle and sunscreen (if not provided by SLS club). You will also need your high visibility rash vest if one has been issued to you.



SURF LIFE SAVING

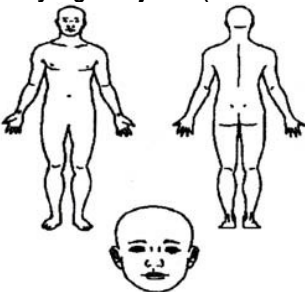
INCIDENT REPORT LOG

Name of Club or Service: _____

State: _____ Local Government Area: _____

Details of Incident Date: ____/____/____ Time: ____ am / pm Location of Incident: _____ Name of Victim: _____ Age: ____ DOB: ____/____/____ M / F : ____ Address: _____ Postcode: _____	Venue conditions at time of Incident: (if relevant) Wind conditions: <input type="checkbox"/> Calm <input type="checkbox"/> Slight <input type="checkbox"/> Moderate Weather conditions: <input type="checkbox"/> Fine <input type="checkbox"/> Overcast <input type="checkbox"/> Rain Sea conditions: <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large Water surface: <input type="checkbox"/> No chop <input type="checkbox"/> Avge chop <input type="checkbox"/> Large chop Wave type: <input type="checkbox"/> Surging <input type="checkbox"/> Spilling <input type="checkbox"/> Plunging Rip type: <input type="checkbox"/> Permanent <input type="checkbox"/> Fixed <input type="checkbox"/> Flash <input type="checkbox"/> Travelling
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Please fill in the below relating to the victim:

Type of incident: (may cross more than one) <input type="checkbox"/> Major First Aid <input type="checkbox"/> Minor F.A. <input type="checkbox"/> Major Rescue <input type="checkbox"/> Search and Res <input type="checkbox"/> Member Injury <input type="checkbox"/> Employee Injury <input type="checkbox"/> Minor Sting <input type="checkbox"/> Major Sting <input type="checkbox"/> Drowning <input type="checkbox"/> Complaint <input type="checkbox"/> Other _____ Victim is: <input type="checkbox"/> Public <input type="checkbox"/> SLS Club Member <input type="checkbox"/> Employee <input type="checkbox"/> Other _____ Nationality (victim) <input type="checkbox"/> Australian <input type="checkbox"/> Other _____ <input type="checkbox"/> Tourist <input type="checkbox"/> Immigrant <input type="checkbox"/> Unknown Type of activity at time of incident: <input type="checkbox"/> Swimming / wading <input type="checkbox"/> Body board <input type="checkbox"/> Walking playing near water <input type="checkbox"/> Riding other craft <input type="checkbox"/> Rock Fishing <input type="checkbox"/> Other fishing <input type="checkbox"/> Using a motorised water craft (Rec) <input type="checkbox"/> Water skiing <input type="checkbox"/> SCUBA / skin diving <input type="checkbox"/> Wind / kite surfing <input type="checkbox"/> Sailing <input type="checkbox"/> Rock walking <input type="checkbox"/> Suspected suicide <input type="checkbox"/> Patrolling in - <input type="checkbox"/> IRB <input type="checkbox"/> PWC <input type="checkbox"/> Beach <input type="checkbox"/> 4WD <input type="checkbox"/> IRB/ORB <input type="checkbox"/> Attempting a rescue <input type="checkbox"/> Training for (please be very specific) _____ <input type="checkbox"/> Carnival Official doing _____ <input type="checkbox"/> Competition in _____ <input type="checkbox"/> Driver <input type="checkbox"/> Crew <input type="checkbox"/> Patient <input type="checkbox"/> Surf Boat Crew Position: _____ <input type="checkbox"/> Administrative <input type="checkbox"/> Fundraising <input type="checkbox"/> Water safety <input type="checkbox"/> Junior activities <input type="checkbox"/> Other club activity _____ <input type="checkbox"/> Other _____ Experience in activity <input type="checkbox"/> 3 years or greater <input type="checkbox"/> 1-3 Years <input type="checkbox"/> 1 year or less <input type="checkbox"/> No experience <input type="checkbox"/> Unknown Other contributing factors: <input type="checkbox"/> Negotiating the break <input type="checkbox"/> Returning to shore <input type="checkbox"/> Dumped <input type="checkbox"/> Shore break <input type="checkbox"/> Lost control of own craft <input type="checkbox"/> Other person lost control of craft <input type="checkbox"/> Freak wave <input type="checkbox"/> Sand bank <input type="checkbox"/> Pot hole <input type="checkbox"/> Slippery rocks <input type="checkbox"/> Suspected Alcohol <input type="checkbox"/> Suspect Drugs <input type="checkbox"/> Rip type <input type="checkbox"/> Shark/ Croc <input type="checkbox"/> Slip/ trip/ fall <input type="checkbox"/> Assault <input type="checkbox"/> Collision with _____ <input type="checkbox"/> Mechanical Malfunction _____ <input type="checkbox"/> Other _____	Description of incident and cause: _____ _____ _____ _____ Nature of injury <input type="checkbox"/> Marine Sting, type _____ <input type="checkbox"/> Abrasion / graze <input type="checkbox"/> Blisters <input type="checkbox"/> Open wound / laceration / cut <input type="checkbox"/> Bruise / contusion <input type="checkbox"/> Inflammation / swelling <input type="checkbox"/> Fracture (including suspected) <input type="checkbox"/> Dislocation / subluxation <input type="checkbox"/> Sprain <input type="checkbox"/> Strain <input type="checkbox"/> Overuse injury <input type="checkbox"/> Concussion <input type="checkbox"/> Cardiac problem <input type="checkbox"/> Respiratory problem <input type="checkbox"/> Asthma <input type="checkbox"/> Loss of consciousness <input type="checkbox"/> Heat stroke / Heat exhaustion <input type="checkbox"/> Hypothermia <input type="checkbox"/> Sunburn <input type="checkbox"/> Suspected spinal <input type="checkbox"/> Other _____ Body region injured: (Please circle)  Description _____ Initial treatment: <input type="checkbox"/> None given – not required <input type="checkbox"/> None given – patient refused <input type="checkbox"/> None given – referred elsewhere <input type="checkbox"/> RICE <input type="checkbox"/> ICE <input type="checkbox"/> Cleaned <input type="checkbox"/> Dressed (incl. Bandage) <input type="checkbox"/> Sling / Splint <input type="checkbox"/> Spinal collar <input type="checkbox"/> Massage / Stretching <input type="checkbox"/> Strapping/Taping only <input type="checkbox"/> Stitches <input type="checkbox"/> Medication <input type="checkbox"/> Prescription written CPR/ Defib / Oxygen (Please fill in other side of form) <input type="checkbox"/> CPR <input type="checkbox"/> Oxygen therapy <input type="checkbox"/> Oxygen airbag <input type="checkbox"/> Defibrillation (Defib) <input type="checkbox"/> Other _____	Location of incident: <input type="checkbox"/> In water <input type="checkbox"/> On Beach <input type="checkbox"/> On rocks/cliff <input type="checkbox"/> Other _____ and... <input type="checkbox"/> In flags <input type="checkbox"/> Outside but near flags (within 50m) <input type="checkbox"/> <1km from patrolled area <input type="checkbox"/> 1 to 5 km from patrolled area <input type="checkbox"/> > 5 km from patrolled area Who first sighted the rescue/ incident? e.g. public _____ Who conducted the rescue/ incident? e.g. lifesaver _____ Main language spoken: _____ <input type="checkbox"/> Non English speaking <input type="checkbox"/> English <input type="checkbox"/> Don't know Referral: <input type="checkbox"/> No referral <input type="checkbox"/> Medical Practitioner <input type="checkbox"/> Physiotherapist <input type="checkbox"/> Ambulance transport to _____ <input type="checkbox"/> Hospital <input type="checkbox"/> Xray <input type="checkbox"/> Peer Counselling <input type="checkbox"/> Professional Counselling Other services: <input type="checkbox"/> Fire/ Rescue <input type="checkbox"/> Police <input type="checkbox"/> JRB/ ORB <input type="checkbox"/> Helicopter <input type="checkbox"/> Investigation required <input type="checkbox"/> Worker Compensation required (fill in State form requirements) <input type="checkbox"/> Other _____ Treating person: <input type="checkbox"/> Medical Practitioner <input type="checkbox"/> Nurse <input type="checkbox"/> Ambulance <input type="checkbox"/> Physiotherapist <input type="checkbox"/> Chiropractor <input type="checkbox"/> First Aid Officer <input type="checkbox"/> Lifesaving <input type="checkbox"/> Lifeguard <input type="checkbox"/> Other _____ What condition was the patient in when transport? <input type="checkbox"/> Conscious <input type="checkbox"/> Unconscious <input type="checkbox"/> Deceased <input type="checkbox"/> Unknown Person completing form: Name: _____ Position: _____ Phone: _____ Email: _____ Signature: _____
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SURF LIFE SAVING

INCIDENT REPORT LOG

PART B: CPR / OXYGEN REPORT FORM

<p>1. Patient's condition when first observed:</p> <p><input type="checkbox"/> Conscious <input type="checkbox"/> Unconscious <input type="checkbox"/> Breathing <input type="checkbox"/> Not Breathing <input type="checkbox"/> No Signs of Life</p> <p>2. Colour of patient when first observed:</p> <p><input type="checkbox"/> Normal <input type="checkbox"/> Pale <input type="checkbox"/> Blue <input type="checkbox"/> Grey <input type="checkbox"/> Unknown</p> <p>3. Patient's colour changed during resuscitation:</p> <p><input type="checkbox"/> Normal <input type="checkbox"/> Pale <input type="checkbox"/> Blue <input type="checkbox"/> Grey <input type="checkbox"/> Unknown</p> <p>4. Airway of the patient was obstructed when first observed by:</p> <p><input type="checkbox"/> Vomit <input type="checkbox"/> Seaweed <input type="checkbox"/> Dentures <input type="checkbox"/> Clenched jaw <input type="checkbox"/> Airway was clear <input type="checkbox"/> Unknown</p> <p>5. How long was it from when the incident was first reported to the time of the first artificial breaths?</p> <p><input type="checkbox"/> 0-1 min <input type="checkbox"/> 1-3 min <input type="checkbox"/> 3-5 min <input type="checkbox"/> 5-10 min <input type="checkbox"/> 10-20 min <input type="checkbox"/> Other</p> <p>6. How long was CPR carried out?</p> <p><input type="checkbox"/> 0-1 min <input type="checkbox"/> 1-3 min <input type="checkbox"/> 3-5 min <input type="checkbox"/> 5-10 min <input type="checkbox"/> 10-20 min <input type="checkbox"/> Other</p> <p>7. Which method was used for Rescue Breaths?</p> <p><input type="checkbox"/> Mouth to Mask <input type="checkbox"/> Mouth to Mouth <input type="checkbox"/> Mouth to Nose <input type="checkbox"/> Bag valve mask <input type="checkbox"/> Combination</p> <p>8. What oxygen equipment was used?</p> <p><input type="checkbox"/> Oxygen Therapy <input type="checkbox"/> Air Bag Resuscitator</p>	<p>9. How long was oxygen administered for?</p> <p><input type="checkbox"/> 0-1 min <input type="checkbox"/> 1-3 min <input type="checkbox"/> 3-5 min <input type="checkbox"/> 5-10 min <input type="checkbox"/> 10-20 min <input type="checkbox"/> Other</p> <p>10. Was a pulse oximeter used?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No If yes, reading: _____%</p> <p>11. The patient regurgitated / vomited due to:</p> <p><input type="checkbox"/> Mechanical Device <input type="checkbox"/> Blocked Airway <input type="checkbox"/> Revival</p> <p>12. An airway was inserted: (type)</p> <p><input type="checkbox"/> OP Airway <input type="checkbox"/> Combitube <input type="checkbox"/> LMA Mask <input type="checkbox"/> Other <input type="checkbox"/> Not used</p> <p>13. How long was it from when the incident was first reported to the time an airway was inserted?</p> <p><input type="checkbox"/> 0-1 min <input type="checkbox"/> 1-3 min <input type="checkbox"/> 3-5 min <input type="checkbox"/> 5-10 min <input type="checkbox"/> 10-20 min <input type="checkbox"/> Other</p> <p>14. A defibrillator was used by:</p> <p><input type="checkbox"/> Lifesaver <input type="checkbox"/> Lifeguard <input type="checkbox"/> Ambulance <input type="checkbox"/> Doctor <input type="checkbox"/> Not used</p> <p>15. How long was it from when the incident was first reported to the time the defibrillator was applied?</p> <p><input type="checkbox"/> 0-1 min <input type="checkbox"/> 1-3 min <input type="checkbox"/> 3-5 min <input type="checkbox"/> 5-10 min <input type="checkbox"/> 10-20 min <input type="checkbox"/> Other</p> <p>16. How many times was a shock delivered?</p> <p><input type="checkbox"/> 1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> Other</p> <p>17. Did the patient regain consciousness?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	<p>18. How long was it after calling for assistance before the ambulance arrived?</p> <p><input type="checkbox"/> 0-1 min <input type="checkbox"/> 1-3 min <input type="checkbox"/> 3-5 min <input type="checkbox"/> 5-10min <input type="checkbox"/> 10-20 min <input type="checkbox"/> Other</p> <p>19. The patient was conveyed to hospital by:</p> <p><input type="checkbox"/> Ambulance <input type="checkbox"/> Helicopter <input type="checkbox"/> Private vehicle <input type="checkbox"/> Other</p> <p>20. Which hospital was the patient conveyed to?</p> <p>_____</p> <p>21. What condition was the patient in when transported?</p> <p><input type="checkbox"/> Conscious <input type="checkbox"/> Unconscious <input type="checkbox"/> Deceased <input type="checkbox"/> Unknown</p> <p>22. Condition on discharge from hospital (if known):</p> <p><input type="checkbox"/> Full recovery <input type="checkbox"/> Deceased <input type="checkbox"/> Unknown</p> <p>23. Was trauma counselling arranged for the rescuer/s?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>24. Was a carry used?</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p> <p>If yes, what kind? _____</p> <p>Name of person completing form: (If different from other side of form)</p> <p>_____</p> <p>Position: _____</p> <p>Phone: _____</p> <p>e-mail: _____</p> <p>Signature: _____</p>
<p>Please provide brief details of the incident including any recommendations:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>		

Session 8—Wet: Rescue Skills (Part One)

DATE:

WHAT TO EXPECT IN THIS SESSION

This wet session will focus on demonstrating tube and board rescues, providing you with the opportunity to practise using this equipment to perform rescues. You will also learn how to safely carry/drag victims from the surf to the beach, using a variety of techniques for different circumstances.

If you feel uncomfortable with using the rescue board after this session, speak to your trainer about any additional skill-based sessions that may be available at your SLS club to help you improve these skills prior to assessment.

WHAT YOU WILL NEED FOR THIS SESSION

- Appropriate swimming attire, a towel, personal water bottle and sunscreen (if not provided by SLS club)
- High visibility rash vest if one has been issued to you

REFLECTION QUESTIONS

- Do you understand the advantages and disadvantages of different rescue techniques using rescue tubes and boards as well as unaided rescues?
- Do you understand the different carries/draggs that can be used to carry a victim to a safe location?
- Are you confident in your use of rescue tubes and rescue boards?

THEORY ASSESSMENT TASK NOTE

After this session you may choose to answer some of the theory assessment questions in **Part 3 of Assessment Task 1**. You may do this online via the SLS eLearning platform or using a paper-based answer sheet provided by your trainer.

HOW TO PREPARE FOR THE NEXT SESSION

- Review the reflection questions. If the answer to any of the questions is 'no', refer to content in the PSAR35 manual or speak with your trainer.
- In the PSAR35 manual, you may choose to review the content in the Resuscitation section and content on tube and board rescue techniques in the Rescue section to reinforce your learning.
- Review the *CPR Overview* table on the next page of this learner guide.
- You will need comfortable, casual clothing to cope with activities such as bending, kneeling and lying on the floor. You are required to perform CPR on an adult manikin on the floor.

MY NOTES

RUN-SWIM-RUN TIME
(if completed)

Session 9—Dry: Resuscitation (Part Two)

DATE:

WHAT TO EXPECT IN THIS SESSION

In this session you will recap on how to perform victim carries and have another opportunity to practise performing live victim assessments and adult and infant CPR. You will then revisit your learning on radio communications and participate in some short scenarios, bringing together your learning on resuscitation and radio operations.

WHAT YOU WILL NEED FOR THIS SESSION

- ☐ A pen to make notes in this learner guide
- ☐ Comfortable, casual clothing to cope with activities such as bending, kneeling and lying on the floor.
You are required to perform CPR on an adult manikin on the floor

CPR OVERVIEW			
Body type	Adult	Child	Infant
Head tilt	Full head tilt backwards	Slight head tilt backwards	No head tilt (neutral position)
Number of hands/fingers	Two hands	One or two hands	Two fingers
Compressions: rescue breaths	30:2		
Location of compression	Centre of chest		
Depth of compression	1/3 Depth of chest		
Compressions per minute	100–120		
Cycles every 2 minutes	5–6		

REFLECTION QUESTIONS:

- Do you know how to ensure that CPR is effective?
- Are you confident in effectively performing CPR individually and as part of a patrol team?
- Are you aware of the safety precautions that should be considered when using an AED?

- ☐ You will need appropriate swimming attire, a towel, personal water bottle and sunscreen (if not provided by SLS club). You will also need your high visibility rash vest if one has been issued to you.

HOW TO PREPARE FOR THE NEXT SESSION

- ☐ Review the reflection questions. If the answer to any of the questions is 'no', refer to content in the PSAR35 manual or speak with your trainer.
- ☐ You can revisit any of the online self-paced learning to identify any areas where further learning may be required.

THEORY ASSESSMENT TASK NOTE

After this session you may choose to answer some of the theory assessment questions in **Part 4 of Assessment Task 1**. You may do this online via the SLS eLearning platform or using a paper-based answer sheet provided by your trainer.

Session 10—Wet: Rescue Skills (Part Two)

DATE:

WHAT TO EXPECT IN THIS SESSION

This session will provide you with additional opportunities to practise signals, tube rescues and board rescues. You will then have an opportunity to bring together all of the skills that you have learnt so far during the course by participating in short scenarios incorporating the following skills: signals, radio communications, rescue techniques, carries/draggs and resuscitation.

WHAT YOU WILL NEED FOR THIS SESSION

- Appropriate swimming attire, a towel, personal water bottle and sunscreen (if not provided by SLS club)
- High visibility rash vest if one has been issued to you

REFLECTION QUESTIONS

- Are you confident in your use of rescue tubes and rescue boards?
- Are you confident in responding to various rescue scenarios?

HOW TO PREPARE FOR THE NEXT SESSION

- Review the reflection questions. If the answer to any of the questions is 'no', refer to content in the PSAR35 manual or speak with your trainer.
- Review the self-paced learning [Session 11—Emergency Care (Part One)]
- For the next dry session, you will need comfortable, casual clothing to cope with activities such as bending, kneeling and lying on the floor.

THEORY ASSESSMENT TASK NOTE

- After this session you may choose to answer or review some of the theory assessment questions **in Parts 1-4 of Assessment Task 1**. You may do this online via the SLS eLearning platform or using a paper-based answer sheet provided by your trainer.

MY NOTES

RUN-SWIM-RUN TIME
(if completed)

Sessions 11 and 12— Emergency Care

DELIVERY OPTIONS

Your SLS club will advise you on how emergency care training will be delivered during your course. If your course is being delivered by an external registered training organisation (RTO), including the Surf Life Saving Academy in your state/territory, the RTO will provide you with details about any self-paced learning and the delivery times of the emergency care sessions.

If your SLS club is delivering emergency care training, the below information outlines what you can expect and what you will need for each session. Note that while Surf Life Saving's emergency care training and assessment is aligned to HTAID010 Provide Basic Emergency Life Support, it does cover some of the additional knowledge and skills from HLTAID011 Provide First Aid relevant to the needs of Surf Life Saving.

Session 11—Self-paced: Emergency Care (Part One)

COMPLETE BY:

WHAT TO EXPECT IN THIS SESSION

This self-paced session will provide you with the knowledge required to identify the signs and symptoms of a range of first aid emergencies.

To complete this self-paced learning session, review content on the following emergency care topics in the emergency care module of the PSRA35 training manual:

- temperature related emergencies
- musculoskeletal emergencies
- brain related emergencies
- shock
- cardiovascular emergencies
- venomous bites and stings.

REFLECTION QUESTIONS

- Are you confident in your ability to recognise the signs and symptoms of the first aid emergencies listed above?
- Are you confident in your understanding of how to treat the first aid emergencies listed above?

HOW TO PREPARE FOR THE NEXT SESSION

- Review the reflection questions. If the answer to any of the questions is 'no', refer to content in the PSAR35 manual or speak with your trainer.
- You will need comfortable, casual clothing to cope with activities such as bending, kneeling and lying on the floor.

Note

The self-paced learning is not available within the SLS eLearning platform for this session. You will participate in a recap activity on the above-mentioned topics during your next face-to-face session.

MY NOTES

Session 12—Dry: Emergency Care (Part Two)

DATE:

WHAT TO EXPECT IN THIS SESSION

This session will provide you with an opportunity to refresh your newly acquired emergency care knowledge and will also teach you about: secondary assessments, vital signs, bleeding, asthma, anaphylaxis and choking. You will have the opportunity to learn about and practise the application of bandages and slings, along with using training devices to practise treatments for asthma and anaphylaxis.

WHAT YOU WILL NEED FOR THIS SESSION

- ☐ A pen to make notes in this learner guide
- ☐ Comfortable, casual clothing to cope with activities such as bending, kneeling and lying on the floor. You are required to perform secondary assessments on the floor.
- ☐ To have completed the self-paced learning [Session 11—Emergency Care (Part One)]

REFLECTION QUESTIONS

- Are you confident in your ability to recognise the signs and symptoms of a range of first aid emergencies?
- Are you confident in your ability to treat a range of first aid emergencies?
- Do you know what first aid equipment is available for your use in your club's first aid kit and what the different pieces of equipment are used for?
- Are you confident in your ability to perform and record the results of a verbal and visual secondary assessment?
- Would you know what treatments to prioritise and when to call an ambulance or refer to a medical practitioner?

HOW TO PREPARE FOR THE NEXT SESSION

- ☐ Complete the self-paced learning modules - On Patrol and Difficult Conversations. **Do NOT complete the other online modules at this time.**
- ☐ Review the reflection questions. If the answer to any of the questions is 'no', refer to content in the PSAR35 manual or speak with your trainer.
- ☐ In the PSAR35 manual, you may choose to review content in the Patrol Operations section.
- ☐ For the next dry session, you will need comfortable, casual clothing to cope with activities such as bending and kneeling on the ground. You are required to assist with a patrol set-up and pack-down and to assist with launching an IRB in up to waist-deep water.

THEORY ASSESSMENT TASK NOTE

After this session you may choose to answer some of the theory assessment questions in **Parts 5.1 and 5.2 of Assessment Task 1**. You may do this online via the SLS eLearning platform or using a paper-based answer sheet provided by your trainer.

MY NOTES

ASTHMA FIRST AID

1



SIT THE PERSON UPRIGHT

- Be calm and reassuring
- Do not leave them alone

2



GIVE 4 SEPARATE PUFFS OF BLUE/GREY RELIEVER PUFFER

- Shake puffer
- Put 1 puff into spacer
- Take 4 breaths from spacer
- Repeat until 4 puffs have been taken
- Remember: Shake, 1 puff, 4 breaths

OR give 2 separate doses of a Bricanyl inhaler (age 6 & over) or a Symbicort inhaler (over 12)

3



WAIT 4 MINUTES

- If there is no improvement, give 4 more separate puffs of blue/grey reliever as above

OR give 1 more dose of Bricanyl or Symbicort inhaler

IF THERE IS STILL NO IMPROVEMENT

4



DIAL TRIPLE ZERO (000)

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives

OR give 1 dose of a Bricanyl or Symbicort every 4 minutes – up to 3 more doses of Symbicort



Translating and
Interpreting Service
131 450



**ASTHMA
AUSTRALIA**

Contact Asthma Australia

1800 ASTHMA
(1800 278 462)

asthma.org.au

CALL EMERGENCY ASSISTANCE IMMEDIATELY AND DIAL TRIPLE ZERO (000) IF:

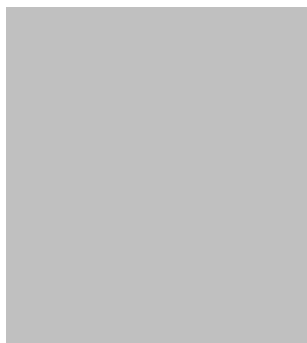
- the person is not breathing
- the person's asthma suddenly becomes worse or is not improving
- the person is having an asthma attack and a reliever is not available
- you are not sure if it's asthma
- the person is known to have Anaphylaxis – follow their Anaphylaxis Action Plan, then give Asthma First Aid

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma.

ACTION PLAN FOR Anaphylaxis

Name: _____

Date of birth: _____



Confirmed allergens:

Family/emergency contact name(s):

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

Plan prepared by doctor or nurse practitioner (np):

The treating doctor or np hereby authorises:

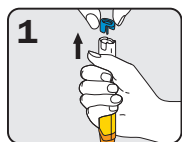
- Medications specified on this plan to be administered according to the plan.
- Prescription of 2 adrenaline autoinjectors.
- Review of this plan is due by the date below.

Date: _____

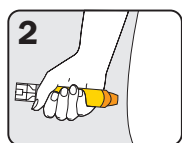
Signed: _____

Date: _____

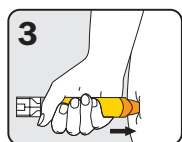
How to give EpiPen® adrenaline (epinephrine) autoinjectors



Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE



Hold leg still and PLACE ORANGE END against outer mid-thigh (with or without clothing)



PUSH DOWN HARD until a click is heard or felt and hold in place for 3 seconds
REMOVE EpiPen®

EpiPen® is prescribed for children over 20kg and adults. EpiPen® Jr is prescribed for children 7.5-20kg.

For use with **EpiPen®** adrenaline (epinephrine) autoinjectors

SIGNS OF MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Tingling mouth
- Hives or welts
- Abdominal pain, vomiting (these are signs of anaphylaxis for insect allergy)

ACTION FOR MILD TO MODERATE ALLERGIC REACTION

- For insect allergy - flick out sting if visible
- For tick allergy ☐ seek medical help or ☐ freeze tick and let it drop off
- Stay with person and call for help
- Locate adrenaline autoinjector
- Give other medications (if prescribed).....
- Phone family/emergency contact

Mild to moderate allergic reactions (such as hives or swelling) may not always occur before anaphylaxis

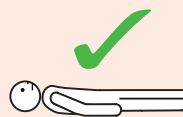
WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult/noisy breathing
- Difficulty talking and/or hoarse voice
- Swelling of tongue
- Persistent dizziness or collapse
- Swelling/tightness in throat
- Pale and floppy (young children)
- Wheeze or persistent cough

ACTION FOR ANAPHYLAXIS

1 Lay person flat - do NOT allow them to stand or walk

- If unconscious, place in recovery position
- If breathing is difficult allow them to sit



2 Give adrenaline autoinjector

3 Phone ambulance - 000 (AU) or 111 (NZ)

4 Phone family/emergency contact

5 Further adrenaline doses may be given if no response after 5 minutes

6 Transfer person to hospital for at least 4 hours of observation

If in doubt give adrenaline autoinjector

Commence CPR at any time if person is unresponsive and not breathing normally

ALWAYS give adrenaline autoinjector FIRST, and then asthma reliever puffer if someone with known asthma and allergy to food, insects or medication has SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms

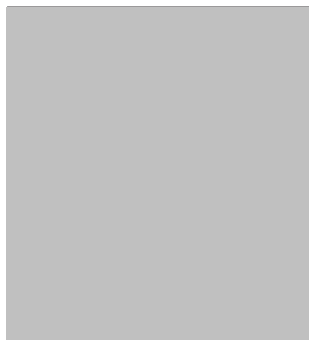
Asthma reliever medication prescribed: ☐ Y ☐ N

- If adrenaline is accidentally injected (e.g. into a thumb) phone your local poisons information centre.
- Continue to follow this action plan for the person with the allergic reaction.

ACTION PLAN FOR Anaphylaxis

Name: _____

Date of birth: _____



Confirmed allergens:

Family/emergency contact name(s):

1. _____

Mobile Ph: _____

2. _____

Mobile Ph: _____

Plan prepared by doctor or nurse practitioner (np):

The treating doctor or np hereby authorises medications specified on this plan to be given according to the plan, as consented by the patient or parent/guardian.

Whilst this plan does not expire, review is recommended by DD/MM/YY

Signed: _____

Date: _____

For use with **Anapen®** adrenaline (epinephrine) autoinjectors

SIGNS OF MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting - these are signs of anaphylaxis for insect allergy

ACTION FOR MILD TO MODERATE ALLERGIC REACTION

- For insect allergy - flick out sting if visible
- For tick allergy ☐ seek medical help or ☐ freeze tick and let it drop off
- Stay with person, call for help and locate adrenaline autoinjector
- Give antihistamine (if prescribed) _____
- Phone family/emergency contact

Mild to moderate allergic reactions (such as hives or swelling) may not always occur before anaphylaxis

WATCH FOR ANY ONE OF THE FOLLOWING SIGNS OF ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult or noisy breathing
- Swelling of tongue
- Swelling or tightness in throat
- Wheeze or persistent cough
- Difficulty talking or hoarse voice
- Persistent dizziness or collapse
- Pale and floppy (young children)

ACTION FOR ANAPHYLAXIS

1 LAY PERSON FLAT - do NOT allow them to stand or walk

- If unconscious or pregnant, place in recovery position - on left side if pregnant, as shown below
- If breathing is difficult allow them to sit with legs outstretched
- Hold young children flat, not upright



2 GIVE ADRENALINE AUTOINJECTOR

3 Phone ambulance - 000 (AU) or 111 (NZ)

4 Phone family/emergency contact

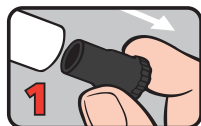
5 Further adrenaline may be given if no response after 5 minutes

6 Transfer person to hospital for at least 4 hours of observation

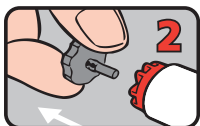
IF IN DOUBT GIVE ADRENALINE AUTOINJECTOR

Commence CPR at any time if person is unresponsive and not breathing normally

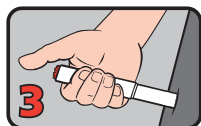
How to give Anapen®



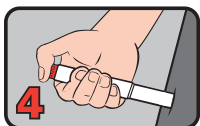
PULL OFF BLACK NEEDLE SHIELD



PULL OFF GREY SAFETY CAP from red button



PLACE NEEDLE END FIRMLY against outer mid-thigh at 90° angle (with or without clothing)



PRESS RED BUTTON so it clicks and hold for 3 seconds. REMOVE Anapen®

Anapen® is prescribed as follows:

- Anapen® 150 Junior for children 7.5-20kg
- Anapen® 300 for children over 20kg and adults
- Anapen® 500 for children and adults over 50kg

ALWAYS GIVE ADRENALINE AUTOINJECTOR FIRST, and then

asthma reliever puffer if someone with known asthma and allergy to food, insects or medication has SUDDEN BREATHING DIFFICULTY (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms

Asthma reliever medication prescribed: ☐ Y ☐ N

Note: If adrenaline is accidentally injected (e.g. into a thumb) phone your local poisons information centre. Continue to follow this action plan for the person with the allergic reaction.

Session 13—Self-paced: Patrolling as a Team and Communication

COMPLETE BY:

WHAT TO EXPECT IN THIS SESSION

This self-paced session will introduce you to the principles of effective communication and teamwork. It will raise your awareness of the tools which are used to support administration on patrol, the information that is captured and recorded throughout patrols, and the ways in which this information is used to support the work of Surf Life Saving. You will also learn about a range of different patrolling methods, and about the role of preventive actions in reducing risk to beachgoers.

WHAT YOU WILL NEED FOR THIS SESSION

- Complete the self-paced learning modules - On Patrol and Difficult Conversations. **Do NOT complete the other online modules at this time.**

WHAT TO DO IF YOU ARE NOT USING THE ONLINE SELF-PACED LEARNING

Review the Communication and Patrol Operations modules in the PSAR35 manual.

REFLECTION QUESTIONS

- Are you aware of your role in presenting a positive public image of Surf Life Saving and how you can do this?
- Do you know how to communicate effectively, thinking about what you say, how you say it and how you look when you say it?
- Do you know how to disagree in a respectful manner and how to provide compassionate and constructive feedback?
- Are you aware of the range of patrol methods?

HOW TO PREPARE FOR THE NEXT SESSION

- Review the reflection questions. If the answer to any of the questions is 'no', refer to content in the PSAR35 manual or speak with your trainer.
- You will need comfortable, casual clothing to cope with activities such as bending and kneeling on the ground. You are required to assist with a patrol set-up and pack-down and to assist with launching an IRB in up to waist-deep water.
- Take a look at the assessment information for AT12—Third-party report.

THEORY ASSESSMENT TASK NOTE

After this session you may choose to answer some of the theory assessment questions in **Part 6 of Assessment Task 1**. You may do this online via the SLS eLearning platform or using a paper-based answer sheet provided by your trainer.

MY NOTES

Session 14—Dry (On Beach): On Patrol

DATE:
.....

WHAT TO EXPECT IN THIS SESSION

In this session you will gain a greater awareness and understanding of what it is like to be on patrol. You will learn about the key policies and procedures which underpin patrol operations in Surf Life Saving, and about what your surf lifesaving club and the organisation expects of you in your role as a patrolling lifesaver. You will get to experience a patrol briefing, a patrol set-up, pack-down and a patrol debriefing. You will be introduced to inflatable rescue boats (IRBs), and will learn about how you may be required to assist with IRB operations while on patrol.

WHAT YOU WILL NEED FOR THIS SESSION

- Comfortable, casual clothing to cope with activities such as bending and kneeling on the ground. You will be outside on the beach, and assisting with the launch of an IRB in up to waist-deep water
- To have completed the self-paced learning (Session 13—Patrolling as a Team and Communication)

REFLECTION QUESTIONS

- Are you aware of Surf Life Saving's standard operating procedures (SOPs)?
- Are you familiar with the range of preventive actions that you can take as a lifesaver, and of the importance of prevention vs. rescue?
- Do you know how you can assist with launching an IRB?
- Are you confident that you know how you can assist in patrol set-up and pack-down?

HOW TO PREPARE FOR THE NEXT SESSION

- Review the reflection questions. If the answer to any of the questions is 'no', refer to content in the PSAR35 manual or speak with your trainer.
- In the PSAR35 manual, you may choose to review content in the Spinal Management and Communication sections.
- You will need comfortable, casual clothing to cope with activities such as bending, kneeling and lying on the ground. You may be outside on the beach, but not in the water.

THEORY ASSESSMENT TASK NOTE

- After this session you may choose to answer some of the theory assessment questions in **Parts 7 and 8 of Assessment Task 1**. You may do this online via the SLS eLearning platform or using a paper-based answer sheet provided by your trainer.

MY NOTES

Session 15—Dry: Spinal Management, Communication and Teamwork

DATE:

WHAT TO EXPECT IN THIS SESSION

In this session, you will participate in an activity which will encourage you to reflect on the principles of effective teamwork and communication. You will also learn about the causes, signs and symptoms of spinal injuries and practise a range of techniques for providing care for victims with suspected spinal injuries.

WHAT YOU WILL NEED FOR THIS SESSION

- Comfortable, casual clothing to cope with activities such as bending, kneeling and lying on the floor. You may be outside on the beach, but not in the water
- To have completed the self-paced learning (Session 13—Patrolling as a Team and Communication)

REFLECTION QUESTIONS

- Do you know how to communicate effectively, thinking about what you say, how you say it, and how you look when you say it?
- Are you confident in your ability to respond to and manage a walk-up victim with a suspected spinal injury?

HOW TO PREPARE FOR THE NEXT SESSION

- Review the reflection questions. If the answer to any of the questions is 'no', refer to content in the PSAR35 manual or speak with your trainer,
- You can revisit any of the online self-paced learning to identify any areas where further learning may be required.
- You will need appropriate swimming attire, a towel, a personal water bottle and sunscreen (if not provided by SLS club). You will also need your high visibility rash vest if one has been issued to you.

THEORY ASSESSMENT TASK NOTE

- After this session you may choose to answer some of the theory assessment questions in **Parts 8 and 9 of Assessment Task 1**. You may do this online via the SLS eLearning platform or using a paper-based answer sheet provided by your trainer.

MY NOTES

Session 16—Wet: Spinal Management

DATE:

WHAT TO EXPECT IN THIS SESSION

This session provides you with an opportunity to review the treatment of victims with suspected spinal injuries, including learning how to manage a victim with a suspected spinal injury in the water. You will also participate in a spinal management scenario to reinforce your learning and ability to work in a team.

WHAT YOU WILL NEED FOR THIS SESSION

- Appropriate swimming attire, a towel, water and sunscreen (if not provided by club)
- High visibility rash vest if one has been issued to you

REFLECTION QUESTIONS

- Are you confident in your ability to perform an extended-arm roll and a vice grip roll-over, and the conditions under which each should be used?
- Are you confident in your ability to immobilise a victim's head?
- Are you confident in your ability to work as team to perform a log roll and a spinal board carry?

HOW TO PREPARE FOR THE NEXT SESSION

- Review the reflection questions. If the answer to any of the questions is 'no', refer to content in the PSAR35 manual or speak with your trainer.
- You can review all content you have read, noted in this learner guide or highlighted in the PSAR35 manual.
- You can revisit any of the online self-paced learning to identify any areas where further learning may be required.
- You will need appropriate swimming attire, a towel, a personal water bottle and sunscreen (if not provided by SLS club). You will also need your high visibility rash vest if one has been issued to you.

THEORY ASSESSMENT TASK NOTE

- After this session you may choose to answer some of the theory assessment questions in **Part 10 of Assessment Task 1**. You may do this online via the SLS eLearning platform or using a paper-based answer sheet provided by your trainer.

MY NOTES

You may also use this space to draw during some communication activities.

Session 17—Wet: Risk Management, Spinal Management and Emergency Care

DATE:

MY NOTES

WHAT TO EXPECT IN THIS SESSION

This session introduces you to the risk management process and the hierarchy of controls. It brings together all of your learning from past sessions by reviewing your emergency care knowledge and your ability to work as a team to respond to scenarios. You will also have another opportunity to practise your skills responding to victims in the water with suspected spinal injuries.

At this end of this session, your trainer will advise you of any additional revision sessions which may be planned to ensure that you are ready for assessment.

WHAT YOU WILL NEED FOR THIS SESSION

- ☐ Appropriate swimming attire, a towel, water and sunscreen (if not provided by club)
- ☐ High visibility rash vest if one has been issued to you

REFLECTION QUESTIONS

- Are you confident in responding to a victim with a suspected spinal injury?
- Are you confident in responding to various rescue and first aid scenarios you may experience on patrol?

THEORY ASSESSMENT TASK NOTE

After this session you may choose to answer or review some of the theory assessment questions in **Parts 5-10 of Assessment Task 1**. You may do this online via the SLS eLearning platform or using a paper-based answer sheet provided by your trainer.

RUN-SWIM-RUN TIME

(if completed)

State/territory or Club-specific Notes

Each state/territory in Australia has different regulations that SLS clubs in that state/territory must adhere to. At certain points within this course, you will be referred to your local standard operating procedures (SOPs).

Use this space to note any state or club specific information you come across or your trainer informs you of. This information may be on your SLS club, branch, or state centre's website or in a state-specific area of the SLS Members Area Document Library.

Assessment Information

The following pages contain information on the assessment process and on each of the BM's 12 assessment tasks.

Remember to advise your trainer and assessor prior to commencing assessment if you require assistance so that reasonable adjustments can be made.

THEORY ASSESSMENT OVERVIEW

The theory assessment task contains several multiple-choice questions and has been designed to assess your understanding and underpinning knowledge of the skills covered in the Certificate II Public Safety (Aquatic Rescue) and additional organisational requirements. You must answer all multiple-choice questions correctly to be deemed as having satisfactorily completed the assessment task.

The assessment is an open book assessment that can be completed at any time throughout the course. You are permitted to use any course materials provided that you may find useful.

It is recommended that you complete the theory assessment online within the SLS eLearning platform or SLS Learning app. After you complete the assessment online, you will need to attach a copy of your completion certificate to your assessment portfolio.

If you cannot access the SLS eLearning platform or SLS Learning app for any reason, ask your trainer or assessor to provide you a hard copy of the questions with an answer sheet that you can fill out and submit along with your assessment portfolio.

If you are unable to answer a question correctly after two attempts, your assessor may ask you a verbal question related to the same topic area as a written question. If you do not provide a correct response to the verbal question, you will be required to complete some additional training prior to returning on another scheduled assessment date.

PRACTICAL ASSESSMENT OVERVIEW

The practical assessment tasks are designed to assess your ability to perform the tasks required by SLS and by the units

of competency that align with the SLSA award. As you carry out each of the tasks under the instruction of your assessor, you will be observed and assessed against the performance criteria for each assessment task.

You need to complete all tasks to the standard outlined in the performance criteria for a given assessment to be deemed as having satisfactorily completed the assessment task. All assessments must be assessed as 'Satisfactory' for you to be deemed as competent in the units of competency.

Practical assessments with a performance criteria checklist include:

1. Assessment task 2—Signals
2. Assessment task 3—Radio maintenance
3. Assessment task 4—Resuscitation
4. Assessment task 5—Run-Swim-Run
5. Assessment task 6—Tube rescue and surf skills
6. Assessment task 7—Board rescue scenario
7. Assessment task 8—Emergency care procedures
8. Assessment task 9—Emergency care scenarios
9. Assessment task 10—Spinal management aquatic roll-overs
10. Assessment task 11—Spinal management scenario
11. Assessment task 12—Third-party report.

For each practical assessment task, your assessor will provide you with a briefing prior to assessment describing the situation you are about to participate in. This might include an introduction to the equipment available for your use, and what they will be looking for to determine competency. You should use this opportunity to ask questions, ensuring you are clear on all aspects of the assessment activity.

Your trainer may ask for you to enrol in your practical assessment via the 'Training event' menu in the SLS Members Area eLearning platform. Refer to your trainer for more information about your scheduled assessment date(s) and location.

ADDITIONAL ORGANISATIONAL REQUIREMENTS

Surf Life Saving has determined that in order to meet the requirements of the Bronze Medallion, there is additional content over and above that contained in PUA20119 Certificate II in Public Safety (Aquatic Rescue), which participants need to learn and be assessed in. This includes:

- some aspects of emergency care
- spinal management.

The following assessment tasks (or parts thereof) are not aligned to units of competency within PUA20119 Certificate II in Public Safety (Aquatic Rescue). As such, participants can be awarded this qualification without satisfactorily completing the below tasks. You are required to satisfactorily complete all assessment tasks, however, to be awarded with the Bronze Medallion.

FURTHER INFORMATION

Remember that more information relevant to SLS assessments in your state/territory may be found within your SLS state centre's course participant handbook. For example: enrolment information, assessment principles and pathways, assessor and trainer responsibilities, recognition of prior learning, credit transfers, additional support services, reasonable adjustment, complaints and appeals, how to provide feedback on courses, privacy and course participant records and certificates.

ASSESSMENT TASK	DETAIL
1—Theory questions	Part 5.2—First aid responses Part 10—Spinal management
9—Emergency care scenario	Complete task
10—Spinal management roll-overs	Complete task
11—Spinal management scenario	Requirements: <ul style="list-style-type: none">• 11.2.1–11.2.4• 11.3.1• 11.4.1–11.4.2• 11.5.1–11.5.2

AT1—BM THEORY QUESTIONS (PARTS 1–10)

INSTRUCTIONS

COMPLETING ASSESSMENT TASK 1 ONLINE

It is recommended that you complete this assessment task online within the SLS eLearning platform or SLS Learning app. Each multiple-choice question will appear on the screen of your computer or mobile device with various answer options for you to select one or more from.

If you need to make a correction, simply unselect an answer option and select a new one.

The online assessment saves your progress as you go and marks your answers automatically so there is no need for you to provide any paperwork to your trainer or assessor.

If you are unable to answer a question correctly after two attempts, you may return after 30 minutes to try again. It is recommended that you use this time to review your learning content or approach your trainer for support.

If you have already enrolled in the online self-paced learning for the BM, you can access the assessment as a module within this course. If you have not yet enrolled in the online self-paced learning, review the instructions in Session 1 of your learner guide.

Refer to the SLISA IT Helpdesk website (and their eLearning FAQs) as needed for support with completing the theory assessment online.

COMPLETING ASSESSMENT TASK 1 ON PAPER

If you choose not to complete the theory assessment online, refer to the latest edition of the SLISA BM Theory Questions booklet for a copy of the questions to answer. This booklet may be provided to you by your trainer or assessor, or you may view and download it anytime from the SLS Members Area Document Library.

You will need to print out the answer sheet at the back of the booklet and answer the theory questions posed in parts 1–10.

Mark the answer you think is correct with an 'x' in the appropriate check box on the answer sheet (see example 1 and 2 below). If you need to make a correction, circle the correct response before submitting the assessment task to your assessor (see example 3 below).

After completing the answer sheet, attach it to your assessment portfolio and submit it to your trainer/assessor.

If you are unable to answer a question correctly after two attempts, it is recommended that you review your learning content or approach your trainer for support.

Example 1—Single answer option

QUESTION	A	B	C	D
0.1	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Example 2—Multiple answer option when asked to select all that apply

QUESTION	A	B	C	D
0.2	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Example 3—Correction of answer on second submission

QUESTION	A	B	C	D
0.3	<input checked="" type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

AT2—SIGNALS

INSTRUCTIONS

This activity will assess your knowledge on both beach to water signals and water to beach signals as per the most current version of the *SLSA Public Safety Aquatic Rescue (35th edition)* training manual (PSAR35). When the signal is communicated you are to demonstrate the appropriate signal. As part of this task you are required to stand so that you cannot see other participants' demonstration prior to demonstrating a signal yourself.

ASSESSMENT CRITERIA AND BENCHMARKS

CRITERIA AND BENCHMARKS	
2.1 Beach to water signals	2.2 Water to beach signals
2.1.1 - Attract attention	2.2.1 - Assistance required
2.1.2 - Pick up swimmers	2.2.2 - Shore signal received and understood
2.1.3 - Proceed further out to sea	2.2.3 - Emergency evacuation alarm
2.1.4 - Go to the right	2.2.4 - Submerged victim missing
2.1.5 - Go to the left	2.2.5 - All clear/OK
2.1.6 - Remain stationary	2.2.6 - Powercraft wishes to return to shore
2.1.7 - Message understood, all clear	
2.1.8 - Pick up or adjust buoys	
2.1.9 - Return to shore	

AT3—RADIO MAINTENANCE

INSTRUCTIONS

Throughout the task, you will be required to demonstrate your ability to perform pre- and post-use radio checks including the procedure for tagging faulty equipment and reporting faults. As part of this task, you are required to assemble and disassemble the removable components of a radio and perform a radio check when instructed to by your Assessor so that the equipment is safe to operate.

ASSESSMENT CRITERIA AND BENCHMARKS

CRITERIA AND BENCHMARKS	
3.1 Radio pre-use check	3.2 Radio post-use check
3.1.1 - Remove radio from charger	3.2.1 - Turn off radio
3.1.2 - Check radio for damage	3.2.2 - Check for damage to channel selector/buttons, battery, antenna, case (if applicable) and water damage
3.1.3 - Ensure battery sufficiently charged	3.2.3 - Rinse waterproof pouch/harness to remove saltwater and sand then dry (if applicable)
3.1.4 - Turn on radio	3.2.4 - Tag the radio as unserviceable
3.1.5 - Select correct channel as per organisational SOPs	3.2.5 - Report radio fault if required
3.1.6 - Radio placed in waterproof pouch/harness (if applicable)	3.2.6 - Follow organisational SOPs and WHS requirements
3.1.7 - Conduct radio check (i.e., patrol to IRB)	

AT4—RESUSCITATION

INSTRUCTIONS

Throughout the task, you will be required to demonstrate your ability to perform single person and team CPR as well as the differences in performing CPR on adult and infant manikins.

As part of this task you are required to work as a team to manage the scenario presented to you. You will rotate through the roles of Lifesaver 1 (treating the infant), Lifesaver 2 (treating the adult) and AED operator (treating the adult).

Relevant instructions will be provided by your assessor as required, for example advising if the victims are breathing normally or if there are any complications during CPR. You are to continue treating the victims until your assessor advises that activity has been completed.

Once the activity has been completed, you will be required to simulate a handover of your victim to paramedics, accurately complete an incident report form and participate in a debrief which will be conducted by the assessor.

ASSESSMENT CRITERIA AND BENCHMARKS

CRITERIA AND BENCHMARKS
4.1 Primary assessment (Lifesaver 1 and Lifesaver 2)
4.1.1 - Check for dangers (minimise/remove)
4.1.2 - Select appropriate PPE (gloves and resuscitation mask)
4.1.3 - Check for response (Talk and Touch)
4.1.4 - Send for help and additional resources (other lifesavers, AED, ambulance)

CRITERIA AND BENCHMARKS

4.2 Infant cardiopulmonary resuscitation (Lifesaver 1)

- 4.2.1 - Maintain open airway—head in neutral position with head supported
- 4.2.2 - Clear airway as required—both nose and mouth
- 4.2.3 - Check for breathing (Look, Listen and Feel)
- 4.2.4 - Commence compressions—administer 30 chest compressions with correct finger position
- 4.2.5 - Correct compression rate—100–120 compressions per minute
- 4.2.6 - Correct compression depth—1/3 of chest
- 4.2.7 - Administer two rescue breaths (mouth to nose)—chest rise demonstrated
- 4.2.8 - Perform at least 2 minutes of uninterrupted single operator CPR (five or six cycles of both compressions and ventilations) on an infant resuscitation manikin placed on a firm surface
- 4.2.9 - Monitor the infant with their head in a neutral position (recovery position)

4.3 Adult cardiopulmonary resuscitation (CPR) (Lifesaver 2)

- 4.3.1 - Check airway (clear if required)
- 4.3.2 - Maintain open airway—head tilt & chin lift
- 4.3.3 - Check breathing (Look, Listen and Feel)
- 4.3.4 - Commence compressions—administer 30 chest compressions with correct hand position
- 4.3.5 - Correct compression rate—100–120 compressions per minute
- 4.3.6 - Correct compression depth—1/3 of chest
- 4.3.7 - Administer two rescue breaths (mouth to mask or mouth to mouth)—chest rise demonstrated
- 4.3.8 - Perform at least 2 minutes of uninterrupted single operator CPR (five or six cycles of both compressions and ventilations) on an adult resuscitation manikin placed on the floor
- 4.3.9 - Follow single resuscitation procedure, including the demonstration of a rotation of operators with minimal interruptions to compressions

4.4 Automated external defibrillator (AED) (AED operator)

- 4.4.1 - Turn AED on
- 4.4.2 - Apply AED pads in correct position
- 4.4.3 - Follow instructions prompted by the AED
- 4.4.4 - Ensure safety of self, bystanders and victim
- 4.4.5 - Press shock button when prompted by AED
- 4.4.6 - Check victim airway and breathing following AED shock.
- 4.4.7 - Respond appropriately in the event of regurgitation or vomiting
- 4.4.8 - Monitor victim (recovery position), respond to victim with respect and sensitivity

4.5 Incident review and documentation

- 4.5.1 - Perform handover to ambulance/paramedics, relay correct information verbally about victim and injury - IMIST AMBO
- 4.5.2 - Accurately complete incident report form with information based on the adult victim resuscitation scenario
- 4.5.3 - Participate in an incident debrief as per local SOPs

AT5—RUN-SWIM-RUN

INSTRUCTIONS

This timed assessment is designed to assess your fitness, running and swimming skills for the SLSA Bronze Medallion.

It requires you to demonstrate your surf awareness and self-rescue techniques by completing a 200 m run/200 m swim/200 m run in less than 8 minutes unaided.

ASSESSMENT CRITERIA AND BENCHMARKS

CRITERIA AND BENCHMARKS
Bronze Medallion Run-Swim-Run
Perform: 200 m run/200 m swim/200 m run within 8 minutes unaided

AT6—TUBE RESCUE AND SURF SKILLS

INSTRUCTIONS

Throughout the task, you will be required to demonstrate your self-survival skills in an aquatic environment and your ability to safely perform a tube rescue.

As part of this task you will rotate through the roles of a lifesaver and a victim.

In the role of a victim, you are required to demonstrate self-survival skills. You will apply your surf skills as you navigate through the surf zone until signalled to stop by the assessor, signal for assistance and then tread water or float until rescued.

In the role of lifesaver, you are required to use a rescue tube to rescue a victim in distress within the surf zone. This task is to be completed as if you are on patrol at the water's edge. You will have 2 minutes to check your rescue equipment and assess the surf conditions before the task commences. Assessment criteria and benchmarks.

ASSESSMENT CRITERIA AND BENCHMARKS

CRITERIA AND BENCHMARKS
6.1 Planning the rescue (Lifesaver 1)
6.1.1 - Check rescue equipment as per PSAR35
6.1.2 - Assess surf and beach conditions, identify hazards and minimise or control the risks they present
6.2 Perform tube rescue (Lifesaver 1)
6.2.1 - Identify victim
6.2.2 - Alert appropriate personnel
6.2.3 - Select appropriate rescue equipment and any required PPE, e.g., rescue tube, swim fins, wetsuit if cold or marine stingers present
6.2.4 - Negotiate surf conditions with rescue tube
6.2.5 - Approach victim in safe manner (position rescue equipment between themselves and victim or take a defensive position)
6.2.6 - Communicate with the victim
6.2.7 - Rescue victim with a rescue tube
6.2.8 - Signal 'assistance required' if required
6.2.9 - Return victim safely to shore, protecting them from breaking waves if required

6.3 Self-survival (Victim)

6.3.1 - Surf swimming while negotiating the surf successfully (including wading and dolphin diving)

6.3.2 - Signal for assistance

6.3.3 - Tread water or float until rescued

AT7—BOARD RESCUE SCENARIO

INSTRUCTIONS

This assessment brings together all of your aquatic rescue training for an unconscious victim into one simulated real-life situation. As part of this task you are required to work as a team to manage the scenario presented to you.

This task is to be completed as if you are performing an outpost patrol with a rescue tube, rescue board and a radio. You will take part in a briefing before performing a rescue at least once.

You will rotate through the roles of lifesaver, radio operator and victim. The radio operator will direct the lifesaver to the victim using water safety signals, and will also be communicating with an assessor acting in the role of a SLS state centre communication centre operator. Upon return to shore, the lifesaver will need to commence a primary assessment.

The assessor will notify you when the activity has been completed, at which point you will be required to participate in a group rescue debrief which will be conducted by the assessor acting as a patrol captain. You will also need to restore equipment ready for operational use.

ASSESSMENT CRITERIA AND BENCHMARKS

CRITERIA AND BENCHMARKS

7.1 Team briefing

7.1.1 - Check rescue equipment as per PSAR35

7.1.2 - Designate roles (Lifesaver 1, Victim, Radio operator)

7.1.3 - Assess surf and beach conditions, identify hazards and minimise / control the risks they present, complete Risk Assessment Form

7.1.4 - Advise of any personal limitations, e.g., illness, injury, medication, stress

7.2 Perform board rescue for unconscious victim (Lifesaver 1)

7.2.1 - Identify victim as per local SOPs

7.2.2 - Alert appropriate personnel

7.2.3 - Select appropriate rescue equipment and any required PPE, e.g., rescue board, wetsuit if cold or marine stingers present

7.2.4 - Use appropriate manual handling techniques for equipment

7.2.5 - Respond to signals from shore

7.2.6 - Negotiate the surf conditions successfully

7.2.7 - Approach victim in safe manner (position rescue equipment between themselves and victim or take a defensive position)

7.2.8 - Rescue victim with board—board pickup on shore side

7.2.9 - Signal 'assistance required'

7.2.10 - Return victim safely to shore successfully

7.2.11 - Perform appropriate victim carry/drag with another lifesaver

7.2.12 - Lower victim onto their back in a safe location

7.3 Correct use of portable radio equipment (Radio operator—during rescue)
7.3.1 - Radio held, approximately 10 cm from mouth and to the side with antenna vertical
7.3.2 - Ensure channel not in use before transmitting message
7.3.3 - Press hold PTT button, release PTT once finished
7.3.4 - Shield microphone when talking in high noise or windy areas
7.3.5 - Follows emergency radio protocols as per local SOPs (Including 'Rescue, Rescue, Rescue')
7.3.6 - Correct use of call signs as per local SOPs
7.3.7 - Correct use of prowords/phonetic alphabet where appropriate
7.3.8 - Correct use of 4 Ps for incident procedures (clearly identify Position, Problem, People, Progress)
7.3.9 - Requests ambulance and AED
7.3.10 - Clear and effective communication
7.3.11 - Follows instructions from patrol captain or SLS state centre communication centre operator
7.3.12 - Uses a phone if the radio does not work
7.4 Primary assessment (Lifesaver 1)
7.4.1 - Check airway (clear if required)
7.4.2 - Maintain open airway—head tilt & chin lift
7.4.3 - Check breathing (Look, Listen and Feel)
7.4.4 - Monitor victim (recovery position)
7.5 Post-rescue debrief (following completion of scenario)
7.5.1 - Participate in rescue debrief
7.5.2 - Patrol/rescue equipment packed up, cleaned, maintained and faults reported if required as per local SOPs

AT8—EMERGENCY CARE PROCEDURES

INSTRUCTIONS

Throughout the task, you will be required to demonstrate your understanding of some common first aid procedures. As part of this task, you are required to demonstrate treatment of the following first aid conditions:

- **Anaphylaxis and asthma:** a victim complains of sudden breathing difficulty.
- **Choking:** a victim is showing signs and symptoms of an airway obstruction.
- **Bleeding:** a victim has a laceration to their thigh from surfboard chop—they are bleeding heavily, conscious, pale and their breathing is rapid and shallow.

ASSESSMENT CRITERIA AND BENCHMARKS

CRITERIA AND BENCHMARKS
8.1 For all treatments
8.1.1 - Offer assistance to and gain consent from victim
8.1.2 - Perform required steps of primary assessment—DRSAB
8.1.3 - Demonstrate principles of victim management—reassure victim, stay with them, respond to victim with respect and sensitively
8.1.4 - Provide an accurate verbal report for paramedics (IMIST AMBO)
8.2 Anaphylaxis/asthma
8.2.1 - Correctly identify signs and symptoms of asthma and anaphylaxis
8.2.2 - Ask the victim to lay flat or sit up right away from any potential allergen trigger
8.2.3 - Identify appropriate first aid equipment (adrenaline auto-injector, placebo bronchodilator, spacer device)
8.2.4 - Correctly apply first aid procedures for anaphylaxis including the administration of an adrenaline auto-injector (correct time for auto-injector type to victim's outer thigh, no rubbing)
8.2.5 - Send for help and request ambulance
8.2.6 - Correctly apply first aid procedures for asthma including a spacer device (four separate puffs of asthma reliever. Ask the victim to take four breaths from the spacer after each puff of medication. Another four separate puffs after 4 minutes)
8.3 Choking
8.3.1 - Correctly identify signs and symptoms of airway obstruction
8.3.2 - Correctly assess severity of airway obstruction
8.3.3 - Correctly apply first aid procedures for choking and airway obstruction—lean victim forward and deliver up to five sharp back blows (simulated on adult manikin)
8.3.4 - Check for victim airway relief after each blow
8.3.5 - If unsuccessful, deliver up to five chest thrusts (simulated on adult manikin)
8.3.6 - Check for victim airway relief after each chest thrust
8.4 Bleeding
8.4.1 - Correct selection and use of PPE (gloves)
8.4.2 - Identify appropriate first aid equipment (bandages, dressings)
8.4.3 - Apply direct pressure to the wound, communicating with the victim for assistance if required
8.4.4 - Correctly position the bandage firmly and securely
8.4.5 - Check for circulation
8.4.6 - Treat for shock
8.4.7 - Demonstrate safe manual handling techniques
8.4.8 - Continue to reassure the victim
8.4.9 - Apply pressure with second bandage if required

AT9—EMERGENCY CARE SCENARIOS

INSTRUCTIONS

Throughout the task, you will be required to demonstrate your ability to perform a first aid procedure frequently performed by lifesavers. You are required to manage the emergency care scenario presented to you. This task is to be completed as if you are performing an outpost patrol with a first aid kit.

You will rotate through the roles of lifesaver and victim and you will each be presented with a different first aid condition. You will have 5 minutes to check your equipment in your first aid kit

The assessor will notify you when the activity has been completed, at which point you will be required to participate in a debrief which will be conducted by the assessor.

ASSESSMENT CRITERIA AND BENCHMARKS

CRITERIA AND BENCHMARKS
9.1 For all scenarios
9.1.1 - Offer assistance to and gain consent from victim
9.1.2 - Correct selection and use of PPE
9.1.3 - Perform required steps of primary assessment—DRSAB
9.1.4 - Demonstrate principles of victim management—reassure victim, stay with them, respond to victim with respect and sensitivity
9.1.5 - Identify appropriate first aid equipment
9.1.6 - Perform handover to ambulance paramedics—relay correct information verbally about victim and injury
9.1.7 - Participate in an incident debrief as per local SOPs
9.2 Scenario-dependent
9.2A Heat exhaustion OR
9.2A.1 - Correctly identify signs of heat exhaustion
9.2A.2 - Rest the victim in a shaded area
9.2A.3 - Loosen and remove excess clothing
9.2A.4 - Ask victim to drink sips of a sports drink or cool water (when nausea passes)
9.2A.5 - Cool victim by sponging with water and fanning
9.2B Sprain OR
9.2B.1 - Correctly identify signs of soft tissue injury
9.2B.2 - Rest the victim and provide reassurance (do not move or straighten the injured area)
9.2B.3 - Apply cold pack or ice to the injury (not directly on skin)
9.2B.4 - Apply a compression bandage
9.2B.5 - Elevate the injured area (if it does not cause more pain)
9.2B.6 - Referral victim to a medical practitioner
9.2C Venomous snake bite or blue-ringed octopus bite
9.2C.1 - Send for help and request ambulance
9.2C.2 - Inform victim to remain still while providing reassurance
9.2C.3 - Correctly apply pressure immobilisation technique (first bandage firmly over the bite site and a second bandage commencing from limb extremities towards the heart)
9.2C.4 - Immobilise the limb using appropriate sling technique

AT10—SPINAL MANAGEMENT AQUATIC ROLL-OVERS

INSTRUCTIONS

Throughout the task, you will be required to demonstrate your skills in one of the following techniques for the management of conscious victims with suspected spinal injuries in the water:

- extended-arm roll
- vice grip roll-over.

ASSESSMENT CRITERIA AND BENCHMARKS

CRITERIA AND BENCHMARKS
10.A Extended-arm roll
10.A.1 - Signal 'assistance required'
10.A.2 - Correct body positioning (protect victim from oncoming waves)
10.A.3 - Correct positioning of victim's arms either side of their head, stabilising head in neutral position
10.A.4 - Correct technique for rolling victim (grasping corresponding arm at ear level, victim facing towards first responder during the roll)
10.A.5 - Stabilise the victim on their back
10.B Vice grip roll-over
10.B.1 - Signal 'assistance required'
10.B.2 - Correct body positioning (protect victim from oncoming waves)
10.B.3 - Adopt vice grip
10.B.4 - Correct technique for rolling victim (move under victim while maintaining vice grip, avoid raising victim out of the water)
10.B.5 - Stabilise the victim on their back

AT11—SPINAL MANAGEMENT SCENARIO

INSTRUCTIONS

This assessment brings together all of your spinal management training into one simulated real-life situation.

As part of this task you are required to work as a team to manage the spinal scenario presented to you. This task assesses not only your ability to perform spinal care techniques, but also your ability to work as a team and to communicate effectively.

This activity will be conducted twice and is to be completed as if you are performing a patrol. You must perform a different role each time, and must participate in performing a log roll at least once.

You will have 5 minutes to:

- check your equipment
- participate in a briefing to designate roles
- assess the surf conditions before the task commences.

The assessor will notify you when the activity has been completed.

ASSESSMENT CRITERIA AND BENCHMARKS

CRITERIA AND BENCHMARKS
11.1 Team briefing
11.1.1 - Check rescue equipment as per local SOPS
11.1.2 - Perform a briefing to designate roles as per local SOPS
11.1.3 - Assess surf and beach conditions, identify hazards and minimise or control the risks they present
11.1.4 - Advise of any personal limitations e.g., illness, injury, medication, stress
ROLL-OVER IN AQUATIC ENVIRONMENT
11.2 First responder
11.2.1 - Signal 'assistance required'
11.2.2 - Correct body positioning (protect victim from oncoming waves)
11.2.3 - Correctly perform extended-arm roll or vice grip roll-over technique
11.2.4 - Stabilise the victim on their back
SPINAL BOARD CARRY
11.3 First responder
11.3.1 - Manually stabilise victim's head throughout procedure
11.3.2 - Communicate with team members (including providing instruction, support and feedback)
11.4 Assisting team members
11.4.1 - Correct placement of spinal board in an aquatic environment (aligning with victim, vertical placement, submerging under victim)
11.4.2 - Correct positioning around spinal board (factoring in weight distribution)
11.4.3 - Communicate with team members (including following instruction, responding to feedback)
11.4.4 - Operate as a team to walk victim out of water (team facing towards the shore) and simultaneously lower them to the ground
11.5 Log roll—following advice that 'the victim is regurgitating'
11.5.1 - Correct body positioning of victim on the spinal board (arms down side of victim's torso, hands against body)
11.5.2 - Adopt correct body and hand position for log roll
11.5.3 - Work as a team to coordinate log roll
11.5.4 - Work as team to remove victim from spinal board

AT12—THIRD-PARTY REPORT

You are required to take part in a real or simulated operational environment, following organisational policies and procedures under the direct supervision of either a trainer or a patrol captain.

When your trainer or patrol captain has witnessed you demonstrate all the tasks outlined below under the before mentioned assessment conditions, they will complete the third-party report in your assessment portfolio for submission to your assessor as part of this assessment portfolio.

You must satisfactorily demonstrate all tasks for this assessment task to be completed satisfactorily.

ASSESSMENT CRITERIA AND BENCHMARKS

CRITERIA AND BENCHMARKS
The candidate has demonstrated the following tasks :
12.1 Arrive on time and participate in a patrol briefing
12.1.1 - Understand directions and ask questions to clarify instructions if required.
12.1.2 - Communicate effectively with other team members and assist with tasks as requested.
12.1.3 - Advise patrol captain of skill level, competence and any personal limitations and training needs if any i.e. injury, competency level etc
12.1.4 - Assess surf and beach conditions, identify hazards and minimise or control the risks they present.
12.1.5 - Wear correct personal protective equipment as per local SOPs and SLS Guidelines, e.g., sunscreen, sunglasses, protective clothing.
12.1.6 - Be allocated roles or tasks by the trainer or patrol captain and negotiate if required.
12.2 Contribute to patrol operational set-up
12.2.1 - Conduct pre-patrol or pre-rescue check of rescue tube or board as per local SOPs.
12.2.2 - Assist other team members with checking of routine patrol or rescue equipment.
12.3 Follow all operational instructions within agreed timeframes
12.3.1 - Acknowledge and implement instructions from the trainer or patrol captain.
12.3.2 - Monitor the beach and inform the trainer or patrol captain of any incidents if required.
12.3.3 - Undertake preventive action taken and inform the trainer or patrol captain e.g. completing information board, erecting flags/ safety signage, communicating surf safety information to the public etc
12.4 Participate in a patrol debriefing
12.4.1 - Review tasks that were completed, results achieved, effectiveness of teamwork and acknowledge critical incident stress where appropriate.
12.4.2 - Wash, store and maintain equipment ensuring that it is returned to a rescue-ready state as per local SOPs.
12.4.3 - Complete documentation clearly and accurately as per local SOPs, including faulty equipment reporting.
12.4.4 - Identify areas for improvement and provide feedback (for patrol members or club committees).
12.4.5 - Discuss team effectiveness and highlight any conflicts, suggesting possible solutions if required.
12.4.6 - Identify any personal/group training and development opportunities with patrol captain.