



Surf Life Saving Australia – Circular

August 2009

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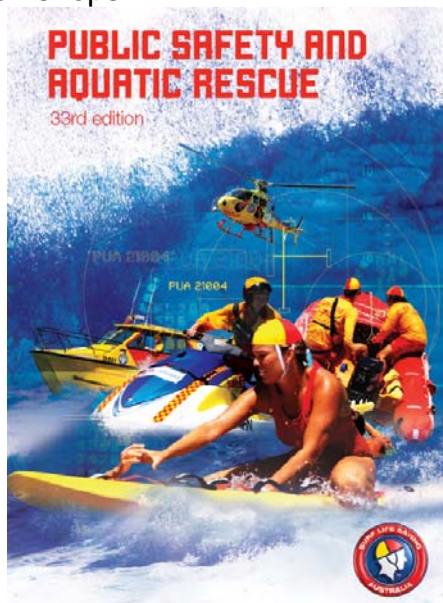
Title	33 rd Edition of the Surf Lifesaving Training Manual (now Public Safety and Aquatic Rescue Training Manual) – an overview of changes and implementation issues.
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Summary	The 33 rd Edition of the Public Safety and Aquatic Rescue Training Manual is now available to all clubs. This circular provides a summary of changes to the manual to assist in its implementation.
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33rd Edition - Public Safety and Aquatic Rescue Training Manual

SLSA and the National Board of Lifesaving are pleased to announce the release of the 33rd Edition of the Public Safety and Aquatic Rescue Training Manual. The manual has had a number of significant changes made to the format and content. This circular provides an overview of changes made to the manual and should be used for start of season conferences and workshops.





The review process

Submissions for changes to the 32nd Edition of the Surf Lifesaving Training Manual were called for in 2007 and were received from a number of states. A National Editorial Panel was formed by the National Board of Lifesaving (NBOL). The panel reviewed submissions received and investigated changes to industry guidelines and standards and made recommendations to the NBOL for changes. The NBOL, along with a number of other working groups, also provided specifications on changes required to allow the manual to meet the Public Safety Industry Competency Standards. A number of drafts were reviewed by the states and technical experts prior to the final proof copy being signed off by each state in June this year.

Cost and ordering

The cost of the training manual will remain the same at \$28.18 (ex GST).

Manuals will not be sold through Creta (Surftrade) at this time.

Clubs/ States will be able to purchase manuals by going to **www.slsa.com.au** website homepage. There will be a prominent button here for “Manuals” that will direct you to the relevant web store. This will only apply to the Training Manual.

Manuals will be available for sale (through the link on SLSA’s home page) from **Monday 24th August**, and orders will be delivered within approximately 5 working days of payment. Orders through this site are preferable, but if manuals are **urgently required** beforehand (after August 15th) please email info@slsa.asn.au. Please include your contact and phone details.

Bronze/Cert II and Surf Rescue Certificate content

Bronze/Cert II candidates are required to complete all units within this manual to be awarded the medallion and qualification.

Surf Rescue Candidates are not required to complete:

- Chapter 5 Defibrillation and Basic Oxygen
- Chapter 7 Radio Operations
- Chapter 10 Carries and Support

SRC candidates are required to complete all other chapters to receive their Surf Rescue Certificate.

All assessment conducted during this season must use the learning outcomes and assessment criteria from this manual.

Workbooks and assessment structure



The National Education Committee (NEC) has resolved that the learning and assessment strategy for the Bronze Medallion/Cert II should primarily be of a practical nature. It has agreed that the resources should focus on practical “hands on” activities and scenarios. Consequently the Bronze Medallion/Cert II Workbook supplied to some states with the 32nd Edition Surf Life Saving Training Manual has been discontinued. SLSA is currently developing a separate learning and development strategy for the award and the NEC are trialling several ‘blended’ learning options. A separate circular will be provided on these developments.

Major changes

Name Change

The Manual will now be called **33rd Edition Public Safety and Aquatic Rescue Training Manual**.

Prelims and Assessment

- Induction checklist added to the front of manual.
- Award structure and units removed and are now accessible on the SLSA website.

Major Content Changes

- Content on self-survival skills such as floating and treading water has been added to Surf Awareness to meet requirements of the unit of competency.
- A small amount of content has been added to anatomy and physiology (now titled *The Human Body*). This includes the digestive system, integumentary system (skin) and the urinary system. These have been added to meet the requirements of the unit of competency “*Provide Emergency Care*”.
- The First Aid Chapter is now one chapter and is not split into First Aid and Basic First Aid. SRC candidates will now be required to complete all first aid procedures
- Defibrillation awareness and use has been added to the Bronze Medallion/Cert II
- The three person carry has been removed. The two person carry or stretcher carry should now be used
- The five person spinal carry is included for information only but is non assessable. This change is based on feedback from the International Lifesaving Federation and the National Board of Lifesaving intention is to remove this carry from the award. A stretcher carry should be used.
- The double tube tow has been introduced into the award following successful trialling in several states.



- New terminology to replace “Jaw lift” has been included. “Chin Lift” is now used to conform to Australian Resuscitation Guidelines (ARC). Chin Lift = jaw support or jaw thrust
- Back blows are no longer used on a patient who is unconscious with a blocked airway (as per ARC guidelines). In such cases compressions may assist to dislodge the obstruction. Back blows may be part of the treatment for a conscious patient who is choking but is not part of the prescribed treatments within the Bronze Medallion.

Implementation issues

Defibrillation

Defibrillation awareness and use is now included within the Surf Life Saving Bronze Medallion/Cert II in Public Safety (Aquatic Rescue). It is not required to be covered in the Surf Rescue Certificate.

Rationale

The development of automated external defibrillators (AEDs) has come a long way over the last 10 years and has made community-based use of such units feasible. The Australian Resuscitation Council guidelines recommend broader community education of the use of defibrillation within CPR courses. The guidelines also recommend that in the absence of trained lay people or health professionals that untrained bystanders should have access to the use of public access defibrillators. These guidelines reflect a broader approach to the use of defibrillation than has been previously experienced.

Scope of training

The scope of training for defibrillation (in the 33rd Manual) differs from the defibrillator course. The scope of the Bronze Medallion/Cert II training is contained within Chapter 5 of the manual. It is important that training officers and assessors do not over-train or assess candidates in this section of the award.

The training and assessment should simply allow candidates to prepare the patient, attach pads to the patient and follow prompts of the AED while following safety procedures. Technical requirements such detailed terminology, anatomy and physiology are not required to be learnt as part of this awareness.

Do we need to buy a defibrillator for our club?

Yes. The National Board of Lifesaving made spinal and defibrillation equipment compulsory for all patrols in November 2008 (Circular 43/08-09).

Clubs will need to own (or have access to) a defibrillator (and it is suggested a defib training unit) to now complete the Bronze Medallion. Several grants are available from time to time to assist with the purchase of such equipment.



The SLSA website under “Club and Member Information” – “Gear and Equipment” has a complete list of approved defib manufactures and suppliers and their contact details. Click on the first PDF on the list at the bottom of the webpage – “SLSA Approved Gear and Equipment List” for details.

Most defibrillators cost between \$2900 and \$3500 while defibrillator trainers cost approximately \$500 - \$700.

Examples include: Laerdal Heartstart FRx Defibrillator \$3222 and Laerdal Heartstart FRx Trainer \$589.

Who can train and assess defibrillation within the Bronze/Cert II?

A Bronze Medallion training officer can now train the defibrillator section of the Bronze Medallion. A Bronze Medallion Assessor is also able to assess this section. It is recommended that current training officers and assessors upskill their knowledge in this area. Again, keep it simple!

Some ways to upskill:

- 1) Read the text within the new manual and try the skills yourself.
- 2) Conduct an in-service with an existing defibrillator operator or facilitator.
- 3) Attend the Defibrillator Operators Course.

How is it assessed?

It is recommended that assessment of the defibrillation content take place in the usual resuscitation simulation/scenario.

Do we need to upgrade existing Bronze/Cert II holders?

Yes. Defibrillator awareness and use should be included in the 2009/10 proficiency test for existing patrolling members and must be included in the 2010/11 proficiency test ie all active patrolling members will need to be proficient in the use by 31 December 2010. This awareness and use should take the form of a short workshop and practice in application of pads/safety awareness during a resuscitation scenario.

Do we still send candidates to the defibrillator award course?

Yes. The defibrillation operator’s course will still remain within the award structure of SLSA and remains as a unit of competency with the Public Safety Training Package. (See also the circular on the introduction of the Advanced Resuscitation Techniques Course that is now able to be conducted at a club level) Both courses provide a more in-depth overview of the use of the defibrillator including relevant technical aspects of the unit.



Content changes by page

This table provides an overview of major changes to text, formatting and artwork. Please note that minor changes have been made throughout the text of the manual and may not be listed in the table below.

Introduction		
Page	Change	Description
i to xv	Removed	<ul style="list-style-type: none"> • Australian Lifesaver and Volunteer of the Year Award information • Your award training • Table 1 – SLSA Bronze Medallion units of competency matrix • The Australian Qualifications Framework • Recognition of prior learning • Some of SLSA's Policies
i to xv	New	<ul style="list-style-type: none"> • Why we exist • How we reduce drowning • Our core activities • Why the red and yellow? • Induction checklist
Chapter One – Safety and Wellbeing		
Page	Change	Description
4-15	Removed	Reduced content
6-7	New	Safety First! information
-	Moved	Manikin training now in resuscitation chapter
12	New	Copy of the Incident Report Log added
14	New	Australian guide to healthy eating added
Chapter Two - Surf Awareness and Skills		
Page	Change	Description
18	Added	Wave terminology diagram
19	Updated	Drawings of waves
20	New	Rip identification through the use of dye image
21	New	New pictorial diagram of a rip
23	Change	Beach types reduced from five pages to one page
24-25	New	Self-survival skills such as floating and treading water to Surf Awareness to meet requirements of the unit of competency
27	New	New drawings of surf skills – diving under waves, body surfing and pulling out of a wave



Chapter Three – Anatomy and Physiology

Page	Change	Description
38	New	A small amount of text has been added on the Digestive System, Integumentary System (skin) and the Urinary System. These have been added to meet the requirements of the unit of competency

Chapter Four – Resuscitation

A stronger focus on one person CPR has been provided in this chapter.

Page	Change	Description
42	Moved	Resuscitation flow diagram is now in the back of the chapter
43	New	Resuscitation chart
44-52	Change	A summary of each stage of resuscitation is now located on the far left hand side of pages 44 to 52 (shaded section). The next three columns on the open page provide information relating to that stage of resuscitation. E.g. Step 4 on page 48 shows the actions for breathing and the next three columns on the spread discuss mouth to mask, mouth to mouth and mouth to nose. Learn the sequence and routine from the left hand column and expand your knowledge from the other columns on the double page spread
46	New	New airway images – opened and blocked airway
47	Change	New terminology to replace “Jaw lift”. “Chin Lift” is now used to conform to Australian Resuscitation Council (ARC) Guidelines. Chin Life = Jaw support or jaw thrust
53	Change	Back blows are no longer used on a patient who is unconscious with a blocked airway (as per ARC guidelines).

Chapter Five – Defibrillation and Basic Oxygen

This chapter is for Bronze Medallion Holders only and not required for Surf Rescue Certificate candidates

Page	Change	Description
60-63	New	Basic operation and use of the defibrillator has been added. See the section at the front of this circular for implementation details.



Chapter Six – First Aid

Page	Change	Description
70	New	New text on What is First Aid?/First Aid and the Law
72	New	Patient handover card
73	New	A guide to measuring vital signs has been added
74	Change	Reduced text on body checks/secondary assessment – for the Bronze this should be a basic body check/assessment
78	Added	Treatment of asthma
98	Removed	Diving injuries have been removed

Chapter Seven – Radio Operations

This chapter is for Bronze Medallion Holders only and not required for Surf Rescue Certificate candidates

Page	Change	Description
All	Minor	Limited change has been made to this chapter

Chapter Eight – Communications

Page	Change	Description
110-118	Formatting	A small reduction to the communication text along with some rewording and formatting changes
119 - 121	Change	Signal – signals pictures are now drawn in a double page spread for ease of learning. Descriptions of each signal are located on page 119 so that the visual representation of the signals is not cluttered with text.

Chapter Nine – Rescue Techniques

Page	Change	Description
124	New	“Recovery” has been added to the end of the concept Prevention, Recognition, Rescue.
124	New	The concept of The Essential Steps of Aquatic Rescues has been added. These include: <ol style="list-style-type: none"> 1) recognizing the patient 2) alerting the patrol captain 3) deciding on a course of action 4) retrieving the patient This chapter has been written following these steps
125	New	A definition of a “distressed person” has been added to the text to distinguish between a distressed victim and a drowning victim.



126	New	Information on alerting the patrol captain has been added
128	New	Deciding on a course of action has been added.
129	New	A scenario risk rating matrix has been added to Step 4 – Retrieving the patient.
135	New	Double tube tow added following successful trial in several states.
Chapter Ten – Carries and Supports		
This chapter is for Bronze Medallion Holders only and not required for Surf Rescue Certificate candidates		
Page	Change	Description
	Removed	The Three Person Carry has been removed.
	Changed	The Spinal Injury Carry (without stretcher) is no longer assessable but may still be taught. Use spinal stretcher carry.
Chapter Eleven – Patrols		
Page	Change	Description
All	Change	This chapter has been reordered
159	New	Added copy of patrol log book
161	Change	Removed “Surveillance” as a patrol method. It is now listed under standard operating procedures on page 166 as it relates to numbers on patrol rather than patrol methods.
161	Change	A “Traditional” patrol is now called “Between the flags”
166	New	Information on patrol service agreements and standard operating procedures has been added. An example of an SOP is located on page 167

Further updates will be provided on the SLSA website.