



# Surf Life Saving Australia - Circular

July 2010

## Proficiency Testing requirements for 2010/2011 season

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<b>Department</b> Lifesaving	
<b>Summary</b> This circular provides minimum proficiency test requirements for the 2010/11 season.	
<b>From</b> Peter Agnew General Manager Operations	Peter George AM National Director of Lifesaving

### Preamble

All active lifesavers are required to complete a proficiency test to prove competency in the lifesaving award/s they hold and wish to remain current in. Proficiency tests are necessary to:

- ensure ongoing competency of members in their area of training and activities
- maintain the standards of knowledge and expertise of surf life savers
- satisfy legal and statutory requirements
- reinforce and maintain our service commitment to the bathing and beach going community

A member's proficiency is valid until the 31st December each year (Any reference to this date should read 31 July in Northern Australia approved clubs) unless stated otherwise in Surfguard or via Circular (e.g. some awards have a two year proficiency requirement).

Any member who is NOT proficient by the 31<sup>st</sup> December, or has NOT completed appropriate awards shall NOT be allowed to:

- Perform patrols
- Operate rescue craft or
- Compete in surf life saving competitions.

Proficiency tests may be conducted after 31<sup>st</sup> December under the requirements/approval of the local state/branch. Any member completing their proficiency after 31st January each season shall be eligible to patrol but shall not be permitted to participate in any SLSA Championship competition until 1 May later in that year. (see SLSA Policy 5.4 for further details on competitor proficiency/patrol requirements).

When a proficiency check is successfully completed (or a member gains a relevant award after 30 June, in a particular year) the proficiency or qualification is current until 31st December in the following season.



Directors of Lifesaving may include additional checks in cases where there is doubt of a member's proficiency in aspects of an award.

A member may be requested at anytime during the season to complete an additional proficiency check by the Club, an Assessor or authorised SLS Official. A member who fails a proficiency check at anytime during the season is deemed to be non-proficient until such time as another proficiency check is completed successfully. Further, this member cannot participate in patrol activities or compete at carnivals until the proficiency check has been completed successfully.

Members who are wishing to return to active surf lifesaving duties and already hold an SLSA award previously obtained through Surf Lifesaving can participate in an in-depth proficiency with a qualified Assessor. The Assessor must conduct a gap analysis to determine what differences occur between the award as it currently stands and what skill and knowledge the award consisted of at the time the member was last proficient.

If the gap analysis determines there is a gap in skill and/or knowledge, the candidate may be required to undertake training and assessment in the gap(s) identified. For example – a member may have obtained their Bronze Medallion when the use of oxygen therapy was not taught therefore the member would have to be trained and assessed in this skill and knowledge.

Each State/Territory will be responsible for describing the appointment of Assessors for proficiency testing.

**The requirements below detail the minimum national requirements as ratified by the National Board of Lifesaving. Additional requirements may be included by the State/Territory Director of Lifesaving.**

### **Change Management**

Several changes have been made to the National Proficiency requirements in line with SLSA Award Changes. The main changes include:

- Defibrillation awareness and use along with Radio has been added to the Bronze Medallion/Cert II Proficiency Test this season.
- Changes have been made to the Advanced Resuscitation Certificate (ARC) proficiency to include the upgrade to Advanced Resuscitation Techniques Certificate (ARTC) award
- There will be no Defibrillation Certificate proficiency available to SLSA Award holders as this Award is now combined in the ARTC
- ATV Induction holders will be upgraded to the ATV Operators Award once proficient this season.
- Radio Operator Certificate holders will be required to complete a proficiency assessment if they hold this as a standalone award (ie they do not hold a BM/Cert II).



## **AQUATIC RESCUE AWARDS**

### **Surf Rescue Certificate**

The proficiency test for the Surf Rescue Certificate for the 2010/11 season will be:

1. Run Swim Run (timed) 100m Run / 100m Swim / 100m Run in 5 minute or less
2. Resuscitation (CPR).  
A patient assessment on a live patient and demonstration of lateral position.  
  
CPR, 1 and 2 people (adult or child or infant) on a manikin. To include resuscitation using a mask with oxygen supplement.
3. Signals – 10 correct  
Demonstrate 10 correct signals as determined by the Assessor conducting the proficiency.
4. Rescue (1 of either Board or Tube)  
A Surf Rescue Certificate holder must demonstrate a rescue, using either a rescue tube or a rescue board, according to SLSA operating procedures in the current Public Safety and Aquatic Rescue Training Manual. The rescue must consist of the following events being assessed:
  - Negotiating the surf zone
  - Securing the patient
  - Calling for assistance
  - Returning to shore with the patient

The Assessor may request the candidate to conduct a patient assessment on the beach. The member may choose the rescue equipment and can use flippers during the tube rescue.

### **Bronze Medallion/Cert II**

The proficiency test for the Bronze Medallion/Cert II for the 2010/11 season will be:

1. Run Swim Run (timed) 200m Run / 200m Swim / 200m Run to be completed in 8 minutes or less
2. Resuscitation (CPR) with oxygen and defibrillation  
A patient assessment on a live patient and demonstration of lateral position.

CPR, 1 and 2 people (adult or child or infant) on a manikin. To include resuscitation using a mask with oxygen and defibrillation\* supplement.

\*As discussed in last year's Proficiency Circular defibrillator awareness and use must be included in the 2010/11 proficiency test so that all active Bronze/Cert II patrolling members will be proficient in the basic use by 31 December 2010. This awareness and use should take the form of a short workshop and practice in application of pads and safety awareness during a resuscitation scenario.

3. Signals – 10 correct  
Demonstrate 10 correct signals as determined by the Assessor conducting the proficiency.



#### 4. Rescue (1 of either Board or Tube)

A Bronze Medallion holder must demonstrate a rescue, using either a rescue tube or a rescue board, according to SLSA operating procedures in the current Public Safety and Aquatic Rescue Training Manual. The rescue must consist of the following events being assessed:

- Negotiating the surf zone
- Securing the patient
- Calling for assistance
- Returning to shore with the patient

The Assessor may request the candidate to conduct a patient assessment on the beach. The member may choose the rescue equipment and can use flippers during the tube rescue.

#### 5. Radio

Three questions on the use of radio must be asked to each candidate: This may include pre operation checks; knowledge of local operating channels and uses; operating procedures; call signs; rescue techniques etc.

### **Gold Medallion (Advanced Lifesaving) Proficiencies**

The Gold Medallion is only to be assessed by an assessor appointed on an annual basis by the Branch/State Director of Lifesaving (or equivalent). Assessors who are appointed must be noted in the Branch/State minutes annually.

A member must be proficient in the pre requisite awards for the Silver Medallion Advanced Emergency Care (OR have gained the new award of Silver Medallion Advanced First Aid) i.e.:

- Senior First Aid (or Apply First Aid)
- Spinal Management
- Advanced Resuscitation Certificate (ARC) / Defibrillation Certificate OR Advanced Resuscitation Techniques Certificate (ARTC)

If any of these award proficiencies lapse during the season, even after successful completion of the Gold Medallion, then the member will become non-proficient in the Gold Medallion.

The proficiency test for the Gold Medallion for the 2010/11 season will be:

#### 1. Pool Swim

The member must complete an 800 metre swim in 14 minutes or less in a swimming pool of not less than 25 metres. The pool swim must be completed before any other component of a Gold Medallion proficiency.

#### 2. Mission Test

- The distance will be 400m swim, 800m run, 400m board paddle, and 800m run
- The time will be 25 minutes or less
- The run distance to be taken from waist deep water, e.g. the run is from a flag, around a marker and to waist deep water, the aquatic components are from waist deep water around two swimming buoys and back to waist deep water
- Aquatic course must be around two swimming buoys

#### 3. Rescue

Gold Medallion holder must demonstrate being able to conduct a board and tube rescue according to SLSA operating procedures in the current Public Safety and Aquatic Rescue Training Manual.



- **Tube Rescue**  
Complete a tube rescue of a patient 100 meters out to sea and return.  
Member may use flippers during this rescue
  - **Board Rescue**  
Complete a board rescue of a patient 200 meters out to sea and return.
4. **Complex Rescue Scenario (may be included as part of the rescue section above)**  
Gold Medallion holder must demonstrate being able to conduct a complex rescue scenario as set by the Assessor according to the SLSA operational procedures in the current Public Safety and Aquatic Rescue Training Manual.

The rescue must consist of the following events being assessed:

- Negotiating the surf zone
- Securing the patient
- Returning to shore without losing the patient
- Calling for assistance
- One person drag, lay and assessment
- Performing emergency care as required by the patient

## **EMERGENCY CARE AWARDS**

### **Resuscitation Certificate**

Award holders must successfully complete a proficiency check, showing their competence in resuscitation techniques including:

1. A patient assessment on a live patient and demonstration of lateral position
2. DRABCD, CPR 1 and 2 person (adult or child or infant) on a manikin – to include resuscitation methods using a mask

Awards involving resuscitation are to be assessed annually. Once proficiency is achieved, resuscitation in other award proficiencies is not required.

NOTE: Even if a member has been deemed proficient in resuscitation, they must still demonstrate proficiency in conducting resuscitation in conjunction with equipment associated with the award being assessed. i.e. Advanced Resuscitation Techniques Certificate.

### **Advanced Resuscitation Techniques (ART) and Advanced Resuscitation Certificate (ARC)**

This season will see the transition of Advanced Resuscitation Certificate (ARC) holders to the new industry award Advanced Resuscitation Techniques Certificate (ARTC) as part of the 2010/11 proficiency requirements.

Members who currently hold the ARC will need to complete the same proficiency as members who hold the ARTC. No new ARC awards will be issued from 1 July 2010.

ARC members should have their proficiency entered into Surfguard by 31 December 2010. All proficient members in the ARC award on the 1 February 2011 will be issued with the ARTC automatically within Surfguard.



The Proficiency Test for the ARC and ARTC for 2010/11 season will include:

1. Resuscitation

A patient assessment on a live patient and demonstration of lateral position DRABCD, CPR 1 and 2 person (adult or child or infant) on a manikin – to include resuscitation methods using a mask

2. Oxy Viva Operation

Use of air bag resuscitator on conscious/unconscious patient(s) during resuscitation scenario, e.g. therapy and resuscitation.

3. Oropharyngeal Airways

Correct measurement and insertion of an Oropharyngeal Airway (on a manikin where possible). Candidates must have an understanding of when and why an airway is introduced into resuscitation.

4. Defibrillation

Demonstrating knowledge, and skill, in safety precautions associated with using a Defibrillator. Simulated use of defibrillator on a manikin as part of a resuscitation scenario.

5. Suction

The use of hand held suction apparatus for the removal of fluids from the mouth.

*NOTE: An ARC/ARTC proficiency DOES NOT include assessing the application of a neck brace as this now sits in the Spinal Management award and proficiency.*

REMEMBER: If a member has already completed an award that required Resuscitation to be assessed i.e. Bronze Medallion, they are considered to be proficient in that section of this award

A member may complete their Resuscitation Certificate proficiency as part of their ARC/ARTC proficiency, if not already assessed in another award.

### **Defibrillation Certificate**

As of 1 July 2010 proficiency testing in this award will no longer be available. The skills and knowledge for this award are now included in the Advanced Resuscitation Techniques Certificate. Please see the Advanced Resuscitation Techniques Implementation circular.

### **Spinal Management Certificate**

All Spinal Management holders must have successfully completed the following proficiency checks:

1. Demonstrating placing a patient on a spinal board in a surf environment and on land.
  - This may require multiple scenarios to enable each person to demonstrate competence.
2. Application of cervical collar on a patient
  - This may occur during the above scenarios clearly identifying how to correctly measure and apply a cervical collar

### **Pain Management**

Proficiencies for this award will be required at a minimum every two years and in some states annually depending on state permit requirements. Independent of the frequency, items included in the proficiency will include:

1. demonstration of set up and simulated use
2. knowledge of local security and state documentation requirements.



### **Silver Medallion – Advanced Emergency Care**

This award will be replaced as a new award this season with the Silver Medallion Advanced First Aid. Next year's proficiency circular will detail requirements for the SM AEC to upgrade to the SM AFA.

A member must remain proficient in:

- Senior First Aid (or Apply First Aid)
- Spinal Management
- Advanced Resuscitation Certificate (ARC) / Defibrillation Certificate OR Advanced Resuscitation Techniques Certificate (ARTC)

to remain proficient in the Silver Medallion – Advanced Emergency Care this season.

### **POWERCRAFT AWARDS**

#### **IRB Crewperson, Silver Medallion (IRB Driver) and RWC Operator**

All IRB Crewperson, Silver Medallion (IRB Driver) and RWC Operator must demonstrate proficiency in the pre-requisite awards associated with the award:

##### IRB Crewperson

- Proficient Bronze Medallion

##### Silver Medallion (IRB Driver)

- Proficient Bronze Medallion
- Proficient IRB Crewperson
- Hold a current state/territory boat licence (where applicable)

##### RWC Operator

- Proficient Bronze Medallion
- Advanced Resuscitation Certificate (ARC) OR Advanced Resuscitation Techniques Certificate (ARTC)
- Senior First Aid (or Apply First Aid)
- Hold a current state/territory boat/pwc licence (where applicable)
- Additional State/Territory pre-requisites

The National Board of Lifesaving agreed that not all crewperson and/or drivers necessarily need to demonstrate skills in a "one off" proficiency test and that many may be seen as proficient via demonstration of competency during the operational activities. Proficiency of crewperson and/or drivers of craft may be able to be assessed in numerous ways such as through the use of log books and club/service powercraft officer recommendation.

#### **IRB Crew**

The proficiency of this award may be able to be assessed in numerous ways such as through the use of log books and club/service powercraft officer recommendation.

For those conducting a proficiency test for IRB the following should be applied:

1. Questions on safety and the SLSA Powercraft Code of Conduct.



2. Demonstrate effective and safe crewing practice and ability including but not limited to:

- Parallel running,
- Figures eight,
- Response to signals,
- Negotiation of surf as required.
- Other crewing skills to be deemed as competent.
- Demonstrate patient rescue.

Please note that additional requirements will be added to the minimum national requirements next season as part of the IRB safety review. Some states may be implementing additional workshop requirements as part of IRB proficiencies this season.

**Silver Medallion (IRB Driver) and RWC Operator**

The proficiency of this award may be able to be assessed in numerous ways such as through the use of log books and club/service powercraft officer recommendation.

In general IRB/RWC Drivers must successfully demonstrate their competence in current IRB/RWC driving techniques such as:

1. Knowledge on safety and the SLSA Powercraft Code of Conduct.
2. Demonstrated ability to apply safe driving practice and the ability including but not limited to:
  - parallel running,
  - figures eight,
  - response to signals,
  - negotiation of surf as required.
3. Other driving skills to be deemed as competent.
  - Demonstrate ability to conduct a patient rescue.
  - Demonstrate ability to carry out a patient lift, exit, carry, lay and assess.

For **RWC operators** they must also be able to reboard the craft from deep water.

Please note that additional requirements will be added to the minimum national requirements next season as part of the IRB safety review. Some states may be implementing additional workshop requirements as part of IRB proficiencies this season.

**Specialist Powercraft Awards (JRB/ORB)**

Proficiencies for specialist groups shall be determined by the individual group and as approved by the relevant Branch/State Director of Lifesaving. Again, options provided for in the IRB/RWC should be considered.



## **ATV Operators**

The ATV Induction listed in Surfguard will now become an ATV Operators Award as of 1 July 2010 for all new operators of ATVs. Members who currently have ATV Induction listed in their Surfguard Profile will need to complete their annual proficiency as usual this season.

ATV Operators should have their proficiency against ATV Induction entered into Surfguard by 31 December 2010. All proficient members in the ATV Induction on the 1 February 2011 will be issued with the ATV Operators Award automatically within Surfguard. This will save considerable paperwork and reassessment. *Note: Should a group or club captain consider that the operator is non-proficient or requires further skill development they should request that the operator complete the new ATV Operators Award using the new resources. This award should then be entered into Surfguard as a new award using the Form 14.*

### 2010 ATV Induction Proficiency

ATV Operators must hold a current, valid state driver's license. A member who loses their state driver's license (whether through cancellation or suspension) is considered to be non-proficient in this award. Once the member's state driver's license is reinstated, they are then required to resit the ATV Operator proficiency.

Clubs should also conduct a proficiency check consisting of:

1. Pre/post operational checks
2. Driving assessment with oral questioning on safety precautions etc
3. The new ATV Operators Award Workbook should be provided to operators for reference and may be used as a tool to assist with proficiency checking

## **BEACH MANAGEMENT AWARDS**

### **Silver Medallion (Patrol Captain) OR Silver Medallion (Basic Beach Management)**

No proficiency is required for these awards. Proficiency is required in the prerequisites for the awards to remain current.

## **RADIO AWARDS**

### **Radio Operators Certificate**

For those who hold the stand alone Radio Operators Certificate (ie who do not have their BM/CERTII) Three questions on the use of radio must be asked to each candidate. This may include pre operation checks, knowledge of local operating channels and uses; operating procedures, call signs, rescue techniques etc. For those who use this award as part of their operation within a SurfCom, additional assessment may be included at a local level.

## **TRAINING AND ASSESSING AWARDS**

### **Assessors**

1. Participate in an annual Board of Lifesaving proficiency check or attend an in-service course as required by Surf Life Saving Australia, for the respective discipline or disciplines.
2. Be endorsed by the branch or state/territory Board of Lifesaving.
3. Hold the relevant assessor qualification as required by the State.

### **Trainers**

1. Maintain proficiency in the awards in which they are providing training.