

Skills Maintenance 2020-2021 Season

Yes I know this is a long read, but it is important to read it all to ensure you achieve Skills Maintenance for the 2020-2021 Season.

Please Note: - To perform Patrols, Courses or any other SLS Activity, you need to be Registered and Financial, before you begin any activity, its only \$30.00 per patrolling member this year 😊.

Skills Maintenance (Proficiencies) for 2020 – 2021 Season will be different for this Season (Only).

To be deemed competent in the Surf Lifesaving Awards of Surf Rescue Certificate and Bronze Medallion the following **MUST** Be completed.

Theory Component

The On-Line Theory Component,

The Practical Elements as detailed below.

SRC - Radio, Signals, Mental Health Awareness and Resuscitation. (4 Elements).

Bronze Medallion - Radio, Signals, Mental Health Awareness, Tourniquets, Spinal Management and Resuscitation. (6 Elements).

First Aid and/or Radio (Only) Members – Resuscitation and Radio (As applicable) (1 - 2 Elements).

To be deemed Competent in the Theory Component **all** the relevant SRC/Bronze Elements must be completed. Once fully completed you will receive a Certificate, this is what the Assessor on the day must sight, on your phone or photo etc before you can continue with the Practical Sessions.

Remember, the certificate needs to be in YOUR Name, so needs to be completed in our own SLS Members Area Log on. Not a family/Parents etc log on.

Also, if the certificate does not print or appear, there is a big chance you have not fully completed an element or run all the videos completely through to the END.

To the On-Line Theory Component: -

Log on to your SLS Members Area,

eLearning (Drop Down),

Login to eLearning,

Training Library, (LHS Of Screen),

SLS-Skills Maintenance,

View Courses,

Enrol in either the relevant (To you) SRC or Bronze 2020/21 Skills Maintenance Theory course.

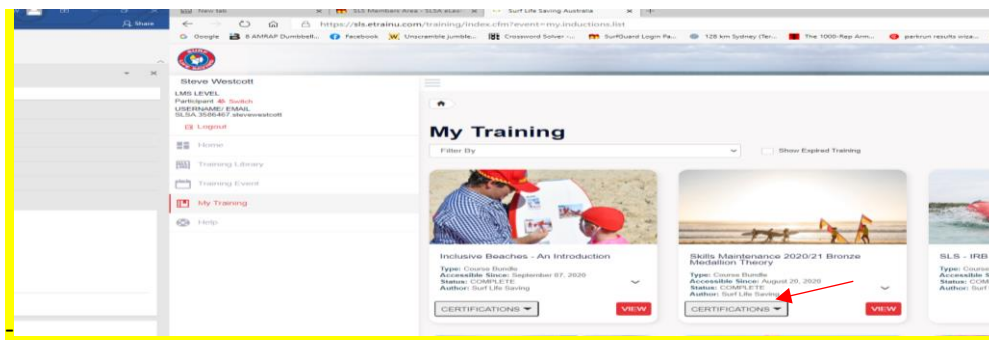
This will then transfer to the My Training Tab (LHS Of Screen).

ALL the elements including the introduction must be done all the videos watched to the end and all the questions correctly answered in order for you to complete the course and be presented with the Certificate.

I have had some members saying they have completed the course and when I have checked through Surf Guard, they haven't, the above would be the reason for this.

Below (Red arrow pointing to) shows the final completion result of the Skills Maintenance (Theory Component).

You can also check that it is completed by looking at your **awards** in the members logon area. You may have to give it a night to update the data base.



[For Patrol Captains/ Vice Captains](#)

There is a **compulsory** component SLSNSW- Supplementary Learning for Patrol Captains.

This is 2 short videos that must be watched to fulfil this requirement also, accessed similar to Skills Maintenance just listed as Supplementary Learning for Patrol Captains.

[COVID-19 Course](#)

Also available in the training Library is a COVID-19 Course although not compulsory it is highly recommended.

I think I have covered everything with the theory component. If you're having problems, please see me down the club and we can go through the process, (Not the Course) on my lap top.

[Practical Component](#)

For this year ONLY (Due to COVID-19), the following will apply: -

Skills maintenance practical evaluations will be carried out on Patrol, consisting of: -

Dry Sessions: -

Resuscitation: - Members are deemed competent by doing the on-line resuscitation element, (**Surf Lifesaving award Only**, not for the Work Cover accredited award).

NOTE, this is a SLS competency **ONLY**. To obtain your **annual work cover competency**, there is another, separate assessment that needs to be performed, this will incur a cost to the member (I am waiting for Branch to get back to me how much), once ratified we can then assess you and this will fulfil that requirement.

ARTC: - Holders of this award will be taken through a non-contact demonstration, followed by a low contact scenario utilising both Oxygen equipment and Defibrillator in conjunction with a question/answer session at the club house.

Tourniquets, upskilling to be completed by 31 Dec 2022, N/A at present, (Awaiting training from Branch).

Spinal Management, Upskilling for ALL to be completed by 30 June 2022, N/A at present, (Awaiting training from Branch) also.

Wet Sessions: -

Run – Swim – Run: - As per previous years, around 2 Buoys, all must complete this element.

SMAR: - The requirement for an extended swim has been dropped for this year (Only).

Rescue: - **either** a Tube Swim or Board Paddle –

Tube, Rescue of a conscious victim (Person) using a rescue tube, when approaching the victim throw the tube to them and THEY place it on themselves, return to shore, signal for assistance, talk through of Primary/Secondary Assessment, end.

Board, there are no victims involved, so you need to negotiate the break, paddle out for approximately 100Metres, (Depending on conditions), return to shore and signal for assistance, talk through of Primary/Secondary Assessment, end.

IRB Practicals: -

These will be conducted as per previous years: -

Please wear disposable gloves for these assessments.

Rescue Tubes to be utilised as the patients,

Boat handling skills, controlled by Arm/hand signals, if using flags please wear gloves.

Talk through patient recovery from the IRB, talk through of Primary/Secondary Assessment. if required.

Timings: -

As these sessions are to be carried out during Patrol Times, the plan is to conduct Skills Maintenance Assessments: -

From Saturday 03 October 2020 – Sunday 9 November 2020,

Times 11.30 – 14.30.

Execution: -

Morning Patrol - ARTC component from 11.30 – 12.00, Wet Components from 12.00 – 13.00, allowing for rotations whilst maintaining Patrol of the beach.

Afternoon Patrol - Wet Components from 13.00 – 14.00, allowing for rotations whilst maintaining Patrol of the beach, ARTC component from 14.00 – 14.30.

As you can see the times are short so we need you to be ready and flexible to get through these sessions.

If for whatever reason, you can't be on Patrol or do Skills Maintenance when your patrol is on, please let the CTO Know and come down any other time during October/November and do it then, plenty of opportunity = little excuses.

WE NEED YOUR HELP

We cannot conduct any water events without Water Safety, we need minimum one IRB, therefore we require IRB Drivers and Crews to Assist with Skills Maintenance.

If you are a Driver or Crew on the afternoon patrol and can be available to sign on from 12.00 to do Water Safety for the Morning Patrol, please do.

If you are a Driver or Crew on the morning patrol and can stay till about 13.30 to do Water Safety for the Afternoon Patrol, please do.

If you're an IRB Crew or Driver sitting at home bored and can assist with the Skills Maintenance from 12.00 – 13.30 on any Saturday or Sundays during October/November, please assist.

FINALLY – Please remember we are in the Public Eye so be mindful of Social Distancing and Personal Hygiene Practices whilst in uniform or representing Surf Lifesaving and our Club.

For any Further enquiries please contact: -

the CTO

Steve Westcott

training@fingalbeachslsc.com

0414627399