

SURF LIFE SAVING AUSTRALIA – NATIONAL MEMBER AWARD SYLLABUS

SURF RESCUE CERTIFICATE



AWARD SUMMARY

The aim of this course is to provide participants with the skills and knowledge of basic patrolling and surf awareness in order to be able to participate in lifesaving operations. This course is the minimum water safety qualification for Junior Activity supervision.

UNIT/S OF COMPETENCY

There are currently no national units of competency aligned to this award.

LEARNING OUTCOMES

Safety and Wellbeing

Contribute to participative arrangements for the management of occupational health and safety

- Identify personal and environmental hygiene factors that contribute to a safe workplace.
- Identify the types of costs associated with workplace illness and injury.
- List management's and member's OH&S responsibilities.
- Define duty of care.
- Identify causes of accidents.
- Recognise, report and rectify where possible, hazards in the workplace.
- Follow workplace procedures and work instructions for controlling and reporting risks.
- Identify factors that can contribute to a healthy lifestyle.
- Follow workplace procedures for hazard identification and risk control
- Define when you should report OH&S issues to designated personnel
- Describe suitable methods of storing equipment
- Demonstrate correct manual handling techniques
- List common sun disorders.
- List preventative measures for sun safety for surf lifesavers on patrol.

Surf Awareness and Skills

Describe surfing and environmental conditions and hazards

- Describe three types of waves
- Perform front and rear release and escape methods.
- Perform leg and arm blocks
- Identify how waves are formed
- Recognise and describe differing currents in surf zones; specifically, rips and inshore drift currents, and inshore holes.

Recognise an appropriate safe beach and zone for surf bathing in key locations

- Identify different types of beaches
- Assess prevailing weather and water conditions.
- Identify safety aspects of the beach structure.

Demonstrate surf skills

- Perform a swim, negotiate the surf, using fins and a rescue tube.
- Paddle a board, negotiate the surf, using an SLSA rescue board.
- Demonstrate bodysurfing techniques.

The Human Body

Explain the functions of the:

- circulatory system
- skeletal system

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- respiratory system
- nervous systems
- digestive system
- integumentary system
- urinary system

Resuscitation

Perform basic resuscitation techniques

- List stages in the chain of survival.
- Perform one- and two-person patient assessment.
- Demonstrate a knowledge of when to start CPR, and the flow chart procedures for CPR.
- Define the rate for CPR.
- Perform mouth-to-mouth, mouth-to-nose and mouth-to-mask rescue breathing as part of CPR.
- Define the differences between infant, child and adult resuscitation methods.
- Perform one- and two-person CPR techniques.
- Demonstrate and describe procedures for managing patients after CPR.
- List who should be sent to hospital.

First Aid

Identify basic patient management techniques

- Perform checks to identify potential danger to oneself, the patient and bystanders; especially ways to prevent the spread of communicable diseases.
- Define the principles of basic first aid management.
- Manage external bleeding injuries.
- Manage patient shock and fainting.
- Manage patients with minor burns
- Manage patients with needle-stick injuries.
- Manage patients with soft tissue injuries.
- Perform a basic emergency care management assessment.

Perform basic patient management techniques.

- Demonstrate the body check procedure.
- List the procedures for the management of major tissue damage with severe bleeding.
- Manage patients with hypothermia.
- Manage marine envenomation injuries.
- Manage patients with chest pains.
- Manage patients with fractures, dislocations, sprains and strains
- Manage patients with spinal and neck injuries
- Manage patients with heat exhaustion and heatstroke.
- Manage unconscious patients.
- Maintain effective documentation.
- Define methods of checking vital signs.
- Restore and maintain first aid equipment.
- Refer the patient to more appropriate care.

Communications

Communicate in the workplace

- Explain how interpersonal communication happens.
- Demonstrate the five skills needed for effective interpersonal communications.
- Discuss the appropriateness of the different styles of interpersonal communications.
- Choose an appropriate channel to ensure effective interpersonal communications.

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- Minimise potential breakdowns and barriers when communicating in the workplace.
- Take part in group discussions and informal meetings.
- Demonstrate SLSA document procedures.
- Demonstrate SLSA signals.

Rescue Techniques

Perform patient approaches, supports, and escapes aided by equipment on a conscious and unconscious patient

- Perform a tube and board rescue for a person in distress.
- Assess the patient's level of distress.
- Secure and support the patient using rescue equipment.
- Perform patient tows.
- Return the patient safely to shore.

Identify people in distress in an aquatic environment

- Describe the signs of drowning.
- List common rescues, and sites and conditions for rescues experienced by lifesavers.
- Describe the states in which people requiring assistance may be.

Perform Surf Skills

- Complete a 100 metre run/100 metre swim/100 metre run within five minutes

Patrols

Set up a patrol and describe your role on patrol

- Describe the roles of lifesavers.
- Establish a patrol base and check equipment.
- Describe the activities and trends of beach users at one local beach.

Demonstrate standard patrol practices

- Identify patrol methods.
- Describe scanning procedures and methods.
- Define responsibilities covered under service agreements and standard operating procedures (SOPs).
- Define beach closure procedures.

Radio Operations

Perform radio communications using approved SLSA radios:

- Describe how the SLSA radio network operates in your State/Territory
- Demonstrate basic transmitting and receiving procedures and use of call signs.
- Describe rescue emergency procedures.
- Describe pre-patrol and post-patrol procedures.
- Describe routine maintenance of radios.
- Describe emergency maintenance and procedures if a radio has been submerged in water.

This is a minimum standard for competency for the SRC or Radio Operator Certificate holder to operate communications equipment. Additional knowledge of local SOPs may also be required.

Work as part of a team

- Contribute positively to team activities.
- Interact successfully in the workplace.
- Give and receive support to/from team members.
- Define other emergency services in your area.
- Perform a simulated patrol rescue.

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PREREQUISITES

Candidates must meet ALL of the following conditions:

- be at least 13 years of age on the date of final assessment
- have completed a 200 metre swim in five (5) minutes or less, unaided (goggles/mask permitted), in a swimming pool of not less than 25 metres, or over a measured open water course which will be observed prior to the candidate undertaking any water training or assessment activities, evidence of which must be provided to the Assessor on the timed swim form prior to commencement of the assessment for this qualification.

RECOGNITION OF PRIOR LEARNING (RPL) AND CREDIT TRANSFER

Candidates who believe they already possess some or all of the skills and knowledge of this award, or who have received one or more of the related units of competency, may wish to apply for Recognition of Prior Learning (RPL) or Credit Transfer. These candidates should consult their Training Officer or State Centre for more information.

NATIONAL LEARNING RESOURCES

- 34th ed Public Safety and Aquatic Rescue Training Manual
- Surf Rescue Certificate Learning and Assessment Guide

WHO CAN TRAIN?

- Training Officer Bronze Medallion, OR
 - Training Officer Surf Rescue, OR
 - Facilitator Bronze Medallion, OR
 - Facilitator Surf Rescue Certificate
- (currently endorsed as per state requirements)

WHO CAN ASSESS?

- Assessor Bronze Medallion, OR
 - Assessor Surf Rescue, OR
 - Facilitator Bronze Medallion, OR
 - Facilitator Surf Rescue Certificate
- (currently endorsed as per state requirements)

ASSESSMENT

Assessment is through demonstration, presentation and application of all elements of competency in the workplace. Participants will be required to complete activities that may include role-plays, oral and written questioning, practical demonstrations and performing scenarios.

SKILLS MAINTENANCE

For this award to remain current candidates must perform an annual proficiency check.