



## **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.

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### **UNIT/S OF COMPETENCY**

This award is currently not aligned to any nationally recognised units of competency.

### **PRE-REQUISITES**

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.

### **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.

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### **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)

### **NATIONAL LEARNING RESOURCES**

- 34th edition Public Safety and Aquatic Rescue Training Manual
- Bronze Medallion PowerPoint
- Online Bronze Medallion Course
- Bronze Medallion Lifesaving Techniques Video Clips

Other resources provided by your State Centre may include Learner Guides, Assessment Portfolios and/or Delivery and Assessment Guides.

### **LEARNING OUTCOMES**

#### **Safety and Wellbeing**

Contribute to the management of work health and safety (WHS)

- 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 and member WHS responsibilities.



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- Define 'duty of care' in the workplace.
- 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 contribute to a healthy lifestyle.

Follow workplace procedures for hazard identification and risk control

- Describe when you should report WHS issues to designated personnel
- Describe correct methods for storage of equipment
- Demonstrate correct manual handling techniques
- List common sun disorders
- List preventative measures for sun safety while on duty.

### **Surf Awareness and Skills**

Describe surfing and environmental conditions and hazards:

- Describe how waves are formed.
- Describe surging, spilling and plunging wave shapes.
- Describe and identify rip currents and littoral or longshore currents.
- Describe methods of escaping from a rip current.

Recognise appropriate beach types, conditions and areas in the surf zone for bathing:

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

Demonstrate surf skills:

- Perform front and rear release and escape methods.
- Perform a swim and negotiate the surf zone using fins and a rescue tube.
- Paddle and negotiate the surf zone using an SLSA rescue board.
- Demonstrate body-surfing techniques.

### **The Human Body**

Explain the functions of the:

- Circulatory system
- Lymphatic system
- Skeletal system
- Respiratory system
- Nervous system
- Digestive system
- Integumentary system

### **Resuscitation**

Perform cardiopulmonary resuscitation (CPR) techniques:

- List the stages in the chain of survival.
- Perform one-person patient assessment.



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- Recognise the need for CPR, appropriate duration and cessation, and the use of a defibrillator.
- Perform mouth-to-mouth, mouth-to-nose and mouth-to-mask rescue breathing techniques as part of CPR in line with Australian Resuscitation Council guidelines
- Demonstrate the differences between infant, child and adult resuscitation methods.
- Perform one-person and team CPR techniques.
- Demonstrate and describe procedures for managing patients after CPR.
- List the conditions of patients who should be sent to hospital.

### First Aid

Identify basic patient management techniques:

- Perform checks to identify potential dangers to yourself, the patient and bystanders, and ways to prevent the spread of communicable diseases.
- Identify the principles of basic first aid management.
- Perform a basic emergency care management assessment.
- Identify methods of checking vital signs.
- Demonstrate a secondary body check procedure.
- Manage external bleeding injuries.
- Manage patient shock and fainting.
- Manage patients with needle-stick injuries.
- Manage patients with soft-tissue injuries.
- List the procedure for the management of major tissue damage with severe bleeding.
- Recognise and manage patients with temperature-related illness.
- Recognise and manage marine envenomation injuries.
- Recognise and manage patients with chest pains.
- Recognise and manage patients with fractures, dislocations, sprains and strains.
- Recognise and manage patients with spinal and neck injuries.
- Recognise and manage patients with burns.
- Recognise and manage unconscious patients.
- Recognise and manage patients suffering anaphylaxis
- Recognise and manage patients suffering respiratory distress, including asthma.
- Maintain effective documentation.
- Maintain and replace first aid equipment.
- Refer to further medical treatment.

### 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 communication.
- Choose an appropriate channel to ensure effective interpersonal communication.
- Identify and 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.
- Demonstrate the ability to identify flags.



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### Rescue Techniques

Perform patient approaches, support and escapes aided by equipment on a conscious and an unconscious patient:

- Perform a tube and a board rescue for a person in distress.
- Assess a patient's level of distress.
- Secure and support a patient using rescue equipment.
- Perform patient tows; specifically, hip carry and wrist tows.
- Return a patient safely to shore.

Identify people in distress in an aquatic environment:

- Describe the signs of drowning; specifically, climbing the ladder, poor flotation, being face-down or waving the arms.
- List common rescues, sites and conditions for rescues experienced by lifesavers.
- Describe the condition of people requiring assistance; specifically, anxious, panicking, calm or in shock.

Perform surf skills:

- Complete a 100 metre run, 100 metre swim and 100 metre run within 5 minutes.

### Beach Management

Set up a patrol and describe your role on patrol:

- Describe the role 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.

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 rescue.
- Participate in briefings and de-briefings.

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### 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.

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### SKILLS MAINTENANCE (PROFICIENCY) REQUIREMENTS

For this award to remain current candidates must perform an annual skills maintenance activity.