



Circular 24-31 / Skills Maintenance Overview 2024-25

Circular Title	Skills Maintenance Requirements 2024-25 Season
Circular ID	24-31 21 August 2024
Department	Lifesaving and Member Education
Audience	Clubs, Training Managers, Lifesaving Managers, Patrolling Members, Award Members
Summary	All active lifesavers are required to complete a skills maintenance (proficiency check) to demonstrate competency in the lifesaving award/s they hold and in which they wish to remain current. This circular outlines the skills maintenance requirements for the 2024-25 season.
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Key Documents & Resources	Skills Maintenance Overview Circular (this document)
	Information Guide
	SLS eLearning Site
	IT Systems User guides and Help

Introduction

All active lifesavers are required to complete an annual skills maintenance (proficiency check) to demonstrate competency in the lifesaving award/s they hold and in which they wish to remain current. This circular outlines the skills maintenance requirements for the 2024-25 season.

It is important to note that this Surf Life Saving Tasmania circular outlines ALL our state requirements. Members should not reference the SLSA circular provided nationally as this only provided the minimum standard.

Theory Component

Members are required to complete the skills maintenance theory component online, as assessment marking and record keeping is automated and reduces the burden placed upon SLS trainers and assessors. If a member is unable to complete this component online, they should speak with their club training officer.

The online learning requirements are as follows:

Award	Online Components	Estimated time to complete
Bronze Medallion or Surf Rescue Certificate	<ul style="list-style-type: none"> • Watch a video update • Sexual Harassment and Misconduct Awareness training module • Online learning branching scenario • Online radio module • Online difficult conversations module • Answer questions related to any of the above content 	Approx 25 mins
Award Members	<ul style="list-style-type: none"> • Sexual Harassment and Misconduct Awareness training module 	Approx 10 mins
Radio Operator Certificate	<ul style="list-style-type: none"> • Sexual Harassment and Misconduct Awareness training module • Online radio module 	Approx 15mins
Silver Medallion Patrol Captain	<ul style="list-style-type: none"> • Online learning branching scenarios 	Approx 10 mins

It is important to note that if you have already completed the Sexual Harassment and Misconduct Awareness training module, this will be marked as complete within your Members Area.

Practical Components

The information below outlines the practical requirements of each SLSA award for skills maintenance. Where possible scenarios should be used to combine components; for example, a scenario combining a tube rescue with CPR. Assessment requirements for practical components are also outlined within the SLSA Assessing App.

Gap Analysis – Appendix 1

Appendix 1 indicates the changes in the various awards over the years to enable the necessary updates to be given to the member in the form of an in-depth proficiency. Members who have not remained proficient for any period may not be required to complete their award again and should be dealt with on a case-by-case basis with their club training officer. The guideline set by SLSA and SLST is that a period of five or more years would require re-completion of the award, however the experience of the individual member should always be considered.



Endorsed Delegates

For some awards, the Club Executive may nominate suitably qualified members to act as their delegate for the purpose of assessing skills maintenance activities. The exception to this is that Silver Medallion IRB Drivers must be observed by qualified Assessors. An endorsed delegate must:

- Be at least 18 years of age
- Be proficient in the award that they are assessing skills maintenance in (current for the 2024-25 season)
- Be familiar with the process of reasonable adjustment
- Adhere to the program of skills maintenance requested by the SLS club
- Complete required paperwork accurately and return in a timely manner

Endorsed delegates should be selected on the basis of expertise in the awards being assessed. For example: patrol captains may assess skills in rescue techniques, radio use and signals; IRB Drivers may assess IRB Crew skills; and,

first aid or ARTC trainers may assess resuscitation skills. Where club members are qualified emergency medical or ambulance officers, they may also assess resuscitation and advanced resuscitation skills. Endorsed delegates' full names should be minuted at a Club Executive Meeting annually. Additionally, all endorsed delegates will be required to be briefed by a qualified assessor prior to undertaking a skills maintenance assessment.

Refer to the table below for some key questions for chief training officers and club captains to consider when selecting endorsed delegates:

Questions to consider	Points to remember
What skills do you want to delegate to someone other than an assessor in your SLS club?	This does not have to be the whole award – it can be skills within an award (i.e., run-swim-run, radio operations).
Who has the required skills and knowledge to be a delegate for these skills?	Delegates must be proficient in the award they are delegated to conduct skills maintenance for. Skills maintenance for Silver Medallion IRB Driver need to be conducted by an endorsed assessor. This does not have to be groups of people (i.e., patrol captains) – it can be individuals (i.e., specific patrol captains).
When is your next Club Executive meeting?	Delegates will need to be recorded as delegates in the meeting notes, so the above needs to take place before your next meeting.
How will you brief your delegates.	A briefing will need to take place for delegates on what skills need to be run and the key competencies they are looking for, as well as the process of reasonable adjustment and Assessing App processes (what needs to be completed and by when). This could be a formal briefing which takes place for all delegates before conducting any skills maintenance or could take place on the proficiency day with assessors/ training officers supporting delegates through the process this season.

The process for nominating endorsed delegates is as follows:

Step	Task
1	The club identify suitable members to undertake the role of endorsed delegates. Clubs undertake checks to ensure the member meets the requirements (as defined above).
2	The Club board/executive committee minute their endorsement of the delegates.
3	Club completes the Endorsed Delegate Form for the 2024-25 season. No endorsed delegates from last season will be carried across.
4	SLST will undertake a review of delegates and confirm state endorsement. SLST will then allocate the members with relevant access and Surfguard awards.
5	Endorsed delegates complete their own 2024-25 skills maintenance and undertake a briefing with an assessor or training officer.
6	Endorsed delegates undertake assessments.

Practical Assessment Requirements

Bronze Medallion and Surf Rescue Certificate	
Run Swim Run	<p>SRC - 100m Run-100m Swim-100m Run in 5 minutes or less (unaided) Bronze Medallion - 200m Run-200m Swim-200m Run in 8 minutes or less (unaided)</p> <ul style="list-style-type: none"> 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 Swim leg must be around two swimming buoys Reasonable adjustment may be made for surf conditions on the day.
Signals	<p>Demonstrate knowledge of signals. The demonstration must include the following:</p> <ul style="list-style-type: none"> Beach to water signals Water to beach signals
Resuscitation (CPR)	<ul style="list-style-type: none"> A primary assessment (DRSAB--) on a live victim including the demonstration of the lateral position Primary assessment (DRSABCD), CPR 1 and 2 person (adult or child AND infant) on an approved manikin – to include resuscitation methods using a resuscitation mask or face shield and AED (individually issued face shields are preferred, if using masks special cleaning procedures need to be followed) Team CPR scenario including primary assessment (DRSABCD) – to include resuscitation methods using a resuscitation mask or face shield and AED.
Radio	<p>Participation in a scenario involving equipment. The scenario must include at least three of the following situations and must be conducted for each candidate:</p> <ul style="list-style-type: none"> Pre-operation checks Knowledge of local operating channels and uses Inter-patrol communications Rescue procedures, requests for assistance which include the four P's.
Tube Rescue	<p>Demonstrate a minimum of one tube rescue of a victim. SLSA strongly encourages that this is of an unconscious victim, according to SLSA operating procedures in the current <i>SLSA Public Safety and Aquatic Rescue</i> training manual. The rescue must include the following:</p> <ul style="list-style-type: none"> Negotiating the surf zone Securing the victim Returning to shore with the victim Calling for assistance
Board Rescue	<p>Demonstrate a minimum of one board rescue of a victim. It is required that this is of an unconscious victim, using an approved Board Rescue and according to SLSA operating procedures in the current <i>SLSA Public Safety and Aquatic Rescue</i> training manual. The rescue must include the following:</p> <ul style="list-style-type: none"> Negotiating the surf zone Securing the victim Returning to shore with the victim Calling for assistance
Carries and Drags	<p>Demonstrate a minimum of three carries and drags of a victim. This should include carries and drags for both unconscious and conscious victims, according to SLSA procedures in the current <i>SLSA Public Safety and Aquatic Rescue</i> training manual. The carries and drags should include the following:</p> <ul style="list-style-type: none"> Two-person carry (trunk and legs) IRB carry with or without handover depending on members qualifications Two-handed seat carry (recommended for non-tropical waters) OR Two-person drag (recommended for tropical waters) <p>The carry needs to demonstrate the following:</p> <ul style="list-style-type: none"> Appropriate victim airway management (where applicable) Correct techniques including safe lifting and manual handling techniques Carrying the victim to a safe location and correct lowering of the victim

Silver Medallion Aquatic Rescue (SMAR)	
Swim Requirements	Complete a 400m swim in 8 minutes or less in a swimming pool of no less than 25m length
Award Currency Requirements	Hold and be proficient in the SLSA Bronze Medallion
Note	Recording of SMAR skills maintenance is completed by online form. Follow the below link to complete this process. Online record form – click here.

Advanced Resuscitation	
<i>The below requirements are for the Advanced Resuscitation Techniques and Advanced Resuscitation Techniques [AID] awards only.</i>	
Resuscitation	<ul style="list-style-type: none"> • A primary assessment (DRSAB--) on a live victim including the demonstration of the lateral position • Primary assessment (DRSABCD), CPR 1 and 2 person (adult or child AND infant) on an approved manikin – to include resuscitation methods using a resuscitation mask or face shield and AED (individually issued face shields are preferred, if using masks special cleaning procedures need to be followed) • Team CPR scenario including primary assessment (DRSABCD) – to include resuscitation methods using a resuscitation mask or face shield and AED. <p>Note: A member is proficient in this component of the ART Skills Maintenance if they have previously completed the BM and SRC Skills Maintenance.</p>
Advanced Resuscitation	<ul style="list-style-type: none"> • Team CPR scenario including primary assessment (DRSABCD) – to include resuscitation methods using a resuscitation mask or face shield, AED, and oxygen supplement (oxygen cylinder connected to bag-valve-mask resuscitator on an unconscious victim).
Oropharyngeal (OP) Airways	<ul style="list-style-type: none"> • Correct measurement and insertion of an oropharyngeal (OP) airway • Demonstrate an understanding of when and why an OP airway is introduced into resuscitation.
Bag-Valve-Mask Resuscitator	<ul style="list-style-type: none"> • Correct use of bag valve mask resuscitator

Radio Operator Award	
Scenario	<p>Participation in a scenario involving equipment. The scenario must include at least three of the following situations and must be conducted for each candidate:</p> <ul style="list-style-type: none"> • Pre-operation checks • Knowledge of local operating channels and uses • Inter-patrol communications • Rescue procedures, requests for assistance which include the four P's

IRB Crew	
Demonstration	<p>Demonstrate effective and safe crewing practice and ability including:</p> <ul style="list-style-type: none"> • Parallel running • Figures of eight • Response to signals • Negotiation of surf as required • Demonstrate victim rescue • Demonstrate ability to carry out a victim lift, exit, carry and lay • Awareness of Powercraft Code of Conduct.
Award Currency Requirements	Hold and be proficient in the SLSA Bronze Medallion

Silver Medallion IRB Driver	
Demonstration	Demonstrate the ability to apply safe driving practice including but not limited to: <ul style="list-style-type: none"> • Parallel running • Figures of eight • Response to signals • Negotiation of surf as required • Demonstrate ability to conduct a victim rescue • Demonstrate ability to carry out a victim lift, exit, carry and lay • Awareness of Powercraft Code of Conduct.
Award Currency Requirements	Hold and be proficient in the SLSA Bronze Medallion Hold and be proficient in the SLSA IRB Crew Certificate Maintain a current MAST Recreational Boat Licence

Side-by-Side Vehicles (ATV / Can-Am)	
Requirements	<p>It is not a requirement to undertake an annual SSV (ATV) proficiency. Instead, a member's driving license must be checked each year for currency. This information can be recorded in SurfGuard.</p> <p>A member who loses their driver's license (whether through cancellation or suspension) must not be driving the SSV. Provisional drivers are to display plates as required by Tasmanian legislation.</p> <p>Members must participate in an SSV Operator Induction for each new SSV make and model that they have not driven before. The SLSA SSV Operator Induction Guide is available in the SLS Members Area Document Library</p>

Age Managers and Age Manager Assistants

Age Manager awards expire after 5 years and must be renewed on expiry to manage Nipper activities on the beach. Age Managers need to refer to the Members Area for the expiry date.

Age Managers and Age Manager Assistants will need to undertake an annual update to keep abreast of changes that may have occurred during the season, with each state rules differing slightly. Please refer to your local state/territory.

A member is proficient:

- If they hold a current Age Managers course (completed online)
- If they hold the current working with children check or equivalent requirement for their state/territory (where applicable dependent on age)
- If they have watched the video released this season by the National Development Chair relating to the changes which have occurred within their area. If a member is unable to complete this component online, they should speak with their Junior Activities Coordinator.

For further information on Age Managers, please contact development@slst.asn.au or phone the SLST Office on 03 6216 7800.

Gap Analysis – Appendix 1

Award	Season	Change
All Resuscitation (including SRC, BM, First Aid, ART)	2009/10	<ul style="list-style-type: none"> Ratio of compressions to breaths in CPR changed to 30:2 Defibrillation awareness added 'D' added to DRABCD, defibrillation
	2011/12	<ul style="list-style-type: none"> 'S' added to DRSABCD, send for help
	2012/13	<ul style="list-style-type: none"> Treatment of anaphylaxis, using an autoinjector
	2013/14	<ul style="list-style-type: none"> Infant resuscitation on a manikin to be assessed in all CPR training
	2014/15	<ul style="list-style-type: none"> Victims airway and breathing is routinely assessed on their back – they are only rolled if necessary to clear foreign matter
	2015/16	<ul style="list-style-type: none"> Specified number of scenarios and 2 minutes of uninterrupted CPR on: a) an adult manikin on the floor; and b) an infant manikin on a stable surface to be assessed in all CPR training
	2016/17	<ul style="list-style-type: none"> Rate of CPR compressions changed to 100-120 compressions per minute
Advanced Resuscitation Techniques only	2010/11	<ul style="list-style-type: none"> Suction introduced SLSA awards Advanced Resuscitation Certificate and Defibrillation Certificate replaced with Advanced Resuscitation Techniques Certificate
	2014/15	<ul style="list-style-type: none"> Assessment of vital signs Respirations, Pulse and Temperature, completion of incident report, and 3x scenario to be assessed
Bronze Medallion	2011/12	<ul style="list-style-type: none"> IRB awareness added
	2012/13	<ul style="list-style-type: none"> 2 new signals added <ul style="list-style-type: none"> submerged patient missing (Code X); and all clear
	2013/14	<ul style="list-style-type: none"> 34th edition training manual released Theory paper added to skills maintenance assessment Revision of safety while working in a beach environment; surf awareness and rip current survival principles; how oxygen is used in team resuscitation; use of whistles as communication; identifying distressed and drowning victims; surveillance methods and beach management Addition of use of swim fins as a basic survival technique; information on the lymphatic system; stroke; anaphylaxis; the phonetic alphabet; 3 person walk up spinal Removal of in-water rescue breathing; 5-person spinal carry
	2016/17	<ul style="list-style-type: none"> 34th edition (revised July 2016) training manual released ARC (Aus Resuscitation Council) guideline changes: <ul style="list-style-type: none"> Compression rate (100 – 120 compressions per minute) Heart attack first aid treatment (give aspirin unless anaphylaxis is a contraindication) Shock first aid treatment (no longer raise legs) Heat exhaustion first aid treatment (give electrolyte sports drink) External bleeding first aid treatment (no longer raise bleeding limb) Spinal management (removal of standing spinal and application of a cervical collar)
	2017/18	<ul style="list-style-type: none"> October 2017 reprint of SLSA 34th edition Public Safety and Aquatic Rescue (revised July 2016) ARC guideline changes: <ul style="list-style-type: none"> Checking resuscitation equipment (notably oxygen pipe connection, assembly, or resuscitation bag valve devices). EpiPen administration (now 3 seconds and no massaging injection site) (9.2.7)
	2018/19	<ul style="list-style-type: none"> ARC guideline changes: <ul style="list-style-type: none"> Severe Bleeding (prioritise management of severe bleeding over airways) Tourniquets (use of two) Haemostatic dressing (to manage severe bleeding) New guideline for first aid management of a diabetic emergency (9.2.9)

	2019/20	<ul style="list-style-type: none"> • PSAR 35th edition released May 2020 <ul style="list-style-type: none"> ○ Removal of oxygen therapy and oxygen aided resuscitation to the resuscitation component of the SRC / Bronze ○ Spinal Management content added to Bronze ○ Tourniquet training added to Bronze ○ Mental health awareness training for SRC and Bronze • ARC guideline updates: <ul style="list-style-type: none"> ○ Shock (control bleeding, send for help, reassure) (9.2.3) ○ Snake bites (send for help, immobilise, and apply pressure) (9.4.1) ○ Hyperthermia (send for help and cool person by any means available) (9.3.4)
	2020/21	<ul style="list-style-type: none"> • ARC guideline changes: <ul style="list-style-type: none"> ○ Treatment for hyperthermia includes ice on the soles, palms, and cheeks in addition to groin and armpits. No longer on the back of the neck. (9.3.4) ○ Removal of blind finger sweeps for airway management. Now reach in to seize and remove visible items directly. (4)
	2021/22	<ul style="list-style-type: none"> • ARC Guideline changes: (9.2.10) <ul style="list-style-type: none"> ○ Recommend against the routine administration of oxygen in persons with suspected heart attack and stroke who do not have signs of shock ○ Oxygen should be administered to persons with an oxygen saturation of less than 92% (where a pulse oximeter is available). ○ Oxygen should be given to persons with signs of blue colouration of skin, shock, decompression illness or a situation suggestion carbon monoxide poisoning (irrespective of oxygen saturation level)
	2022/23	<ul style="list-style-type: none"> • Industry Changes <ul style="list-style-type: none"> ○ A new brand of adrenaline autoinjectors are available with Anapen being reintroduced. Members should be familiar with and practice the administration of both an EpiPen and an Anapen training device
IRB Crew & Driver	2007/08	<ul style="list-style-type: none"> • Powercraft Code of Conduct introduced
	2011/12	<ul style="list-style-type: none"> • Extra safety protocols for IRB introduced, including safe lifting of IRB, removal of right crew foot strap and addition of 'locked in' position for crew
	2015/16	<ul style="list-style-type: none"> • Introduction of lifejackets, personal flotation devices and surf helmets in IRB training
	2024/25	<ul style="list-style-type: none"> • Powercraft Code of Conduct updated
IRB Crew	2015/16	<ul style="list-style-type: none"> • Knots and lashings to be assessed