

## Community Surf Rescue Certificate - Tas (CSRC-Tas)

### Course Overview:

Based on the skills taught in Surf Life Saving Australia's Bronze Medallion award, the course takes into consideration the needs of school teachers, surf instructors and other outdoor recreation supervisors who are responsible for the safety of others in an open water environment.

Initially participants complete the two-day (16 hour) full course, followed by an annual update (5 hour) course to maintain competency.

This active and engaging course consists of both theory and practical components. Participants will learn vital skills such as rescue techniques, surf awareness and CPR. This course is ideal for teachers and support staff associated with activities or events taking place at beach locations. It is also recommended for beach industry representatives such as boating and surfing instructors as well as those involved in aquatic tour operations.

- Full Course (2 days, Face-to-Face)
- Refresher (5 hours, Face-to-Face)

### Units of Competency:

Successful completion of this course will result in the award of:

- PUASAR012 - Apply surf awareness and self-rescue skills
- PUASAR013 - Participate in an aquatic rescue operation
- HLTAID009 - Provide Cardiopulmonary Resuscitation

### Pre-requisites:

- Be a minimum of 15 years of age in the calendar year they are undertaking the course (where a candidate is under 18 they must have parent/ guardian consent)
- Candidates must hold the current Community Surf Rescue Certificate prior to attending.
- This course requires a reasonable level of physical fitness and strong swimming ability.

### Validity:

The Statement of Attainment is valid for a period of 12 months. In order to maintain currency, you must do a refresher/ update course prior to the 12-month expiry date.

### Course assessment

- The course assessment includes a multiple-choice theory paper and a range of practical assessment activities. You must complete all assessment tasks listed in the attached Assessment Criteria.
- The theory paper and practical assessment activities are completed during the face-to-face component of the course for all candidates.
- The key fitness component of the course assessment is a 200m run - 200m swim - 200m run in under 8 minutes.
- If you are deemed Not Yet Competent (NYC) in one of the assessment elements, you will be offered the opportunity to re-sit the assessment, at no further cost.

## Course Outline

### CSR Full 2-day Course

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Day 1	Day 2
<p>Theory</p> <ul style="list-style-type: none"> <li>– Introduction</li> <li>– Aquatic incidents</li> <li>– Aquatic activity planning</li> <li>– Aquatic environments</li> <li>– Aquatic supervision</li> <li>– Aquatic rescue</li> </ul> <p>Lunch Break</p> <p>Practical</p> <ul style="list-style-type: none"> <li>– Venue risk assessment</li> <li>– Rescue equipment</li> <li>– Signals</li> <li>– Surf awareness and skills</li> <li>– Fitness practice – Run Swim Run</li> <li>– Rescues – tube and board</li> <li>– Self rescue / Carries and support</li> </ul>	<p>Theory</p> <ul style="list-style-type: none"> <li>– Theory revision</li> <li>– Practical revision (discussion)</li> <li>– Assessment paper</li> <li>– CPR</li> </ul> <p>Lunch Break</p> <p>Practical Assessment</p> <ul style="list-style-type: none"> <li>– Signals</li> <li>– Fitness – Run Swim Run</li> <li>– Rescue equipment</li> <li>– Rescues – tube and board</li> <li>– Self rescue / Carries and support</li> <li>– CPR</li> </ul>

### CSR Refresher Course (5 hours)

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<p>Theory</p> <ul style="list-style-type: none"> <li>– Introduction</li> <li>– Aquatic incidents</li> <li>– Aquatic activity planning</li> <li>– Aquatic environments</li> <li>– Aquatic supervision</li> <li>– Aquatic rescue</li> <li>– CPR</li> </ul>	<p>Practical Assessment</p> <ul style="list-style-type: none"> <li>– Signals</li> <li>– Fitness – Run Swim Run</li> <li>– Rescue equipment</li> <li>– Rescues – tube and board</li> <li>– Self rescue / Carries and support</li> <li>– CPR</li> </ul>
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#### Course Resource

- Link to: [Community Surf Life Saving Certificate – Training Manual](#)

#### What to bring

- Wear comfortable clothing (consider CPR)
- pen and paper
- drinks, lunch / snacks
- swimwear, towels (wetsuit optional)
- sunscreen, sunhat

## Guide to Assessment Criteria – Community Surf Rescue Certificate

<b>Task 1: Using recognised techniques administer CPR incorporating use of AED to an adult manikin</b>
1.1. Recognise the emergency situation and assess the need for first aid assistance
1.2. Identify and appropriately respond to dangers (hazards) to self, bystanders and patient
1.3. Initiate a first aid response using emergency action plan DRSABCD
1.4. Wear/use any PPE available including resuscitation barrier device
1.5. Obtain consent and reassure patient in a sensitive, confidential and respectful manner
1.6. Assess patient response capabilities (talk and touch)
1.7. Use appropriate workplace procedure to call emergency services, such as '000' or activating emergency response team/procedure
1.8. Send bystander to locate and bring AED to the patient (if available)
1.9. Assess and open the patient's airway, maintain neutral head position (one hand on forehead and one gripping the chin)
1.10. Open patient's mouth and check for foreign material, roll patient onto their side and clear airway then roll patient onto their back
1.11. Check patient for breathing (look, listen and feel) and consider patient body position
1.12. Open, clear and maintain patient airway (head tilt/pistol grip)
1.13. Administer 30 chest compressions (correct hand location/effective depth)
1.14. Administer 2 rescue breaths (use resuscitation barrier device if available)
1.15. Respond appropriately to patient vomiting or regurgitating
1.16. Perform 2 minutes of uninterrupted single rescuer CPR on the floor
1.17. Demonstrate rotation of CPR operator with minimal interruptions to compressions
1.18. Communicate effectively and participate as a team member
1.19. Identify and appropriately respond to dangers (hazards) e.g., conductors
1.20. Check and prepare AED for operation
1.21. Turn on the AED and follow the prompts
1.22. Prepare patient for pad application (dry chest, check for implants/medical patches)
1.23. Apply electrode pads (working around the CPR operator)
1.24. Manage incident situation (time, communications, safety, self and team)
<b>Task 2: Using recognised techniques administer CPR to an infant manikin</b>
2.1. Open, clear and maintain patient airway including nose/mouth (head supported in neutral position)
2.2. Administer 30 chest compressions (correct hand and finger location/effective depth)
2.3. Administer 2 rescue breaths (mouth to nose and mouth)
2.4. Respond appropriately to patient vomiting or regurgitating
2.5. Perform 2 minutes of uninterrupted single rescuer CPR on a firm surface
2.6. Demonstrate rotation of CPR operator with minimal interruptions to compressions

<b>Task 3: Undertake required post incident processes in line with organisational procedures</b>
3.1. Provide accurate verbal and written report of patient condition and CPR procedures performed to relieving personnel in line with workplace procedures
3.2. Review - discuss and identify potential psychological impact or individual needs and suggest available support options
<b>Task 4: Demonstrate the following water safety signals</b>
4.1. Attract attention (beach to water)
4.2. Remain stationary (beach to water)
4.3. Go to the left or the right (beach to water)
4.4. Return to shore (beach to water)
4.5. Proceed further out to sea (beach to water)
4.6. Message understood - all clear (beach to water)
4.7. Submerged patient missing (water to beach)
4.8. Assistance required (water to beach)
4.9. Emergency evacuation alarm (water to beach)
4.10. Shore signal received and understood (water to beach)
4.11. All clear/OK (water to beach)
<b>Task 5: Using recognised techniques undertake fitness test within the provide timeframe</b>
5.1. 200m Run - 200m Swim - 200m Run (in under 8 minutes)
<b>Task 6: Undertake a risk and safety inspection on rescue equipment (Rescue Board and Rescue Tube)</b>
6.1. Rescue Tube - Check for splitting ends and fraying lines (especially at knots)
6.2. Rescue Board - Check handgrips and board decking and look for sharp, abrasive edges
6.3. Select appropriate PPE based on the nature of the rescue
6.4. Repair and restore equipment where appropriate
6.5. Report faults and restoration of equipment in line with organisational policies and procedures
<b>Task 7: Perform a tube rescue of a patient in difficulty in water</b>
7.1. Perform pre-check on rescue tube to ensure suitability for use
7.2. Hazards/Risks identified, assessed, and reported
7.3. Wade and dolphin dive through wave zone competently, diving under waves when necessary
7.4. Swim continuously out to patient and locate patient within reasonable time
7.5. Approach patient safely and secure patient correctly
7.6. Give assistance required signal when securing patient
7.7. Return to shore within a reasonable time
7.8. Demonstrate how to cover patient's airway under a wave
7.9. Provide adequate patient care during rescue
7.10. Support patient's head and maintain airway during appropriate carry
7.11. Perform correct lay
7.12. Manage DRSABCD

<b>Task 8: Perform a board rescue of a patient in difficulty in water</b>
8.1. Perform pre-check on rescue board to ensure suitability for use
8.2. Hazards/Risks identified, assessed, and reported
8.3. Achieve correct position on board and paddle board competently
8.4. Negotiate wave zone competently
8.5. Find patient within reasonable time
8.6. Approach patient safely and correctly
8.7. Support patient onto board and clear airway ensuring patient is kept above water
8.8. Correctly roll and position patient on board
8.9. Keep the board from nose-diving
8.10. Keep contact with patient
8.11. Give assistance required signal
8.12. Secure patient when required in surf conditions
8.13. Beach the board safely and correctly pick up patient from the board
8.14. Provide adequate patient care during rescue
8.15. Perform appropriate carry of patient, supporting the patient's head and maintaining airway
8.16. Perform correct lay
8.17. Manage DRSABCD
<b>Task 9: Implement self-rescue techniques</b>
9.1. Using dolphin dive technique to negotiate past the break safely
9.2. Effectively return to shore while body surfing safely (if possible)
9.3. Perform self-preservation techniques by floating and communicate 'assistance required' signal to shore
<b>Task 10: Demonstrate the following carries (two person carry, two handed seat)</b>
10.1. Ask for assistance to perform carry
10.2. Give clear feedback and directions
10.3. Provide constructive feedback to fellow team members
10.4. Perform correct lay of patient after carry
10.5. Manage DRSABCD
10.6. (Two person carry) Lift and carry patient away from danger
10.7. (Two person carry) Demonstrating correct technique, ensuring head is supported and airway maintained
10.8. (Two handed seat) Perform correct positioning
10.9. (Two handed seat) Communicate during pick-up/lowering of patient to sitting or lying position
<b>Task 11: Written Assessment Tasks</b>
11.1 Theory Exam
11.2 Incident Report Form