

Bronze Medallion

PRE-REQUISITES

A candidate must

- Be a minimum of 15 years old on the date of examination.
- Have completed a 400 metre swim in nine minutes or less, in a swimming pool of not less than 25 metres or over a measured open water course before any training starts in the surf and/or deep water.

UNITS TO BE LEARNT

- Unit 1: Safety and Wellbeing
- Unit 2: Surf Awareness and Skills
- Unit 3: Anatomy and Physiology
- Unit 4: Basic First Aid
- Unit 5: First Aid
- Unit 6: Basic Resuscitation
- Unit 7: Surf Skills
- Unit 8: Rescue Techniques
- Unit 9: IRB Crewing
- Unit 10: Carries and Support
- Unit 11: Patrols
- Unit 12: Patrols

LEARNING OUTCOMES

The candidate should be able to:

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 and member's OH&S responsibilities.
- Define duty of care.
- Identify causes of accidents.
- Recognise, 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.
- List common sun disorders.
- List preventative measures for sun safety for surf lifesavers on patrol.

Describe surfing and environmental conditions and hazards.

- Describe three types of waves; specifically, spilling, dumping and surging waves.
- Identify how waves are formed.
- Recognise and describe differing currents in surf zones; specifically. Rips, inshore drift currents and inshore holes.
- Describe methods of escaping a rip for both strong and poor swimmers.

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

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

Demonstrate surf skills

- Perform a swim, negotiate the surf, using fins plus a rescue tube.
- Paddle a board, negotiate the surf, using a SLSA rescue board
- Describe escape methods from a rip
- Demonstrate body surfing techniques

Explain the functions of

- Circulatory system.
- Skeletal system.
- The spine.
- Respiratory system.
- Nervous system.

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.
- Recognise and manage external bleeding injuries.
- Recognise and manage patient shock and fainting.
- Recognise and manage patients suffering from minor burns; specifically, sunburn.
- Recognise and manage patients suffering from needle stick injuries.
- Recognise and manage patients suffering soft tissue injuries, using the specific techniques of rest, ice, compression, and elevation.
- Perform a basic emergency care management assessment.

Perform basic patient management techniques

- Demonstrate a body check procedure.
- List the procedure for the management of major tissue damage with severe bleeding.
- Recognise and manage patients with hypothermia.
- 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 heat exhaustion and heat stroke.
- Recognise and manage patients with burns.
- Recognise and manage patients with a diving illness.
- Recognise and manage unconscious patients.
- Maintain effective documentation.
- Define methods of checking vital signs.
- Restore and maintain first aid equipment.
- Refer to more appropriate care.

Perform basic resuscitation techniques

- List stages in the chain of survival.
- Perform one and two person patient assessment.
- List the differences in rates of EAR for adults, children and infants.
- Perform mouth-to-mouth, mouth-to-nose and mouth-to-mask expired air resuscitation (EAR) techniques.
- Define the differences between infant and adult resuscitation methods.
- List who should be sent to hospital.

Perform cardiopulmonary resuscitation (CPR) techniques

- Demonstrate knowledge of when to start CPR, and the flow chart procedures for CPR.
- List the different rates of CPR for adults, children and infants.
- Perform one and two person CPR techniques.
- Perform oxygen aided resuscitation technique.
- Demonstrate and describe procedures for managing patients after CPR.
- Demonstrate the use and knowledge of oxygen therapy.

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
- 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.

Perform radio communication practices using approved SLSA radios

- Describe the way the SLSA radio system network operates.
- Demonstrate basic transmitting and receiving procedures and call signs.
- Detail rescue emergency procedures.
- Detail pre-patrol and post-patrol procedures.

Detail routine maintenance of waterproof IRB and hand-held radios.
Detail emergency maintenance and procedures if a radio has been submerged in water.

Perform patient approaches, support and escapes aided by equipment on a conscious and an 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 front and rear release escape methods.
Perform leg and arm blocks.
Perform patient tows; specifically, tired swimmer, armpit and wrist tows.
Returns the patient safely to shore.

Identify people in distress in a surfing or water environment

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

Perform surf skills

Complete a 100m run, 100m swim and 100m run within five minutes.

Perform patient retrieval and support unaided by equipment

Perform a spinal carry.
Perform a stinger drag.
Perform an IRB carry.
Perform a three-person carry.
Perform a two-person seat.
Perform a stretcher carry.

Work as part of a team

Contribute positively to team activities.
Interact successfully in the workplace.
Give and receive support to/from team members.
Perform a simulated rescue.

Describe the purpose of patrols and patrolling

List three reasons for patrols and patrolling by surf clubs.
Describe the roles of lifesavers and lifeguards.
Describe the activities and trends of beach users at one local beach.

Demonstrate standard patrol practices

Recognise the equipment required for patrolling.
Establish a patrol base and check equipment.
Use communication skills effectively.
Identify patrol methods.
Describe scanning procedures and methods.
Identify Australian Standards signs commonly used near the water.

Identify and demonstrate all the factors that affect bathers and those using water for recreation

Define possible dangers at the beach.
List actions to take in emergencies to counter these dangers.

ASSESSMENT

The candidate must satisfy the majority of the Examiners they are competent in all learning outcomes by

Written or oral examination.
Performance of basic skills.

Simulation of rescue scenarios.

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

