

# Proficiency Testing 2005/2006

All active lifesavers are required to complete an annual proficiency test to prove competency in the lifesaving award/s they hold and wish to remain current in.

## Bronze Medallion & Surf Rescue Certificate Proficiencies 2005/06

The proficiency test for the Bronze Medallion will be: -

- Pool Swim
- Run Swim Run
- Rescues (Both Board and Tube)
- Resuscitation (CPR – for BM and SRC 15 years and over, EAR for SRC with option of CPR )
- Carries/Supports (Including Spinal Board)
- Signals
- A theory paper (open book - optional) that includes information from the SLSA Training Manual 32<sup>nd</sup> Edition and SLSQ Patrol Operations Manual
- Marine Stinger Procedures (Clubs north of Bustard Head only)

\* Oxygen Therapy information only pertains to Bronze Medallion award holders

**\* The State Lifesaving Committee and National Board of Lifesaving are currently reviewing proficiencies. A circular will be forwarded to all clubs and branches with any changing documentation.**

### Pool Swim

Surf Rescue Certificate members are to complete a 200m pool swim (in a pool of no less than 25m) within 5 minutes.

Bronze Medallion members are to complete a 400m pool swim (in a pool of no less than 25m) within 9 minutes.

Pool swims must be completed prior to a member performing any 'in-water' components of the proficiency test.

### Run Swim Run

Run distances and Swim distances for the Bronze Medallion and Surf Rescue Certificate: -

Be taken from waist deep water, e.g. the run is from a flag, around a marker and to waist deep water, the swim is from waist deep water around two swimming buoys and back to waist deep water  
Course must be around two swimming buoys

Distances:

Surf Rescue Certificate	100m Run / 100m Swim / 100m Run
Bronze Medallion	200m Run / 200m Swim / 200m Run

### Resuscitation

A patient assessment on a live patient and demonstration of lateral position.

EAR/CPR\*, 1 and 2 person (adult or child or infant) on a manikin. To include resuscitation using a mask

\*CPR compulsory for BM and SRC holders aged 15 years and over. Optional for SRC holders under 15 years of age.

### Rescues

Candidates will demonstrate both board and tube rescues to the selected assessors

## Theory Paper

Candidates are required to complete only the SLSQ endorsed theory exam based on information taken from the SLSA Training Manual 32<sup>nd</sup> edition as well as the 2005/06 SLSQ Patrol Operations Manual. Candidates will be required to achieve a level of competency as determined by the Assessor-in-charge. Assessors may follow up on questions at the end of the assessment to ensure candidates have a correct understanding of the theory.

\* Oxygen Therapy information only pertains to Bronze Medallion award holders.

## Carries/Supports

Candidates may be requested to demonstrate a range of patient carries/supports as stipulated by the Assessor including spinal board retrieval.

## Marine Stinger Procedures (north of Bustard Head only)

Candidates are to be assessed for competency in 1 and 2 person Marine Stinger Rescues/Retrievals, Drag Net Procedures and Risk Management Guidelines.

## Other Awards

### Resuscitation Certificates

Award holders must successfully complete a proficiency check, showing their competence in resuscitation techniques.

#### Resuscitation

Under 15 years of age  
Over 15 years of age

EAR, 1 person (adult or child or infant) on a manikin and option of CPR.  
EAR/CPR, 1 and 2 person (adult or child or infant) on a manikin To include Resuscitation methods using a mask.

A patient assessment on a live patient and demonstration of lateral position.

Awards involving resuscitation are to be assessed annually. Once proficiency is achieved, resuscitation in other award proficiencies is not required.

### Advanced Resuscitation Certificate (ARC)

Award holders must successfully complete a proficiency check, showing their competence in resuscitation techniques, Oxy Viva operation, neck brace application and the insertion of an Oropharyngeal Airway.

#### Resuscitation

EAR/CPR, 1 and 2 person (adult or child or infant) on a manikin.  
A patient assessment on a live patient and demonstration of lateral position.

#### Oxygen Resuscitation Operation

Use of air bag resuscitator on conscious/unconscious patient (s), e.g. therapy and resuscitation.

#### Spinal Collar

Measurement and application of a Spinal Collar on a live patient.

#### Oropharyngeal Airways

Correct measurement and insertion of an Oropharyngeal Airway (on a manikin where possible). Candidates must have an understanding of when and why an airway is introduced into resuscitation.

## IRB Drivers

All IRB Drivers must successfully complete a proficiency check for Bronze Medallion & IRB Crew, prior to completing their Silver Medallion IRB Drivers. They must successfully demonstrate their competence in current IRB driving techniques. As a minimum, they must perform the following: -

A theory paper that should contain questions relating to general IRB procedures, IRB Driving, Safety and the SLSA Powercraft Code of Conduct.

Demonstrate effective and safe driving practice and ability including but not limited to: -

- Parallel running
- Figure eights
- Response to signals
- Negotiation of surf as required

Other driving skills to be deemed as competent.

- Demonstrate patient rescue.
- Demonstrate patient lift, exit, carry, lay and assessment.
- For RWC operators they must also be able to reboard the craft from deep water.

## IRB Crew

Members who hold their IRB Crew Certificate must compete their Bronze Medallion proficiency prior to participating in the proficiency of the IRB Crew Certificate. Each member will be required to demonstrate the following: -

A theory paper that should contain questions relating to general IRB procedures, IRB Crewing, Safety and the SLSA Powercraft Code of Conduct.

Demonstrate effective and safe crewing practice and ability including but not limited to: -

- Parallel running
- Figure eights
- Response to signals
- Negotiation of surf as required

Other crewing skills to be deemed as competent: -

- Demonstrate patient rescue.
- Demonstrate patient lift, exit, carry, lay and assessment.

## Silver Medallion Life Support

No renewal is required for this award. However, annual proficiency is required in the prerequisite awards for this award to remain current. (ie. You must remain current in Senior First Aid and ARC for the Silver Medallion Life Support to remain current)

## Silver Medallion Patrol Captain

This award is valid for three (3) years and needs to be renewed after this time. There is no annual proficiency requirement for this award.

To renew this award (after 3 years), candidates will be re required to complete a brief 'Upgrade Course' as well as a workbook that concentrates on current SLSQ/SLSA issues, Local Council By-Laws, information from the Patrol Operations Manual and any other information determined by the State BOLS to be pertinent to this award.

## Specialist Power Craft Awards (JRB/ORB/RWC)

Proficiencies for specialist groups shall be determined by the individual group and as approved by the relevant State Advisor/Support Services Officer.