

Surf Rescue Certificate

Pre-Requisites

- Be a minimum of 13 years of age on the date of examination.
- Have completed a 200 metre swim in 5 minutes or less, in a swimming pool of not less than 25 metres or over a measured open water course before any water training commences.

Learning Outcomes

Describe beach sense practices

- List common sun disorders, specifically; sun stroke, skin cancer, hyperthermia.
- List sun safety preventative measures for patrolling surf lifesavers.
- List drugs which effect a beachgoers ability to recreate 'safely'.

Describe surfing and environmental conditions and hazards

- List 3 types of waves, specifically, spilling, dumping, surging.
- Recognise and describe differing surf zone currents specifically; rips, gutters, littoral currents.
- Describe methods of escaping from a rip, specifically; strong swimmer, poor swimmer.
- Describe common physical and biological hazards on the coast specifically; marine stingers & rock platforms.

Identify basic patient management techniques

- Perform checks to identify potential danger to self, patient and bystanders, specifically; preventative actions for communicable diseases.
- Recognise and manage external bleeding injuries.
- Recognise and manage patient shock.
- Recognise and manage patients suffering minor burns, specifically; sunburn.
- Recognise and manage patients suffering soft tissue injuries, specifically; rest, ice, compression, elevation.
- Perform an airway management assessment, specifically; danger, response, airway, breathing, circulation.

Perform basic resuscitation techniques

- Perform a priority injury management assessment of a patient.
- Place a patient in recovery position.
- Perform a patient rollover.
- Open airway by attaining a backward head tilt.
- Perform 2 Rescue Breaths.

- Detail breathing rates
- Perform mouth to mouth/nose/mask expired air resuscitation technique/s.

Perform resuscitation (CPR) techniques. (Candidates 15 years and over)

- Details the systems of the body, specifically; muscular-skeletal, circulatory, respiratory, nervous.
- Demonstrate a knowledge of when to commence CPR, and flow chart procedures for CPR.
- Detail CPR rate 30:2
- Perform 1 and 2 person CPR techniques.
- Perform oxygen aided resuscitation technique.
- Demonstrate and describe patient management procedures after CPR.

Perform surf skills

- Complete a 100m run, 100m swim, 100m run within 5 minutes.

Perform SLSA signals

- Display a knowledge of SLSA signals.
- Demonstrate a knowledge of actions to be undertaken on receipt of signals.

Identify persons in distress in a surfing or aquatic environment

- Describe the signs of drowning, specifically; climbing the ladder, poor floatation, face down, arms waving.
- List common rescues, and rescue sites/conditions, experienced by lifesavers.
- Describe various conditions of persons who need assistance, specifically; anxious, panic, calm, shock.

Perform patient approaches, support and escapes aided by equipment on unconscious/conscious patient

- Perform a swim, negotiating the surf, using fins plus a rescue tube.
- Paddle a board, negotiating the surf, using an SLSA rescue board.
- Swim with a rescue tube and paddle a board to a person in distress in a safe aquatic environment and return to shore.
- Assess the patients distress level.
- Secure and support the patient using the rescue equipment.
- Perform front and rear release and escape methods.
- Perform leg and arm blocks.
- Signal the shore using recognised SLSA signals.
- Return patient safely to shore.

Describe the purpose of patrols and patrolling

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

Demonstrate a knowledge of patrols

- Demonstrate a knowledge of equipment required for patrolling purposes.
- Demonstrate an ability to set up a patrol base and check equipment.
- Demonstrate an awareness of public relation principles.
- Demonstrate an understanding of patrol methods.
- Demonstrate an understanding of scanning procedures and methods.
- Display a knowledge of Australian Standard signage commonly used at aquatic venues.

Assessment

- Satisfy the majority of the Examiners in respect to their competence in all learning outcomes by:
 - Written/oral examination.
 - Basic skill performance.
 - Rescue scenario simulation.

For this award to remain current candidates are required to perform an annual proficiency test.