



## Circular

<b>Title:</b>	SLSWA Skills Maintenance Checks (Proficiency) Requirements for 2018/19 Season
<b>Date:</b>	12 September 2018
<b>Document ID:</b>	27, 2018/19
<b>Department:</b>	Member Education
<b>From:</b>	Member Education and Training
<b>Audience:</b>	Managers and Directors, Education Managers and Directors
<b>Summary:</b>	All active lifesavers are required to complete a Skills Maintenance Check (proficiency) to demonstrate competency in the lifesaving award/s they hold and in which they wish to remain current. This Circular describes the skills maintenance requirements for the 2018/19 season.
<b>Attachments:</b>	SLSWA Skills Maintenance Checks Suggested Plan

### Introduction

Skills maintenance checks are necessary to:

- ensure ongoing competency of members in their area of training and activities
- maintain the standards of knowledge and expertise of surf life savers
- satisfy legal and statutory requirements
- reinforce and maintain our service commitment to the bathing and beach going community.

All training resources are available in the SLS Members Area Library for members to view and refresh their knowledge.

### Proficiency

A member's proficiency is valid until the 31 December each year (any reference to this date should read 31 July in Northern Australia approved clubs) unless stated otherwise in SurfGuard or via Circular (e.g., Provide First Aid has a three-year proficiency requirement).

Any member who is not proficient by the 31 December, or has not completed appropriate awards shall not be allowed to:

- perform patrols
- operate rescue craft or
- compete in surf life saving competitions.

Until such time as they have met the proficiency requirements as determined for that season.

Skills maintenance checks may be conducted after 31 December under the requirements/approval of the local State/Branch. Any member completing their proficiency after 31 December each season shall be eligible to patrol but shall not be permitted to participate in any SLSA Championship competition until 1 July later in that year. (see SLSA Policy 5.04 for further details on competitor proficiency/patrol requirements).

When a skills maintenance check is successfully completed (or a member gains a relevant award after 30 June, in a particular year) the proficiency or qualification is current until 31 December in the following season.

### E-trainu Online Resources

For the season 2018/2019 E-trainu online courses are available free of charge to members and can be accessed through the "Courses" link in the Members Area.

SLSA recommends that all current patrol captains and vice captains undertake the *Silver Medallion Aquatic Rescue* online course as part of their skills maintenance. This online course forms the theory component of the search and rescue (SAR) module of both the Silver Medallion Beach Management and Silver Medallion Aquatic Rescue (SMAR) courses.

The following E-trainu online courses are also available for members wanting to refresh their lifesaving knowledge prior to attending their practical skills maintenance session. This is not a requirement of skills maintenance and the completion of any online training will not result in the member obtaining the full SLSA award. Members accessing these online training resources will still have to complete all skills maintenance requirements outlined in this circular.

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| <ul style="list-style-type: none"> <li>• Surf Rescue Certificate—11 modules</li> <li>• Radio Operations—refer to Bronze Medallion Module 8</li> <li>• Bronze Medallion—11 modules</li> <li>• IRB Crew</li> <li>• Silver Medallion Aquatic Rescue</li> <li>• Silver Medallion Beach Management</li> <li>• Advanced Resuscitation Techniques Certificate—4 parts</li> </ul> | <ul style="list-style-type: none"> <li>• Spinal Management</li> <li>• Silver Medallion Advanced First Aid—3 parts*</li> <li>• Pain Management</li> <li>• Age Managers—3 parts</li> <li>• Safeguarding Children and Young People awareness course</li> <li>• Safer Surf Clubs—4 parts</li> </ul> |
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Refer to the SLSA eLearning User Guide available on the SLSA IT Helpdesk website for more information about the online SLSA courses available, as well as the frequently asked questions by both members and trainers/assessors/facilitators.

\*Members require a completion certificate for the online Spinal Management (Spinal) and Advanced Resuscitation Techniques Certificate (ARTC) courses before they can enrol in the online Silver Medallion Advanced First Aid (SMAFA) course. This can be achieved by completing the online Spinal and ARTC courses or submitting a request for prior online learning.

There is also the *Every Day Lifesaver App* available which uses gamification to make learning DRSABCD

### Training Videos

The following SLS training videos are available in the SLS Members Area Library for members to view as part of their skills maintenance. Some of these are also included in the online skills maintenance courses.

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| <ul style="list-style-type: none"> <li>• Resuscitation - 1 Person (4:36)</li> <li>• Resuscitation - 2 Person (4:00)</li> <li>• Resuscitation - 4 Person including Oxy Viva and Defibrillator (2:14)</li> <li>• Board Rescue - Conscious Patient (2:47)</li> <li>• Board Rescue - Unconscious Patient (1:49)</li> <li>• Tube Rescue - Conscious Patient (3:09)</li> <li>• Tube Rescue - Unconscious Patient (1:20)</li> <li>• Spinal Board Carry - Patient in Water (2:39)</li> <li>• Spinal Training Scenario 1 – Victim lying on the ground (2:23)</li> </ul> | <ul style="list-style-type: none"> <li>• Stingers (fourteen chapters)</li> <li>• Spinal Training Scenario 2 - Walk Up (0:46)</li> <li>• Spinal Training Scenario 3 - Patient in Standing Position (2:23)</li> <li>• IRB Awareness - Launch, Landing, Lift and Carry (2:50)</li> <li>• IRB lift and Carry (0:20)</li> <li>• Patient Drag and Lay (1:38)</li> <li>• Rock Rescue (1:24)</li> <li>• Pain Management (Methoxyflurane) (5:19)</li> <li>• How waves form (0:35)</li> </ul> |
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### Authorised Delegates

For some awards, Club Executives can appoint an authorised delegate to conduct skills maintenance assessments.

The Club Executive may nominate suitably qualified and experienced members to act as their delegate for the purpose of assessing skills maintenance activities. The exception to this is that all Powercraft (except IRBC) award holders must be observed by qualified Assessors.

A delegate must:

- Be proficient in the award that they are assessing skills maintenance.
- Be familiar with the process of reasonable adjustment.
- Adhere to the program of skills maintenance requested by the club.
- Complete any paperwork required accurately and return in a timely manner.

At an annual meeting of the Club Executive authorised delegates full names should be recorded in the meeting minutes.

Delegates should be selected on the basis of expertise and experience in the awards being assessed.

For example:

- **Patrol Captains** may assess skills including;
  - aquatic rescue techniques
  - radio use
  - signals
  - run/swim/run

\*Please note: A risk assessment should be conducted prior to conducting any skills maintenance activities while on patrol. Skills maintenance activities may only be conducted during patrol if conditions are suitable and the number of patrol members is adequate to safely maintain service delivery obligations.

- **IRB Drivers** may assess IRB Crew skills;
- **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.

Prior to conducting any activities, authorised delegates should be briefed on the skills and competencies to be assessed. The authorised delegates should also be familiar with paperwork that is required to be completed and the club's administration process for recording assessments. Where an authorised delegate has been used, a Club Executive must add their own name and signature to the paperwork.

Please ensure you are familiar with the additional information provided on the delegation process should you wish to adopt this.

The Authorised Delegate information can be found in the document "**Skills Maintenance Information**" on the Members Portal.

### In-Depth Proficiencies

If a member is non-proficient in any award for any period of time, then they are required to complete skills maintenance elements identified through a training gap analysis. This must be conducted to determine what differences occur between the award as it currently stands and what skill and knowledge the award consisted of at the time the member was last proficient. If the gap analysis determines there is a gap in skill and/or knowledge, the candidate may be required to undertake training and assessment in the gap(s) identified. For example, a member may have obtained their Bronze Medallion when use of an Automated External Defibrillator (AED) was not taught in the Bronze Medallion, therefore the member would have to be trained and assessed in this skill and knowledge.

### **Frequency of Skills Demonstration**

Each component of a required skills maintenance need only be demonstrated once in any one (12 month) season. For example, this means that a member who has successfully completed the resuscitation component of their Bronze Medallion skills maintenance need not repeat the skills maintenance check for that part of the ARTC skills maintenance.

The principle outlined above also applies to fitness testing. In other words, a fitness test for a higher award, such as the Gold Medallion, will be evidence that a member has passed the fitness component of the Bronze Medallion (Run/Swim/Run) proficiency.

It is expected that all patrolling members maintain their minimum fitness levels for the awards that they wish to remain proficient in and a member may be requested at any time during the season to complete an additional skills maintenance check by the club, or authorised SLS official.

A member who is deemed not-yet-competent (NYC) during a skills maintenance check at any time during the season is deemed to be non-proficient until such time as another skills maintenance check is completed successfully. Further, this member cannot participate in patrol activities or compete at carnivals until the skills maintenance check has been completed successfully.

### **Skills Maintenance Requirements**

The skills maintenance requirements for each SLSA award are grouped according to their participation pathway. Refer to the SLSA Participation Pathways website and the latest edition of the *SLSA Public Safety and Aquatic Rescue* training manual to learn more about the different participation pathways.

### **Aquatic Rescue Pathway Awards**

Training resources for all aquatic rescue awards are located in the SLSA Members Area Library.

#### **Surf Rescue Certificate (SRC)**

##### 1. Run-Swim-Run (timed)

- Unaided 100m Run-100m Swim-100m Run in 5 minutes or less
- 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.

##### 2. Resuscitation (CPR)

- Members to be assessed on theoretical knowledge
- A primary assessment (DRSABCD) on a live victim
- 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 an approved mask.

##### 3. Signals

- Demonstrate ten signals correctly according to SLSA operating procedures in the current *SLSA Public Safety and Aquatic Rescue* training manual.

#### 4. Rescue

- Demonstrate a minimum of one rescue of an unconscious victim using either a rescue tube (and swim fins if available) or a rescue board and according to SLSA operating procedures in the current *SLSA Public Safety and Aquatic Rescue* training manual. The rescue must include the following:
  - Negotiating the surf zone
  - Securing the victim
  - Returning to shore with the victim
  - Calling for assistance.

#### 5. Radio operations

- Members to be assessed on theoretical knowledge
- A practical demonstration of a scenario involving equipment (without transmitting). The scenario must include at least three of the following situations and must be conducted for each candidate: –
  - Pre-operation checks
  - Knowledge of local operating channels and uses
  - Inter-patrol communications
  - Sign on/sign off
  - Rescue procedures and requests for assistance.

### **Bronze Medallion (BM)**

#### 1. Run-Swim-Run (timed)

- Unaided 200m Run-200m Swim-200m Run in 8 minutes or less
- 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.

#### 2. Resuscitation (CPR) with oxygen and defibrillation

- Members to be assessed on theoretical knowledge
- A primary assessment (DRSABCD) on a live victim
- 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 an approved mask
- Team CPR scenario including primary assessment (DRSABCD), use of resuscitation mask with oxygen supplement and AED.

#### 3. Signals

- Demonstrate ten signals correctly according to SLSA operating procedures in the current *SLSA Public Safety and Aquatic Rescue* training manual.

#### 4. Rescue

- Demonstrate a minimum of one rescue of an unconscious victim using either a rescue tube (and swim fins if available) or a rescue board and according to SLSA operating procedures in the current *SLSA Public Safety and Aquatic Rescue* training manual. The rescue must include the following:
  - Negotiating the surf zone
  - Securing the victim
  - Returning to shore with the victim
  - Calling for assistance.

#### 5. Spinal Injury Care

- Demonstration of placing a patient with a suspected spinal injury onto a spinal board in the water and on land.
  - Spinal carry with a spinal board from the water with an appropriate lay and patient assessment
  - Use of a spinal board to lower a person with a suspected spinal injury from a standing position to the ground.

#### 6. Radio operations

- Members to be assessed on theoretical knowledge
- A practical demonstration of a scenario involving equipment (without transmitting). The scenario must include at least three of the following situations and must be conducted for each candidate.
  - Pre-operation checks
  - Knowledge of local operating channels and uses
  - Inter-patrol communications
  - Sign on/sign off
  - Rescue procedures and requests for assistance.

#### **Silver Medallion Aquatic Rescue (SMAR)**

Proficiency is required in the prerequisites for this award to remain current.

The prerequisites are:

- Complete a 400 metre swim in 8 minutes or less in a swimming pool of no less than 25m length
- Hold and be proficient in the SLSA Bronze Medallion (and hold the Certificate II in Public Safety (Aquatic Search and Rescue)).

SLSWA recommends that all current patrol captains and vice captains undertake the *Silver Medallion Aquatic Rescue* online course as part of their skills maintenance. This online course forms the search and rescue (SAR) module of both the Silver Medallion Beach Management and Silver Medallion Aquatic Rescue (SMAR) courses.

#### **Gold Medallion (Advanced Lifesaving)**

A member must be proficient in ALL of the following awards:

- a) Bronze Medallion
- b) Advanced Resuscitation Techniques Certificate/ART (AID)
- c) Apply First Aid/First Aid (AID)
- d) Silver Medallion Basic Beach Management/SMBM

If any of these award proficiencies lapse during the season, even after successful completion of the Gold Medallion, then the member will become non-proficient in the Gold Medallion.

##### 1. Pool Swim

The member must complete an 800 metre swim in 14 minutes or less in a swimming pool of not less than 25 metres. The pool swim must be completed before any other component of the Gold Medallion skills maintenance check.

##### 2. Mission Test

- The distance will be 400m swim, 800m run, 400m board paddle, and 800m run
- The time will be 25 minutes or less
- 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
- Preferred aquatic course is around two swimming buoys



3. Rescue - Demonstrate a board and tube rescue according to SLSA operating procedures in the current Public Safety and Aquatic Rescue Training Manual.
  - Tube Rescue: Complete a tube rescue of a patient 100 metres out to sea and return. Member should use swim fins during this rescue
  - Board Rescue: Complete a board rescue of a patient 200 metres out to sea and return.
4. Complex Rescue Scenario (may include one of the rescues above) - Demonstrate a complex rescue scenario as set by the Assessor according to the SLSA operational procedures in the current Public Safety and Aquatic Rescue Training Manual.

The rescue must assess the following events:

- Negotiating the surf zone
- Securing the patient/s
- Calling for assistance
- Returning to shore without losing the patient/s
- Performing emergency care as required by the patient/s

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

## **Emergency Care Pathway Awards**

### **Resuscitation**

Award holders must successfully complete a skills maintenance check, showing their competence in the following.

- Members to be assessed on theoretical knowledge
- A primary (DRSABCD) assessment on a live victim
- A 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 an approved mask and AED.

### **Advanced resuscitation techniques certificate (ART)**

#### 1. Resuscitation

- Members to be assessed on theoretical knowledge
- A primary assessment (DRSABCD) on a live victim
- A demonstration of the lateral position
- Primary assessment (DRSABCD), CPR 1 person (adult or child AND infant) on an approved manikin – to include resuscitation methods using an approved mask
- Team CPR scenario including primary assessment (DRSABCD), use of resuscitation mask with oxygen supplement and AED.

#### 2. Provide supplemental oxygen

- Use of bag-valve-mask resuscitator on unconscious victim(s) during resuscitation scenario.

#### 3. Oropharyngeal Airways

- Correct measurement and insertion of an oropharyngeal (OP) airway
- Demonstrate an understanding of when and why an OP airway is introduced into resuscitation.

**Remember:** If a member has already completed a skills maintenance that required Resuscitation to be assessed i.e. Bronze Medallion, they are considered to be proficient in that section of this award. Members still need to be assessed as competent in sections 2-3 to be deemed proficient in ARTC/ART[AID].

### **Spinal Management Certificate**

Participate in a spinal management scenario relevant to your location including use of spider straps.

There is the Spinal Management online course available for members wanting to refresh their knowledge prior to attending their practical skills maintenance session. This is not a requirement of skills maintenance. Members accessing this training resource will still have to complete all skills maintenance requirements as outlined in this circular.

### **Pain Management Certificate**

Skills maintenance checks for this award will be required at a minimum every two years.

To become proficient, members must complete the course, including all assessment tasks and workbooks. It is highly recommended that a yearly skills check be conducted.

Items included in skills maintenance checks will include:

- Demonstration of set up and simulated use
- Knowledge of local security and state documentation requirements

### **Beach Management Pathway Awards**

Training resources for all beach management awards are located in the SLSA Members Area Library.

### **Radio Operations (RO)**

- Members to be assessed on theoretical knowledge
- A practical demonstration of a scenario involving equipment (without transmitting). The scenario must include at least three of the following situations and must be conducted for each candidate.
  - – Pre-operation checks
  - – Knowledge of local operating channels and uses
  - – Inter-patrol communications
  - – Sign on/sign off
  - – Rescue procedures and requests for assistance.

### **Silver Medallion Beach Management (SMBM)**

Proficiency is required in the prerequisites for this award to remain current.

The prerequisites are:

- Hold the Bronze Medallion award
- Be proficient in ONE of the following:
  - – Bronze Medallion
  - – First Aid
  - – Radio Operator
  - – Advanced Resuscitation Techniques
  - – Spinal Management.

SLSA recommends that all current patrol captains and vice captains undertake the *Silver Medallion Aquatic Rescue* online course as part of their skills maintenance. This online course forms the search and rescue (SAR) module of both the Silver Medallion Beach Management and Silver Medallion Aquatic Rescue (SMAR) courses.



## **Powercraft Pathway Awards**

Training resources for all powercraft awards are located in the SLSA Members Area Library.

All members must demonstrate proficiency in the pre-requisite awards associated with these awards as follows:

- IRB Crew
  - Proficient Bronze Medallion
- Silver Medallion IRB Driver
  - Proficient Bronze Medallion
  - Proficient IRB Crew
  - Hold a Recreational Skippers Ticket
- RWC Operator
  - Proficient Bronze Medallion
  - Hold a Recreational Skippers Ticket
  - Complete the WA fitness test.

### **IRB Crew (IRBC)**

Skills maintenance in this award may be assessed by an authorised delegate or current SM IRB Driver. Logged hours should be included in making assessment decisions.

- Members to be assessed on theoretical knowledge
- Demonstrate effective and safe crewing practice and ability including:
  - Parallel running
  - Figures of eight
  - Response to signals
  - Negotiation of surf as required
  - Demonstrate victim rescue to include both unconscious and conscious patients
  - Demonstrate ability to carry out a victim lift, exit, carry and lay

### **Silver Medallion IRB Driver (SMIRBD)**

Skills maintenance in the Silver Medallion IRB Driver award can only be assessed by an IRB assessor. Logged hours should be included in making assessment decisions.

- Members to be assessed on theoretical knowledge
- Demonstrate the ability to apply safe driving practice including but not limited to:
  - Parallel running
  - Figures of eight
  - Response to signals
  - Negotiation of surf as required
  - Demonstrate ability to conduct a victim rescue to include both unconscious and conscious patients
  - Demonstrate ability to carry out a victim lift, exit, carry and lay.

### **Specialist Powercraft Awards (JRB/ORB) and RWC Operator**

Skills maintenance for specialist groups shall be determined by the individual group and as approved by the relevant State Director of Lifesaving. Skills maintenance may be assessed during normal operational activities.



### **SLSWA - ATV Awards – Club Management**

Members driving license must be checked each year for currency.

A member who loses their driver's license (whether through cancellation or suspension) must not be in control of the ATV.

### **SLSWA – Training and Assessing Awards**

To maintain currency of SLSWA Trainer, Assessor and Facilitator (TAF) awards, all award holders must complete the “**TAF Currency Form SLSWA**” found on the Members Area Library every two years.

Details of the information required to complete this form can be found in the “**TAF Members Currency Requirements**” document that is also available in the Members Area Library.

Both documents are located on the Members Area in the SLSWA section of the library, in the Education section.

A handwritten signature in black ink that reads "J. O'Toole".

**JAMES O'TOOLE**  
**CHIEF EXECUTIVE OFFICER**

## SLSWA Skills Maintenance Checks for Bronze Medallion 2018-19

### Delivery Guidelines

This document is to assist trainers, assessors and authorised delegates to deliver the requirements for the Bronze Medallion (and SRC\*) skills maintenance requalification checks.

It is designed to give a timetable of activities that cover the necessary skills maintenance requirements so that a member can complete proficiency assessments with minimal time impact.

Clubs may use their own guidelines/timetables if they have developed their own procedures and skills maintenance processes.

All participants must demonstrate practical competency as determined by SLSA and SLSWA and communicated through the relevant Circulars.

Trainers, assessors and authorised delegates should plan to include an element of demonstration/training into the skills maintenance sessions as well as assessment. Many of the participants may require brief refresher sessions of each of the skills. **Trainers must adapt to meet the level of participants.**

Suitable water safety must be in place for aquatic based activity.

**Suggested approximate time requirement - 2 hours** (if all activities are completed in one day)  
Individual activity sessions may be conducted separately over several days.

PLEASE NOTE: The length of time required will vary depending on various factors including skill level of participants and trainer, weather, sea conditions, available equipment, size of group and ratio of trainer to participants.

#### Trainer requirements

1. Head Trainer to complete risk assessment form or app and keep a record.
2. Trainers to fill in individual or mass Skills Maintenance sheet.
3. Trainers can move with a group or be located at stations and groups move around.
4. Trainers to **demonstrate** activities.

The recommended maximum ratio of trainer/assessor/authorised delegates to participants is 1:12.

Group sizes should be manageable for the ability level of the trainer and the beach conditions on the day of the skills maintenance session.

## Suggested Skill Maintenance Session Timetable

### Briefing

**Suggested Time: 5 min**

- Describe the session process.
- Inform members of key relevant changes (club, state, national) and where to find additional information.

Suggestions: Changes to SLSA online Member's Area, SLSA guidelines and cover the following new guidelines for the Bronze Medallion;

- Severe Bleeding (prioritise management of severe bleeding over airways)
- Use of Tourniquets

### Dry Activities

#### Resuscitation

**Suggested Time: 30 min**

<i>2018-19 Changes</i>	Control major bleeding before starting CPR.
<i>KPIs</i>	Hand position, depth, rate and correct amount of chest rise, safety with Oxy and AED
<i>Trainer Demonstration</i>	DRSABCD with mask, AED, oxy
<i>Skills Maintenance Exercise</i>	Live patient assessment, 2 min CPR. 4 Person Resus with adult manikin, infant manikin.  Introduce problems – objects in mouth, wet chest, 2min swap on compressions etc. if things going well. 4 rounds. Use Resus masks

#### Radio

**Suggested Time: 10 min**

<i>2018-19 Changes</i>	SLSWA Surf Comm hours – 6am to 6pm
<i>KPIs</i>	Correct call protocols, 4Ps
<i>Information for candidates</i>	Maintenance if dropped in water, Club operating procedures
<i>Skills Maintenance Exercise</i>	Radio calls (simulated if no radios) dealing with 1 <sup>st</sup> aid incident, rescue, calling emergency services

### Wet Activities

#### Signals

**Suggested Time 5 min**

<i>KPIs</i>	Ten correct
<i>Skills Maintenance Exercise</i>	Try to make realistic scenario e.g. signal IRB to pick up victim and returning to shore

#### Run-Swim-Run

**Suggested Time: 15 min**

<i>KPIs</i>	Bronze Medallion 200m RSR Complete in less than 8 minutes <sup>^</sup>
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**Board or tube rescue with unconscious patient**

**Suggested Time: 15 min**

<i>2018-19 Changes</i>	No rescue breath unless rescuer cannot get back to shore e.g. waiting for IRB or similar
<i>KPIs</i>	Get to victim with a sense of urgency, face out of water asap, keep control of patient
<i>Trainer Demonstration</i>	Both Board and Tube (dry or wet)
<i>Skills Maintenance Exercise</i>	Board and tube rescues with unconscious victims

**Spinal Injury Management**

**Suggested Time: 30 min**

<i>2018-19 Changes</i>	Check to see if patient can lay down without spinal board assistance. Only 2 hands on the head when rolling victim. Remove board unless interferes with resuscitation. Spinal board only to be used to extricate/transport victim
<i>KPIs</i>	Manage airway, keep spinal alignment, open airway with no head tilt
<i>Trainer Demonstration</i>	Walk up spinal injury, retrieval of non-breathing spinal injury from the water
<i>Skills Maintenance Exercise</i>	Walk up spinal injury lay with spinal board. Extrication of non-breathing spinal patient from shallow water and DRSABCD  If time allows patient vomits and requires to be turned on the board to clear mouth and leave on side if possibility of further vomiting. Different person on head control

**IRB Awareness**

**Suggested Time: 5 min**

<i>KPIs</i>	Safely help launch and retrieve IRB. Remove unconscious victim from IRB
<i>Trainer Demonstration</i>	Removal of victim from IRB
<i>Skills Maintenance Exercise</i>	Help launch/recover IRB. Remove unconscious patient. Get IRB driver to lead

**De-Brief and sign off**

**Suggested Time: 5 min**

\* SRC Skills Maintenance does not include Carries, Use of Oxygen, Spinal Injury Management and IRB Awareness

^ SRC 100m RSR in less than 5 minutes