

Gaining Surf Lifesaving Awards

Over the 100 years that surf life saving clubs have been operating throughout Australia, the skill base of the volunteer life saver has had to increase dramatically to cope with the continuously changing needs of our diverse population. With these changes, the role of the patrolling life saver has evolved to such a level that beach patrols now represent an essential part of the Australian beach culture.

Today's surf lifesaver is a highly-skilled member of a coordinated team that can not just rescue swimmers from treacherous surf, but can perform a wide range of fundamental and advanced lifesaving techniques to maximize the safety of all members of the community. A general overview of the various awards and achievements available to our members is provided below. A more detailed description of educational resources can be viewed at www.slsa.com.au ,Surf Life Saving Association of Australia.

What Does Our Education Program Provide

The Secret Harbour Surf Life Saving Club provides the fundamental skills for persons wishing to become a patrolling lifesaver. These include the Surf Awareness and Surf Smart programs for nippers, and the Surf Rescue Certificate and the Bronze Medallion awards.

Upon achieving these awards, members can complete more advanced courses in first-aid, spinal management, resuscitation, IRB Driving and Crewing and radio operations.

For persons wishing to take on more senior roles in education delivery, the opportunity to become a Trainer and Assessor in specialised areas exists. Knowledge obtained from our education program can also play an important role in future career options and pathways for our younger members.

The principle objective of our educational program is in accord with the code of practice (see <http://www.mybeach.com.au> for more details on this code) developed by Surf Life Saving Western Australia; this being

the commitment to maintaining the highest of standards in the provision of vocational education and training.

We achieve this commitment through rigorous training and upgrading of our Trainers' skills base on an annual basis.

What Courses Can I Undertake As A Member of Secret Harbour SLSC

Surf Lifesaving Australia offers a range of lifesaving awards to its members and the community, At Secret Harbour, we offer many of the awards presented, with the exception of those concerned with off-shore Rescue Boar (ORB), Jet Rescue Boat (JRB) and Helicopter rescue.

How can I gain an Award

Secret Harbour Surf Life Saving Club offers a variety of courses throughout the year for new and current members. The length of each course varies from 2 to 3 hours over a single session to more than 30 hours over a 12-week period. Generally, each award consists of a theory and practical component, of which the theory provides the underpinning knowledge and the practical applies this knowledge to "real-life" scenarios. For example, basic surf awareness and wave and rip formation is taught in the classroom setting, but then illustrated visually on the beach during practical sessions. The two most common awards gained by new and/or progressing members are the Surf Rescue Certificate (SRC) and the Bronze Medallion/Certificate II in Public Safety (Aquatic Rescue). These are commonly referred to as *Patrolling Lifesaver Awards*

How Long Is My Award Valid

Most awards are to be renewed on an annual basis as this ensures that all award holders are conversant with the latest and most up-to-date knowledge of surf life saving. In most cases, re-qualifying for an award is a straightforward process and is achieved by undertaking a short (1 to 2 hours) refresher course by a qualified Trainer and Assessor. A member's proficiency is valid until 31st December each year.

An example of the proficiency test for the **Bronze Medallion and Surf Rescue Certificate** is:

- Run Swim Run: Run and swim distances for the Bronze Medallion and Surf Rescue Certificate are as follows and must meet the following criteria:
 1. Bronze: 200m Run, 200m Swim; 200m Run within 8 minutes
 2. SRC: 100m Run, 100m Swim; 100m Run within 5 minutes
 3. The run is from a flag, around a marker then straight out to waist deep water
 4. The swim is from waist deep water, around two swimming buoys and back to waist deep water

5. A possible course design could be as follows:

- a) Start Run Leg 1
- b) Turning Flag
- c) 100 m distance
- d) 50 m distance
- e) Finish Swim
- f) Start Swim

- Rescues: A random selection of either a board or tube rescue is selected by the assessor. Rescuers can (and should be encouraged to) use fins to aid rescue. An additional test could include a mass rescue scenario with various rescue aids being involved. This could be done under a patrol-type condition whereby a designated patrol captain coordinates the rescue process.
- Resuscitation: This will involve:
 1. A patient assessment on a live patient and demonstration of the recovery position
 2. 1- and 2- person CPR on a manikin. This will include rescue breathing using a mask
 3. Bronze Medallion persons will perform oxygen-aided resuscitation and application of oxygen therapy on a patient
- Signals: Each member must correctly perform no less than 5 signals each

For additional information on these or any other award, please go to <http://www.slsa.com.au/>.

For further information please contact: Peter Traegar Director of Education.
Secret Harbour Surf Life Saving Club Phone: 0421 752 649 Email:
petertraeger@e-wire.net.au