



AUSTRALIAN LIFESAVING
ACADEMY

Surf Rescue Certificate

Learning and Assessment Guide

Australian for life.



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Contents

Introduction	4
What are activities?	4
Award Summary	5
Training and assessment disclosures	5
Pre-requisites	5
Current skills and knowledge – RPL and credit transfer	6
Candidate induction	6
Assessment Information	8
Information for candidates and trainers	9
Review questions	9
Information for assessors	9
Order of activities.....	10
Tips for designing Activities	10
Activity guides explained	11
Supplementary questions	13
Final Assessor sign-off.....	13
AT-1 ACTIVITY GUIDE – SIGNALS	14
AT-2 ACTIVITY GUIDE – FIRST AID	16
AT-3 ACTIVITY GUIDE – CPR	18
AT-4 ACTIVITY GUIDE – RUN-SWIM-RUN	20
AT-5 ACTIVITY GUIDE – RESCUES	22
Supplementary Assessment Questions	24
Appendix – Candidate tracking sheet	26

Introduction

This manual is designed for several audiences - learners about to undertake training in the Surf Life Saving Australia Surf Rescue Certificate (SRC), trainers who will be assisting individuals or groups build the skills and knowledge required for the award, and the assessors who will be designing and conducting assessments for the award.

Learners Use this Learning and Assessment Guide in conjunction with the manual, “Public Safety and Aquatic Rescue” (right). The manual provides all the information you require to develop the skills needed to be a lifesaver, and this guide explains how you will be assessed, and what assessors will be looking for during the assessment.



Trainers This guide will help you to understand the activities that the assessors will use to assess your SRC candidates. These activities should be designed to be as realistic and holistic as possible, so as long as you train your candidates to be good lifesavers (according to the manual); they should have no problems at assessment time. This guide can be used in conjunction with the manual and the Bronze PowerPoint slides, which are available online.

Assessors Use this Learning and Assessment Guide to assist in designing your assessment activities.

This resource explains how an activity-based assessment process works, and also provides guides to the activities to be used to assess this course.

What are activities?

The activity (or scenario) is a form of holistic assessment that assesses the combination of a multitude of skills and knowledge. The activities in this guide are designed to simulate real-world situations in such a way that an activity assessment not only determines that someone possesses certain skills and knowledge, but that they can apply them in practical situations. The Surf Rescue Certificate has traditionally had a strong activity content, so this form of assessment will be nothing new to the lifesaving community. This strength has now been further built upon in this resource. While an activity has a focus on practical skills demonstration, the use of oral questioning should also form part of the assessment activity process.

(See the section on Assessment Activities for more information on designing and running activities.)

Award Summary

The aim of this course is to provide participants with the skills and knowledge of basic patrolling and surf awareness in order to be able to participate in lifesaving operations. This course is the minimum water safety qualification for Junior Activity supervision.

A full list of Learning Outcomes for this course is in the Course syllabus document available online..

Topics covered are:

- Safety and well being
- Surf awareness and skills
- The human body
- Resuscitation
- First aid
- Communications
- Rescue techniques
- Patrols

Training and assessment disclosures

Prior to commencing training and assessment, trainers and assessors should openly and transparently discuss with candidates:

- Their rights and obligations (include appeal and complaint procedures)
- Any special needs candidates may have and how these will be accommodated during training and assessment
- The nature of the training, and the nature of assessment and the expectations placed on candidates

Following assessment, assessors should discuss the results of the assessment with candidates (preferably individually) and provide feedback to candidates. It is especially important for those candidates who were deemed to be Not Yet Competent (NYC) in an assessment to be given specific feedback, so that they can then work with their trainer to improve their skills and knowledge and prepare for re-assessment.

If you would like to know more about nationally recognised awards ask your club training officer, visit the SLSA web site (www.sls.com.au) or contact your state office.

Pre-requisites

Candidates must meet ALL of the following conditions:

- be at least 13 years of age on the date of final assessment
- have completed a 200 metre swim in five (5) minutes or less, unaided (goggles/mask permitted), in a swimming pool of not less than 25 metres, or over a measured open water course which will be

observed prior to the candidate undertaking any water training or assessment activities, evidence of which must be provided to the assessor on the timed swim form prior to commencement of the assessment for this qualification.

Current skills and knowledge

Candidates who believe they already possess some or all of the skills and knowledge of this award, or who have received one or more of the related units of competency, may wish to apply for Recognition of Prior Learning (RPL). These candidates should consult their chief training officer or State Centre for more information.

Candidate induction

All SRC candidates will undergo an induction which will be conducted by a suitably experienced club official or senior member. This induction forms an important part of the SRC learning and assessment, and all candidates will be questioned during assessment on a random selection of information given to them during their induction.

Those responsible for leading candidates through an induction should refer to the induction checklist in the Introduction chapter of the 33rd Edition of the Public Safety and Aquatic Rescue training manual to ensure that they cover all of the required information. When the induction is complete, candidates should ensure that the person who took them through the induction signs the relevant box in the “Final Assessor Sign-off” page at the end of this document.

From an Assessor’s point of view, evidence gathering for the induction portion of the assessment is based on two sources:



- A sign-off on the final assessment sheet by the appropriate trainer or official who conducted a candidate’s induction; and
- Questioning of the candidate by the assessor on information learned during the induction.

Assessors will use their discretion to determine each candidate’s level of knowledge as gained through the induction. Assessors can choose questions from among the suggested supplementary questions (see later in this document) or can ask any appropriate, relevant questions they feel necessary.

New for the 2012/13 Season

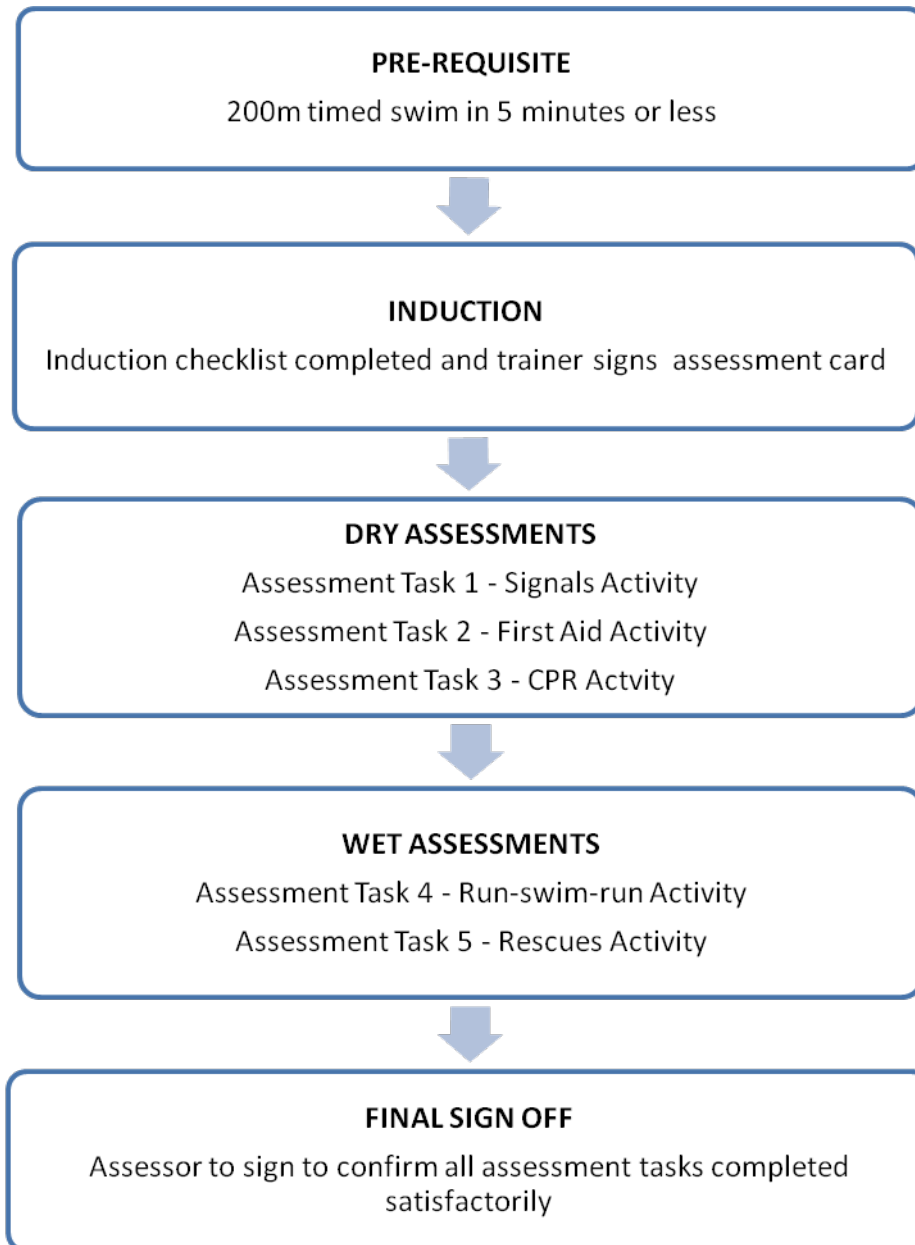
Two new signals:

The new Silver Medallion Aquatic Rescue Award contains two International Life Saving Federation signals that should be taught to candidates so that all patrol members are aware of their meaning and are able to respond appropriately. Please note that these are not in the 33rd Edition of the Public Safety and Aquatic Safety Manual.

Signal	Action	Meaning
<p>Submerged Patient Missing (Code X)</p> 	<p>Both arms raised to form a cross above the head</p>	<p>This is the most serious signal of all. A swimmer is missing and presumed submerged. Other lifesavers on shore or the pool deck should immediately fix the position of the lifesaver and initiate an appropriate response.</p>
<p>All Clear/OK</p> 	<p>Touch the middle of the head with the fingertips of one hand</p>	<p>The lifesaver is indicating that no help is required in performing the rescue and that the patient is stable. However, other lifesavers should continue to observe and monitor the situation as the situation can deteriorate</p>

Assessment Information

Candidates are assessed in the following steps:



Candidates must successfully undergo a rigid and thorough induction and satisfactorily complete all five assessment tasks in order to be assessed as competent in the Surf Rescue Certificate. Candidates who are unsuccessful in any activity are able to be reassessed in that task. These candidates should discuss this option with their trainer(s) and assessor(s) on the day of assessment.

Information for candidates and trainers

Trainers and candidates will find all of the knowledge and skills required for the assessment tasks in the 33rd edition manual, “Public Safety and Aquatic Rescue”:

Induction		Introduction, Induction checklist, Ch 1
AT-1	Signals Activity	Ch 8
AT-2	First Aid Activity	Ch 3, Ch 6
AT-3	CPR Activity	Ch 3, Ch 4,
AT-4	Run-swim-run Activity	Ch 2
AT-5	Rescues Activity	Ch 9

Review questions

Surf Life Saving Australia has developed a series of review question worksheets to assist trainers and candidates. These resources are designed to help reinforce learning, and to allow candidates to gauge their own progress. Whilst they are NOT designed to be assessment tools, trainers may choose to use these resources as part of their training program.

The resources are available as a series of PDF files (one for each chapter in the manual) and can be downloaded from the Surf Life Saving Australia website (www.sls.com.au). Ask your trainer or state office for details.

Candidates can also use the supplementary assessment questions in this guide as a learning review tool. All of the answers are in the 33rd edition manual (“Public Safety and Aquatic Rescue”), or will have been provided during the induction or by trainers.

Information for assessors

Those designing activities should attempt to make the situations as real as possible with the use of the same equipment, emotions, injuries/illnesses and environments that candidates are likely to encounter while on patrol.

Many assessment activities will need to be run at least twice, with a change in some elements, to ensure that each participating candidate is given every opportunity to demonstrate the skills and knowledge that need to be assessed. This can be achieved by, for example, rotating candidates through several different resuscitation roles in the resuscitation activity.

Candidates involved in the activities should be given a pre-briefing describing the situation in which they are about to participate. This might include an introduction to the equipment available for their use, surf and beach conditions and what elements the assessor will be looking for. Candidates should use this opportunity to ask questions, ensuring they are clear on all aspects of the assessment activity.

Order of activities

There are no technical requirements for running the assessment activities in any particular order. However, there are a number of practical reasons for running the activities in the order suggested. The following points should be kept in mind:

- For safety reasons, candidates should demonstrate their Signals skills before commencing any activities in the water.
- Activities requiring significant physical effort (e.g. Run-swim-run and Rescues) should be adequately separated to allow sufficient recovery time.

The appendix of this guide contains a candidate tracking sheet that you may choose to use to help you track the progress of candidates through the assessment tasks.

Tips for designing Activities

Activities should be designed so that:

- Participants are not made to feel uncomfortable or embarrassed
- The outcomes are clear
- The steps in the process and any timelines are clearly explained
- People play themselves or a particular role or style
- There is, if possible, an opportunity for candidates to practice new behaviour as a result of feedback
- Where appropriate, teamwork, problem solving and communication skills are utilised and assessable

Activities work best when:

- The activities are realistic to the patrol environment
- There is adequate time to debrief the process
- The activity is followed by theory questioning to reinforce the underpinning knowledge

Activity guides explained

The activity guides that follow each contain a variety of important information. This information is designed to assist assessors in designing the activities, and to guide trainers and candidates on the skills and knowledge that must be evident to successfully complete each assessment task.

- The guides provide a tool for the assessor to structure their assessment activities.
- The guide is not part of the administrative evidence requirements so may or may not be filled in for each candidate during an assessment.
- The assessor should use the guide to ensure that they have fully covered the requirements of the assessment activity prior to signing off on the one page assessment summary sheet at the end of this guide.

All of the activity guides are formatted in the same way, and each have the same distinct sections, as shown and explained in the diagram and table below:

AT-2 ACTIVITY GUIDE – RADIO	
This activity will allow candidates to demonstrate through a practical activity their competence in communicating using radio equipment to an acceptable standard.	
Assessment Objective: "The candidate can communicate effectively using radio communication equipment in both routine and emergency situations."	
Designing the activity: <ul style="list-style-type: none"> o This activity must be run at least twice for each candidate, and the variables below must be changed between activities – that is, one variable cannot be the same in each activity in which a candidate participates. o The activity can be run with up to 4 candidates being assessed in each activity. However each candidate must be given ample opportunity to demonstrate their competence in all of the required skills and knowledge. o This activity should be run out of the water. 	
Activity essentials: The activity MUST cover each of the following critical components for each candidate each time it is run:	The activity MUST cover each of the following critical components at least once for each candidate during all of the radio activities in which a candidate participates:
<input type="checkbox"/> Correct use of portable, mobile or base radio <input type="checkbox"/> Use of appropriate terminology <input type="checkbox"/> Use of correct call signs <input type="checkbox"/> Clear and effective communication <input type="checkbox"/> Correct radio technique	<input type="checkbox"/> Using a base-station radio (if available) <input type="checkbox"/> Correct set up and turn on <input type="checkbox"/> Channel selection <input type="checkbox"/> Appropriate use of confidential information <input type="checkbox"/> Information received is forwarded / relayed <input type="checkbox"/> Communication during an emergency (eg. Rescue) using the four P's <input type="checkbox"/> Simple assembly and disassembly <input type="checkbox"/> Complete appropriate documentation
Assessment checklist: The activity must be designed to allow fair and valid assessment of the following skills and knowledge:	
Skills: <ul style="list-style-type: none"> <input type="checkbox"/> Clear communication skills <input type="checkbox"/> Questioning skills (clarification) <input type="checkbox"/> Correct use of equipment <input type="checkbox"/> Basic cleaning and servicing of equipment <input type="checkbox"/> Correct radio technique <input type="checkbox"/> Solving communication problems / issues 	Knowledge: <ul style="list-style-type: none"> <input type="checkbox"/> Appropriate language (eg. culturally) <input type="checkbox"/> Safe operation of equipment <input type="checkbox"/> Basic equipment maintenance <input type="checkbox"/> How the radio equipment works <input type="checkbox"/> Local procedures and services
Activity variables: These variables must be changed between activities. A variable cannot be the same in every activity in which a candidate participates:	
A. Role in activity <ul style="list-style-type: none"> i. Outpost ii. Patrol iii. Radio room iv. Rowing 	B. Communication Type <ul style="list-style-type: none"> i. Routine (include sign-on, sign-off, radio check) ii. Emergency (eg. rescue, lost child)

← **Activity name and brief description**

← **Assessment Objective**
This is what competence look like.

← **Designing the activity**
This is what the activity looks like.

← **Activity essentials**
These are the assessable elements that must be demonstrated in the activity.

← **Assessment checklist**
These are the competencies that must be evident through the activity.

← **Activity variables**
These are the things that change between multiple activities for each candidate.

Assessment Objective

This statement is the principle underlying purpose of each assessment task. If the assessor can confidently determine that the candidate fully and consistently exhibits/meets the intent of this statement, then that candidate should be assessed as competent in

the assessment task.

As simple as this statement may sound in each activity, there is a great deal of skill and knowledge required to be assessed before an assessor will be able to confidently make this determination. The ability to be able to make these professional judgements is part of the skill in being a good assessor.

Designing the activity	This section will describe the basic guidelines for designing the activity. These guidelines will not be overly prescriptive, allowing the assessor creativity and flexibility in designing the activities. This section should be read in conjunction with all of the other elements in the guide.
Activity essentials	This section will list a number of components that MUST be covered during the assessments. There will be one list of components that MUST be covered each time the activity is run, and there will be a second list of components that MUST be covered at least once during all of an individual candidate's participations in that assessment task.
Assessment checklist	Each running of an activity must be designed in such a way as to allow each candidate ample opportunity to demonstrate the skills and knowledge in these lists.
Activity variables	<p>In this section will appear a list of any items that need to be changed between each running of an activity for each candidate. The purpose here is to ensure that each candidate is given ample opportunity to display the range of skills and knowledge required to be a competent lifesaver.</p> <p>For each list of variables, one variable cannot be the same in each activity in which a candidate participates. For example, the <i>Rescues</i> activity (AT-5) has three items listed under "Equipment". As a candidate must participate in at least two AT-5 activities, they cannot each include a tube rescue. If a candidate were to participate in three AT-5 activities, two of them could include tube rescues, but the third must be either a board rescue or an unaided rescue.</p>
Activity tracker	On the reverse of each activity guide is a tracking tool to assist assessors. The use of this tracking tool is entirely optional , but it is designed to help assessors ensure that the activity variables change between assessment tasks for each candidate. It will also be useful to track which tasks have already been completed by each candidate.
Observation checklist	The tracking tool includes an observation checklist. This checklist is a list of all of the skills and knowledge that each candidate must

demonstrate during the assessment task.

Suggested equipment

Prior to running the assessment tasks, assessors should ensure that candidates have access to all of the equipment required for that task. A list of suggested equipment is provided beneath the observation checklist (on the Activity Tracker page) for each activity. **It is also vital to ensure that adequate water safety is provided for wet activities.**

Supplementary questions

This section contains a list of suggested supplementary questions for each activity. Assessors may ask any questions from this list, or any other question that they feel is appropriate to ensure that the candidate understands the information presented within the 33rd Edition of the Public Safety and Aquatic Rescue Training Manual. The purpose is to allow the assessors to collect all the information they feel they need in order to make a valid, informed assessment decision. With the use of questioning, candidates are being asked to demonstrate the breadth and depth of their knowledge and understanding.

Ideally oral questions should be targeted at areas that have not already been covered within the activity section of the assessment (e.g. you may not need to ask a question on one person CPR timing when they have just demonstrated correct application of timing in an activity). You should also use oral questioning to gain a greater understanding of why a candidate performed a certain way within the activity (e.g. “At what stage in the last activity should you signal for assistance?”), or to explore other scenarios (e.g. If you were performing CPR on a child would you do anything different?).

Final Assessor sign-off

Assessors must be aware of the requirements of the Surf Rescue Certificate. Remember that this is in SLSA award, and it is not aligned with any nationally accredited units of competency. Assessors should not “over assess” beyond these requirements.

Once a candidate has successfully completed one of the assessment tasks, the assessor should complete the appropriate section of the candidate’s “Final Assessor Sign-off” sheet (see the last page of this document). If the same assessor is responsible for assessing the same candidate in multiple tasks, they can sign once across the appropriate areas on the form. The candidate should also ensure that they have obtained a sign-off from the appropriate person at their club for their induction.

Once all tasks (and the induction) have been signed off, the chief assessor should complete the lower part of the “Final Assessor Sign-off” form for each candidate. This page is the only page that needs to be signed off by the assessor (or assessors).

The candidate should also ensure that they have completed the “Candidate Declaration” on the reverse of the “Final Assessor Sign-off” form. **This completed form then needs to be forwarded to the appropriate state or branch person for recording and processing.**

AT-1 ACTIVITY GUIDE – SIGNALS

This activity will allow candidates to demonstrate through practical demonstration their competence in performing a selection of standard SLSA non-verbal signals.

Assessment Objective:

“The candidate can communicate effectively on more than one occasion using standard SLSA non-verbal signals.”

Designing the activity:

- This activity must be run **at least once** for each candidate.
- The activity can be run with multiple candidates being assessed in each activity. However each candidate must be given ample opportunity to demonstrate their competence in all of the required skills and knowledge.
- This activity should be run out of the water.

Activity essentials:

The activity MUST cover each of the following critical components for each candidate each time it is run:

- Successful communication using signals

The activity MUST cover each of the following critical components at least once for each candidate during all of the signals activities in which a candidate participates:

- A total of at least ten different signals satisfactorily demonstrated over the course of all activities:
 - A selection of alarm signals
 - A selection of flag signals
 - A selection of hand/arm signals

Assessment checklist:

The activity must be designed to allow fair and valid assessment of the following skills and knowledge:

Skills:

- Use correct and appropriate signals
- Non-verbal communication skills
- Awareness of correct use of alarms
- At least ten signals demonstrated
- Correct action taken on receipt of signals

Knowledge:

- SLSA non-verbal signals
- Flag design and use

Activity variables:

No variables are identified for this activity. The signals chosen for the activity could include:

Beach to Water signals

- Attract attention
- Remain stationary
- Go to the right
- Go to the left
- Pick up swimmers
- Return to shore
- Proceed further out to sea
- Pick up and adjust buoys
- Message understood, all clear

Water to beach signals

- Assistance required
- Submerged patient missing (Code X)
- Signal received and understood
- Search completed
- Boat wishes to return to shore
- Message understood
- All clear/ok
- Search complete

Emergency Evacuation signals

- Emergency evacuation alarm
- Mass rescue

Helicopter Signal

- Request to proceed under helicopter blades

AT-2 ACTIVITY GUIDE – FIRST AID

This activity will allow candidates to demonstrate through a practical activity their competence in treating to an acceptable standard a patient with a single injury or illness.

Assessment Objective:

“The candidate can perform appropriate first aid on more than one occasion.”

Designing the activity:

- This activity must be run **at least twice** for each candidate, and the variables below must be changed between activities – that is, one variable cannot be the same in each activity in which a candidate participates.
- The activity should be run with a ratio of 1 candidate first-aider per casualty, and each casualty should be presenting with only one or two injuries or illnesses. Each candidate must be given ample opportunity to demonstrate their competence in all of the required skills and knowledge.
- Assessors can run multiple simultaneous activities.
- This activity should be run entirely out of the water.

Activity essentials:

The activity MUST cover each of the following critical components for each candidate each time it is run:

- Appropriate communication with patient (including gaining consent for treatment and reassurance)
- Correct personal hygiene
- Use of personal protective equipment (PPE)
- Correct assessment (DRSABC)
- Use appropriate first aid equipment
- Provide appropriate treatment

The activity MUST cover each of the following critical components at least once for each candidate during all of the first aid activities in which a candidate participates:

- Potential hazards to patient and / or carer
- Completion of appropriate documentation
- Monitoring vital signs
- Appropriate management of shock
- Provide condition reports or handover to 3rd party (according to procedures in manual)

Assessment checklist:

The activity must be designed to allow fair and valid assessment of the following skills and knowledge:

Skills:

- Questioning patient
- Assessing patient needs
- Keep patient calm
- Remain calm
- Teamwork and communication among carers

Knowledge:

- Restoring equipment for re-use
- Systems of the body (respiratory, circulatory, etc)
- Causes and management of unconsciousness
- Personal limitations

Activity variables:

These variables must be changed between activities. A variable cannot be the same in every activity in which a candidate participates.

A. Equipment

- I. Bandage
- II. First aid kit
- III. Oxygen
- IV. No equipment

B. Injury / Illness

- I. Burn
- II. Bleeding
- III. Broken bone/s
- IV. Marine sting
- V. Sprains / strains
- VI. Temperature-related (e.g., heat stroke, hypothermia)
- VII. Respiratory issue
- VIII. Chest pain

AT-2 – FIRST AID - ACTIVITY TRACKER AND OBSERVATION CHECKLIST

Use this tracking tool to track the progress of your activities as you run them, and to remind yourself of what you need to observe.

1	2	3	4	Observation checklist
<p>Equipment available:</p> <input type="checkbox"/> Bandage <input type="checkbox"/> First Aid kit <input type="checkbox"/> Oxygen <input type="checkbox"/> No equipment	<p>Equipment available:</p> <input type="checkbox"/> Bandage <input type="checkbox"/> First Aid kit <input type="checkbox"/> Oxygen <input type="checkbox"/> No equipment	<p>Equipment available:</p> <input type="checkbox"/> Bandage <input type="checkbox"/> First Aid kit <input type="checkbox"/> Oxygen <input type="checkbox"/> No equipment	<p>Equipment available:</p> <input type="checkbox"/> Bandage <input type="checkbox"/> First Aid kit <input type="checkbox"/> Oxygen <input type="checkbox"/> No equipment	<p>Use this checklist as a guide to ensure that the candidates are demonstrating the skills and knowledge required by this Activity. A series of suggested supplementary questions are available to assist your determinations.</p>
<p>Injury / Illness:</p> <input type="checkbox"/> Burn <input type="checkbox"/> Bleeding <input type="checkbox"/> Broken bone/s <input type="checkbox"/> Marine sting <input type="checkbox"/> Sprains / strains <input type="checkbox"/> Temperature-related	<p>Injury / Illness:</p> <input type="checkbox"/> Burn <input type="checkbox"/> Bleeding <input type="checkbox"/> Broken bone/s <input type="checkbox"/> Marine sting <input type="checkbox"/> Sprains / strains <input type="checkbox"/> Temperature-related	<p>Injury / Illness:</p> <input type="checkbox"/> Burn <input type="checkbox"/> Bleeding <input type="checkbox"/> Broken bone/s <input type="checkbox"/> Marine sting <input type="checkbox"/> Sprains / strains <input type="checkbox"/> Temperature-related	<p>Injury / Illness:</p> <input type="checkbox"/> Burn <input type="checkbox"/> Bleeding <input type="checkbox"/> Broken bone/s <input type="checkbox"/> Marine sting <input type="checkbox"/> Sprains / strains <input type="checkbox"/> Temperature-related	<p>Candidates must demonstrate these skills:</p> <input type="checkbox"/> Questioning client <input type="checkbox"/> Assessing client needs <input type="checkbox"/> Keep patient calm <input type="checkbox"/> Remain calm <input type="checkbox"/> Teamwork and communication among carers
<p>CANDIDATES:</p>	<p>CANDIDATES:</p>	<p>CANDIDATES:</p>	<p>CANDIDATES:</p>	<p>Candidates must demonstrate application of this knowledge:</p> <input type="checkbox"/> Restoring equipment for re-use <input type="checkbox"/> Systems of the body (respiratory, circulatory, etc) <input type="checkbox"/> Causes and management of unconsciousness <input type="checkbox"/> Personal limitations
<p>NOTES:</p>	<p>NOTES:</p>	<p>NOTES:</p>	<p>NOTES:</p>	<p>SUGGESTED EQUIPMENT</p> <input type="checkbox"/> First aid kit <input type="checkbox"/> Oxygen equipment

AT-3 ACTIVITY GUIDE – CPR

This activity will allow candidates to demonstrate through a practical activity their competence in applying RESUSCITATION to an acceptable standard.

Assessment Objective:

“The candidate can provide appropriate and effective resuscitation techniques more than one occasion.”

Designing the activity:

- This activity must be run **at least twice** for each candidate, and the variables below must be changed between activities – that is, one variable cannot be the same in each activity in which a candidate participates.
- The activity can be run with up to 4 candidate rescuers being assessed in each activity. However each candidate must be given ample opportunity to demonstrate their competence in all of the required skills and knowledge.
- This activity should be run completely out of the water.
- The patient assessment and positioning the patient in the lateral position should be performed on a live patient.
- Demonstrating CPR should be performed on a manikin.

Activity essentials:

The activity MUST cover each of the following critical components for each candidate each time it is run:

- Effective communication within team
- Appropriate patient care
- Correct assessment of patient
- Appropriate personal hygiene, PPE and safety
- Correct DRABCD assessment

The activity MUST cover each of the following critical components at least once for each candidate during all of the resuscitation activities in which a candidate participates:

- Teamwork
- Communication with patient
- Perform CPR at appropriate rate and depth
- Completion of appropriate documentation
- Report / handover to 3rd party
- Monitor vital signs
- Multiple personnel involved in the resuscitation

Assessment checklist:

The activity must be designed to allow fair and valid assessment of the following skills and knowledge:

Skills:

- Teamwork
- Patient assessment
- Completion of appropriate documentation
- Calm / reassure patient
- Correct operation of equipment
- Remain calm
- Perform effective resuscitation

Knowledge:

- Appropriate response
- Restoring equipment for re-use
- Systems of the body (respiratory, circulatory, etc)
- Causes and management of unconsciousness
- Personal limitations
- Communication issues within a team

Activity variables:

These variables must be changed between activities. A variable cannot be the same in every activity in which a candidate participates.

A. Equipment

- I. Manikin
- II. Live patient

B. Patient status

- I. Conscious
- II. Unconscious

C Number of operators

- I. One person
- II Two people

AT-3 – CPR - ACTIVITY TRACKER AND OBSERVATION CHECKLIST

Use this tracking tool to track the progress of your activities as you run them, and to remind yourself of what you need to observe.

1	2	3	4	Observation checklist
Equipment: <input type="checkbox"/> Manikin <input type="checkbox"/> Live patient	Equipment: <input type="checkbox"/> Manikin <input type="checkbox"/> Live patient	Equipment: <input type="checkbox"/> Manikin <input type="checkbox"/> Live patient	Equipment: <input type="checkbox"/> Manikin <input type="checkbox"/> Live patient	<p>Use this checklist as a guide to ensure that the candidates are demonstrating the skills and knowledge required by this Activity. A series of suggested supplementary questions are available to assist your determinations.</p> <p>Candidates must demonstrate these skills:</p> <input type="checkbox"/> Teamwork <input type="checkbox"/> Patient assessment <input type="checkbox"/> Completion of appropriate documentation <input type="checkbox"/> Calm / reassure patient <input type="checkbox"/> Correct operation of equipment <input type="checkbox"/> Remain calm <input type="checkbox"/> Perform effective resuscitation <p>Candidates must demonstrate application of this knowledge:</p> <input type="checkbox"/> Appropriate response <input type="checkbox"/> Restoring equipment for re-use <input type="checkbox"/> System of the body (respiratory, circulatory, etc) <input type="checkbox"/> Causes and management of unconsciousness <input type="checkbox"/> Personal limitations <input type="checkbox"/> Communication issues within a team <p>SUGGESTED EQUIPMENT</p> <input type="checkbox"/> Resuscitation equipment <input type="checkbox"/> Semi-automatic defibrillator <input type="checkbox"/> Manikin
Patient Status: <input type="checkbox"/> Conscious <input type="checkbox"/> Unconscious	Patient Status: <input type="checkbox"/> Conscious <input type="checkbox"/> Unconscious	Patient Status: <input type="checkbox"/> Conscious <input type="checkbox"/> Unconscious	Patient Status: <input type="checkbox"/> Conscious <input type="checkbox"/> Unconscious	
Operators <input type="checkbox"/> One person <input type="checkbox"/> Two people	Operators <input type="checkbox"/> One person <input type="checkbox"/> Two people	Operators <input type="checkbox"/> One person <input type="checkbox"/> Two people	Operators <input type="checkbox"/> One person <input type="checkbox"/> Two people	
CANDIDATES:	CANDIDATES:	CANDIDATES:	CANDIDATES:	
NOTES:	NOTES:	NOTES:	NOTES:	

AT-4 ACTIVITY GUIDE – RUN-SWIM-RUN

This activity will allow candidates to demonstrate through a practical activity that they possess an acceptable standard of physical fitness and ability.

Assessment Objective:

“The candidate has a level of fitness and physical ability appropriate to perform lifesaving duties.”

Designing the activity:

- This activity must be run **at least once** for each candidate with a suitable recovery break between multiple activities.
- The activity can be run with any number of candidates being assessed simultaneously as long as valid assessment for each candidate is still achievable. However each candidate must be given ample opportunity to demonstrate their competence in all of the required skills and knowledge.
- Assessor/s should be positioned to be able to effectively observe the candidate(s) both in and out of the water. Other SLS personnel should be available to assist in case of emergency.

Activity essentials:

The activity MUST cover each of the following critical components for each candidate each time it is run:

- Perform a 100 metre run, a 100 metre swim and a 100 metre run within five minutes.

The activity MUST cover each of the following critical components at least once for each candidate during all of the run-swim-run activities in which a candidate participates:

- Identify surf hazards (e.g., rips, drift currents)
- Demonstrate surf awareness

Assessment checklist:

The activity must be designed to allow fair and valid assessment of the following skills and knowledge:

Skills:

- Perform physical requirements
- Demonstrate appropriate levels of fitness
- Identify surf/beach hazards

Knowledge:

- Surf/beach awareness

Activity variables:

There are no variables identified for this activity.

AT-5 ACTIVITY GUIDE – RESCUES

This activity will allow candidates to demonstrate through a practical activity their competence in performing RESCUES to an acceptable standard.

Assessment Objective:

“The candidate can identify the need for a rescue, and can perform a rescue safely and effectively on more than one occasion.”

Designing the activity:

- This activity must be run **at least twice** for each candidate, and the variables below must be changed between activities – that is, one variable cannot be the same in each activity in which a candidate participates.
- The activity can be run with up to 3 candidate rescuers being assessed in each rescue/carry. However each candidate must be given ample opportunity to demonstrate their competence in all of the required skills and knowledge.
- Assessor/s should be positioned to be able to effectively observe the candidate(s) both in and out of the water. Other SLS personnel should be available to assist in case of emergency.

Activity essentials:

The activity MUST cover each of the following critical components for each candidate each time it is run:

- Surf/beach awareness and negotiation
- Selection of appropriate equipment
- Identify patient
- Reach patient safely and in a timely manner
- Secure patient
- Return patient to beach
- Communication and signals

The activity MUST cover each of the following critical components at least once for each candidate during all of the rescues and carry activities in which a candidate participates:

- Patient care
- Escape method
- Teamwork
- Two or more rescuers
- Patient positioned out of danger, appropriate for assessment
- Checks of rescue equipment

Assessment checklist:

The activity must be designed to allow fair and valid assessment of the following skills and knowledge:

Skills:

- Use of rescue equipment
- Swim in the surf/beach conditions
- Use recognised signals
- Perform effective rescue

Knowledge:

- Surf conditions, rips, currents, etc.
- Surf survival/awareness and self-survival techniques

Activity variables:

These variables must be changed between activities. A variable cannot be the same in every activity run.

A. Equipment

- I. Board
- II. Tube
- III. Unaided

B. Patient status

- I. Conscious
- II. Unconscious
- III. Condition (cramp or sting etc)

C. Patient location

- I. Within 50 metres of shore or within break
- II. More than 50 metres from shore or beyond break
- III. In a rip

AT-5 – RESCUES - ACTIVITY TRACKER AND OBSERVATION CHECKLIST

Use this tracking tool to track the progress of your activities as you run them, and to remind yourself of what you need to observe.

1	2	3	4	Observation checklist
<p>Equipment used:</p> <input type="checkbox"/> Board <input type="checkbox"/> Tube <input type="checkbox"/> Unaided	<p>Equipment used:</p> <input type="checkbox"/> Board <input type="checkbox"/> Tube <input type="checkbox"/> Unaided	<p>Equipment used:</p> <input type="checkbox"/> Board <input type="checkbox"/> Tube <input type="checkbox"/> Unaided	<p>Equipment used:</p> <input type="checkbox"/> Board <input type="checkbox"/> Tube <input type="checkbox"/> Unaided	<p>Use this checklist as a guide to ensure that the candidates are demonstrating the skills and knowledge required by this Activity. A series of suggested supplementary questions are available to assist your determinations.</p> <p>Candidates must demonstrate these skills:</p> <input type="checkbox"/> Use of rescue equipment <input type="checkbox"/> Swim in the surf/beach conditions <input type="checkbox"/> Use recognised signals <input type="checkbox"/> Perform effective rescue <input type="checkbox"/> Assist in a safe carry <p>Candidates must demonstrate application of this knowledge:</p> <input type="checkbox"/> Surf conditions, rips, currents, etc. <input type="checkbox"/> Surf survival/awareness and self-survival techniques <p>SUGGESTED EQUIPMENT</p> <input type="checkbox"/> Rescue equipment – tubes, board, flippers
<p>Patient Status:</p> <input type="checkbox"/> Conscious <input type="checkbox"/> Unconscious	<p>Patient Status:</p> <input type="checkbox"/> Conscious <input type="checkbox"/> Unconscious	<p>Patient Status:</p> <input type="checkbox"/> Conscious <input type="checkbox"/> Unconscious	<p>Patient Status:</p> <input type="checkbox"/> Conscious <input type="checkbox"/> Unconscious	
<p>Patient Location:</p> <input type="checkbox"/> Less than 50m <input type="checkbox"/> Greater than 50m	<p>Patient Location:</p> <input type="checkbox"/> Less than 50m <input type="checkbox"/> Greater than 50m	<p>Patient Location:</p> <input type="checkbox"/> Less than 50m <input type="checkbox"/> Greater than 50m	<p>Patient Location:</p> <input type="checkbox"/> Less than 50m <input type="checkbox"/> Greater than 50m	
<p>CANDIDATES:</p>	<p>CANDIDATES:</p>	<p>CANDIDATES:</p>	<p>CANDIDATES:</p>	
<p>NOTES:</p>	<p>NOTES:</p>	<p>NOTES:</p>	<p>NOTES:</p>	

Supplementary Assessment Questions

Induction

Induction

- Explain how you would go about raising or reporting an issue you might have with someone at the club.
- Explain what you know about the committees and committee meetings that occur here.
- What sort of training is available to you here?
- Describe some of the hazard signs you see around here.
- What is the structure of the national / state surf lifesaving organisation?
- Where are the fire exits within your clubhouse?
- What is the process for providing improvement feedback at your club?

Note: An assessor should preferably ask questions relating to a candidate's induction in isolation from any of the other assessment tasks.

Assessment Task 1

Signals Activity

- Describe the signal flags.
- Describe the emergency evacuation flag.
- Where is the emergency evacuation alarm located?
- How long would you sound the emergency evacuation alarm?
- Describe the mass rescue alarm, and what you should do if you hear it.
- What should you do if you see the [*choose any signal*] signal?
- What are the different methods you could use to signal to someone in the water?
- Why do we use these specific signals?

Assessment Task 3

First Aid Activity

- What are the principal aims of first aid?
- What do we mean by “consent” in first aid?
- What is the correct process for documenting a first aid incident?
- Who is the most appropriate person to document this incident?
- What documentation might you be required to complete, and why?
- Why do we wear personal protective equipment?
- List some of the vital signs we might look for.
- What do you look for during a body check?

- Name some of the principal systems of the body.
- Explain how the circulatory system works.
- Explain how the respiratory system works.
- What are some of the signs of shock?
- How can we prevent and treat hypothermia?
- How does a first aider treat [choose any common injury/condition]?
- What are some signs and symptoms of a fracture?
- What are some signs and symptoms of a dislocation?
- What does the term RICER stand for?
- Explain how you would ensure that you were protected from infection.
- Did anything during that activity cause worry or stress? How did you deal with it?

Assessment Task 3

CPR Activity

- What are the four stages in the chain of survival?
- What do you look for before treating a patient?
- How do you position a patient that you find lying on their back?
- What is the correct procedure for achieving a clear airway?
- Describe difficulties that might arise in communication and how you would overcome them.
- When would you use mouth-to-nose rescue breathing?
- Explain how the circulatory system works, and how this is assisted by CPR.
- Explain how the respiratory system works, and how this is assisted by CPR.
- What is the correct ratio for compressions to breaths?
- What two roles do lifesavers perform during a two-person CPR?
- How might you encourage another team member during a resuscitation?
- Describe the roles that team members might perform during a resuscitation.
- What would you do if you were struggling or having difficulty during a resuscitation?
- Did anything during that activity cause worry or stress? How did you deal with it?
- Is there anything you could have done differently to provide better care?

Assessment Task 4 **Run-swim-run Activity**

- Describe the surf conditions and how you dealt with them.
- Describe the main features of this beach.
- Name four types of rip and their features
- What is a rip? How could you use a rip to assist your swim?
- Name three types of waves and their features

Assessment Task 5 **Rescues Activity**

- What are some of the signs that might indicate a swimmer is in distress?
- Describe how you decided upon your course of action.
- What are the manual handling issues for a rescuer?
- Describe a wrist tow.
- Describe a hip carry.
- Describe the process for rescuing an unconscious patient.
- How do you secure a heavy or exhausted patient [beyond the break]?
- What would you do if you were struggling or having difficulty during a rescue?
- Did anything during that activity cause worry or stress? How did you deal with it?
- Is there anything you might have done differently to provide better care?
- What signals did you use during that rescue?

SLSA SURF RESCUE CERTIFICATE – FINAL ASSESSOR SIGN-OFF

Candidate's name: _____ Member No. _____

Club: _____

Induction	The candidate has undertaken a full induction according to the requirements of the 33 RD Edition Public Safety and Aquatic Rescue Training Manual.	Trainer name and signature:	Induction date: / / 20
Prerequisite swim	The candidate performed a 200m swim in under five minutes prior to commencing the Surf Rescue Certificate program.	Trainer name and signature:	200m Swim date: / / 20 Time:

Assessment Task	Assessment Objective	Assessor's signature/s and assessment date/s	The candidate is assessed as: C = Competent NYC = Not yet Competent
1 - Signals	The candidate can communicate effectively on more than one occasion using standard SLSA non-verbal signals.		
2 – First Aid	The candidate can perform appropriate first aid on more than one occasion.		
3 – CPR	The candidate can provide appropriate and effective resuscitation techniques and demonstrate correct use of equipment on more than one occasion.		
4 – Run-swim-run	The candidate has a level of fitness and physical ability appropriate to perform lifesaving duties.		
5 – Rescues	The candidate can identify the need for a rescue and perform a rescue safely and effectively on more than one occasion.		

The candidate has been fully assessed and is eligible to receive the SURF RESCUE CERTIFICATE.



Chief Assessor's name: _____

Chief Assessor's signature: _____

Date of final Assessment: / / 20

IMPORTANT NOTE: The candidate must complete (and if 18 or over, sign) the confirmation on the reverse of this page before this form is submitted. Assessment is not complete until the candidate has completed their declaration. When assessment is complete this page can then be torn out and forwarded to the appropriate person for processing.

CANDIDATE’S CONFIRMATION

Please complete the following form and, IF 18 OR OVER, sign at the bottom where indicated.

	YES	NO
Please confirm that the following occurred PRIOR to your assessment:		
<ul style="list-style-type: none"> ▪ I received a full induction, addressing all of the items in the 33RD Edition Public Safety and Aquatic Rescue Training Manual checklist. 	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> ▪ I received all of the training required to prepare me for assessment. 	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> ▪ I had an opportunity to discuss any special needs I have. 	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> ▪ My rights and responsibilities regarding the training and assessment, including the appeals and complaints processes, were explained to me. 	<input type="checkbox"/>	<input type="checkbox"/>
Please confirm that the following occurred AS PART OF the assessment:		
<ul style="list-style-type: none"> ▪ Each assessment task was clearly explained to me, and I had a chance to ask questions or seek clarification. 	<input type="checkbox"/>	<input type="checkbox"/>
<ul style="list-style-type: none"> ▪ I was asked questions as part of the assessment that tested my knowledge in the area being assessed. 	<input type="checkbox"/>	<input type="checkbox"/>
Candidate’s name: _____		
Candidate’s signature: _____ (if 18 or over)		Date: / /20

Appendix - Candidate tracking sheet

Venue: Date: Assessor Name:

Candidate name		AT 1 Signals	AT 2 First Aid				AT 3 Resuscitation		AT 4 RSR	AT 5 Rescues		Comments/ Questions
			Patient care	Hazard management	Correct assessment	Treatment	DRABCD	CPR		Run-swim-run Time	Tube/Board/ Unaided	
1		10 correct										
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												
13												
14												
15												

Appendix - Candidate tracking sheet

Venue: Date: Assessor Name:

Candidate name		AT 1 Signals	AT 2 First Aid			AT 3 Resuscitation		AT 4 RSR	AT 5 Rescues		Comments/ Questions
			Patient care	Hazard management	Correct assessment	Treatment	DRABCD		CPR	Run-swim-run Time	
1		10 correct									
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
14											
15											