



Surf Life Saving Australia

Course Syllabus

Surf Rescue Certificate

PRE-REQUISITES

A candidate must:

- Be a minimum of 13 years old on the date of assessment.
- Have completed a 200 metre swim in five (5) minutes or less, 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..

LEARNING RESOURCES

Candidates are instructed in the lifesaving competencies described in the following relevant sections of the 32nd Edition of the Surf Lifesaving Training Manual.

UNITS TO BE LEARNT

Unit 1	Safety and Wellbeing
Unit 2	Surf Awareness and Skills
Unit 3	Anatomy and Physiology
Unit 4	Basic First Aid
Unit 6	Basic Resuscitation
Unit 7	Resuscitation (CPR) (optional for 15 years and over)
Unit 8	Communications
Unit 10	Rescue Techniques
Unit 12	Patrols

ASSESSMENT

The candidate must satisfy the Assessor(s) they are competent in all learning outcomes by;

- Written assessment
- Performance of skills
- Simulation of patrol scenarios
- Fitness test

For this award to remain current candidates must perform an annual proficiency check.



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LEARNING OUTCOMES

The candidate should be able to:

Safety and Wellbeing

Contribute to participative arrangements for the management of occupational health and safety

- Identify personal and environmental hygiene factors that contribute to a safe workplace.
- Identify the types of costs associated with workplace illness and injury.
- List management's and member's OH&S responsibilities.
- Define duty of care.
- Identify causes of accidents.
- Recognise, and rectify where possible, hazards in the workplace.
- Follow workplace procedures and work instructions for controlling and reporting risks.
- Identify factors that can contribute to a healthy lifestyle.

Follow workplace procedures for hazard identification and risk control

- Define when you should report OH&S issues to designated personnel
- List common sun disorders.
- List preventative measures for sun safety for surf lifesavers on patrol.

Surf Awareness and Skills

Describe surfing and environmental conditions and hazards

- List three types of waves; specifically, spilling, dumping and surging waves.
- Identify how waves are formed.
- Recognise and describe differing currents in surf zones; specifically, rips, and inshore drift currents and holes.
- Describe methods of escaping from a rip for both strong and poor swimmers.

Recognise an appropriate safe beach and zone for surf bathing in key locations

- Identify the types of beaches.
- Assess prevailing weather conditions.
- Identify safety aspects of the beach structure.

Demonstrate surf skills

- Perform a swim, negotiate the surf, using fins plus a rescue tube.
- Paddle a board, negotiate the surf, using an SLSA rescue board.
- Demonstrate escape methods from a rip.
- Demonstrate body surfing techniques.

Anatomy and Physiology

Explain the functions of the:

- circulatory system
- skeletal system
- respiratory system
- nervous systems.





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Basic First Aid

Identify basic patient management techniques

- Perform checks to identify potential danger to oneself, the patient and bystanders: specifically, ways to prevent the spread of communicable diseases.
- Define the principles of basic first aid management.
- Recognise and manage external bleeding injuries.
- Recognise and manage patient shock and fainting.
- Recognise and manage patients suffering minor burns: specifically, sunburn.
- Recognise and manage patients suffering from needle-stick injuries.
- Recognise and manage patients suffering soft tissue injuries, using the specific techniques of rest, ice, compression and elevation.
- Perform a basic emergency care management assessment: specifically, danger, response, airway, breathing, circulation, and defibrillation.

Basic Resuscitation

Perform basic resuscitation techniques

- List stages in the chain of survival.
- Perform one- and two-person patient assessment.
- List the differences in rates of EAR for adults, children and infants.
- Perform mouth-to-mouth, mouth-to-nose and mouth-to-mask expired air resuscitation techniques (EAR).
- Define the differences between infant and adult resuscitation methods.
- List who should be sent to hospital.

Resuscitation (CPR)

Perform cardiopulmonary resuscitation (CPR) techniques

- Demonstrate knowledge of when to start CPR, and the flow chart procedures for CPR.
- List the different rates of CPR for adults, children and infants.
- Perform one- and two-person CPR techniques.
- Perform oxygen-aided resuscitation technique.
- Demonstrate and describe procedures for managing patients after CPR.
- Demonstrate the use and knowledge of oxygen therapy.

Communications

Communicate in the workplace

- Explain how interpersonal communication happens.
- Demonstrate the five skills needed for effective interpersonal communications.
- Discuss the appropriateness of the different styles of interpersonal communications.
- Choose an appropriate channel to ensure effective interpersonal communications.
- Minimise potential breakdowns and barriers when communicating in the workplace.
- Take part in group discussions and informal meetings.
- Demonstrate SLSA document procedures.
- Demonstrate SLSA signals.



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Rescue Techniques

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

- Perform a tube and board rescue for a person in distress.
- Assess the patient's level of distress.
- Secure and support the patient using the rescue equipment.
- Perform front and rear release and escape methods.
- Perform leg and arm blocks.
- Perform patient tows; specifically tired swimmer, armpit and wrist tows.
- Return the patient safely to shore.

Identify people in distress in a surfing or water environment

- Describe the signs of drowning; specifically, climbing the ladder, poor flotation, being face down or waving arms.
- List common rescues, and sites and conditions for rescues experienced by lifesavers.
- Describe the states in which people requiring assistance may be; specifically, anxious, panicking, calm or in shock.

Perform surf skills

- Complete a 200 meter run, 200 meter swim and 200 meter run within eight minutes (Bronze Medallion).
- Complete a 100 meter run, 100 meter swim and 100 meter run within 5 minutes (Surf Rescue Certificate).

Patrols

Work as part of a team

- Contribute positively to team activities.
- Interact successfully in the workplace.
- Give and receive support to/from team members.

Describe the purpose of patrols and patrolling

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

Demonstrate standard patrol practices

- Recognise the equipment required for patrolling.
- Establish a patrol base and check equipment.
- Use communication skills effectively.
- Identify patrol methods.
- Describe scanning procedures and methods.
- Identify Australian Standard signs commonly used near the water.

Identify and demonstrate all the factors which affect bathers and those using water for recreation

- Define possible dangers at the beach.
- List actions to take in emergencies to counter these dangers.
- Perform a simulated patrol rescue.

COMPETENCIES

There are no competencies related to this course