



To our wonderful Kingston Beach patrolling members,

Welcome back to our new season and a big thank you again for stepping up to volunteer in your community.

All active lifesavers are required to complete a skills maintenance (proficiency check) to demonstrate competency in the lifesaving award/s they hold and in which they wish to remain current. There is a mandatory theory and practical component for both SRC and Bronze Medallion.

The KBSLSC practical assessments will be held on;

- **Tuesday 5th December 5.30pm (IRB INCLUDED)**
- **Thursday 7th December 5.30pm**
- **Thursday 14th December 5.30pm**
- **Saturday 23rd 1-4pm (IRB INCLUDED)**



Theory component

The mandatory theory component consists of a video and then a short list of questions. The online theory can be accessed via your [MEMBERS AREA](#) account under [eLearning](#). **To attend the practical assessment, you must have done the theory.** Assessors will be checking on the app on the day to see if it completed as your results can not be processed without this section having been completed!

What do I bring to the beach on my proficiency day?



1. A copy of your Working with Vulnerable People Card



2. Bathers and/or wetsuit, towel, goggles



3. Completed E-learning status (verbal confirmation or screenshot)



Need a refresher about what is involved in your practical proficiency session?

Bronze Medallion (BM) and Surf Rescue Certificate (SRC)

1. Run-Swim-Run (timed)

- SRC—Unaided: 100 m Run-100 m Swim-100 m Run in 5 minutes or less
- BM—Unaided: 200 m Run-200 m Swim-200 m Run in 8 minutes or less



o 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

o Swim leg must be around two swimming buoys

2. Signals

Demonstrate knowledge of hand signals.

3. Rescues

Both SRC and BM are required to complete an unconscious board and tube rescue with a patient carry for BM only.

4. Resuscitation (CPR)

- With the easing of Covid restrictions, members are now required to demonstrate the breathing component of CPR this year (as opposed to previous years with Covid considerations). Appropriate cleaning products and face masks will be provided and training for those who are not familiar with this.

5. Radio

Participation in a mock scenario and demonstrate radio techniques.

6. Spinal carries and lays



IRB Crew and Driver

1. Practical skills to demonstrate effective and safe driving and/or crewing practices including a patient pickup, exit, carry and lay.

Advanced resuscitation techniques [AID] (HLTAID007) and Advanced Resuscitation Techniques (HLTAID015)

1. Advanced Resuscitation

- Team CPR scenario including primary assessment (DRSABCD) – to include set up and resuscitation methods using a resuscitation mask or face shield, AED, and oxygen supplement (oxygen cylinder connected to bag-valve-mask resuscitator on an unconscious victim).

2. Oropharyngeal Airways

☑ Correct measurement, insertion and understanding of the use of an oropharyngeal (OP) airway

3. Bag-valve-mask resuscitator

- Correct use of bag valve mask resuscitator

Silver Medallion Aquatic Rescue (SMAR)

- Complete a 400 m swim in 8 minutes or less in a swimming pool of no less than 25 m length

- Hold and be proficient in the SLSA Bronze Medallion

Please get in touch with us at kingstonbeachslsc@gmail.com with any questions.

Thanks,
Philippa Lohrey & Olivia Smith (Lifesaving Managers)