

## 33<sup>rd</sup> EDITION OF THE PUBLIC SAFETY AND AQUATIC RESCUE TRAINING MANUAL

**Attention:** Branch Directors of Education, Chief Training Officers, Trainers, Assessors

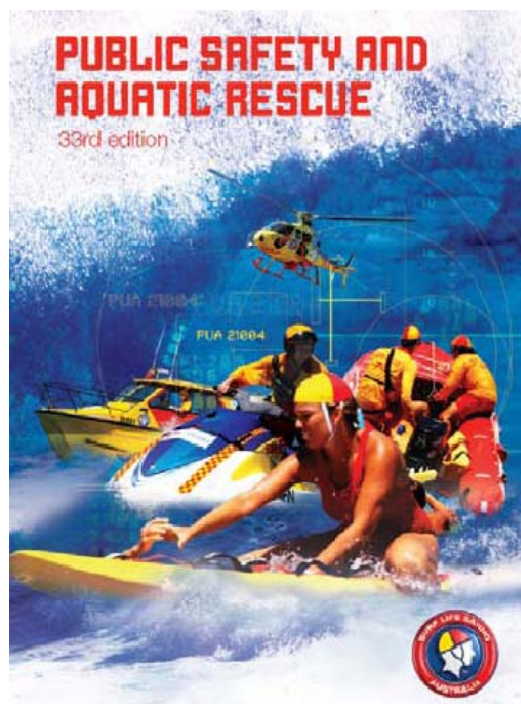
**Actioned By:** For Information Only

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<b>Summary</b>	The 33 <sup>rd</sup> Edition of the Public Safety and Aquatic Rescue Training Manual is now available to all clubs. This circular provides a summary of changes to the manual and its implementation.
<b>Objective</b>	To ensure that members are advised of changes to training resources
<b>Action Plan Ref No.</b>	3.1.2
<b>Action</b>	Provide quality training programs and education resources leading to external accreditation

SLSA and the National Board of Lifesaving are pleased to announce the release of the 33rd Edition of the Public Safety and Aquatic Rescue Training Manual. The manual has had a number of significant changes made to the format and content. This circular provides an overview of changes made to the manual.



## The review process

Submissions for changes to the 32<sup>nd</sup> Edition of the Surf Lifesaving Training Manual were called for in 2007. A National Editorial Panel was formed by the National Board of Lifesaving (NBOL). The panel reviewed submissions received and investigated changes to industry guidelines and standards and made recommendations to the NBOL for changes. The NBOL, along with a number of other working groups, also provided specifications on changes required to allow the manual to meet the Public Safety Industry Competency Standards. A number of drafts were reviewed by the states and technical experts prior to the final proof copy being signed off by each state in June this year.

## Cost and ordering

The cost of the training manual will remain the same at \$28.18 (ex GST).

## The new manual will not be sold through Creaa

Branches/Clubs will be able to purchase manuals by going to the [www.slsa.com.au](http://www.slsa.com.au) website homepage. There will be a prominent button here for *Manuals* that will direct you to the relevant web store. This will only apply to this Training Manual. Manuals will be available for sale (through the link on SLSA's home page) from **Monday 24th August**, and orders will be delivered within approximately 5 working days of payment. Orders through this site are preferable, but if manuals are urgently required beforehand (after August 15th) please email [info@slsa.asn.au](mailto:info@slsa.asn.au). Please include your contact and phone details.

## Bronze/Cert II and Surf Rescue Certificate content

Bronze/Cert II candidates are required to complete all units within this manual to be awarded the medallion and qualification. Surf Rescue Candidates are not required to complete:

- Chapter 5 Defibrillation and Basic Oxygen
- Chapter 7 Radio Operations
- Chapter 10 Carries and Support

SRC candidates are required to complete all other chapters to receive their Surf Rescue Certificate. All assessment conducted during this season must use the learning outcomes and assessment criteria from this manual.

## Workbooks and assessment structure

The National Education Committee (NEC) has resolved that the learning and assessment strategy for the Bronze Medallion/Cert II should primarily be of a practical nature. It has agreed that the resources should focus on practical hands on activities and scenarios. Consequently the Bronze Medallion/Cert II Workbook supplied with the 32<sup>nd</sup> Edition Surf Life Saving Training Manual has been discontinued. SLSA is currently developing a separate learning and development strategy for the award and the NEC are trialing several blended learning options. A separate circular will be provided on these developments once they are confirmed.

## Major changes

### Name Change

The Manual will now be called **33rd Edition Public Safety and Aquatic Rescue Training Manual**.

### Prelims and Assessment

- Induction checklist added to the front of manual.
- Award structure and units removed and are now accessible on the SLSA website.

### Major Content Changes

- Content on self-survival skills such as floating and treading water has been added to Surf Awareness to meet requirements of the unit of competency.
- A small amount of content has been added to anatomy and physiology (now titled *The Human Body*). This includes the digestive system, integumentary system (skin) and the urinary system. These have been added to meet the requirements of the unit of competency Provide Emergency Care.
- The First Aid chapter is now one chapter and is not split into First Aid and Basic First Aid. SRC candidates will now be required to complete all first aid procedures
- Defibrillation awareness and use has been added to the Bronze Medallion/Cert II
- The three person carry has been removed. The two person carry or stretcher carry should now be used

- The five person spinal carry is included for information but is non assessable. This change is based on feedback from the International Lifesaving Federation and the National Board of Lifesaving's intention is to remove this carry from the award. A stretcher carry should be used.
- The double tube tow has been introduced into the award following successful trialing in several states.
- New terminology to replace Jaw lift has been included. Chin Lift is now used to conform to Australian Resuscitation Guidelines (ARC). Chin Lift = jaw support or jaw thrust
- Back blows are no longer used on a patient who is unconscious with a blocked airway (as per ARC guidelines). In such cases compressions may assist to dislodge the obstruction. Back blows may be part of the treatment for a conscious patient who is choking but is not part of the prescribed treatments within the Bronze Medallion.

## Implementation issues

### Defibrillation

Defibrillation awareness and use is now included within the Surf Life Saving Bronze Medallion/Cert II in Public Safety (Aquatic Rescue). It is not required to be covered in the Surf Rescue Certificate.

#### Rationale

The development of automated external defibrillators (AEDs) has come a long way over the last 10 years and has made community based use of such units feasible. The Australian Resuscitation Council guidelines recommend broader community education of the use of defibrillation within CPR courses. The guidelines also recommend that in the absence of trained lay people or health professionals that untrained bystanders should have access to the use of public access defibrillators. These guidelines reflect a broader approach to the use of defibrillation than has been previously experienced.

#### Scope of training

The scope of training for defibrillation (in the 33<sup>rd</sup> Manual) differs from the defibrillator course. The scope of the Bronze Medallion/Cert II training is contained within Chapter 5 of the manual. It is important that training officers and assessors do not over-train or assess candidates in this section of the award.

The training and assessment should simply allow candidates to prepare the patient, attach pads to the patient and follow prompts of the AED while following safety procedures. Technical requirements such as detailed terminology, anatomy and physiology are not required to be learnt as part of this awareness.

#### Do we need to buy a defibrillator for our club?

Yes. The National Board of Lifesaving made spinal and defibrillation equipment compulsory for all patrols in November 2008 (Circular 43/08-09).

Clubs will need to own (or have access to) a defibrillator (and it is suggested a defib training unit) to now complete the Bronze Medallion.

The SLSA website under *Club and Member Information – Gear and Equipment* has a complete list of approved defib manufactures and suppliers and their contact details. Click on the first PDF on the list at the bottom of the webpage – *SLSA Approved Gear and Equipment List* for details. Most defibrillators cost between \$2900 and \$3800 while defibrillator trainers cost approximately \$500 - \$700. Examples include: Laerdal HeartStart Defibrillator \$2990, Laerdal HeartStart Trainer \$589, Laerdal HeartStart FRx Defibrillator \$3790 and Laerdal HeartStart FRx Trainer \$589.

#### Who can train and assess defibrillation within the Bronze/Cert II?

A Bronze Medallion training officer can now train the defibrillator section of the Bronze Medallion. A Bronze Medallion Assessor is also able to assess this section. It is recommended that current training officers and assessors up skill their knowledge in this area. Again, keep it simple!

Some ways to up skill:

- 1) Read the text within the new manual and try the skills yourself.
- 2) Conduct an in-service with an existing defibrillator operator or facilitator.
- 3) Attend the Defibrillator Operators Course.

#### How is it assessed?

It is recommended that assessment of the defibrillation content take place in the usual resuscitation simulation/scenario.

#### Do we need to upgrade existing Bronze/Cert II holders?

Yes. Defibrillator awareness and use is included in the 2009/10 proficiency test for existing patrolling members and will also be included in the 2010/11 proficiency test ie all active patrolling members will need to be proficient in the use

by 31 December 2010. This awareness and use should take the form of a short workshop and practice in application of pads/safety awareness during a resuscitation scenario.

Do we still send candidates to the defibrillator award course?

Yes. The defibrillation operator's course will still remain within the award structure of SLSA and remains as a unit of competency with the Public Safety Training Package.