



BRONZE MEDALLION SURF RESCUE CERTIFICATE

Session Plan

Course Start Date: **25/10 2017**

Assessment Date: **3/12/2017**

Lead Trainer: _____

Trainer Signature: _____

This course incorporates the qualification **PUA21012 Certificate II in Public Safety (Aquatic Rescue)** – Bronze only, and **HLTAID001 Provide CPR** – Bronze and SRC.

PUACOM001C	Communicate in the workplace
HLTFA211A	Provide basic emergency life support
PUASAR013A	Participate in an aquatic rescue operation
PUATEA001B	Work in a team
PUATEA004D	Work Effectively in a public safety organization
PUAOHS001C	Follow defined occupational health and safety policies and procedures
PUAOPE013A	Operate communications systems and equipment
PUASAR012C	Apply Surf Awareness & Self Rescue Skills

Course Summary

Session 1 – Induction

120 mins

Wednesday 25th October 7pm – 9pm

Class Room Session

Complete Workbook pages – 20 to 24(Bronze), 16 to 20(SRC)

SELF STUDY (3 hrs over 13 days)

180 mins

26th October to 7th November

Read Training Manual Chapters - 1, 2, 3, 4, 5

Complete Workbook pages – 24 to 46(Bronze), 21 to 34(SRC)

Bronze

Fitness Training – Pool swim 400 metres under 9 minutes (as many sessions as you can)

SRC

Fitness Training – Pool swim 200 metres under 5 minutes (as many sessions as you can)

Session 2 – CPR, O2 and Defibrillation

180 mins

Wednesday 8th November 6pm – 9pm

Class Room Session

Training – 2 hrs

Assessment – 1 hr

- Multiple choice questions 26 to 38(Bronze), 24 to 31(SRC)
- Practical – 30 minutes
- Assessment completed by HLTAID007 assessor

SELF STUDY (2hrs over 9 days)

120 mins

9th November to Friday 21st November

Read Training Manual Chapters – 6 (review chapter 3)

Complete Workbook pages – 47 to 56(Bronze), 39 to 47(SRC)

Session 3 – First Aid

120 mins

Wednesday 22nd November 7pm – 9pm

Class Room Session

Training 1.5 hours

Assessment – 30 minutes

- Multiple choice questions 39 to 43(Bronze), 32 to 36(SRC)
- Practical x 3 scenario
- Assessment completed by HLTAID003 assessor

SELF STUDY (3 hrs over 15 days)

180 mins

23rd November to 1st December**Bronze**

Read Training Manual Chapters – 7, 8, 9, 10, 11

Complete Workbook pages – 56 to 80

SRC

Read Training Manual Chapters – 7, 9, 11

Complete Workbook pages – 49 to 66

*Keep swimming as often as you can (mix in some running)***Session 4 – Practical Training**

330 mins

Saturday 2nd December 10am - 5pm

Class Room and Beach session

Morning

Communications, Radio's, Beach Management

Afternoon

Carries and Supports, Rescue Techniques

Session 5 – Revision all Units / Scenarios

180 mins

Sunday 3rd December 10am – 1pm

Class Room and Beach Session

Session 6 – Assessment

210 mins

Sunday 3rd December 1:30pm – 5pm

Class Room and beach Session

1hr - Theory (Multiple Choice questions)

15 mins - Signals and Radio's

20 mins - Run-Swim-Run

20 mins - Board Rescue

20 mins - Tube Rescue

1hr - Patrol Scenario's

Detailed Session Plan

Session 1 – Induction

120 mins

Time	Induction	Completed
6:45pm	Arrive and registration	
6:50pm	Collect training manual and workbook	
7:00pm	Introduction to Trainers and Assessors	
7:10pm	Course Overview - presentation	
7:25pm	Club Induction – presentation	
7:40pm	SLSA Induction – presentation	
7:50pm	Anglesea Rescue Scenario Video	
8:00pm	Break	
8:15pm	SLSA IT Systems – Member Portal	
8:30pm	Uniform Fitting	
8:45pm	Club Tour and Rescue equipment review	
9:00pm	Finish	
120 mins		

Trainers Comments:

Trainers Name(s)

(print) _____ Trainer Signature _____

(print) _____ Trainer Signature _____

(print) _____ Trainer Signature _____

SELF STUDY (4.5 hrs over 13 days)

180 mins

Read the Training Manual Chapters and complete questions in workbook

Time	Chapter 1 - Safety and Wellbeing	Completed
	Your safety and the safety of your team	
	Personal care	
	Personal hygiene	
	Environment hygiene	
	Cost of workplace illness and injury	
	Occupational health and safety	
	Causes of accidents and illness	
	Risk management	
	Lifting and carrying	
	Personal injury	
	Critical incident stress	
	Debriefing	
	Physical health and fitness	
	Sun protection	
30 mins		

Time	Chapter 2 – Surf Awareness	Completed
	Waves	
	Rip currents	
	Inshore currents and holes	
	Beach types and hazard rating	
	Other awareness issues	
	Self-survival skills	
	Surf skills	
	Rescue board paddling	
30 mins		

Time	Chapter 3 – The Human Body	Completed
	Circulatory system	
	Respiratory system	
	Nervous system	
	Digestive system	
	Integumentary system	
	Urinary system	
	Skeletal system	
60 mins		

Time	Chapter 4 – Cardiopulmonary Resuscitation	Completed

	Chain of survival	
	Infectious diseases & vaccination	
	Patient assessment	
	DRSABCD	
	Rescue breathing	
	Mouth: Mouth, nose, mask	
	Cardio Pulmonary Resuscitation (CPR)	
	2/30 techniques. Adult, child & Infant	
	One operator & two operator	
	Chocking	
	Vomit, regurgitation & pregnancy	
30 mins		

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Time	Chapter 5 – Basic Oxygen and Defibrillation Techniques	Completed
	Defibrillation	
	Oxygen	
	Oxygen therapy	
	Oxygen resuscitation	
	Defibrillation	
	Oxygen	
30 mins		

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Session 2 – CPR, O2 and Defibrillation

180 mins

Time	Practical Training - Cardiopulmonary Resuscitation	Completed
	Circulatory System Review	
	Respiratory System Review	
	D R S A B C D	
	Adult Manikin – 1 person and 2 person	
	Infant Manikin – 1 person	
	Bronze – O2 usage and application	
	Bronze/SRC – Defibrillation usage and application	
	Complete Casualty Form	
	Assessment Theory	
	Assessment Practical	
180 mins		

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SELF STUDY (2hrs over 9 days)

120 mins

Time	Chapter 6 – First Aid	Completed
	What is first aid	
	First aid and the law	
	Referral to appropriate care	
	Principles of management	
	Protection of first aiders and lifesavers	
	Vital signs	
	Body checks (secondary assessment)	
	Bleeding; types & management	
	Needle-stick injury	
	Shock	
	Breathing/respiratory emergencies	
	Heart/cardiovascular emergencies	
	Altered state of consciousness	
	Fainting	
	Spinal Injury	
	Temperature related illnesses	
	Burns	
	Hard and soft tissue injury	
	Venomous sea creatures	
120 mins		

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Session 5 – First Aid

120 mins

Time	Practical Training - First Aid	Completed
	Review Nervous System	
	Review Digestive System	
	Review Integumentary System	
	Review Urinary System	
	Review Skeletal System	
	Trainer demonstration full Patient Assessment	
	Complete Body checks (secondary assessment)	
	Bandaging fractures	
	Bandaging Bleeding	
	Bandaging Bites	
	Patient Assessment + CPR	
	Assessment – Theory	
	Assessment - Practical	
120 mins		

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SELF STUDY (3 hrs over 15 days)

180 mins

Time	Chapter 7 – Communications	Completed
	Effective communication	
	Verbal/non-verbal communication	
	Signage	
	Communication tool selection	
30 mins		

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Time	Chapter 8 – Radio Operations	Completed
	Equipment	
	Channels	
	Your radio	
	Surf Rescue Communication Centre (LSV Comms)	
	Incident procedures	
	Maintenance	
	General Information	
30 mins		

Time	Chapter 9 – Rescue Techniques	Completed
	Patient recognition	
	Alerting patrol captain	
	Course of action	
	Patient retrieval	
	Rescue methods	
	Board rescues	
	Tube rescues	
	Mass rescues	
30 mins		

BRONZE ONLY

Time	Chapter 10 – Carries and Supports	Completed
	Moving a patient	
	Picking up, carrying & lowering a patient	
	Spinal injuries	
30 mins		

Session 4 – Communications, Radio, Beach Management 120 mins

Time	Practical Training – Class Room and Beach	Completed
	Signals	
	Use of radio communications equipment	
	Using Internet to logon to LSV Comms (or using radio's)	
	Patrol logs and Patrol teams	
	How to setup a Patrol	
	Uniform Protocols	
	Setup today's Patrol at 11:45am	
120 mins		

Carries and Supports, Rescue Techniques 210 mins

Time	Practical Training – Class Room and Beach	Completed
	Dry land carries (on the sand) – SRC as Patients	
	Patient carry from rescue board knee deep water	
	Patient carry from rescue on the beach	
	Patient carry from Rescue Boat	
	Rescue Boat lifting and setup	
	Board Rescue's	
	Tube Rescue's	
210 mins		

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Session 5 – Revision all Units / Scenarios

180 mins

Time	Practical Training – Class Room and Beach	Completed
	Patient Assessment	
	Signals and radio's	
	Compressed course presentation	
	Rescue Scenario video – review what we have learnt	
	Watch SLSA training video's again	
	Patrol Scenario + board and tube rescues	
180 mins		

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Session 6 – Assessment

210 mins

Time	Assessment	Completed
	Multiple Choice Theory	
	Signals	
	Radio	
	Resuscitation, O2 and Defibrillation	Completed
	First Aid	Completed
	Run – Swim –Run (Bronze 200-200-200) (SRC 100-100-100)	
	Rescue Tube	
	Board Rescue	
	Patrol Scenario 1	
	Patrol Scenario 2	
	Patrol Scenario 3	
210 mins		

Ad-Hoc Session - Board Handling Skills

90 mins

During the course, you will have an opportunity to get some board time during Patrols, your trainers will advise which days they can provide extra time to teach these skills.

Bronze patrollers whilst on Patrol will be more than happy to take you through the basics at any time you like during Patrols.

Patrols during the course

11 th November	12pm – 5pm
12 th November	12pm – 5pm
18 th November	12pm – 5pm
19 th November	12pm – 5pm
25 th November	12pm – 5pm
26 th November	12pm – 5pm

Time	Beach Session – Board Handling Skills Training	Completed
	Board Familiarization	
	Running start rescue's	
	Paddling Techniques	
	Sitting and Turning Techniques	
	Paddling with 2 persons on board	
	Long paddle session (around lagoon pier and back)	
	Open water swim practice	
90 mins		