



# Surf Life Saving Australia – Circular

August 2003

<b>Document type</b>	Circular	<b>Document id</b>	19/03-04
<b>Audience</b>	Lifesaving, Education	<b>Department</b>	Lifesaving
<b>Title</b> 32 <sup>nd</sup> Edition of the Surf Lifesaving Training Manual – An overview of changes and implementation issues			
<b>Summary</b> The 32 <sup>nd</sup> Edition of the Surf Lifesaving Training Manual is now available to all clubs. This circular provides a summary of changes to the manual to assist in its implementation.			
<b>From:</b> Peter Agnew National Lifesaving Manager		Peter George Director of Lifesaving	

## 32<sup>nd</sup> Edition of the SLS Training Manual

SLSA and the National Board of Lifesaving are pleased to announce the release of the 32<sup>nd</sup> Edition of the Surf Lifesaving 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 and should be used for start of season conferences and workshops.

## The Review Process

Submissions for changes to the 31<sup>st</sup> Edition of the Surf Lifesaving Training Manual were called for in September 2001 and closed in March 2002. Submissions were received from all states and the Manual Review Committee was formed by the National Board of Lifesaving. The panel reviewed submissions received and made recommendations for changes to the NBOLS. The NBOLS 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 the Board in February this year.

## Feedback

In starting the review process on this version of the 32<sup>nd</sup> Edition, Surf Life Saving Australia welcomes your feedback on the manual. A review form is provided on the SLSA web site for you to submit formal comment on the manual.



---

## What's in?

Public Safety Information has been added:

### Safety and Wellbeing

- Personal care
- Workplace illness and injury
- OH&S
- Risk management
- Lifting and carrying
- Personal injury

### Communications

- Effective communications
- Spoken and verbal communications
- Barriers to communications
- Listening skills
- Non verbal communication
- Graphic communication

### Working in a team

- Working with other people
- Teams and groups
- Quality customer service

## Other minor changes made:

### Resuscitation

- Chapter reformatted
- Chain of survival added
- Gloves added to all resuscitation and first aid photos
- Defibrillation acronym added to DRABCD
- Timing rates increased in line with ARC guidelines
- Oxygen theory added

### Rescues and Supports

- Submerged rescue added
- Body board support added
- PWC patient handling added
- Spinal board carry added



## First Aid

- Body checks added
- Diving emergencies added
- Vital signs added
- First aid documentation added
- Referral to appropriate care added
- Restoring first aid equipment added

## What's out?

- IRB Crew Chapter
- ARC Chapter
- Senior First Aid Chapter
- Learning outcomes for minor awards will now be on the SLSA website.

## What's changed?

- Learning outcomes and "how you might be assessed" content has been added to the start of each unit
- The First Aid Certificate is no longer a prerequisite to the defibrillation certificate
- Age for defibrillation certificate lowered to 16 years of age
- Senior First Aid age lowered from 16 to 15 years of age
- Basic Life Support Certificate deleted
- Emergency Care Award renamed Basic Emergency Care Award
- IRB Crew will now be a prerequisite to IRB Driver's Award
- Inclusion of All Terrain Vehicle (ATV) Operator award to syllabus
- ARC removed as a prerequisite from several training officer awards
- RWV has changed to RWC
- Anatomy and Physiology has been moved to a separate chapter
- Signals has been moved into a Communications chapter
- Resuscitation timing has changed to fall in line with Australian Resuscitation Council
- Web site policy reference made throughout manual
- JRB skipper has been added to syllabus
- Silver Medallion Life Support has been changed to Silver Medallion Advanced Emergency Care. (The award will remain unchanged until the release of the First Aid and Emergency Care manual in 2004)
- Silver Medallion Patrol Captain has had additional content added to meet national competencies. This course will roll out with the Advanced Lifesaving Manual in 2004.
- The Senior First Aid, ARC and IRB Crew Chapters have been removed from this manual and will be included in separate manuals
- Emergency Care Unit and Basic First Aid Unit combined
- Administration of Oxygen Therapy has been added to the Bronze Medallion Syllabus
- References to one person drag removed



## **Implementation**

### Award Syllabus Introduction

The introduction of the award syllabus for the 32<sup>nd</sup> Edition of the SLS Training Manual will take effect as of 1 September 2003.

### Spinal Board Carry and Handling

The spinal board carry will be a non-compulsory examinable area until 1 May 2004. Note: it may be assessed if desired by club candidates and with available equipment and assessors available.

### ATV Operator Award

The ATV operator award will be compulsory for ATV operators from 1 December 2005. State Facilitators will conduct the roll-out of training and assessment this season.

### Silver Medallion – Life Support

The Silver Medallion Life Support will remain unchanged until the introduction of the Advance Emergency Care Certificate with the launch of the First Aid and Emergency Care Manual in 2004.

### Gold Medallion – Advanced Lifesaving

The Gold Medallion – Advanced Lifesaving remains without the outcome *Work Autonomously* until such time as the resources have been developed.

### Silver Medallion – Patrol Captain

The Silver Medallion – Patrol Captain will remain as per the 31<sup>st</sup> Edition Manual until the launch of the Advanced Lifesaving Manual in 2004.

### ARC and First Aid Manual Content

As the 32<sup>nd</sup> Edition of the SLS Training Manual has had the ARC chapter removed (it will now be included in the First Aid Manual), there will be several months where text will not be available in a manual for use by candidates. Clubs should use the 31<sup>st</sup> Edition SLS Manual or download the text portions from the SLSA web site in a PDF format.

### First Aid Certification

Accredited First Aid training may be provided by states with it attached to their RTO status and using a partner organisation's First Aid resources. Some states also need accreditation from their state government accreditation authority. The release of the 1<sup>st</sup> Edition of the SLS First Aid and Emergency Care Manual will allow states to use internal resources to conduct this course.



## Content Changes By Page

This table provides an overview of major changes to text, formatting and artwork. Please note that minor changes have been made throughout the text of the manual and may not be listed in the table below.

<b>Introduction</b>		
<b>Page</b>	<b>Change</b>	<b>Description</b>
vii	Addition	Australian Lifesaver and Volunteer of the Year Award information
vii	Addition	Your award training
ix	Addition	Table 1 – SLSA Bronze Medallion units of competency matrix
ix	Addition	The Australian Qualifications Framework
x	Addition	Recognition of prior learning
x	Addition	Some of SLSA's Policies
<b>Part 1 – Structure of Awards</b>		
<b>Page</b>	<b>Change</b>	<b>Description</b>
2	Change	Award structure changes: <ul style="list-style-type: none"> <li>• Defibrillation added and age moved to 16yo</li> <li>• Basic Emergency Care Award deleted</li> <li>• Silver Medallion – Life Support changed to Silver Medallion – Advanced Emergency Care (to be rolled out with first aid manual next year)</li> <li>• ATV Operator award added</li> <li>• IRB Crew award moved from 14yo to 16yo</li> <li>• Senior First Aid Award age lowered to 15yo</li> <li>• Emergency Care award renamed Basic Emergency Care Award</li> <li>• JRB Skipper Award added</li> </ul>
3	Change	Description of units required for award now only includes units within this manual.
<b>Unit One – Safety and Wellbeing</b>		
<b>Page</b>	<b>Change</b>	<b>Description</b>
7	Addition	Personal care text to meet unit of competency
8	Addition	The cost of workplace illness and injury Occupational Health and Safety
9	Addition	Causes of accidents and illness
10	Addition	Risk Management Lifting and carrying
11	Addition	Table 1.1, 1.2, 1.3 Risk Management
12	Addition	Personal injury Stress reactions
13	Addition Moved	Debriefing Physical health and fitness section moved from Surf Awareness unit
14-16	Minor changes	Minor changes have been made to the physical health and fitness text and it has been moved from the surf awareness unit into this unit. Changes have been made to the sterilisation procedure for manikin training.



<b>Unit two - Surf Awareness and Skills</b>		
<b>Page</b>	<b>Change</b>	<b>Description</b>
19-23	Formatting	Beach Types content has been changed to display each beach type with photos, description and figures on the one page. Examples of beaches from each state have also been added.
24-26	Formatting	Waves and Rips. Several formatting changes have been made to figures to reword into plain language. The words “Bathers Initial Position” and “Bathers Latter Position” have been removed from rip figures.
26-28	Move	The unit Surf Skills has been moved from a standalone chapter to be included in this chapter.
<b>Unit Three – Anatomy and Physiology</b>		
<p>This chapter has been recreated from text spread throughout the 31<sup>st</sup> Edition. Like earlier versions of the Training Manual this content will now stand alone in one chapter. It will have some ramifications for Surf Rescue Candidates, as they will be required to learn a little extra content in this area.</p>		
<b>Page</b>	<b>Change</b>	<b>Description</b>
31	Addition	Figure – The circulatory system. A number of new figures in this section replace figures in the 31 <sup>st</sup> edition manual
32	Addition	Figure – The skeletal system
33	Addition	Figure – Air sac and lungs
34	Addition	The nervous system text
<b>Unit Four – Basic First Aid</b>		
Previously known as Emergency Care Unit		
<b>Page</b>	<b>Change</b>	<b>Description</b>
36	Addition Moved	Added Defibrillation to DRABC acronym. It now becomes DRABCD Moved the Circulatory System to A&P unit
38-40	Formatting	A number of new pictures have been added along with minor text changes
<b>Unit Five – First Aid</b>		
<b>Page</b>	<b>Change</b>	<b>Description</b>
42-43	Addition	Body checks text and photos added.
44-50	Formatting	Several new photos added and text formatting and minor changes made. “Heart Attack” now known as “Chest Pain” (pg 48).
53-59	Formatting	Venomous sea creature descriptions and treatments formatted into a matrix
59	Addition	Diving emergencies and vital signs added to meet unit of competency
60	Addition	Care of the unconscious patient; first aid documentation; referral to appropriate care and restoring first aid equipment added to meet unit of competency.
<b>Unit Six – Basic Resuscitation</b>		
<p>In this unit the main learning focus is on performing expired air resuscitation (EAR) as a member of a two person team. It is written so that it may be used by SRC candidates and BM candidates. The format has been rearranged so that a two-person assessment and EAR is conducted from beginning to end. A more detailed description of techniques and complications is located towards the end of the chapter.</p>		
<b>Page</b>	<b>Change</b>	<b>Description</b>
62	Addition	Chain of survival text and DRABCD flow chart added
63	Addition	Term “Rescue breathing” mentioned to conform to Australian Resuscitation Council terminology.



64	Addition	Rewording of jaw thrust and pistol grip explanations. Figures added following a wide circulation for comment and debate.
63-67	Formatting	A description of two-person assessment and EAR is provided. Summary stages are included in red. Photos have been changed to address issues raised in the review and to include gloves on all operators.
66	Change	The description of checking for circulation will now include checking the patient's colour and signs of movement. A fundamental shift in the Australian Resuscitation Council now includes this description as part of its check for circulation by the layperson. The terminology has been used in this edition of the SLS training manual to allow consistency with other teaching organisations. Emphasis should still be placed on the feeling of the pulse as the primary method for detecting the absence of circulation. A de-emphasis of pulse checks when breathing is present has also been included (see bottom left hand corner text).
67	Addition	The use of defibrillation when a trained operator is available has been introduced in this section.
68	Formatting	A reworking of the text and photos for one person assessment and EAR has been conducted.
68-73	Formatting	Text reworking and new photos added
<b>Unit Seven – Resuscitation (CPR)</b>		
<b>Page</b>	<b>Change</b>	<b>Description</b>
75	Change	Pulse check
77	Change	Rates table added. Please note that some rates have been changed to fall in line with Australian Resuscitation Council Guidelines – ie a focus on 100 compressions per minute.
78-79	Addition	Defibrillation examples given to allow the Bronze Medallion holder to understand the procedure should a trained defibrillation operator attend the resuscitation
81-84	Addition	Re-introduction of oxygen into the Bronze Medallion. All content on these pages should be learnt at a Bronze Medallion level.
<b>Unit Eight – Communications</b>		
Combined verbal, nonverbal, graphic and signals are now included in this chapter		
<b>Page</b>	<b>Change</b>	<b>Description</b>
86-93	Addition	New material on standard industry communications knowledge
94-97	Formatting	Directional arrows have been added to signal pictures
<b>Unit Nine – Radio Communications</b>		
<b>Page</b>	<b>Change</b>	<b>Description</b>
100	Change	Small changes made to text of radio conversation in radio checks Some small changes to rescue procedures text (also noting that 4p's do not necessarily need to be in the order described) Small changes made to text of radio conversation in rescue, rescue, rescue section (onto page 101)



<b>Unit Ten – Rescue Techniques</b>		
<b>Page</b>	<b>Change</b>	<b>Description</b>
104	Addition	The drowning chain text added
105	Addition Moved	RWC and Body Board rescues added to types of rescues Signal section previously in this unit has been moved to communications unit
106	Addition	Submerged victim text and figure added to patient approach.
109	Addition	Supporting patient in the break text and picture added
110	Change	A change in some of the EAR with tube rescue photos
112- 113	Change	A change in board rescue carries from one person drag to two person carry Change in photos for board rescue EAR and securing patient
114	Addition	Inclusion of Bodyboard text and photo. Inclusion of PWC mass rescue photo
<b>Unit Eleven – Carries and Supports</b>		
<b>Page</b>	<b>Change</b>	<b>Description</b>
116	Change	Re-shoot of start of three person carry photos. Rewriting of text.
117	Addition	Addition of two person IRB Carry
118	Change Change	Change in photos for stinger drag Culling of marine stinger text. Carry described only. Treatment description located in First Aid Section
121- 123	Addition	New section on spinal stretcher carry. The three person carry will be de-emphasised over the next three years and will be replaced with the spinal stretcher carry
<b>Unit Twelve – Patrols</b>		
<b>Page</b>	<b>Change</b>	<b>Description</b>
125- 127	Addition	Addition of new section on working within a team. Two new photos added to patrol methods.
129	Addition	Figure of possible patrol and equipment configuration
131- 132	Addition	Safety around IRBs, assisting in launch text and photos added PWC information also added
134	Change	Beach emergency landing area configuration changed. Six person operation changed to four as part of Aviation guidelines. Radio operator added to configuration

**Further updates will be provided on the SLSA website [www.slsa.asn.au](http://www.slsa.asn.au) under Lifesaving – Current projects and news.**