

Community Surf Life Saving Certificate (CSLSC) (Previously ASIDE – Aquatic Safety in a Dynamic Environment)

Course Delivery Time: 4-16 hours

Units of Competency:

Successful completion of this course will result in the award of:

- HLTAID001 Provide Cardiopulmonary Resuscitation
- PUSAR012C Apply surf awareness and self-rescue skills
- PUASAR013A Participate in aquatic rescue operations

Pre-requisites:

- Be a minimum of 15 years of age on the date of assessment (where a candidate is under 18 they must have parent/ carer/ guardian consent)
- must have a reasonable level of fitness and swimming ability i.e. be able to swim 400 metres in 9 minutes in a swimming pool
- Adhere to SLST policies and procedures

Validity:

The qualification is valid for a period of 12 months. In order to maintain currency, you must do a refresher/ update course prior to the 12-month expiry date.

Course delivery options:

- CSLSC – Full Course (16 hours Face-to-Face Only)
- CSLSC – Update (4 hours Face-to-Face Only)

Course Overview:

Based on the Surf Life Saving Australia Bronze Medallion award, the course takes into consideration the needs of school teachers, surf instructors and other outdoor recreation supervisors who are responsible for the safety of others in an open water environment.

The course provides participants with the skills and knowledge to be able to supervise students not only in the surf but in all natural water environments. This active and engaging two-day course (ASIDE full course) consists of both theory and practical components. Participants will learn vital skills such as rescue techniques and surf awareness. This course is ideal for teachers and support staff associated with activities or events taking place at beach locations. It is also recommended for beach industry representatives such as boating and surfing instructors as well as those involved in aquatic tour operations.

Course Outline:

Unit – HLTAID001 Provide Cardiopulmonary Resuscitation

- 1.0 Respond to an emergency situation
 - 1.1 Recognise an emergency situation
 - 1.2 Identify, assess and minimise immediate hazards to health and safety of self and others
 - 1.3 Assess the casualty and recognise the need for CPR
 - 1.4 Seek assistance from emergency response services
- 2.0 Perform CPR procedures
 - 2.1 Perform cardiopulmonary resuscitation in accordance with ARC guidelines
 - 2.2 Display respectful behaviour towards casualty
 - 2.3 Operate automated external defibrillator (AED) according to manufacturer’s instructions
- 3.0 Communicate details of the incident
 - 3.1 Accurately convey incident details to emergency response services
 - 3.2 Report details of incident to workplace supervisor as appropriate

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3.3 Maintain confidentiality of records and information in line with statutory and/or organisational policies

Unit – PUASAR013A Participate in an Aquatic Rescue Operation

- 1.1 Operation and task information is obtained and discussed with team members.
- 1.2 Appropriate rescue equipment is identified and selected based on task information as directed by supervisor.
- 1.3 Personal protective equipment is selected based on the nature of the rescue operation.
- 1.4 Any further details of the nature of the rescue are received en route.
- 2.1 Hazards are identified on approach to rescue scene.
- 2.2 Methods for minimising hazards are discussed and agreed to by team members.
- 2.3 Hazards and environmental conditions are minimised or controlled.
- 2.4 Communication with other team members is maintained using appropriate techniques and terminology.
- 2.5 Health, safety and security procedures are correctly followed in accordance with organisational policy and relevant legislation.
- 2.6 Personal capabilities and limitations are recognised and referred to supervisor.
- 2.7 Need for additional personnel and/or specialist equipment is reported to supervisor.
- 3.1 Access to incident and/or casualties is gained using techniques and equipment in accordance with organisational procedures.
- 3.2 Rescue procedures are conducted in accordance with supervisor's instructions and organisational procedures.
- 3.3 Casualties are prepared for removal in accordance with organisational policy and procedures.
- 3.4 Casualties are extricated safely using appropriate equipment, rescue techniques and organisational procedures.
- 4.1 Equipment is recovered, cleaned and maintained to organisational standards and manufacturers' procedures, and is restored to maintain operational readiness.
- 4.2 Where identified, signs and symptoms of operational stress in self and others are reported to relevant personnel.
- 4.3 Operational debriefing is participated in and operational documentation is completed to organisational standards.
- 4.4 Hygiene precautions are implemented in accordance with organisational requirements.

Unit – PUASAR012C Apply Surf Awareness and Self-Rescue Skills

- 1.1 Potential hazards and environmental conditions of the surf environment are identified.
- 1.2 Characteristics of different types of waves and their impact on surf safety are used to identify safe surfing locations.
- 1.3 Distinguishing features of rips, gutters and sweeps are identified and used to determine the most suitable surfing venue.
- 1.4 Different types of beaches and the safety aspects of the beach structure are identified.
- 2.1 Techniques for survival in the water are implemented.
- 2.2 Personal safety and environmental hazards are avoided while in the water.
- 3.1 Surf is negotiated in prevailing conditions using craft and without craft.
- 3.2 Return to shore in prevailing conditions is achieved, using craft and without craft.
- 3.3 Strategies when not able to self-rescue or return to shore unassisted are implemented.

Course Assessment:

The assessment for this course includes two key components. These are i) a multiple-choice assessment and ii) a selection of practical based assessments. These are based on the content taught during the training session and are completed under exam conditions by each individual candidate. One of the practical assessments is the run, swim run where candidates are required to run 200m, swim 200m and run a further 200m in under 8 minutes.

Practical Assessment Checklist:

Task 1: Conduct an initial patient assessment using recognised techniques

- 1.1. Identify and appropriately respond to dangers (hazards) to persons affected
- 1.2. Assess patient response capabilities (talk and touch)
- 1.3. Obtain consent and reassure patient in a culturally aware, sensitive and respectful manner
- 1.4. Provide accurate information and make patient comfortable using available resources
- 1.5. Using safe manual handling techniques place patient in the recovery position
- 1.6. Call 000 and communicate accurate incident details to emergency services / appropriate personnel
- 1.7. Check patient for breathing (look, listen and feel) and consider patient body position
- 1.8. Manage the unconscious breathing casualty – recovery position

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Task 2: Using recognised techniques administer CPR to an adult manikin

- 2.1. Open, clear and maintain patient airway (head tilt / pistol grip)
- 2.2. Administer 30 chest compressions (correct hand location / effective depth)
- 2.3. Administer 2 rescue breaths (mouth to mouth or mouth to mask)
- 2.4. Respond appropriately to patient vomiting or regurgitating
- 2.5. Perform 2 minutes of uninterrupted single rescuer CPR on the floor (5 full cycles)
- 2.6. Demonstrate rotation of CPR operator with minimal interruptions to compressions

Task 3: Operate an AED in an emergency

- 3.1. Communicate effectively and participate as a team member
- 3.2. Identify and appropriately respond to dangers (hazards) e.g. conductors
- 3.3. Turn on the AED and follow the prompts
- 3.4. Prepare patient for pad application (dry chest, check for implants / medical patches, remove jewellery)
- 3.5. Apply electrode pads (working around the CPR operator)
- 3.6. Manage incident situation (time, communications, safety, self and team)

Task 4: Using recognised techniques administer CPR to an infant manikin

- 4.1. Open, clear and maintain patient airway including nose / mouth (head supported in neutral position)
- 4.2. Administer 30 chest compressions (correct hand and finger location / effective depth)
- 4.3. Administer 2 rescue breaths (mouth to nose and mouth)
- 4.4. Respond appropriately to patient vomiting or regurgitating
- 4.5. Perform 2 minutes of uninterrupted single rescuer CPR on the floor (5 full cycles)
- 4.6. Demonstrate rotation of CPR operator with minimal interruptions to compressions

Task 5: Undertake required post incident processes in line with Organisational procedures

- 5.1. Provide accurate verbal report of patient condition and CPR procedures performed to relieving personnel
- 5.2. Debrief – discuss and provide support for the psychological impact and individual needs

Task 6: Demonstrate the following water safety signals

- 6.1. Attract attention (beach to water)
- 6.2. Remain stationary (beach to water)
- 6.3. Go to the left or to the right (beach to water)
- 6.4. Return to shore (beach to water)
- 6.5. Proceed further out to sea (beach to water)
- 6.6. Investigate submerged object (beach to water)
- 6.7. Message understood – all clear (beach to water)
- 6.8. Assistance required (water to beach)
- 6.9. Evacuation (water to beach)
- 6.10. Search complete (water to beach)
- 6.11. Code X (water to beach)
- 6.12. All clear / OK (water to beach)

Task 7: Undertake a risk and safety inspection on rescue equipment (Rescue Board and Rescue Tube) and select appropriate PPE

- 7.1. Rescue Tube – Check for splitting ends and fraying lines (especially at knots)
- 7.2. Rescue Board – Check handgrips and board decking and look for sharp, abrasive edges
- 7.3. Select appropriate PPE based on the nature of the rescue
- 7.4. Repair and restore equipment where appropriate
- 7.5. Report faults and restoration of equipment in line with organisational policies and procedures

Task 8: Perform a tube rescue of a patient in difficulty in water

- 8.1. Demonstrate ability to use surf conditions for assistance

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- 8.2. Wade and dolphin dive through wave zone competently
- 8.3. Swim continuously out to patient and locate patient
- 8.4. Approach patient safely and secure patient correctly
- 8.5. Give 'assistance required' signal when securing patient.
- 8.6. Return to shore within a reasonable time
- 8.7. Demonstrate how to cover patient's airway under a wave
- 8.8. Provide adequate patient care during rescue
- 8.9. Support patient's head and maintain airway during appropriate carry and correct lay
- 8.10. Complete patient assessment using DRSABCD

Task 9: Perform a board rescue of a patient in difficulty in water

- 9.1. Perform pre-check on rescue board to ensure suitability for use
- 9.2. Achieve correct position on board and paddle board competently
- 9.3. Negotiate wave zone competently
- 9.4. Paddle continuously out to and locate patient
- 9.5. Approach patient safely and secure patient correctly
- 9.6. Support patient onto board and clear airway ensuring patient is kept above water
- 9.7. Correctly roll and position patient on board
- 9.8. Give 'assistance required' signal
- 9.9. Negotiate surf conditions and return safely to shore
- 9.10. Beach the board safely and correctly pick up patient
- 9.11. Support patient's head and maintain airway during appropriate carry and correct lay
- 9.12. Complete patient assessment using DRSABCD

Task 10: Implement self-rescue techniques

- 10.1. Use dolphin dive technique to negotiate past the break safely
- 10.2. Effectively return to shore while body surfing safely
- 10.3. Perform self-preservation techniques by floating and communicate 'assistance required' signal to shore

Task 11: Demonstrate two of the following carries (two person carry, two handed seat)

- 11.1. Ask for assistance to perform carry
- 11.2. Give clear feedback to patient
- 11.3. Provide constructive feedback to fellow team members
- 11.4. Perform correct lay of patient after carry
- 11.5. (Two person carry) Lift and carry patient away from danger
- 11.7. (Two person carry) Demonstrating correct technique, ensuring head is supported and airway maintained
- 11.8. (Two person seat) Perform correct positioning
- 11.9. (Two person seat) Communicate during pick-up/lowering of patient to sitting or lying position

Task 12: Using recognised techniques fitness tests within the provide timeframe

- 12.1. 200m Run – 200m Swim – 200m Run (in under 8 minutes)

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