



Surf Life Saving South Australia 2 Barcoo Rd, West Beach SA 5024

P: (08) 8354 6900

E: slssa.training@surflifesavingsa.com.au Nationally Recognised

W: www.surflifesavingsa.com.au



Contents Learn with Surf Life Saving 01 03 Provide CPR Provide Basic Emergency Life Support (BELS) 04 **Provide First Aid** 05 Provide First Aid in an Education and Care Setting 05 Administer Oxygen in an Emergency Situation 06 Provide CPR and Perform rescue from a Live LV Panel 07 SA Boat Licence Boating Safety Education Course 80 Community Surf Rescue Certificate 08 Community Surf Rescue Certificate Requalification 80 **Pool Lifeguard Course** 09 **Pool Operators Course** 10 **Pool Safety Assessments** Purchase Training Equipment and Uniforms

START YOUR LEARNING JOURNEY WITH SURF

THE SLSSA TRAINING EXPERIENCE

Surf Life Saving South Australia (SLSSA) is South Australia's major coastal water safety, drowning prevention and rescue authority. We are a unique not-for-profit charity and trusted community service, ensuring the safety of the community through patrols, training programs and education since 1925.

SLSSA's Registered Training Organisation (RTO) educates South Australians of all ages through the provision of both accredited and non-accredited training and assessment.

criteria as stipulated under the Australian Qualifications Framework and in partnership with the other Surf Life Saving entities across Australia who form the industry experts for our enterprise RTO.

Our education and training department

We provide nationally recognised training,

developed in line with both qualification

Our education and training department provides world class training in first aid, CPR, pool lifeguarding, emergency rescue techniques, swimming and survival skills, emergency life support, boat operating skills, patrolling and surf awareness.

All courses conducted by SLSSA comply with current industry standards and are supported by the latest evidence in educational research. All emergency care courses adhere to the guidelines of the Australian Resuscitation Council (ARC) and are backed by authoritative medical opinion in accordance with all national and international standards.

Join us for your next training course and learn from the experts in life saving.

TRAINING DELIVERY STYLE

We aim for a dynamic style in the delivery of our training courses, incorporating active participation and experiential learning as part of our innovative training approach.

Whilst traditional learning is classroom based, we maximise hands-on experiences for our learners.

In conjunction to the multitude of practical training activities, learners are provided with classroom-based learning and e-learning content which provides further information on training topics and helps to consolidate and reinforce key principles throughout the course.

LEARN YOUR WAY

We offer a variety of modes of training delivery, giving you the autonomy to choose the best option for your learning style

Modes of training delivery found in SLSSA courses include:

- · face-to-face delivery
- facilitated workshops
- self-paced/self-directed courses
- scenario based sessions
- blended learning packages
- eLearning products

LEARN FROM LEADERS IN THEIR FIELD

Our outstanding trainers and assessors collectively hold the TAE40116 Certificate IV in Training & Assessment qualification, the Enterprise Trainer Presenting Skill Set TAESS00014 and Assessor Skill Set TAESS00011, and are active participants and influencers in their fields. They share their skills and knowledge to provide learners with valuable industry insights.







THANKYOU FOR SUPPORTING OUR CAUSE

SLSSA is a vital emergency service, and forms part of the largest volunteer movement of its kind in the world.

We rely on volunteers, donations and partnerships to ensure the development of the lifesaving capabilities of our volunteer members, who in turn give their commitment to work towards upholding our vision of zero preventable deaths in South Australian waters.

Proceeds acquired from the delivery of training programs directly support Surf Life Saving South Australia in the provision of invaluable lifesaving services for the South Australian community.

Thank you for choosing Surf Life Saving for your training and supporting our operations on South Australian beaches.

ENROL NOW

For dates and times of courses or further information about our training, visit us at www.surflifesavingsa.com.au, and head to the 'Courses' tab.

For further information on the SLSSA training experience, check out our Participant Handbook.



OUR COURSES

PROVIDE CPR

Our CPR (cardiopulmonary resuscitation) course will give you the essential principles, knowledge and skills required to perform effective CPR to maintain life support in a person who is in cardiac arrest until help arrives. You will learn the vital lifesaving skills to maintain breathing and circulation in emergency situations for adults, children and infants. This course applies to all people who may be required to provide CPR in a range of situations and is suitable as a workplace or public competency.

Provide CPR is an approved workplace course in accordance with the 'First Aid in the Workplace Code of Practice' by SafeWork SA.

Delivery modes & duration

- eLearning 30-45 minutes online theory followed by 1.5 hours face to face training and assessment
- Face to face 2-hour training and assessment

Course content

The CPR course will teach you how to:

- recognise and assess an emergency situation
- ensure safety of yourself, bystanders, and the casualty
- assess the casualty and recognise the need for CPR
- seek assistance from emergency services
- perform effective cardiopulmonary resuscitation (CPR) to adults, children, and infants in accordance with the Australian Resuscitation Council (ARC) guidelines
- operate an automated external defibrillator (AED)
- display respectful behaviour towards casualty
- accurately convey incident details to emergency services and report details of incident in line with appropriate workplace or site procedures
- maintain privacy and confidentiality of information in line with statutory and/or organisational policies.

Competencies

HLTAID009 Provide cardiopulmonary resuscitation.

Assessment

- Theory assessment: Participants must either successfully complete the online eLearning theory assessment or a written theory assessment if completing the face-to-face course.
- Practical assessment: a demonstration of providing Cardiopulmonary Resuscitation on training manikins

 adult and infant – in line with the ARC Guidelines. To meet the unit of competency, you need to demonstrate at least two (2) minutes of CPR on an adult manikin on the floor.

Certificate renewal

Annually

Website link - <u>Face to Face</u> Website link - <u>eLearning</u>





PROVIDE BASIC EMERGENCY LIFE SUPPORT (BELS)

Our BELS course will teach you how to perform effective CPR and respond to first aid emergencies. This course applies to people who are required to manage common medical emergencies in a range of situations and is suitable as a workplace or public competency.

Delivery modes & duration

- eLearning: 30-45 minutes online theory followed by 5-hours face to face training and assessment
- Face to face: 6-hour training and assessment

Course content

The BELS course will teach you how to:

- · apply the principles of first aid
- recognise and respond to emergency situations
- manage asthma and anaphylaxis
- perform effective cardiopulmonary resuscitation (CPR) to adults, children, and infants in accordance with the Australian Resuscitation Council (ARC) guidelines

- operate an automated external defibrillator (AED)
- treat shock, choking, bleeding and cardiac conditions
- duty of care requirements and own skills and limitations
- · report incident details.

Competencies

- HLTAID009 Provide cardiopulmonary resuscitation
- HLTAID010 Provide basic emergency life support

Assessment

- Theory assessment: participants must either successfully complete the online eLearning theory assessment or a written theory assessment if completing the face-to-face course.
- Practical assessment:
- Demonstration of providing cardiopulmonary resuscitation on adult and infant training manikins in line with the ARC Guidelines.

- To meet the unit of competency, you need to demonstrate at least two (2) minutes of CPR on an adult manikin on the floor.
- Scenarios: participants are required to demonstrate, individually and as a group, the essential skills and knowledge to respond to a range of first aid or emergency situations, including scenarios aligned with the performance criteria required for this program.

Certificate renewal

- HLTAID009 Provide CPR renewal required annually
- HLTAID010 Provide basic emergency life support renewal required every 3 years

Website link - <u>Face to Face</u> Website link - <u>eLearning</u>

PROVIDE FIRST AID

Our Provide First Aid course will develop your knowledge and skills in managing emergency first aid situations to deliver competent emergency care until the arrival of professional medical support. You will learn how to perform effective CPR and manage a range of medical emergencies from asthma, anaphylaxis, and heart conditions to trauma such as bleeding, fractures, sprains and strains, and more.

Provide First Aid is an approved workplace course in accordance with the 'First Aid in the Workplace Code of Practice' by SafeWork SA.

Delivery modes & duration

- eLearning: 4-hours online theory followed by a 4-hour face to face training and assessment session
- Face to face: Full day face to face training and assessment session - 7.5 hours

Course content

The Provide First Aid course will teach you how to:

- · apply the principles of first aid
- recognise and manage emergency situations
- perform effective cardiopulmonary resuscitation (CPR) to adults, children, and infants in accordance with the Australian Resuscitation Council (ARC) guidelines
- operate an automated external defibrillator (AED)
- manage common medical emergencies
- manage infection, shock, fractures, bleeds, and burns
- prevent and manage emergencies due to lack of oxygen, excess heat or cold
- recognise and manage medical conditions that may need emergency care, including heart attack, stroke, asthma, diabetes, and epilepsy.

Competencies

- HLTAID009 Provide cardiopulmonary resuscitation
- HLTAID010 Provide basic emergency life support
- HLTAID011 Provide First Aid

Assessment

- Theory assessment: participants must either successfully complete the online eLearning theory assessment or a written theory assessment if completing the full day course.
- Practical assessment:
- Demonstration of providing cardiopulmonary resuscitation on adult and infant training manikins in line with the ARC Guidelines. To meet the unit of competency, you need to demonstrate at least two (2) minutes of CPR on an adult manikin on the floor.
- Scenarios: participants are required to demonstrate, individually and as a group, the essential skills and knowledge to respond to a range of first aid or emergency situations, including scenarios aligned with the performance criteria required for this program.

Certificate renewal

- HLTAID011 Provide First Aid renewal required every 3 years
- HLTAID009 Provide CPR renewal is required annually.

Website link- <u>Face to Face</u> Website link- <u>eLearning</u>

PROVIDE FIRST AID IN AN EDUCATION AND CARE SETTING

This course is specifically aimed at developing the knowledge and skills of educators and support staff working within an education and care setting who are required to manage and respond to first aid emergencies with children. You will learn child-specific first aid management for a range of illnesses and injuries, including asthma, anaphylaxis, and resuscitation.

Delivery modes & duration

- eLearning: 4 hours online theory followed by a 5 hour face to face training and assessment session
- Face to face: Full day face to face training and assessment session - 9 hours

Course content

This course will teach you how to:

- identify and manage sickness in children and infants and apply the principles of first aid in relation to children
- recognise and manage emergency situations
- manage common medical emergencies
- perform effective cardiopulmonary resuscitation (CPR)
- operate automated external defibrillator (AED) in a child resuscitation
- manage nosebleeds, infection, shock, fractures, bleeds, burns, seizures, vomiting and diarrhoea, dehydration, and fever
- treat poisoning including envenomation, bites and stings
- prevent and manage emergencies due to lack of oxygen, excess heat or cold
- recognise and manage allergic reactions, anaphylaxis, or asthma emergencies
- implement asthma and anaphylaxis action plans and effectively use medications for these conditions

- complete workplace documentation, including incident report forms and follow required reporting guidelines to inform parents and caregivers
- maintain privacy and confidentiality of records and information.

Competencies

- HLTAID009 Provide cardiopulmonary resuscitation
- HLTAID010 Provide basic emergency life support
- HLTAID011 Provide First Aid
- HLTAID012 Provide First Aid in an education and care setting

Assessment

- Theory assessment: participants must either successfully complete the online eLearning theory assessment or a written theory assessment if completing the full day course.
- Practical assessment:
- Demonstration of providing cardiopulmonary resuscitation on adult, child, and infant training manikins, in line with the ARC Guidelines. To meet the unit of competency, you need to demonstrate at least two (2) minutes of CPR on an adult manikin on the floor.
- Scenarios: participants are required to demonstrate, individually and as a group, the essential skills and knowledge to respond to a range of first aid or emergency situations, including scenarios aligned with the performance criteria required for this program.

Certificate renewal

- HLTAID012 Provide First Aid in an education and care setting renewal is required every 3 years
- HLTAID009 Provide CPR renewal required annually.

Website link- Face to Face

ADMINISTER OXYGEN IN AN EMERGENCY SITUATION

This course will teach you the vital lifesaving skills required to maintain breathing and circulation in emergency situations for adults, children, and infants through the use of oxygen therapy, bag valve mask and suction equipment, cardiopulmonary resuscitation (CPR) and the use of a defibrillator.

This course applies to all people who may be required to provide CPR in a range of situations and is suitable as a workplace or public competency.

Delivery modes & duration

Face to face: 3 hours

Course content

The Administer Oxygen in an Emergency Situation course will teach you how to:

- recognise and assess an emergency situation
- ensure safety of yourself, bystanders, and casualty
- assess the casualty and recognise the need for CPR or supplemented oxygen
- seek assistance from emergency services
- perform effective CPR
- display respectful behaviour towards casualty
- operate an automated external defibrillator (AED)
- maintain oxygen equipment including airbag and reservoir bag
- operate oxygen equipment on casualties who are breathing (therapy) or not breathing (resuscitation)
- operate suction equipment when needed
- accurately convey incident details to emergency services
- report details of incident in line with appropriate workplace or site procedures

- maintain privacy and confidentiality of information in line with statutory and/or organisational policies
- recognise the possible psychological impacts on self and other rescuers and seek help when required
- contribute to a review of the first aid response as required.

Competencies

- HLTAID009 Provide cardiopulmonary resuscitation
- PUAEME003 Administer oxygen in an emergency

Assessment

- Theory assessment: participants must successfully complete a written theory assessment
- Practical assessment:
- Participants will demonstrate providing cardiopulmonary resuscitation on adult and infant training manikins in line with the Australian Resuscitation Council (ARC) Guidelines. To meet the unit of competency, the participant needs to demonstrate at least two (2) minutes of CPR on an adult manikin on the floor.
- Demonstration of oxygen and suction equipment procedures: participants will demonstrate set up, pack up and use on casualties in a range of conditions, including breathing and not breathing, and in line with the ARC Guidelines.

Certificate renewal

• HLTAID009 Provide CPR renewal is required annually.

Website link- Face to Face

PROVIDE CPR AND PERFORM RESCUE FROM A LIVE LV PANEL

Our Perform Rescue from a Live LV Panel course will provide you with the skills and knowledge to prepare and carry out rescues from a live LV panel. The course covers the performance of rescue procedures from live low voltage (LV) apparatus, (not including overhead lines and underground cables in the workplace.) You will learn the mandatory requirements of rescue from a live LV panel and how they apply in the context of transmission, distribution or rail work functions, along with the responsibilities for health, safety and risk management processes at all operative levels and adherence to safety practices.

Delivery modes & duration

• Face to Face: 4 hours

Course content

The Provide CPR and Perform rescue from a live LV panel will teach you how to provide CPR and prepare to perform rescue procedures from a live LV panel, including:

- identifying and applying relevant work health and safety (WHS)/occupational health and safety (OHS) requirements, including the use of risk control measures
- identifying electrical dangers and the use of appropriate PPE
- identifying and labelling the electricity isolation point
- inspecting rescue equipment and tools
- the ability to carry out rescue from live LV panel
- following workplace procedures controlling risk
- accessing workplace procedures –
 isolation of the LV panel and performing
 a rescue from a low voltage (LV) panel
- · operating a low voltage rescue kit
- applying workplace procedures CPR (Manikin)

- perform CPR in an LV rescue scenario
- securing and controlling entry to site
- handing over to medical personnel
- completing the LV panel rescue procedure
- processes for reporting accidents and/ or incidents
- handing over to medical personnel completing the LV panel rescue procedure
- processes for reporting accidents and/ or incidents.

Competencies

- HLTAID009 Provide cardiopulmonary resuscitation
- UETDRRF004 Perform rescue from a live LV panel

Assessment

 Theory assessment: participants must successfully complete a written theory assessment during the face-to-face

- · Practical assessment:
- Providing CPR
- Completing isolation point lock out
- Checking LV rescue kit, tools and emergency equipment
- Completing an incident report form
- Completing one simulated rescue scenario

Certificate renewal

- UETDRRF004 Perform rescue from a live LV panel renewal required annually
- HLTAID009 Provide CPR renewal required annually

Website link - Face to Face



SA BOAT LICENCE BOATING SAFETY EDUCATION COURSE

This course has been approved by the Department of Infrastructure and Transport, meaning participants are able to attend training and assessment with us, instead of independently preparing to sit the boat licence exam through Service SA. On successful completion of the course and assessment you will be issued a certificate of completion which can be presented at a Service SA Office to receive your boat licence. This course is suitable for people wanting to operate any type of recreational vessel fitted with an engine.

Delivery modes & duration

• Face to Face: 3 hours

Course content

The boat licence course will teach you about:

- boat terminology, collision and give way rules
- licence, permits and registration
- planning and preparation
- lifejacket laws
- SA water and weather conditions
- navigation
- · boating on the Murray
- · ferries and flags
- personal water craft (PWC)
- breakdowns and emergencies
- speed limits and alcohol and drugs
- environmental issues and conservation.

Assessment

 Theory assessment: completed at the conclusion of the face to face training session.

Certificate renewal

No renewal required

Website link - Face to Face

COMMUNITY SURF RESCUE CERTIFICATE

The Community Surf Rescue Certificate (SRC) will teach you the skills and knowledge of basic beach surveillance and surf awareness and is required for supervision of most open water aquatic activities. This course is suitable for anyone over the age of 13 as an introduction to being a qualified life saver and is recognised by the Department for Education as a minimum requirement to supervise children around open water aquatic activities.

Delivery modes & duration

• Face to Face : half a day

Course content

Participants will learn and be assessed on:

- performing rescues
- identifying dangers
- resuscitation
- basic first aid
- · supervision skills

Competencies

- SISCAQU002 Perform basic water rescues
- HLTAID009 Provide cardiopulmonary resuscitation (CPR)

Assessment

- Theory assessment: participants must successfully complete theonline theory learning prior to attending the practical training session.
- Practical assessment: and the assessment includes a 100m run, 100m swim, 100m run which must be performed in less than 5 minutes.

Certificate renewal

 Annually by completing the Community Surf Rescue Certificate Update course.

COMMUNITY SURF RESCUE CERTIFICATE UPDATE (REQUALIFICATION)

To retain the Community Surf Rescue Certificate (SRC), this qualification must be updated annually. The course covers revision and re-testing of the content from the Community Surf Rescue Certificate. If you have not completed an update course within 3 years you will be required to complete the full Community Surf Rescue Certificate course.

Delivery modes & duration

• Face to Face: 2 hours

Course content

Participants will learn and be assessed on:

- · performing rescues
- identifying dangers
- resuscitation
- basic first aid
- · supervision skills

Competencies

- SISCAQU002 Perform basic water rescues
- HLTAID009 Provide cardiopulmonary resuscitation (CPR)

Assessment

- Theory assessment: participants must successfully complete theonline theory learning prior to attending the practical training session.
- Practical assessment: and the assessment includes a 100m run, 100m swim, 100m run which must be performed in less than 5 minutes.

Website link - Community SRC
Website link - Community SRC Update

POOL COURSES



POOL LIFEGUARD

Our pool lifeguard course provides all the necessary requirements to meet employer needs and industry standards in your role within the aquatic industry. It is also recommended for those involved in aquatic exercise, swim coaching, aquatic excursions or who have responsibility for the supervision and safety of people in and around swimming pools. The theory together with practical tasks and activities, result in learners obtaining the skills and knowledge required to fulfill this important role. Participants are required to hold a current HLTAID003 or HLTAID011 Provide First Aid unit of competency.

Delivery modes & duration

All courses consist of 18 hours training and assessment.

- School Holidays: Face to face 3 days (6 hours per day)
- Weekends: Pre-course eLearning (3-6 hours) followed by face to face practical training and assessment over 2 days (7 hours per day)
- Regional locations: Face to face over 1 Friday evening (4 hours) and both Saturday and Sunday (7 hours per day).

Course content

The Pool Lifeguard course will teach you about:

- the role of a lifeguard
- lifeguards and the law
- hazards and risks
- manual handling techniques
- · communication methods and protocols
- supervision requirements
- identifying and managing patron behaviour
- · performing effective CPR
- applying a defibrillator
- administering oxygen in emergencies
- managing emergencies
- emergency care of casualties
- performing swimming and nonswimming water rescues
- aquatic and non-aquatic spinal management
- performing daily routines (ie first aid equipment checks)
- fitness and qualification maintenance requirements

Competencies

- HLTAID003 or HLTAID011 Provide First Aid (credit transfer)
- HLTAID009 Provide cardiopulmonary resuscitation
- PUAEME001 Provide emergency care
- PUAEME003 Administer oxygen in an emergency
- SISCAQU002 Perform basic water rescues
- SISCAQU006 Supervise clients in aquatic locations
- SISCAQU007 Perform advanced water rescues

Assessment

- Theory assessment: participants must complete a range of theory questions both pre course (eLearning courses only) and during the face to face training and assessment.
- Practical assessment: participants will be assessed through scenarios involving role playing and practical demonstration, both as individuals and as part of a team including:

- Recognising and responding to signs and symptoms of aquatic emergencies
- Performing swimming and nonswimming rescues
- Demonstrating correct pool entry and exit methods
- Assessing and managing conscious and unconscious casualties
- Managing aquatic and non-aquatic spinal injuries
- Providing emergency care
- Providing cardiopulmonary resuscitation in line with the ARC guidelines
- Administering oxygen in emergencies
- Performing equipment maintenance (SOPs)
- Patron supervision
- Dealing with complaints and infringements
- Recording and completing documentation
- Physical elements (assessments):
- Swim 200 metres in less than 6 minutes without using equipmen
- Demonstrate correct survival swimming strokes (freestyle, breaststroke, side stroke and survival backstroke)
- Perform a non-contact tow: 25m swim and 25m tow within 1 minute 45 secs
- Be fit and capable to perform assisted lifts (spinal management) with other Pool Lifeguards
- Retrieve an object from deepest water in the aquatic centre, (3m maximum).

Certificate renewal

Industry guidelines recommend the Pool Lifeguard course be updated annually by completing a Pool Lifeguard requalification course (assessment only course, these courses are also offered by Surf Life Saving SA).

Website link- Face to Face

POOL OPERATORS COURSE

Our Pool Operators course will teach you the skills and knowledge to safely contribute to the water treatment and plant operations of a pool or aquatic facility.

You will learn about conducting pool water tests, record keeping, minor maintenance of plant / equipment, systems and procedures for the maintenance of quality pool water in an aquatic recreation facility.

This course is recommended for any person responsible for the testing, treatment or maintenance of a swimming pool or its associated plant operation.

It is also recommended for Industry professionals and provides a great pathway for lifeguards, aquatic supervisors or operational front-line staff.

Delivery modes & duration

• Face to Face: 18 hours over 2 to 3 days

Course content

The Pool Operators course will teach you how to:

- conduct pool water tests
- record test results
- make routine plant and equipment checks
- complete, record and report maintenance and repairs
- develop pool water maintenance procedures
- implement pool water maintenance procedures
- evaluate pool water maintenance procedures.

Competencies

- SISCAQU001 Test pool water quality
- SISCAQU003 Maintain aquatic facility plan and equipment
- SISCAQU004 Develop and implement pool water maintenance procedures

Assessment

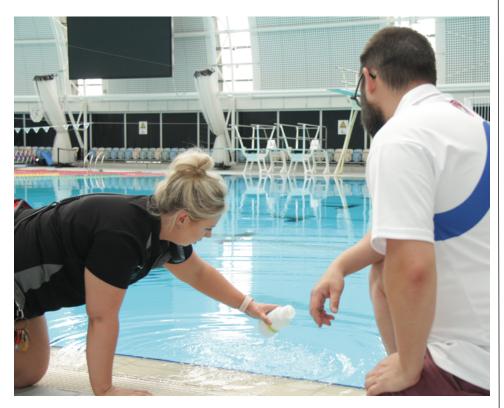
A range of practical and theory assessments including written and oral questioning, practical tasks associated with testing and recording water quality, completing routine inspections and minor maintenance of aquatic facility plant and equipment and developing and implementing pool water maintenance procedures.

Certificate renewal

No renewal requirements

Website link-Face to Face

POOL SAFETY ASSESSMENTS



Undertaking a Pool Safety Assessment with Life Saving SA* allows pool operators to be informed of any risks, potential hazards or unsafe conditions before an incident occurs. Experienced and qualified assessors provide you with a detailed pre assessment kit to prepare and a comprehensive post assessment report.

Our assessments simplify the audit process and ensure that pools get the most out of their audits and maintain safety and compliance standards.

Pool safety assessments include an analysis of pool structure and design, plant equipment and circulation system, water quality, change rooms and ablutions, chemical storage and handling.

The Life Saving SA pool safety assessment is a state specific tool, built for South Australian pools aligned to the GSPO,the SA Swimming Pools Code of Practice, Safe Work SA regulations and guidelines and has been endorsed and supported by the industry. Our team is led by highly skilled industry professionals with a wealth of industry knowledge and experience.

To book your pool safety assessment click on the BOOK NOW button via the website link below or contact info@lifesavingsa. com.au or phone 08 8354 6900.

*Life Saving SA is an initiative of Surf Life Saving SA.

Website link- Face to Face

PURCHASE TRAINING EQUIPMENT & UNIFORMS

Surf Life Saving SA and Life Saving SA have a range of first aid equipment, training equipment and lifeguard uniform items available for purchase by Surf Life Saving Clubs, members, commercial training clients and the general public.

We have access to market leading products from the most respected suppliers in Australia, at market leading prices.

To place an order, find out more, or to determine which products are most suitable for your needs, please fill out the enquiry form on our website or contact us on 08 8354 6900.

To order Lifeguard uniform items from Life Saving SA, view the order form on the website or call 08 8354 6900.