

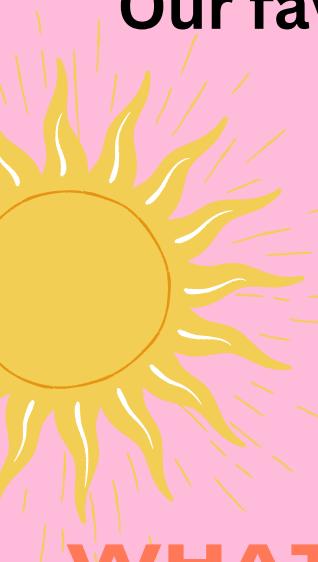
GUNNAMATTA SLSC



GUNNAMATTA SLSC 2023/24 SKILLS MAINTENANCE HANDBOOK

SAVE THE DATE

Our favourite time of the year has arrived, PATROL SEASON!



- With summer around the corner, we need to make sure our skills are polished and perfected to ensure the safety of our beach.

WHAT IS SKILLS MAINTENANCE?

Each year, we as patrollers are required to requalify (or '**requal**') our skills that we have gathered over the years. That is, you must show that the skills you were taught on Bronze camp or other courses like First Aid for example, are up to scratch for the following season. This may involve demonstrating skills (e.g CPR or basic fitness) depending on the awards you hold, to the assessor's.

The assessor's will give you tips and tricks to improve your skills and sign you off as requalified for your skills. This is not a test set for you to fail, the assessor's are there to advise and help you improve your skills so that you can be deemed competent for the following season.

For most awards, skills maintenance involves an online theory part (done on Member Training From Anywhere) and a practical part (done at Gunnamatta SLSC at one of our Skills Maintenance Sessions). You will need to have fully completed your online theory before attending the practical Skills Maintenance Sessions.



GUNNAMATTA SLSC SKILLS MAINTENANCE DATES

This year we have 4 requal dates that go from **10am-2pm**

If you are a patrolling member, you **must** attend one of these dates:

• **SATURDAY 18TH NOVEMBER**

• **SUNDAY 19TH NOVEMBER**

• **SATURDAY 2ND DECEMBER**

• **SUNDAY 3RD DECEMBER**

Annual Resuscitation (CPR) Course for ART Holders run on the same days (**18th & 19th November, 2nd & 3rd December**) after the Skills Maintenance sessions from **2-5pm**

WHO NEEDS TO REQUAL?

BASED ON WHAT YOU COMPLETED IN THE 2022/23 SEASON:

- **Nippers** — No Requal required
- **2022 Surf Rescue Certificate (SRC) Camp** — Requal required
- **2022 Bronze Camp (Adult Bronze included)** — Requal required
- **All other active members** — Requal required

** **NOTE:** If you are attending the 2023 SRC & Bronze Camp in December 2023 (including Adult Bronze), you **WILL NOT** need to requal

WHAT AWARDS DO I NEED TO REQUAL AND HOW?

AWARD	REQUAL FREQUENCY	HOW TO REQUAL
Bronze Medallion	Annually - Every 12 months	Skills Maintenance
Surf Rescue Certificate (SRC)	Annually - Every 12 months	Skills Maintenance
Side by Side Operator Certificate (SSV)	Annually - Every 12 months	Skills Maintenance
Silver Medallion Patrol Captain (SMPC)	Annually - Every 12 months	Skills Maintenance
Silver Medallion Aquatic Rescue (SMAR)	Annually - Every 12 months	Skills Maintenance
Inflatable Resuce Boat Crew (IRBC)	Annually - Every 12 months	Skills Maintenance
Inflatable Rescue Boat Driver (IRBD)	Annually - Every 12 months	Skills Maintenance
Advanced Resusciation Techniques	Annually - Every 12 months + Annual CPR	Skills Maintenance OR Full Course + CPR Course Every Year
First Aid (FA)	Full course + Annual CPR	Full course every 3 years + Full CPR Course Every year

ACCREDITED HEALTH UNITS

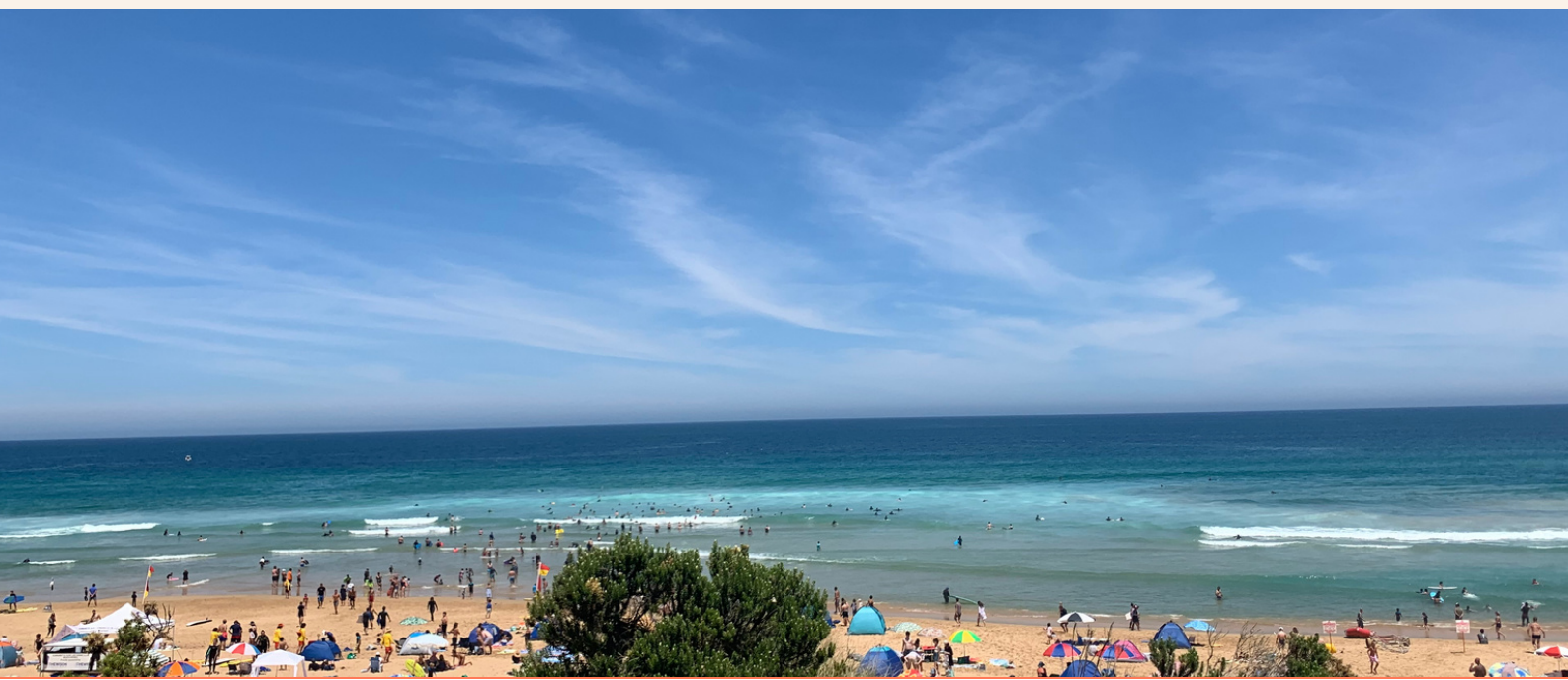
Some lifesaving awards - the emergency care awards - include additional Australian accredited healthcare qualifications (called Units of Competency) and require different processes to maintain proficiency & currency. Some jobs and professions (including paid lifeguarding services) require these units to be up-to-date.

Normal requal sessions at the club **DO NOT** update these units.

The table below summarises these units, the relevant lifesaving award and the update process required

Unit of Competency	Related LSV AWARD	Qualification Update Process
HLTAID009	Resuscitation (CPR)	Full Course every 12 months
HLTAID011	First Aid (FA)	Full Course every 3 years + annual HLTAID009
HLTAID015	Advanced Resuscitatio Techniques **	Full Course every 3 years + annual HLTAID009

*** NOTE: To maintain ART Lifesaving Award annual Skills Maintenance must also be completed. (This refreshed using oxygen and Resuscitation equipment)



HOW DO I SIGN UP FOR SKILLS MAINTENANCE?

1. Ensure your member details are correct on both:
 - your SLS Members Area (<https://members.sls.com.au/>) &
 - LSV Member Training Portal (<https://mt.lsv.com.au/>).
2. From the LSV Member Training Portal home page, click on the large, grey box titled 'Skills Maintenance'.
3. Click the orange 'Enrol' buttons for each award you need to requalify.
4. Refresh your page, and then click the blue 'Launch' button for each relevant award.
5. Complete the prescribed LSV e-learning for each award. Make sure you click 'Save & Exit' before closing the e-learning window. Repeat this for all awards you need to requalify.
6. When you refresh your page after completing the e-learning, you should see a green. 'Complete' box with the instructions "go to Step 2".
7. Take a screenshot of all your completed awards and ensure it is accessible to present to your instructor on the day of your requal.
8. At the top of your page - underneath the (now) red 'Skills Maintenance' box - click the button "02 - Book Practical".
9. Once arriving at this page, click on one of the blue 'Find a Session' buttons. This will take you to the practical session booking screen.
10. Scroll down until you find one of the Gunnamatta SLSC's listed requal sessions. Make sure to check that the awards you wish to requalify are listed as part of the session you enrol into. Click the blue 'Enrol' button.
11. Double check your personal information, then click 'Next'.
12. Carefully read and click the confirmation checkboxes.
13. Sign your signature digitally using your mouse cursor, then click "Confirm".
14. You have successfully enrolled in the Skills Maintenance course and will receive an email confirmation to your nominated email address.

HOW DO I SIGN UP FOR MY ANNUAL CPR COURSE?

ART HOLDERS ONLY

1. Go to <https://mt.lsv.com.au/> .
2. Sign in using your SLS Members Area credentials.
3. From the home dashboard, click the red 'Find a New Course' button and scroll down.
4. In the filter options, select
 - Training Area: First Aid and Emergency Care
 - Training Course: ResuscitationAnd in the search bar type: Gunnamatta
5. Click search. There will be 4 Resuscitation courses at Gunnamatta SLSC
 - 28th November (2-5pm)
 - 29th November (2-5pm)
 - 2nd December (2-5pm)
 - 3rd December (2-5pm)
6. Select your desired date and click the blue 'Enrol' button. A prerequisite warning will come up. If you have satisfied all the pre-requisites then it will say "You are able to meet the course enrolment requirements" down the bottom. Click proceed.
7. Double-check your basic personal information, then click "Next".
8. Double-check your background information, then click "Next".
9. Carefully read and click the confirmation checkboxes.
10. Sign your signature digitally using your mouse cursor, then click "Confirm".
11. You have successfully enrolled in the course and will receive an email confirmation to your nominated email address.

12. Complete your CPR E-Learning Modules

NOTE: These modules are compulsory; failure to complete these modules by the session start date will result in you being unable to process your ART Requal. You will have to attend another requal & CPR session over summer instead once your modules have been completed.

To do this:

- Go to <https://mt.lsv.com.au/> .
 - Sign in using your SLS Members Area credentials.
 - From the home dashboard, click on the grey box, "View Enrolled Courses".
 - Navigate until you can find the course titled 'Resuscitation'.
 - Click the blue "Launch" box to open the e-learning. You may be required to open the modules in another window.
13. Work through each of the modules. New modules will become available when you successfully complete the prior module's assessment.
 - **IMPORTANT:** Make sure you ALWAYS click "Save & Exit" when you want to take a break from your e-learning!
 14. Once you have completed all the e-learning modules, you will be presented with a 'Congratulations' screen. Ensure you click "Save & Exit"; then you will have completed your e-learning components and are ready to!
 15. Please take a screenshot of the 'Congratulations' Screen to provide proof of completion in the unlikely case of an IT fault prior to the session.

WHAT IF I CANT ATTEND THOSE DATES?

If you cannot attend any of Gunnamatta's Skills Maintenance sessions, you will be required to undertake your requal at a different club prior to the 31st December if you wish to remain an active member.

To find out what dates other clubs are running their Requal, go to Member Training From Anywhere → <https://mt.lsv.com.au>

OTHER INFO

- The practical part of skills maintenance for **IRB Crew and Drivers** can be done on **patrol** with a TOC that holds the IRB Crew or Driver Qualification → Speak to your Patrol Captain on your first patrol to organise this.

WHEN IN DOUBT...

Ask your Chiefs



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see you there