

LIFE SAVER SUPPORT AWARD

AIM

- To establish a standard, which creates a level of competence in life saving enabling the holder to assist with safety cover and compete in lifesaving sport (part A)

PRE-REQUISITE

- Be a minimum of 14 years of age on the date of examination

VALIDITY OF AWARD

- 36 months from the date of the examination, with the option of taking a proficiency test prior to the expiry date and every 12 months thereafter.

SYLLABUS

PART A

1. Ocean skills, Knowledge, Rescue & Fitness Test

- Demonstrate the ability to swim at least 400 metres (2 x 200 metres) in surf conditions or up to 500 metres (2 x 250 metres where surf conditions are not present). At all times the candidate must demonstrate the ability to make the best use of the surf and prevailing sea conditions. A time limit of 15 minutes will be imposed which may be extended to 20 minutes at the discretion of the examiner.
- Run 50 metres with a rescue tube, swim 100 metres (fins optional) to an unconscious, non-breathing patient. Demonstrate deep water EAV during which time the patient shall be deemed to have become conscious. Bring the patient to shore and demonstrate appropriate aftercare. The exercise must be carried out under simulated rescue conditions with an appropriate attempt to perform the rescue 'as quickly as possible'.
- Rescue a conscious co-operative patient 150 metres from the shore using a rescue board
- Demonstrate knowledge of marker flags
- Demonstrate a knowledge and understanding of all signals
- Answer 10 questions on beach environment/surf awareness (8 correct to pass).

Additional knowledge required for Surf Life Saver (part A)

Deep-water EAV – When arriving at the unconscious patient the rescuer must:

- Check for danger
- Ask a question
- Check airway (visual check of the mouth) and breathing
- May use tube on initial breathes to rest patient head on
- 5 breaths on arriving at unconscious casualty, mouth-to-nose
- 2 breaths every 20 strokes on swimming to shore, mouth-to-nose

Patient Aftercare - After assisting the conscious casualty to shore the rescuer must ask the patient:

1. Was there anyone else with you?
2. Did you inhale any water?
3. Did you lose consciousness at any time?
4. Have you taken a blow to the head?
5. Have you consumed any alcohol or drugs?

Rest, warmth and reassurance should be provided until assistance from the qualified life guard/emergency service arrives

If the If the patient answers yes to any of 2-5 in the above, additional medical assistance should be sought immediately

Board pick-up - The rescuer may be required to turn the rescue board upside down, have the conscious patient reach their arm across the board at a distance approximately 20cm back from the front straps on the board. The board can then be rolled away from the patient, while holding their hand firm on the rail. This will pull their chest onto the board and enable both patient and rescuer to mount it.