



SURF LIFE SAVING
NEW ZEALAND

REFRESHER

MANUAL

2017/2018

Surf Lifeguard Award
Patrol Support Award
Senior Lifeguard Award – IRB Driver

Surf Lifeguard Refresher

Purpose of the Surf Lifeguard Refresher

The Surf Lifeguard Refresher is a tool for Clubs to use in identifying the capabilities of patrolling members before they start patrolling for the new season. SLSNZ requires completion of SLR's to insure that members are able to deal with situations that occur in Surf Lifesaving and use Surf Lifesaving equipment in a safe and appropriate way before they are in a 'live' patrol situation.

Patrol Support Refresher

The Patrol Support Refresher is designed for any member who holds their Patrol Support Award, or any Surf Lifeguard who isn't able to complete the practical water elements of the Surf Lifeguard Refresher.

Patrol Support Refreshers consist of the following components:

- Theory Test
- CPR Demonstration

Please indicate on the refresher sign off sheet all Patrol Support Refreshers with 'PSR'

Timeline

Regions are required to receive completed paperwork from clubs. SLSNZ will enter the SLR information onto the database and archive the paperwork.

At anytime a Surf Lifeguard will be considered to be currently refreshed or not by the following timelines:

- SLR's or Awards completed in the 2016/2017 season (1 July 2016 to 30 June 2017) will be due for renewal on **31 January 2018**, however it is highly recommended that they be completed by 31 December 2017 as most lifeguards have begun their active service by then.
- If the above does not apply, you are required to complete a refresher before undertaking any lifeguarding.

Content

Surf Life Saving New Zealand has determined that the SLR is in two sections – to refresh you must complete all parts of the applicable section(s).

Section One: Surf Lifeguard & IRB Drivers

- CPR Demonstration (plus additional questions)
- Multi Choice Theory Test
- Theory Answers: 1(C), 2(B), 3(B), 4(D), 5(B), 6(B), 7(C), 8(C), 9(D), 10(B), 11(D), 12(A), 13(D), 14(A), 15(D), 16(D), 17(A), 18(B),
19 (assistance required – proceed further out to sea - message understood)
20 (attract attention - remain stationary - pick up swimmer)
- 200m Run-Swim-Run (time limit at the examiners discretion) **or** 400m Pool Swim in under 9mins
- Tube Rescue and Recovery Position demonstration

Section Two: IRB Drivers

- IRB Operations

Process

WHO CERTIFIES THAT THE SURF LIFEGUARD REFRESHER TOOK PLACE AND WAS PERFORMED TO AN ACCEPTABLE STANDARD?

1. Qualified Surf Lifesaving Instructor(s), Examiner(s), Patrol Captain(s) and/or person(s) with relevant qualifications and experience who have Region endorsement will oversee the completion of SLR's:
 - Endorsement can be sourced via Region officer's pre approving a club SLS Instructor(s), Examiner(s), Patrol Captain(s) and/or person(s) with relevant qualifications and experience to conduct SLR's (document attached).
 - This document must be included with other SLR documentation i.e. SLR Report Form when sent to a Region office for completion.
 - Once a SLS Instructor(s), Examiner(s), Patrol Captain(s) and/or person(s) with relevant qualifications and experience has been endorsed they are then able to conduct SLR's at their own Surf Lifesaving Club and other Surf Lifesaving Clubs if required.

2. The SLS Instructor(s), Examiner(s), Patrol Captain(s) and/or person(s) with relevant qualifications and experience will run assessments for each section as set out by the attached check sheets
3. The SLS Instructor(s), Examiner(s), Patrol Captain(s) and/or person(s) with relevant qualifications and experience will fill in the SLR Report Form:
 - One Instructor/Examiner, Patrol Captain or other person shall initial the appropriate box upon the successful completion of each section.
 - Surf Lifeguards must complete all sections successfully in order to be refreshed.
 - If a Surf Lifeguard does not complete a section they should be given ample opportunity to return and complete their SLR. This is at the SLS Instructor(s), Examiner(s), Patrol Captain(s) and/or person(s) with relevant qualifications and experience discretion.
 - **Each Surf Lifeguard must sign the SLR Report Form upon completion of the last section.**
 - Prior to forwarding the SLR Report Form to the Region, the SLS Instructor(s), Examiner(s), Patrol Captain(s) and/or person(s) with relevant qualifications and experience will sign the bottom section declaring the SLR was completed appropriately and successfully.
4. The SLR Report Form must be sighted and signed by a SLS regional staff member.
5. Only when a copy of the SLR Report Form is received and signed by the Region is the SLR deemed complete, and will be indicated so on the SLSNZ PAM Database.

Notes:

- It is highly recommended that only qualified Surf Lifesaving Surf Lifeguard Award Instructors and/or Examiners who are refreshed and have Region endorsement should oversee the completion of SLR's for the Surf Lifeguard Award, as they are the people with the best training for this role.
- It is also highly recommended that only qualified Surf Lifesaving IRB Instructors, IRB Examiners and/or Surf Lifeguard Award Instructors who hold their IRB drivers, who are refreshed and have Region endorsement should oversee the completion of SLR's for Senior Lifeguard – IRB Driver. Again this is because these people are best trained for this role.

Name of Region:

Name of Club:

Name(s) of SLS Instructor(s), Examiner(s), Patrol Captain(s) and/or person(s) with relevant qualifications and experience:	Relevant Qualification(s), date(s) of achievement and other experience:	Attended Instructor/Examiner Briefing – Y/N
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		

Note: Please complete clearly in black or blue ball point pen.

I certify that the person(s) listed above is a Region endorsed Instructor, Examiner, Patrol Captain or other person capable of overseeing and appropriately conducting the SLR for the 2017/18 Surf Lifesaving season

SLSNZ Region:

signature

printed name

Name of Club:

Name	SLSNZ Membership #	CPR Initial	Theory Initial	400m Pool Swim Or Run-Swim-Run (RSR)			Tube Rescue Initial	SL / PS Refreshed	Senior Lifeguard - IRB Driver Initial	Date Refresher Completed	Surf Lifeguard / Patrol Support Signature (this must be signed)
				Swim	Time	Initial					
1.											
2.											
3.											
4.											
5.											
6.											
7.											
8.											
9.											
10.											
11.											
12.											
13.											
14. Example Person	00000	ZC	ZC	RSR	6:24	ZC	ZC	✓	ZC	28/10/12	E.G. Person

Note: Please complete clearly in black or blue ball point pen. Put a single line through the centre of any row where a person has not completed their SLR.

Instructor/Examiner:

signature *printed name*

I declare that I conducted and supervised the appropriate and successful completion of the Surf Lifeguard Refresher requirements by the Surf Lifeguards listed above

Instructor/Examiner:

signature *printed name*

I declare that I conducted and supervised the appropriate and successful completion of the Surf Lifeguard Refresher requirements by the Surf Lifeguards listed above

SLSNZ Region:

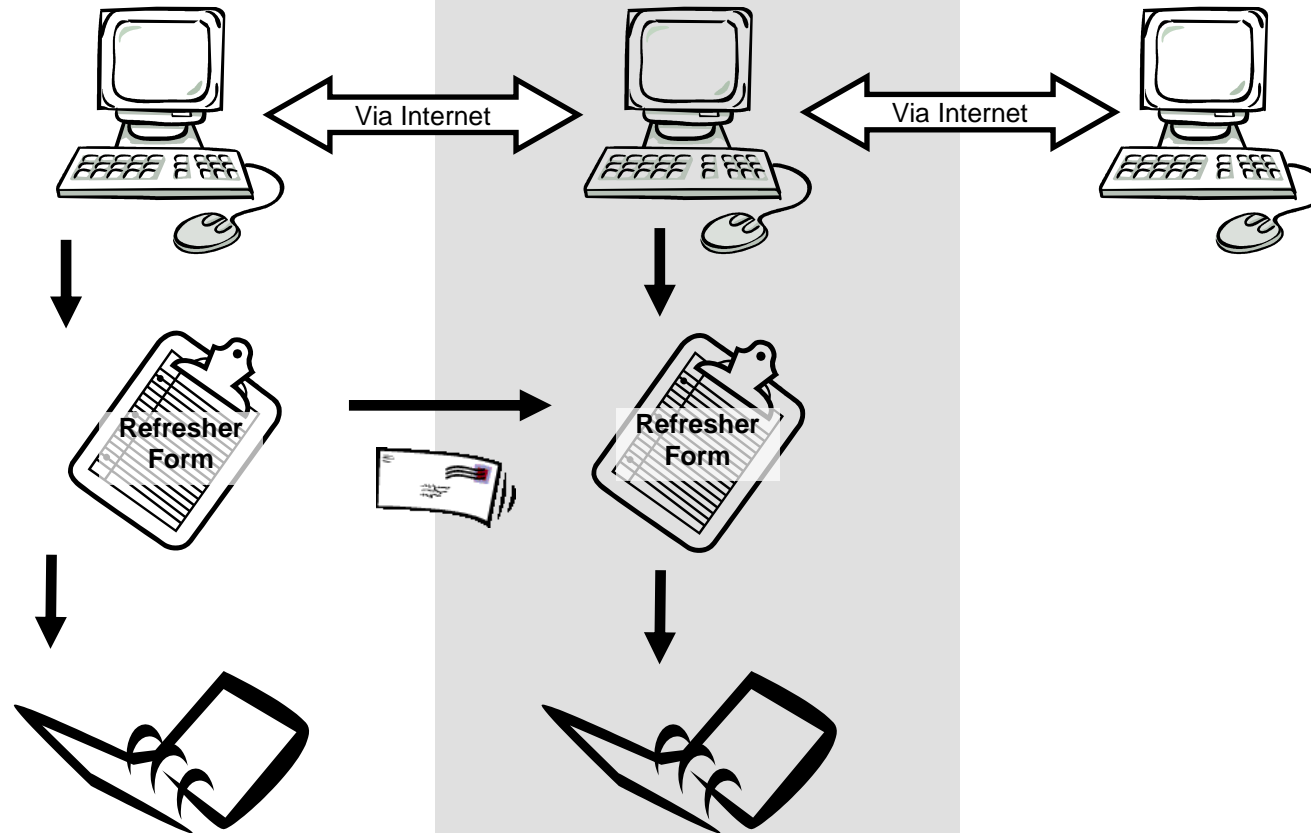
signature *printed name*

I certify that the person(s) above is a Region Endorsed Instructor, Examiner, Patrol Captain or other person capable of overseeing the components of the Surf Lifeguard Refresher.

Club

Region

SLSNZ



- SLR Manual/Form available on website
- SLS Instructors, Examiners conducts SLR, completes SLR Report Form
- Makes a copy to file
- Forwards SLR Report Form to Region

- Provides support to Clubs if and when needed
- Checks forms are correctly completed and signs form,
- Enters information on to SLSNZ Database
- Stores Originals

- Monitors input
- Provides support to Regions if and when needed
- Generates reports
- Requests originals if required

Section One

Cardiopulmonary Resuscitation

Venue

Room should be well lit and well ventilated for the test.

Room should be in a quiet area with the ability to be closed off from other Surf Lifeguards E.g. such as door or partition.

The room should be large enough for two Instructor or Examiner, two Surf Lifeguards and two CPR manikins.

Instructors or Examiners should have a clear vision of the candidate and the manikin.

The manikins have been checked and cleaned as per the cleaning guidelines prior to use.

Equipment Required

- Resuscitation Checklist
- Adult manikins
- Manikin Face Shields
- Manikin Antiseptic Wipes (Alcoholic Chlorhexidine 70% solution)
- Clock/watch

Conduct of the Section

Before the test starts brief the group on the conduct of test.

Surf Lifeguards are to remain outside the examination area till called upon by the Instructors or Examiners.

Surf Lifeguard may be numbered to assist with efficiency.

The Instructors or Examiners will call Surf Lifeguards in one at a time:

- "Act on commands given" (or similar).
- "You have arrived on the scene, and have found the patient lying on the ground/beach/rocks" (or similar scenario).
- Ask the Surf Lifeguard to conduct a 'primary assessment' of the situation and the victim.
- When the Surf Lifeguard has opened the airway and completed the 'look listen and feel' phase, give the command "breathing is absent" (or similar).
- When the Surf Lifeguard has "gone for help if alone" and returned (or indicated they would do so), CPR should begin.
- The CPR is to be timed for a minimum of 1 minute and a maximum of 5 minutes.
- After that time (1 to 5 minutes) the Instructors or Examiners states clearly "trained help has arrived and you have been relieved. Please clean the manikin and move outside the room".

Upon completion the Surf Lifeguard will be asked to leave the room and the Instructors or Examiners are to commence with the next rotation of Surf Lifeguard, using techniques described above.

Use and care of Resuscitation Manikins

Prior to the Test

Manikins should be checked to ensure they are in a clean and excellent working condition and that lung's and other disposable components have been replaced.

During the Test

Surf Lifeguard should wash their hands prior to using a manikin.

Surf Lifeguards should not be tested on manikins if they are known to be in an active stage of an infectious illness, or if they have skin disease of their hands, or around the mouth or face.

That each Surf Lifeguard will have either an individual sterilized face mask or a disposable face shield e.g. Laerdal Manikin Face Shields (Cat. No. 151200).

If a disposable face shield is not used then a suitable 'Manikin Disinfectant' is used after each Surf Lifeguard (either Virkon® Virucidal Disinfectant or Laerdal High Level Manikin Disinfectant rapid version Cat. No. 154220).

Face shields issued in a resuscitation training session are for practice on manikins only. They are not suitable for use in real life emergencies and therefore Examiners should ensure these are discarded at the end of a resuscitation session.

After the test

Disinfect all manikin face masks according to the method you choose. Remove and place in large bucket following use.

Scrub masks under cold running water.

Soak masks in presept solution (i.e. 1 tablet to 500 ml's cold water) or equivalent solution for twenty minutes.

Drain and dry masks (Drip dry detachable face manikins); store in a clean container.

Clean out storage bucket with soap and water, and dry thoroughly ready for the next session.

Check for any damage or faults and have the units serviced if required.

General Care

Periodic cleaning of the manikin torso is necessary. A non-abrasive household cleaner that is safe for plastics may be used for badly stained surfaces. The rubber pads can be dusted with talcum powder to prevent sticking.

For manikins in daily use, cleaning need only be performed once a week.

Manikins should be inspected routinely for cracks or tears in plastic surfaces as these make thorough cleaning impossible.

Manikin clothing should be washed regularly or whenever visibly soiled.

The person responsible for the use and maintenance of manikins should be encouraged not to rely totally on the presence of disinfectant to protect them and their students from cross infection during training sessions.

Resuscitation Checklist

SLSNZ are assessing Surf Lifeguards on their knowledge of The New Zealand Resuscitation Council Level 2 Adult Resuscitation

Adult CPR (8 Years+)

Danger

- Check if scene is safe. Check that there is no danger to yourself, bystanders and the patient
- Approach patient without undue delay

Responsiveness

- Check for response to voice or touch.

Send for help

- If unresponsive, Call 111 for emergency services

Airway

- Check in mouth for airway obstruction
- If obstructed, roll onto side and clear
- Open the airway by tilting the head backwards

Breathing

- Look, listen and feel for normal breathing
- Take no more than 10 seconds to do this

Circulation

- Locate correct hand position
- 30 chest compressions at correct speed (100-120 per min)
- Compress chest to 1/3 depth of chest
- Two breaths (delivered over one second – airway should be reopened to ensure effective ventilations. Maximum 5 attempts to deliver these breaths)
- Continue with compression to breath ratio of 30:2

Defibrillation

- Attached a AED (defibrillation) as soon as possible
- Turn AED on and follow voice prompts

Additional Questions That May Be Asked

How far should the chest be depressed?

1/3 depth of chest

When should you “Go for help” if alone?

If the patient is not breathing

What is the correct speed for compressions?

100-120 per minute

How long should you continue CPR?

Until advanced medical help arrives, the victim recovers, it becomes too dangerous to continue or you are physically too exhausted to continue. If you start resuscitation do not stop unnecessarily. If a doctor or paramedic is present to assume care, it is his/her responsibility to decide when to stop resuscitation.

What is the correct compression: breath ratio?

30:2

Is there enough oxygen in my breath to be any benefit to the patient?

Yes, the normal oxygen content of air breathed is 21 percent. The air breathed out still contains about 16 percent of oxygen and a small amount of carbon dioxide.

What should you do if the patient vomits?

Vomiting is a hazard of resuscitation and may be due to stomach distension from ventilation volumes being too great.

No matter what causes vomiting, it is important to turn the patient's head and body to the side and clear the airway by sweeping the mouth (be mindful of other injuries E.g. Spine or neck injuries).

A piece of available cloth (corner of clothing, handkerchief, etc) over your fingers can be used to sweep out the mouth. The patient should then be returned to his/her back and CPR continued.

When you look–listen–feel what are you looking, listening and feeling for?

Looking to see if the chest is rising, listening for sounds of normal breathing and feeling the chest for movement.

What is the correct compression: breath ratio for children?

30:2

What should you do if a patient is unconscious but breathing?

Complete DRS (Danger, Response, Send for Help) or DRS ABC.

Place patient into the recovery position.

Monitor patients ABC's (Airway, Breathing and Circulation) and keep them safe and warm until advanced help arrives.

Refresher Theory Questions

Note: The theory test must be completed by the individual. (eg, not answered in a group setting)
Circle the answer you think is the best

Name: _____

1. Who is responsible for maintaining a safe clubhouse?

- a. Surf Life Saving New Zealand
- b. Work Safe New Zealand
- c. The club and all members
- d. The patrol captain

2. Which are the three reports that should be filled out while on patrol?

- a. Incident report, NCEA report, weather report
- b. Patrol captains report, incident report, IRB log
- c. Patrol captains report, incident report, police report
- d. Traffic report, weather report, incident report

3. When defining the flagged area you should:

- a. Put the flags where it is easiest for you to set the patrol up
- b. Check for safe swimming areas by testing it yourself
- c. Never move it once the flagged area is set up
- d. Wait for the tide to come in

4. When on flag duty what is your role?

- a. To talk to people on the radio
- b. To wave flags back and forth in the flagged area
- c. To walk along the beach looking for incidents occurring outside the flagged area and advise your patrol
- d. To keep a constant watch on the swimmers in the flagged area and to encourage swimmers to remain swimming between the flags

5. What does the POM describe?

- a. Describes in detail how to set up your clubs IRB
- b. Describes in detail the patrol systems and operations for your club
- c. Describes all the member education provided by SLSNZ
- d. Describes in detail the patrol systems for the club at the next beach

6. What are the four P's (in order of importance) when reporting an emergency?

- a. Position, Problem, People, Price
- b. Position, Problem, People, Progress
- c. Position, Problem, Product, People
- d. People, Problem, Price, Progress

7. If watching several groups of beach users at once, priority must go to those:

- a. Swimming outside the flagged area
- b. Surfing out the back
- c. Swimming within the flagged area
- d. Fishing from the shore

8. How would you recognise a person in distress?

- a. Someone swimming along the beach
- b. A person diving under every wave, even small ones, and kicking frantically
- c. A person swimming towards the shore making no progress, and waves washing over their head
- d. A person catching a wave on their back

9. What should you do if caught in a rip current?

- a. Raise your hand and signal for assistance
- b. Ride the current out from the beach then swim parallel to the shore before returning to shore
- c. Float on your back, raise your hand and wait until the rip stops moving before swimming
- d. All of the above

10. If you were rescuing two victims with a tube, when you arrived you would:

- a. Clip the most exhausted victim in first, then return to shore
- b. Clip the most exhausted victim in first, then help the second victim to a position where they can lock in to the tube, signal for assistance required.
- c. Swim further out to sea and look for more victims
- d. Clip one patient in and tell the others that the IRB will be along soon to pick them up, signal for assistance required

11. If you were having a conversation between IRB and base over radio and heard “Rescue-Rescue-Rescue” would you:

- a. Continue your conversation
- b. Change Channel and continue your conversation
- c. Stop transmitting on the base set and change to a hand held radio
- d. Stop transmitting and standby to provide any assistance

12. What must all Surf Lifeguards use when providing first aid?

- a. Gloves
- b. Whiteboard
- c. Patrol Operations Manual (POM)
- d. Vinegar

13. What is the treatment for external bleeding?

- a. Direct pressure against the bleeding site
- b. Do not remove soaked dressing, place another on top and continue to apply pressure
- c. Elevate the wound site if possible
- d. All of the above

14. Immediate treatment of a sprain includes:

- a. Rest, ice, compression, elevation, diagnosis
- b. Pressure bandage, massage and elevation
- c. 20 minutes ice, stretching and elevation
- d. Stretching the affected ligament

15. In treating severe hypothermia you must:

- a. Remove all wet clothing and insulate patient from the cold
- b. Keep victim horizontal, try to avoid rough handling of the patient
- c. Watch for signs of shock and treat as necessary
- d. All of the above

16. One arm/tube/flag held up in the air by a Surf Lifeguard on the beach is the signal for:

- a. Assistance required
- b. Pick up swimmers
- c. Message understood
- d. Return to shore

17. What is a sign of shock?

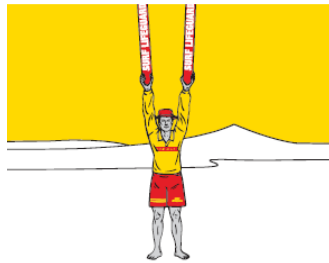
- a. Rapid breathing, weak, rapid pulse
- b. Pain down left side of the body
- c. Feeling hungry
- d. All of the above

18. The unconscious breathing patient should be placed:

- a. made comfortable in a seated position
- b. in the recovery position, airway open
- c. on their back, legs elevated to prevent the onset of shock
- d. on their back in case of respiratory arrest

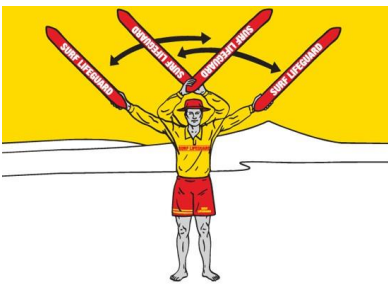
19. Identify these signals from sea to shore: (Must get all correct for 1 mark)

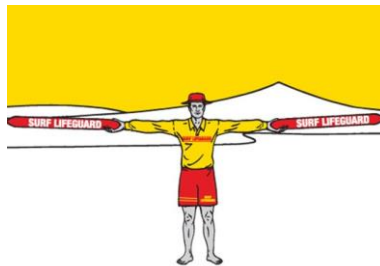


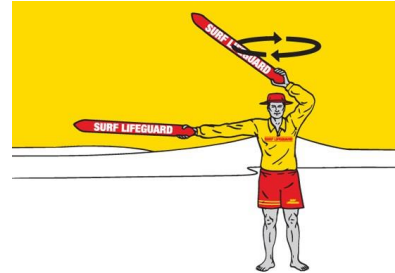




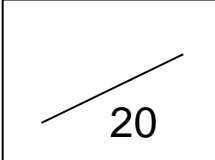
20. Identify these signals from shore to sea: (Must get all correct for 1 mark)







Total Score



How did you score?

18–20: Pass

16–17: You need go through your test with your club instructor

15 & below: You need to re-sit your theory test after reading through Surf Lifeguard Award Training Manual.

400m Pool Swim

Venue

A swimming pool no shorter than 25 metres in length.

Equipment Required

- Pool Swim Time Sheet
- 1 x stop watch per lane + one spare
- Candidates are to provide their own swimming attire E.g. Togs and towel

Conduct of the Section

Surf Lifeguards are broken into subgroups of no more than six Surf Lifeguards per lane, preferably grouped with individuals of similar swimming ability.

Swimmer's names will be entered on the 'Pool Swim Time Sheet'.

The Instructors, Examiners shall start the swimmers by saying "Surf Lifeguards name, Go". There should be a 5 second gap before starting the next swimmer.

The first swimmer's time will read correct. Following swimmers times will need to be adjusted accordingly. For example, if Surf Lifeguard "A" left 25 seconds after the first swimmer and their finishing time was 7 minutes, subtract 25 seconds from this time for an actual swim time of 6 minutes 35 seconds.

The swim will be continuous freestyle. No aids are to be used (fins, kickboards, wetsuits, pull buoys, hand paddles etc)

Surf Lifeguards may not:

- Stop and/or walk
- Stand up during the turn (tumble or push turns are acceptable)
- Hold onto the end or the side of the pool unless they require assistance and are withdrawing from the swim

If a swimmer needs to adjust goggles, this is to be done while kicking on their back.

Instructors, Examiners are to record the result for each Surf Lifeguard onto the summary sheet provided and then transfer the result onto the SLR Report Form.

Surf Lifeguards must swim 400 metres in 9 minutes or less. 9:00.00 is a pass. 9:00.01 is a fail.

Pool Swim Time Sheet

Location: _____

Date: _____

Lane:		Start	Time		Pass / Re-Test
Name	Description		Finish	Elapsed	
1.		:00			
2.		:05			
3.		:10			
4.		:15			
5.		:20			
6.		:25			

Lane:		Start	Time		Pass / Re-Test
Name	Description		Finish	Elapsed	
1.		:00			
2.		:05			
3.		:10			
4.		:15			
5.		:20			
6.		:25			

Lane:		Start	Time		Pass / Re-Test
Name	Description		Finish	Elapsed	
1.		:00			
2.		:05			
3.		:10			
4.		:15			
5.		:20			
6.		:25			

Run–Swim–Run

Surf Lifeguards are now in the public eye. The test should appear well organized and controlled.

Surf Lifeguard uniforms do not have to be worn.

'Training in Progress' (or similar) signs should be displayed if and when possible.

Equipment Required

- Swim buoys and anchors
- Turning flags or markers E.g. Orange Road Cones
- 100m measuring rope or laser range finder.
- Stop Watch
- Candidates are to provide their own swimming attire E.g. Togs and towel
- The use of wetsuits is optional

Conduct of the Section

The Instructors and/or Examiners appoint a 'Run–Swim–Run Coordinator'.

The Run–Swim–Run Coordinator is responsible for:

- Setting the Run–Swim–Run course:
 - The course must either be measured using a laser range finder or a measuring rope.
 - The surf and/or beach conditions will dictate what type of course should be laid. Either a one or two buoy course is acceptable.
 - The first buoy must be laid a minimum of 50 metres to sea from knee depth water, opposite the turning flag, positioned near the water's edge.
 - Along the water's edge, either way from the turning flag, a start line depicted by two flags or markers shall be positioned at an angle or at right angles to the water's edge.
 - This start line shall also be the finish line, and shall be a distance of 100 metres measured from knee depth water back to and around the turning flag or marker.
- Checking with the duty Patrol Captain of the beach to suit local conditions
- Instructing the Surf Lifeguards on course and time limit:
 - The course shall be completed within the times as per requirements.
 - Ultimately, the time limit is at the discretion of the Instructors and Examiners.
 - If conditions warrant, the time for the course may be altered (before the commencement of the Run–Swim–Run) by the Instructors and Examiners.
- Counting number of Surf Lifeguards to do course.
- Commencing course on whistle blast and time keep.
- Re-count number of Surf Lifeguards who completed the course.

Water Safety

Explain to Surf Lifeguards the emergency procedure: "In an emergency, if you require assistance during this assessment, signal for assistance."

There will be no more than 20 candidates doing a run–swim–run at any one time.

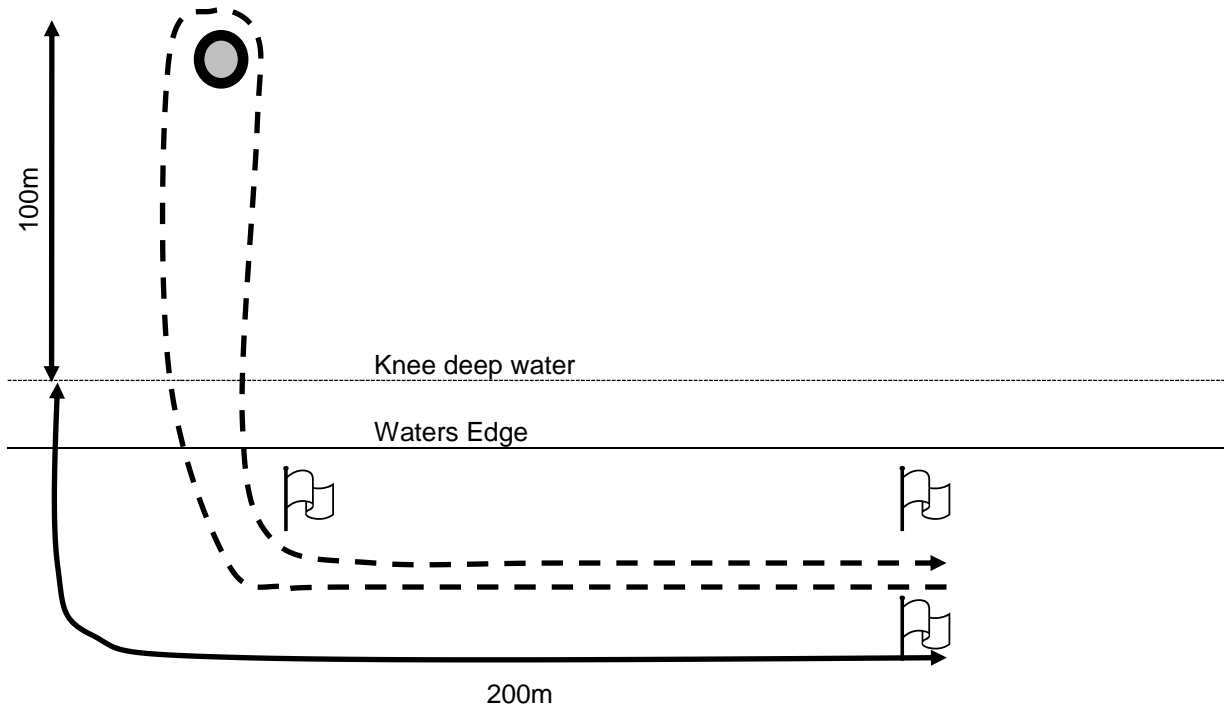
It is essential that the Instructors and Examiners discuss this with the Patrol Captain (if applicable) prior to any water activities.

An IRB (with qualified and refreshed driver and crewperson) may also be arranged prior to the SLR to act as a 'safety boat' for the duration of the Run-Swim-Run.

Option One

An example of small or no surf (no drift) Run-Swim-Run format

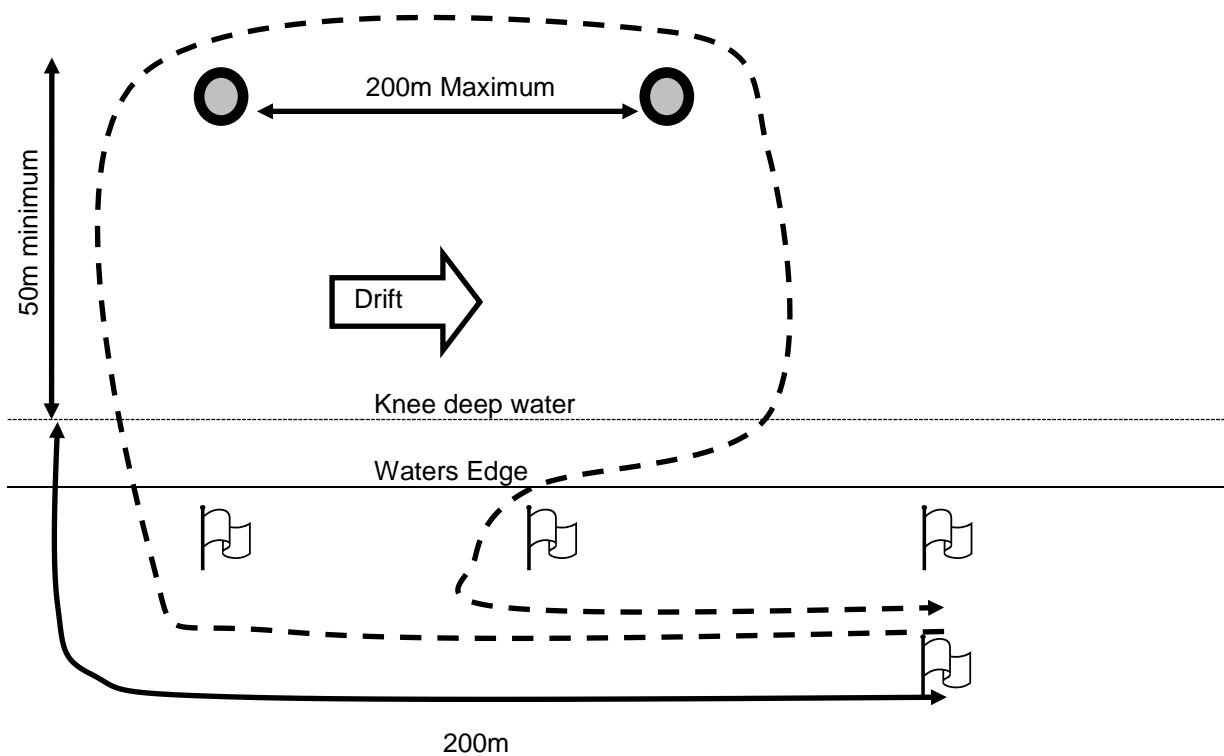
Time limit: **At the Instructors and Examiners discretion**



Option Two

An example of large surf and strong drift) Run-Swim-Run format

Time limit: **At the Instructors and Examiners discretion**



Tube Rescue & Recovery Position

Surf Lifeguards are now in the public eye. The test should appear well organized and controlled.

Surf Lifeguard uniforms do not have to be worn.

'Training in Progress' (or similar) signs should be displayed if and when possible.

Equipment Required

- Tube Rescue and Recovery Position Checklist
- Two buoys and anchors
- Course measuring equipment
- Candidates are to provide their own swimming attire E.g. Togs and towel and swim fins
- Rescue Tubes (enough for one per 2 x Surf Lifeguards)

Conduct of the Section

Surf Lifeguards are to work in pairs:

- One to act as rescuer
- One to act as patient

Surf Lifeguards may be numbered to assist with efficiency.

- Clearly explain to the Surf Lifeguards what is expected of them and give ample opportunity for questions.
- Indicate patient is to be conscious.
- The rescuer must wear swim fins.
- Inform patients to proceed out to sea to the designated position (there may be a swim buoy to indicate position).
- The Instructor/Examiner should signal commencement of examination and state clearly; "check and prepare equipment for tube rescue."
- The Instructor/Examiner must be in a position to adequately assess the rescue. While the patients are swimming out to sea the Instructor/Examiner should check the rescuer:
 - Has tied their tube
 - Are observing the patient's progress
- Once equipment has been prepared state clearly; "you have a patient, rescue" (or similar).
- Once patients have reached the required distance the Instructor/Examiner will signal the patients to remain stationary and the patient should signal the rescuers by raising one arm straight up in the air.
- Rescuer commences rescue (refer to the assessment sheet).
- On return to shore, upon reaching knee depth water, the rescuer shall assist the patient from the water. Patients may stand and walk with the rescuer.
- It is at the discretion of the Instructor/Examiner to discuss and/or demonstrate other drags and carries E.g. Two Person Drag
- The Rescuer then lays the patient on the sand above the water line and places the patient in the Recovery Position (refer to the assessment sheet).

Water Safety

Explain to Surf Lifeguards the emergency procedure: "In an emergency, if you require assistance during this assessment, signal for assistance."

There will be no more than 5 Surf Lifeguards performing rescues at any one time.

It is essential that the Instructor/Examiner discuss this with the Patrol Captain (if applicable) prior to any water activities.

An IRB (with qualified and refreshed driver and crewperson) may also be arranged prior to the SLR to act as a 'safety boat' for the duration of the Tube Rescue demonstration.

Rescue Tube & Recovery Position Checklist

Tube tied correctly prior to the rescue

Entering the Water

Patient identified and route plotted to patient

Rescuer enters the water, wades and duck dives to waist depth, puts swim fins on in a timely fashion and swims towards the patient (utilising surf conditions for maximal benefit)

Approaching the Patient

When within voice range – reassure the patient

Stop short of the patient and push the rescue tube towards them

Once the patient has hold of the rescue tube and has calmed down, the rescuer should secure the rescue tube to the patient by clipping them into the appropriate brass ring

Returning to Shore

The rescuer should encourage the patient to lie back and assist by kicking, whilst the rescuer swims them both to shore

Once in the surf break zone it is recommended that the rescuer adjust their swimming style, so as to keep an eye on the patient and the surf

If a large wave approaches, the rescuer should secure the patient, and provide support whilst the wave passes

Upon reaching the shallows the rescuer shall escort the patient to dry land. The rescuer should remove their fins and secure (arms through the ankle loops), and walk backwards so as to keep an eye on the surf

Recovery Position

Patient is stable, and will not roll onto their back or front

Airway is open, allowing free drainage

The position is not causing further injuries

The patient can be easily monitored

The patient can be easily rolled onto their back if the need arises

Face down the beach (patient is facing down the angle of the ground)

Section Two

IRB Driver Refresher Check List

The Surf Lifeguard undertaking this IRB Drivers Refresher must be currently refreshed as a 'Surf Lifeguard'.

Refreshed Surf Lifeguard

IRB Engine Set Up

It is intended that this section of the IRB Drivers Refresher is to be conducted in a group situation.

Read previous days/weekends log book

Fit and secure engine to IRB

Carry out engine check including: prop and guard, split pin, prop shaft, all bolts are tight, no missing bolts, prop clearance, check tilt pin

Check engine cowling cover is correctly secured and bungee security cord attached

Safety strop attached

Fuel line connection clean and attached

Engine started and run in flush tank

Engine checked for smooth running

IRB log book filled out

Water Work

All IRB Drivers will complete each component in this section

Lifejacket and Helmet worn by crew and driver

Launch the IRB

Complete the manoeuvres listed below:

- Remain stationary in surf
- Parallel run in surf
- Recover crew (simulation of crewperson falling out of IRB)
- Figure 8 Manoeuvres (without cavitation)

Complete a minimum of one 'single person rescue' (in surf break where possible)

Return to shore and beach IRB

Close down IRB

It is intended that this section of the IRB Drivers Refresher is to be conducted in a group situation.

- IRB, trailer, PFD's and helmets washed (and stored properly)
- IRB semi deflated
- Engine run down and checked
- Fuel bladder filled and stored
- Log book filled in