

# Surf Rescue Certificate

## SNB Central Venue Assessment Guidelines

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### Central Venue Guidelines—Dry assessment

#### Overview

The Dry assessment for Surf Rescue Certificate (SRC) contains the following Assessment Tasks:

- Assessment Task 1 – Signals
- Assessment Task 2 – First Aid
- Assessment Task 3 – Resuscitation
- Assessment Task 4 – Learner Guide Questions
- Assessment Task 7 – Radio (Radio Operators Certificate assessment portfolio required)

The Assessment Tasks are to be assessed in accordance with the relevant pages from the SRC Delivery & Assessment Guide. The comments below provide some additional guidance as to how each of these Assessment Tasks will be assessed. Refer to the Delivery and Assessment Guide Sheets for each Assessment task that candidates must demonstrate or respond to.

#### Assessment Task 1 – Signals

*(Page 38 -39 of Delivery & Assessment Guide)*

- Flag signals and alarm signals may be assessed via verbal questioning – refer to the supplementary questions in the Delivery & Assessment Guide for this Assessment Task.
- Public Safety and Aquatic Rescue Manual (PSAR) and the Standard Operating Procedures.

#### Assessment Task 2 – First Aid

*(Page 49-50 of Delivery & Assessment Guide)*

- The First Aid task should be assessed with a maximum of 6 Candidates per Assessor.
- Candidates must demonstrate appropriate patient management using another candidate as a patient and the equipment available in the training First Aid Kit as appropriate.
- Verbal questioning may be a component but alone is NOT sufficient to demonstrate competency.
- Candidates to demonstrate a Secondary Assessment (body check)
- Candidates will be asked to take and record a patient's vital signs and complete the appropriate documentation (Patient Handover Form and/or Incident Report Form)
- Candidates should not be over assessed. To be competent a candidate is only required to demonstrate the material contained in the Manual.

#### Assessment Task 3 – Resuscitation

*(Page 52-53 of Delivery & Assessment Guide)*

This task is split in four components:

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1. One-person primary assessment (DRSABCD), including recovery position, on a live patient.
2. 1-Person CPR on an adult manikin
3. 2-Person CPR involving the use of the AED
4. CPR on an infant manikin

Candidates should not be over assessed. To be deemed competent, Candidates are only required to demonstrate the procedures set out in the Learner Guides and Manual.

## 1 - Primary Assessment

- Assessors should advise candidates ahead of starting if the patient is an aquatic (drowning) or non-aquatic victim.
- Candidates must demonstrate the DRSABCD primary assessment. Assessors should instruct candidates in advance to:
  - Mimic rescue breathing in a realistic fashion, preferably by blowing down the patient's cheek
  - Rest hands on the chest (or within 5cm) without ANY downwards pressure during 'compressions', and count compressions out loud instead of faked up-and-down actions
- Candidates must demonstrate the **Recovery Position**.

## 2 - Manikin CPR

- Each candidate MUST demonstrate **at least 2 minutes** of uninterrupted, effective, single person CPR on an adult manikin using a mouth-to-mask rescue breathing technique (5-6 cycles of both compressions and rescue breaths).

## 3 - Manikin CPR including AED

- This component is assessed with two Candidates on an adult manikin. Candidates to demonstrate mouth-to-mask rescue breathing techniques  
To be demonstrated as:
  - Candidate one to perform 2 minutes of uninterrupted single person (rescuer) CPR;
  - Following single rescue procedure, Candidate two takes over CPR demonstrating minimal interruptions to compressions;
  - Candidate two then performs 2 minutes of single person (rescuer) CPR, whilst candidate one introduces the AED prior to the completion of 5 cycles of CPR. The Candidates must demonstrate AED application, and following the AED prompts.
  - Task is completed when shock is delivered.
- Candidates MUST be questioned on safety precautions of the AED.
- If the Candidates are not familiar with the manikin or the AED used for the assessments, then they should be provided with the opportunity to familiarise themselves with the equipment before commencing this activity.

## 4 - Infant Manikin CPR

- Each candidate MUST demonstrate at least 2 minutes of uninterrupted, effective, single person CPR on infant manikin using a mouth-to-mask rescue breathing technique (5-6 cycles of both compressions and rescue breaths).

With regard to checking for response of an infant, if a candidate does not know this they should NOT be found NYC. Dr Natalie Hood (SLSA Honorary Medical Advisor) has provided us with the following information:

- Picking up the baby to see if the head and body have some muscle tone and spontaneous movement. As a lifeless rag doll baby needs further assessment and care.
- Flicking or rubbing the feet, or gently but firmly rubbing the baby's flanks with a towel, bedding or clothing. These methods are the suggested form of stimulation in International Resuscitation Council textbooks including the American Academy of Paediatrics. This method is recommended to their own staff.

At the training and assessment level a quick flick or rub of the feet or rubbing the flank would be an acceptable method of checking for a response in an infant.

## Assessment Task 4 - Learner Guide Questions

Learner Guide Questions should be completed and signed off by a Club Assessor prior to candidates attending an assessment. Note that the pass mark for questions is 100% so candidates using the paper method should submit this with sufficient time for it to be marked and any incorrect answers to be addressed by the Training Officer and corrected by the candidate.

## Assessment Task 7 – Radio *(Refer Radio Operators Certificate Delivery & Assessment Guide)*

- The Radio task should be assessed with a maximum of 6 candidates per Assessor.
- The task must be assessed using actual radios; verbal questioning is NOT sufficient evidence of competency.
- Candidates should have a **basic** knowledge of SNB radio protocols, including channel numbers, radio pro-words and call-signs – refer to current Public Safety and Aquatic Rescue Manual (PSAR) and the Lifesaving Standard Operating Procedures.

## Central Venue Guidelines—Wet Assessment

### Overview

The Wet assessment for SRC contains the following Assessment Tasks:

- Assessment Task 5 – Run-Swim-Run 100m run, 100m swim, 100m run
- Assessment Task 6 – Rescues Activity

The Assessment Tasks are to be assessed in accordance with the relevant pages from the SRC Delivery & Assessment Guide. The comments below provide some additional guidance as to how each of these Assessment Tasks will be assessed.

***ALL Candidates must wear caps and hi-vis rash vest for ALL assessment tasks in the Wet Assessment.***

### Assessment Task 6 – Run-Swim-Run *(Page 56 of Delivery & Assessment Guide)*

- No more than 20 Candidates in the water for the run-swim-run at any one time (for safety reasons).
- The nominal 5 minutes may be adjusted according to the conditions ONLY in consultation with the Assessor-in-Charge.

### Assessment Task 7 – Rescue Activity *(Page 57-58 of Delivery & Assessment Guide)*

This task is split into 2 components: Board Rescue and Tube Rescue.

#### 1- Board Rescue

- Board rescue must require the candidate to paddle a rescue board either behind the break or approximately 100m offshore.
- A candidate that loses the board on the way out to a rescue should be deemed NYC. A candidate that loses rescue board whilst returning to shore with a patient *is unlikely to, but may* be deemed competent, depending on their care of the patient and ability to return them to shore unaided.
- Signals to be used only if required (ie signal for assistance only when the Candidate and/or their Patient genuinely requires assistance).

#### 2- Tube Rescue

- Verbal questioning of candidates during this task MUST cover release and escape methods.
- Signals to be used only if required.
- Candidates may use swim fins

