

TRAINING UPDATE



Skills Maintenance / Re-Qualification Day – Sunday 15th December

Welcome back Inverloch members.

As you may be aware our annual re-qual day is coming up.

All Bronze Medallion and Surf Rescue Certificate holders need to re-qualify their awards for the 2019/2020 season.

What is re-qual and what does it mean?

Re-qual is short for requalification. Each year surf lifesavers are expected to re-qualify their awards so that they are confident in their abilities to keep themselves, their fellow members and the public safe during the season.

It is mandatory to re-qualify if you plan on returning to the club this season. If re-qual is not completed by the 31st Dec 2019, you are unable to patrol or provide water safety after this time.

Awards that you can re-qualify are:

- Bronze Medallion / Surf Rescue Certificate (SRC)
- Silver Medallion Aquatic Rescue (SMAR)
Advanced Resuscitation Techniques (ART)
- Inflatable Rescue Boat Crew/Drivers (IRBC/IRBD)
- All-Terrain Operator Certificate (ATV)

When is it?

Re-qual day is the 15th December.

Starting Time: 9am-3pm (finish time depends on conditions, numbers and the awards you require to re-qual)

What do I need for the day?

- Bathers
- Towel
- Wetsuit
- Copy of online theory assessment certificates (paper/electronic copy)

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What do I expect to be assessed on?

There are a number of tasks to be completed for each award. Please see the re-qual card below for more details:

SKILLS MAINTENANCE CARD					Life Saving Victoria	
Season 2019/20						
First Name		Surname				
Club / Group		Date of Birth				
Phone No.		Email				
Refer to the 'Skills Maintenance Guide' for full details on award assessment criteria and scenarios.						
Activity	Date	Completed	TAF Name	TAF Sig		
<input type="checkbox"/> Gold Medallion						
Signals x10		Y / N				
300m Swim (Pool or Open Water) <i>(In under 14 mins unaided)</i>		Y / N				
Complex rescue		Y / N				
Mission Test - Swim 400m - Run 800m - Board paddle 400m - Run 800m <i>(In under 25 mins unaided)</i>		Y / N				
Rescue - Tube <i>(100m out to sea and return)</i>		Y / N				
Rescue - Board <i>(200m out to sea and return)</i>		Y / N				
Theory - <input type="radio"/> Online <input type="radio"/> Written		Y / N				
<input type="checkbox"/> Advanced Resuscitation Techniques						
DRSABCD - Adult or Child <i>(incl. oxygen resuscitation - 2 mins)</i>		Y / N				
DRSABCD - Infant <i>(incl. oxygen resuscitation - 2 mins)</i>		Y / N				
Oropharyngeal (OP) airways		Y / N				
First Aid skills		Y / N				
Bag-valve-mask resuscitator		Y / N				
Theory - <input type="radio"/> Online <input type="radio"/> Written		Y / N				
<input type="checkbox"/> All-Terrain Vehicle Operator Certificate						
Driving assessment		Y / N				
Knowledge questions		Y / N				
Drivers Licence Number	Expiry date		TAF name	TAF sign		
<input type="checkbox"/> Inflatable Rescue Boat Crew						
Task 1	Task 2	Task 3	Task 4	Task 5	Task 6	Task 7
Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N
Knowledge questions					Y / N	
Theory - <input type="radio"/> Online <input type="radio"/> Written						
<input type="checkbox"/> Inflatable Rescue Boat Driver						
Task 1	Task 2	Task 3	Task 4	Task 5	Task 6	
Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	
Knowledge questions					Y / N	
Theory - <input type="radio"/> Online <input type="radio"/> Written						
Marine Licence Number	Expiry date		TAF name	TAF sign		

Activity	Date	Completed	TAF Name	TAF Sig
<input type="checkbox"/> Surf Rescue Certificate				
Signals x4		Y / N		
Run 100m - Swim 100m - Run 100m <i>(In under 5 mins unaided)</i>		Y / N		
Rescue - Board or Rescue tube		Y / N		
DRSABCD - Adult or Child <i>(incl. oxygen resuscitation - 2 mins)</i>		Y / N		
DRSABCD - Infant <i>(incl. oxygen resuscitation - 2 mins)</i>		Y / N		
First Aid skills		Y / N		
Theory - <input type="radio"/> Online <input type="radio"/> Written		Y / N		
<input type="checkbox"/> Bronze Medallion				
Signals x4		Y / N		
Run 200m - Swim 200m - Run 200m <i>(In under 8 mins unaided)</i>		Y / N		
Rescue - Board or Rescue tube		Y / N		
DRSABCD - Adult or Child <i>(incl. oxygen resuscitation - 2 mins)</i>		Y / N		
DRSABCD - Infant <i>(incl. oxygen resuscitation - 2 mins)</i>		Y / N		
First Aid skills		Y / N		
Spinal scenario		Y / N		
Radio		Y / N		
Theory - <input type="radio"/> Online <input type="radio"/> Written		Y / N		
<input type="checkbox"/> Radio Operators Certificate				
Radio practical demonstration		Y / N		
Verbal questions		Y / N		
Theory - <input type="radio"/> Online <input type="radio"/> Written		Y / N		
<input type="checkbox"/> Silver Medallion Aquatic Rescue				
400m Swim (Pool) <i>(In under 8 mins unaided)</i>		Y / N		

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What do I do prior to attending?

Pay your Club Membership	Complete your Online Theory Assessment
<p>Please make sure your membership is renewed and paid for before attending.</p> <p>Please visit the ISLSC website to register for Season 2019/2020 https://islsc.org.au/membership/join-inverloch-slsc/ Please email membership@islsc.org.au if you have any membership queries.</p> <p>No Membership, No Requal</p> <p>Please note if you are aged 18 or older you must have a valid Victoria Working With Children Check (WWCC) to be a member of the club. Inverloch Surf Lifesaving Club (ISLSC) and Life Saving Victoria (LSV) must be registered as Organisations on your WWCC.</p> <p>Please go to the WWCC website to register: https://www.workingwithchildren.vic.gov.au/</p>	<p>Each award has an online theory assessment which must be completed <u>prior</u> to attend the re-qual day.</p> <p>To complete your online theory assessment, head to Member Training From Anywhere: https://mt.lsv-from-anywhere.com.au/login?org=lsv</p> <p>Filter by Skills Maintenance, then select your award e.g. Bronze Medallion and select Launch to complete your Theory Assessment.</p> <p>Please bring a copy of your certificate of competition to re-qual day.</p>

What do I do on the day?

Please arrive at Inverloch Surf Club 9am to sign in and receive your re-qual card. You will need to show copies (paper/electronic) of your online theory assessments at this stage.

From there the day will consist of dry and wet practicals. There will be a number of rotations throughout the day which will include all awards.

Please contact me if you have any questions prior to the day.

Kind regards,

Tarryn Thom

Chief Instructor

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