



# Circular 3895

Released 30<sup>th</sup> July 2025

## Skills Maintenance (Proficiency Check) Requirements for 2025/26 Season v1

**Attention:** Branch Presidents, Branch Directors of Lifesaving, Branch Directors of Education, Club Presidents, Club Captains and Club Chief Training Officers

**Actioned by:** Surf Life Saving NSW Education and Lifesaving

**Date:** 30<sup>th</sup> July 2025

**Contact:** Email: [education@surflifesaving.com.au](mailto:education@surflifesaving.com.au)

<b>Summary</b>	All active lifesavers are required to complete a skills maintenance (proficiency check) to demonstrate competency in the lifesaving award/s they hold and in which they wish to remain current. This circular outlines the skills maintenance requirements for the 2025/26 season.
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### Introduction

The requirements in this circular detail the minimum state and national requirements for the SLS 2025/26 season as developed in consultation with the state and national Lifesaving and Education Committees.

The national Lifesaving Committee previously approved a three-year cycle for skills maintenance for both the Surf Rescue Certificate and Bronze Medallion. This season, the Skills Maintenance practical will focus on the introduction of Lifesaving CPR.

### Theory Component

Members are required to complete the skills maintenance theory component online, as assessment marking and record keeping is automated and reduces the burden placed upon SLS trainers and assessors. If a member is unable to complete this component online, they should speak with their club training officer.

**Bronze Medallion, Surf Rescue Certificate and Resuscitation** award members must complete the following:

- Watch a video update outlining changes to skills maintenance requirements, as well as any changes to SLS procedures or ANZCOR guidelines
- A short eLearning module outlining Lifesaving CPR techniques

**Advanced Resuscitation Techniques** and **Advanced Resuscitation Techniques [AID]** award members must also complete the following:

- Watch a video update outlining changes to ART delivery for Lifesaving CPR with particular emphasis on leadership and team management

**IRB Crew** and **Silver Medallion IRB Driver** award members must complete the following:

- Watch the video updates outlining the technique changes to IRB Crew and Silver Medallion IRB Drivers
- A short Powercraft Safety module

**RWC Operator** award members must complete the following:

- A short Powercraft Safety module

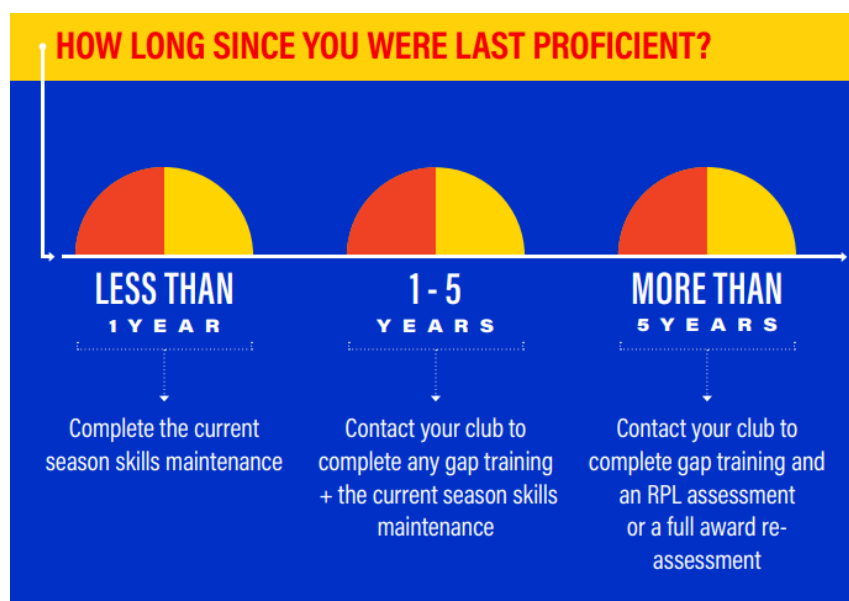
There are no theory components for other awards.

### Practical component

The information below outlines the practical requirements of each SLSA award for skills maintenance. Where possible, scenarios should be used to combine components; for example, a scenario combining a tube rescue with signals. Training resources that support SLSA awards are in the SLS Document Library accessed via the [SLS Hub](#). Members are encouraged to review these prior to commencing the patrolling season.

### Gap Analysis (Appendix 1)

The infographic below outlines the requirements for members who have not remained proficient for more than one year. Appendix 1 indicates the changes in the various awards over the years to enable required gap training to be identified. RPL enquiries can be sent directly to the SLSNSW Training & Education Team using the [RPL Enquiry Form](#).



## Aquatic Rescue Pathway Awards

### Bronze Medallion (BM) and Surf Rescue Certificate (SRC)

#### 1. Run-Swim-Rescue (timed)

100m Run – 100m Swim in 3:30 minutes or less

- The run distance to be taken from waist deep water, e.g., the run is from a flag, around a marker and to waist deep water. The swim component is to a marker 100m from waist deep water.
- The swim leg is conducted with a rescue tube attached to the rescuer. The use of fins is optional and permitted.
- Patients will be waiting in the water in line with the 100m marker. Rescuer secures the conscious patient with the tube. The timed component of the Run-Swim-Rescue finishes at this point.
- Rescuer swims 100m to return to the beach with the patient.
- Rescuer assists the patient to the water's edge.

#### 2. Signals

Demonstrate knowledge of signals. The demonstration must include the following:

- Beach to water signals
- Water to beach signals

#### 3. Resuscitation (CPR)

For Season 2025/26, Lifesaving CPR will be introduced and demonstrated.

The face-to-face training for the new Lifesaving CPR techniques will fulfil the member's requirements for their annual Resuscitation skills update. No further tasks are required.

### Silver Medallion Aquatic Rescue (SMAR)

Proficiency is required in the prerequisites for this award to remain current. The prerequisites are:

- Complete a 400m swim in 8 minutes or less in a swimming pool of no less than 25m length
- Hold and be proficient in the SLSA Bronze Medallion [and hold the Certificate II in Public Safety (Aquatic Rescue)].

### Gold Medallion (GM)

#### 1. A member must be proficient in each of the following awards:

- Bronze Medallion
- Advanced Resuscitation Techniques or Advanced Resuscitation Techniques [AID]
- First Aid or First Aid [AID]

#### 2. Pool Swim

- The member must complete an 800m swim in under 14 minutes in a swimming pool of no less than 25m.

- The pool swim must be completed before any other component of a Gold Medallion skills maintenance.
3. Mission Test (timed)
- The distance will be 400m swim, 800m run, 400m board paddle, and 800m run.
  - The time will be less than 25 minutes
    - The run distance to be taken from waist-deep water, e.g., the run is from a flag, around a marker and to waist-deep water. The aquatic components are from waist-deep water around two swimming buoys and back to waist-deep water
  - Aquatic course must be around two swimming buoys.
4. Rescue
- Demonstrate a board rescue according to SLSA operating procedures in the current SLSA Public Safety and Aquatic Rescue training manual. The patient should be 200m out to sea.
  - Demonstrate a tube rescue according to SLSA operating procedures in the current SLSA Public Safety and Aquatic Rescue training manual. The patient should be 100m out to sea and the member should use swim fins during this rescue.
5. Complex Rescue Scenario (may include one of the rescues above)
- Demonstrate a complex rescue scenario as set by the delegated assessor according to the SLSA operating procedures in the current SLSA Public Safety and Aquatic Rescue training manual
  - The rescue must assess the following events:
    - Negotiating the surf zone
    - Securing the patient/s
    - Returning to shore without losing the patient/s
    - Calling for assistance
    - Performing emergency care as required by the patient/s.

## Emergency Care Pathway Awards

SLSA awards involving resuscitation are to be assessed annually. Once proficiency is achieved, resuscitation in other SLSA award skills maintenance is not required to be performed again.

Please note that completion of the SLS skills maintenance for any award in the SLSA emergency care pathway is not sufficient to result in the renewal of the HLTAID unit of competency that aligns with the member's award. For example, the skills maintenance for the SLSA Resuscitation award is not sufficient to result in the renewal of a member's HLTAID009 Provide cardiopulmonary resuscitation or HLTAID015 Provide advanced resuscitation and oxygen therapy units of competency. Members should contact their SLS state/territory centre for advice on renewing their units of competency.

## Resuscitation

For Season 2025/26, Lifesaving CPR will be introduced and demonstrated.

The face-to-face training for the new Lifesaving CPR techniques will fulfil the member's requirements for their annual Resuscitation skills update. No further tasks are required.

## Advanced Resuscitation Techniques

The below requirements apply to the Advanced Resuscitation Techniques and Advanced Resuscitation Techniques [AID] awards:

1. Resuscitation (CPR)

See Bronze Medallion and SRC Skills Maintenance Resuscitation (CPR) component above for requirements.

A member is proficient in this component of the ART Skills Maintenance if they have completed the relevant BM and SRC Skills Maintenance.

2. Advanced Resuscitation

Team CPR scenario including primary assessment (DRSABCD) – to include resuscitation methods using a resuscitation mask or face shield, AED, oropharyngeal airways and oxygen supplement (oxygen cylinder connected to bag-valve-mask resuscitator on an unconscious patient).

3. Bag-valve-mask resuscitator

Correct setup, check and use of bag valve mask resuscitator

*# The deadline for the completion of the upgrade from Advanced Resuscitation Techniques (ART [AID]) - HLTAID007 to Advanced Resuscitation Techniques (ART) – HLTAID015 has been extended from July 2024 to July 2026 (unless a new training package is released prior to this date and HLTAID015 is superseded).*

## **Beach Management/ Award Member Pathway Awards**

### **Radio Operations (RO)**

While there is NO assessable practical radio component this season, clubs are encouraged to have member practice using radio equipment in an operational patrol environment including:

- Pre-operation checks
- Knowledge of local operating channels and uses
- Inter-patrol communications
- Rescue procedures, requests for assistance which include the four P's.

For those who use this award as part of their operation within a SLS communications centre, additional skills maintenance requirements may be included at a local level.

### **Silver Medallion Patrol Captain**

There is no Skills Maintenance requirement for Season 25/26. Current awards will have the expiry date in Surfguard renewed automatically by SLISA.

## Powercraft Pathway Awards

Powercraft award holders will need to demonstrate skills in a 'one off' skills maintenance check this season due to changes to the award delivery. All members must demonstrate proficiency in the associated pre-requisite awards as follows:

- IRB Crew
  - Proficient Bronze Medallion
- Silver Medallion IRB Driver
  - Proficient Bronze Medallion
  - Proficient IRB Crew
  - Hold a current state/territory boat license (where applicable)
- RWC Operator
  - Proficient Bronze Medallion
  - Hold a current state/territory boat/PWC license (where applicable)
  - Additional state/territory pre-requisites as required.

All IRB operators are encouraged to review the new [9<sup>th</sup> Edition IRB Manual](#) to gain a better understanding of new content and techniques.

All RWC operators are encouraged to review the new [1<sup>st</sup> Edition RWC Manual](#) to gain a better understanding of new content and techniques.

For the 2025/26 season, all IRB Crew skills maintenance **MUST** be conducted by an IRB Trainer, Assessor or Facilitator (i.e. no Endorsed Delegates).

Silver Medallion Driver & RWC Operator skills maintenance must also be conducted by an RWC Assessor or Facilitator as per normal.

### IRB Crew (IRBC)

Demonstrate effective and safe crewing practice and ability including:

- Crewing positions
  - [Rise Crewing Position](#)
  - [Standing Crewing Position](#)
  - [Lock-in Position](#)
  - [Emergency Punch Position](#)
- [Re-boarding the IRB](#)
- Awareness of Powercraft Code of Conduct.

### Silver Medallion IRB Driver (SMIRBD)

Demonstrate the ability to apply safe driving practice including but not limited to:

- 1 o'clock wave negotiation
- [Parallel running](#)
- Awareness of Powercraft Code of Conduct.

### Rescue Watercraft Operatory (RWCO)

Demonstrate the ability to apply safe driving practice including but not limited to:

- Continued application of the SLSA Powercraft Code of Conduct
- Competence in safe RWC Operator techniques including:
  - Ability to carry out an assisted launch from the beach

- Parallel running
- Figures of eight
- Response to signals
- Negotiation of surf as required
- Demonstrate ability to conduct a victim rescue
- Demonstrate the ability to reboard the craft from deep water
- Competence in pre- and post-operation procedures

### **Specialist powercraft awards (JRB/ORB/RIB Crew, Driver, Skipper)**

Skills maintenance for specialist groups shall be determined by the individual group and as approved by SLSNSW. Skills maintenance may be assessed during normal operational activities.

### **Side-by-Side Vehicle (SSV)**

It is not a national requirement to undertake an annual SSV (ATV) proficiency. Instead, a member's driving license must be checked each year for currency. Each SLS state/territory centre can manage this process, and this information can be recorded in SurfGuard.

A member who loses their driver's license (whether through cancellation or suspension) must not be driving the SSV. Provisional drivers are to display plates as required by their state legislative body.

Members must participate in an SSV Operator Induction for each new SSV make and model that they have not driven before. The *SLSA SSV Operator Induction Guide* is available in the SLS Members Area Document Library.

### **Age Managers and Age Manager Assistants**

Age Manager awards expire after 5 years and must be renewed on expiry to manage Nipper activities on the beach. Age Managers need to refer to the SLS Hub for the expiry date.

Age Managers and Age Manager Assistants must complete an annual proficiency by watching the SLSA Age Manager video to keep abreast of changes that may have occurred during the season. If a member is unable to complete this component online, they should speak with their Junior Activities Coordinator.

A member is proficient:

- If they hold a current Age Managers course (completed online).
- If they hold the current working with children check (if required).
- If they have watched the SLSA Age Manager video.

## Appendix 1 – Gap Analysis

Award	Season	Change
<b>All Resuscitation</b>  (including SRC, BM, First Aid, ART)	2009/10	<ul style="list-style-type: none"> <li>Ratio of compressions to breaths in CPR changed to 30:2</li> <li>Defibrillation awareness added</li> <li>'D' added to DRABCD, defibrillation</li> </ul>
	2011/12	<ul style="list-style-type: none"> <li>'S' added to DRSABCD, send for help</li> </ul>
	2012/13	<ul style="list-style-type: none"> <li>Treatment of anaphylaxis, using an autoinjector</li> </ul>
	2013/14	<ul style="list-style-type: none"> <li>Infant resuscitation on a manikin to be assessed in all CPR training</li> </ul>
	2014/15	<ul style="list-style-type: none"> <li>Victim's airway and breathing is routinely assessed on their back – they are only rolled if necessary to clear foreign matter</li> </ul>
	2015/16	<ul style="list-style-type: none"> <li>Specified number of scenarios and 2 minutes of uninterrupted CPR on: a) an adult manikin on the floor; and b) an infant manikin on a stable surface to be assessed in all CPR training</li> </ul>
	2016/17	<ul style="list-style-type: none"> <li>Rate of CPR compressions changed to 100-120 compressions per minute</li> </ul>
	2025/26	<ul style="list-style-type: none"> <li>Lifesaving CPR introduced by some States</li> </ul>
<b>Advanced Resuscitation Techniques only</b>	2010/11	<ul style="list-style-type: none"> <li>Suction introduced</li> <li>SLSA awards Advanced Resuscitation Certificate and Defibrillation Certificate replaced with Advanced Resuscitation Techniques Certificate</li> </ul>
	2014/15	<ul style="list-style-type: none"> <li>Assessment of vital signs Respirations, Pulse and Temperature, completion of incident report, and 3x scenario to be assessed</li> </ul>
<b>Bronze Medallion</b>	2011/12	<ul style="list-style-type: none"> <li>IRB awareness added</li> </ul>
	2012/13	<ul style="list-style-type: none"> <li>2 new signals added <ul style="list-style-type: none"> <li>submerged patient missing (Code X); and</li> <li>all clear</li> </ul> </li> </ul>
	2013/14	<ul style="list-style-type: none"> <li>34<sup>th</sup> edition training manual released</li> <li>Theory paper added to skills maintenance assessment</li> <li><b>Revision of</b> safety while working in a beach environment; surf awareness and rip current survival principles; how oxygen is used in team resuscitation; use of whistles as communication; identifying distressed and drowning victims; surveillance methods and beach management</li> <li><b>Addition of</b> use of swim fins as a basic survival technique; information on the lymphatic system; stroke; anaphylaxis; the phonetic alphabet; 3 person walk up spinal</li> <li><b>Removal of</b> in-water rescue breathing; 5-person spinal carry</li> </ul>
	2016/17	<ul style="list-style-type: none"> <li>34<sup>th</sup> edition (revised July 2016) training manual released</li> <li>ARC (Aus Resuscitation Council) guideline changes: <ul style="list-style-type: none"> <li>Compression rate (100 – 120 compressions per minute)</li> <li>Heart attack first aid treatment (give aspirin unless anaphylaxis is a contraindication)</li> <li>Shock first aid treatment (no longer raise legs)</li> <li>Heat exhaustion first aid treatment (give electrolyte sports drink)</li> <li>External bleeding first aid treatment (no longer raise bleeding limb)</li> <li>Spinal management (removal of standing spinal and application of a cervical collar)</li> </ul> </li> </ul>



	2017/18	<ul style="list-style-type: none"> <li>October 2017 reprint of SLISA 34<sup>th</sup> edition Public Safety and Aquatic Rescue (revised July 2016)</li> <li>ARC guideline changes: <ul style="list-style-type: none"> <li>Checking resuscitation equipment (notably oxygen pipe connection, assembly, or resuscitation bag valve devices).</li> </ul> </li> <li>EpiPen administration (now 3 seconds and no massaging injection site) (9.2.7)</li> </ul>
	2018/19	<ul style="list-style-type: none"> <li>ARC guideline changes: <ul style="list-style-type: none"> <li>Severe Bleeding (prioritise management of severe bleeding over airways)</li> <li>Tourniquets (use of two)</li> <li>Haemostatic dressing (to manage severe bleeding)</li> <li>New guideline for first aid management of a diabetic emergency (9.2.9)</li> </ul> </li> </ul>
	2019/20	<ul style="list-style-type: none"> <li>PSAR 35<sup>th</sup> edition released May 2020 <ul style="list-style-type: none"> <li>Removal of oxygen therapy and oxygen aided resuscitation to the resuscitation component of the SRC / Bronze</li> <li>Spinal Management content added to Bronze</li> <li>Tourniquet training added to Bronze</li> <li>Mental health awareness training for SRC and Bronze</li> </ul> </li> <li>ARC guideline updates: <ul style="list-style-type: none"> <li>Shock (control bleeding, send for help, reassure) (9.2.3)</li> <li>Snake bites (send for help, immobilise, and apply pressure) (9.4.1)</li> <li>Hyperthermia (send for help and cool person by any means available) (9.3.4)</li> </ul> </li> </ul>
	2020/21	<ul style="list-style-type: none"> <li>ARC guideline changes: <ul style="list-style-type: none"> <li>Treatment for hyperthermia includes ice on the soles, palms, and cheeks in addition to groin and armpits. No longer on the back of the neck. (9.3.4)</li> <li>Removal of blind finger sweeps for airway management. Now reach in to seize and remove visible items directly. (4)</li> </ul> </li> </ul>
	2021/22	<ul style="list-style-type: none"> <li>ARC Guideline changes: (9.2.10) <ul style="list-style-type: none"> <li>Recommend against the routine administration of oxygen in persons with suspected heart attack and stroke who do not have signs of shock</li> <li>Oxygen should be administered to persons with an oxygen saturation of less than 92% (where a pulse oximeter is available).</li> <li>Oxygen should be given to persons with signs of blue colouration of skin, shock, decompression illness or a situation suggestion carbon monoxide poisoning (irrespective of oxygen saturation level)</li> </ul> </li> </ul>
	2022/23	<ul style="list-style-type: none"> <li>Industry Changes <ul style="list-style-type: none"> <li>A new brand of adrenaline autoinjectors are available with Anapen being reintroduced. Members should be familiar with and practice the administration of both an EpiPen and an Anapen training device</li> </ul> </li> </ul>
<b>IRB Crew &amp; Driver</b>	2007/08	<ul style="list-style-type: none"> <li>Powercraft Code of Conduct introduced</li> </ul>
	2011/12	<ul style="list-style-type: none"> <li>Extra safety protocols for IRB introduced, including safe lifting of IRB, removal of right crew foot strap and addition of 'locked in' position for crew</li> </ul>
	2015/16	<ul style="list-style-type: none"> <li>Introduction of lifejackets, personal flotation devices and surf helmets in IRB training</li> </ul>
	2024/25	<ul style="list-style-type: none"> <li>Powercraft Code of Conduct updated</li> </ul>

<b>IRB Crew</b>	2015/16	<ul style="list-style-type: none"> <li>• Knots and lashings to be assessed</li> </ul>
	2025/26	<ul style="list-style-type: none"> <li>• Crewing positions <ul style="list-style-type: none"> <li>○ Rise Crewing Position</li> <li>○ Standing Crewing Position</li> <li>○ Lock-in Position</li> <li>○ Emergency Punch Position</li> </ul> </li> <li>• Re-boarding the IRB</li> </ul>
<b>IRB Driver</b>	2025/26	<ul style="list-style-type: none"> <li>• Wave negotiation at a 1 o'clock angle</li> </ul>