

Freshwater SLSC

2024 Skills Maintenance

Freshwater is offering 5 Skills Maintenance sessions in 2024, for Bronze, SRC, ART and Resuscitation award holders this season. Members must book into the sessions ahead of time and complete the online theory before attending.

Instructions on how to book into the sessions and how to complete the online theory are on the following pages. Dates for the practical sessions are:

1. Saturday 12th October, 12pm start
2. Saturday 19th October, 8.30am start
3. Sunday 27th October, 8.30am start
4. Sunday 17th November, 12pm start
5. Sunday 15th December, 11am start – ABSOLUTE LAST!!!

IRB Crew & Driver Skills Maintenance will be conducted on a couple of specific dates and members will be notified directly.

We literally have *hundreds* of members needing to complete proficiencies for Bronze & SRC, you **must register first** so that we can ensure there are sufficient Assessors present and can therefore run the sessions in a time-efficient way. **If you can't book into a session, it's most likely due to being fully booked – you will need to choose another session.**

Take note of the following:

- Renew your Club membership for the 2024/25 season.
- Complete the online theory requirement for your award, via eLearning
- Bring your own resuscitation mask and hi-viz vest to the practical session

Members will need to complete the following practical tasks:

Bronze & SRC

1. Resuscitation (live patient, adult and baby manikins, 2-person CPR with defib)
2. Radio
3. Signals
4. Run-Swim-Run (100m in 5 min's for SRC, 200m in 8 min's for BZ)
5. Board Rescue of an unconscious patient
6. Carries and Drags

ART

1. Resuscitation as per Bronze/SRC, plus Team CPR using oxygen & defib
2. OP airways
3. Correct use of BVM

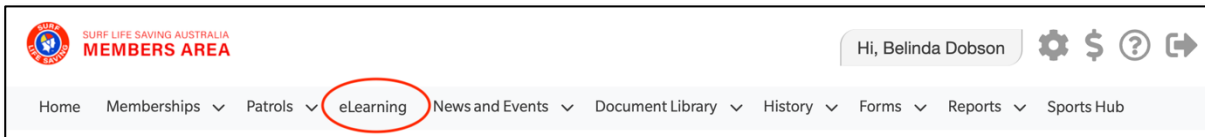
More detailed information can be read in the [SLSNSW Skills Maintenance Circular](#).

How to Register for Freshwater's Skills Maintenance Sessions:

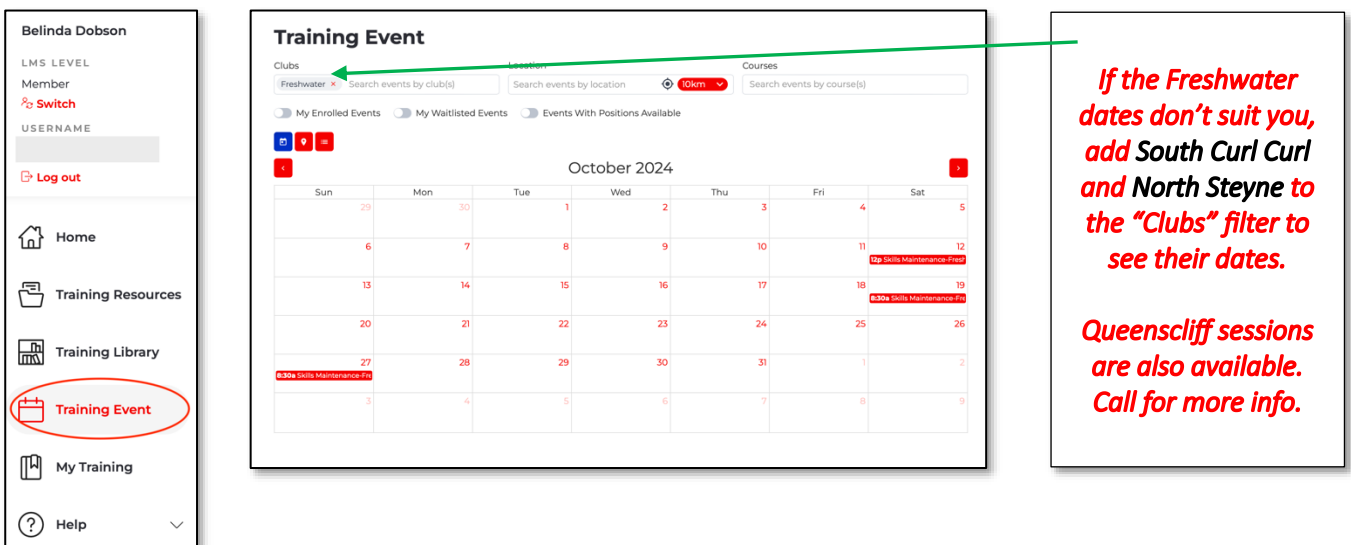
You must access your own SLS Members Area account to register for skills maintenance (and to complete the theory). This is the same place you renew your membership each season. To log into your account, go to the [SLSA Members Area](#) and enter your login details.

Once you've logged into your SLS Member Area account, follow the steps below.

1. Select **eLearning** from the menu options along the top of the screen.



2. Once you are in the eLearning page, select **Training Event** from the options on the left. When the calendar page appears, it will default to viewing the current month and only events at Freshwater. Click the calendar forward to October or November.

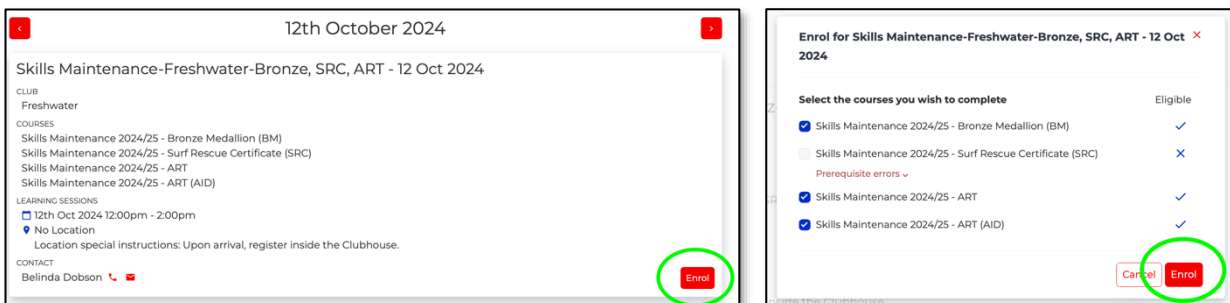


The screenshot shows the 'Training Event' page. On the left is a sidebar menu with 'Training Event' circled in red. The main area displays a calendar for October 2024 with several events marked. A green arrow points from the 'Clubs' filter dropdown to the 'Freshwater' selection. A callout box on the right contains the following text:

If the Freshwater dates don't suit you, add South Curl Curl and North Steyne to the "Clubs" filter to see their dates.

Queenscliff sessions are also available. Call for more info.

3. Click on the event that suits your availability to see the details, and then click on the **Enrol** option. A window will appear with the awards you are eligible to complete skills maintenance for pre-selected. You shouldn't need to change them. Just click **Enrol** again to register for the event.



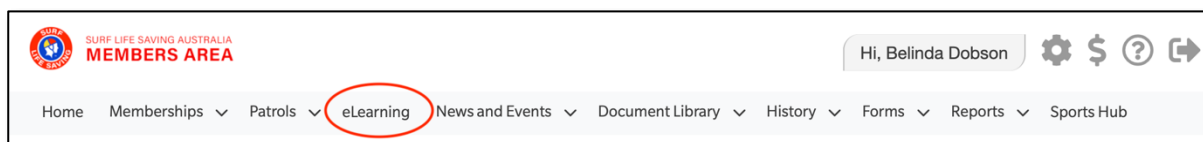
The first screenshot shows the event details for 'Skills Maintenance-Freshwater-Bronze, SRC, ART - 12 Oct 2024'. The 'Enrol' button is circled in green. The second screenshot shows the enrolment confirmation window, where the 'Enrol' button is also circled in green. The window lists the courses to be completed: Skills Maintenance 2024/25 - Bronze Medallion (BM), Skills Maintenance 2024/25 - Surf Rescue Certificate (SRC), Skills Maintenance 2024/25 - ART, and Skills Maintenance 2024/25 - ART (AID). The 'Enrol' button is highlighted in red.

How to Access the 2024/25 Skills Maintenance Online Theory:

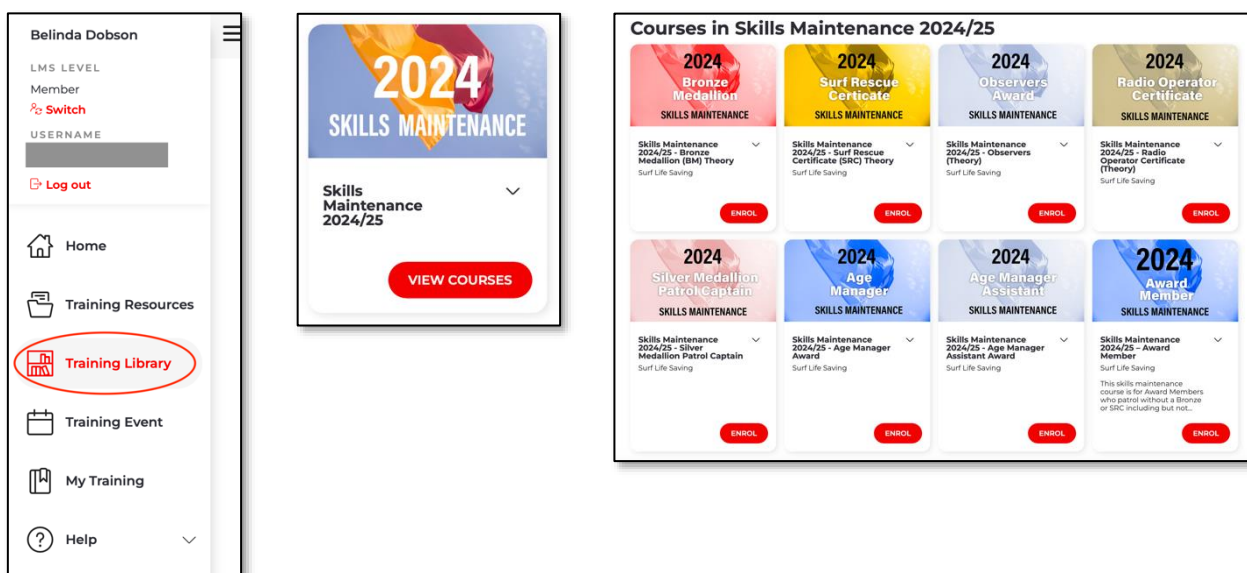
You need to have your own SLS Members Area account. This is the same place you renew your membership each season. To log into your account, go to members.sls.com.au and enter your login details. **Do not use another family members' account as this won't update YOUR record.**

Once you've logged into your SLS Member Area account, follow the steps below.

1. Select **eLearning** from the menu options along the top of the screen.



2. Once you are in the eLearning page, select **Training Library** from the options on the left. You should then see the 2023-24 Skills Maintenance icon in the top left corner of the page. Click on **View Courses**.



3. Enrol in the course(s) you need to complete. Be aware - most awards have multiple modules and all of them must be completed for you to finish the theory section for the award.

Which Courses do you Complete?

- For those of you with Bronze Medallion, SRC and/or Age Manager's awards, do the Skills Maintenance for those awards.
- Patrolling members who don't hold proficient SRC or Bronze awards need to do the Award Member theory.
- Patrol Captains that have the **new** Silver Medallion Patrol Captain award should do that awards' skills maintenance. If you don't have the SMPC award (but **do** hold the Silver Medallion Beach Management award), there's something special coming for you. 😊

Whenever you are in SLS eLearning courses, make sure you click "Exit" at the top left when you finish a module. If you don't the system may not remember you've completed it fully.