

North Steyne SLSC Skills Maintenance



North Steyne SLSC is hosting **eight Dry Skills Maintenance sessions** (proficiencies) in 2024, for Bronze, SRC, ART and Resuscitation award holders this season. Members can book into the sessions ahead of time, however, you must complete the online theory before attending.

Instructions on how to book into the Dry sessions and how to complete the online theory are on the following pages. A mix of Saturday and Sunday practical session dates kick off from early October.

Please note the following requirements to complete your proficiency.

- Renew your Club membership for the 2024/25 season.
- Complete the online theory requirement for your award, via eLearning

Members who are not financial and have not completed their online theory will not be able to participate in proficiency sessions.

Wet Skills Maintenance Sessions

Your wet tasks will be completed before/after your patrols and will be signed off by your PC. This must be completed before 31 Dec 2024. You are welcome to attend any North Steyne patrol wet task proficiency if you cannot make your own rostered patrol.

Dry Skill Maintenance Sessions

Dry task sessions will be run on the following days:

2. Saturday 5th October, 11.30 am – 1.30 pm
3. Saturday 12th October, 11.30 am – 1.30 pm
4. Sunday 20th October, 12.00 pm – 2.00 pm
5. Saturday 26th October, 12.00 pm – 2.00 pm
6. Saturday 2nd November, 12.00 pm – 2.00 pm
7. Sunday 17th November, 12.30 pm – 2.30 pm
8. Sunday 24th November, 12.30 pm – 2.30 pm
9. Saturday 7th December, 12.30 pm – 2.30pm

Please allow 30 minutes to complete all tasks. i.e. please do not arrive 5 minutes before the session is due to end. Be kind to our trainers!

Bring your own resuscitation mask and hi-viz vest to the practical sessions.

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

What are the Practical Tasks?

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

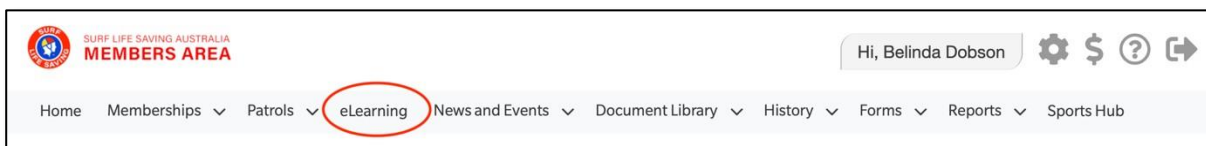
More detailed information can be read in the [SLSNSW Skills Maintenance Circular](#).

How to pre-register for North Steyne SLSC Dry skills maintenance sessions:

Pre-registration is not compulsory, however, it helps the club to provide adequate training resources so that you are not waiting around to complete your dry proficiency tasks. Ensure you access your own SLS Members Area account to complete your online theory modules first. 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.



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 **North Steyne SLSC**. Click the calendar forward to October or November.

Belinda Dobson

LMS LEVEL
Member

Switch

USERNAME
[Redacted]

Log out

Home

Training Resources

Training Library

Training Event

My Training

Help

Training Event

Clubs: Freshwater | Location: [10km] | Courses: [Search]

My Enrolled Events | My Waitlisted Events | Events With Positions Available

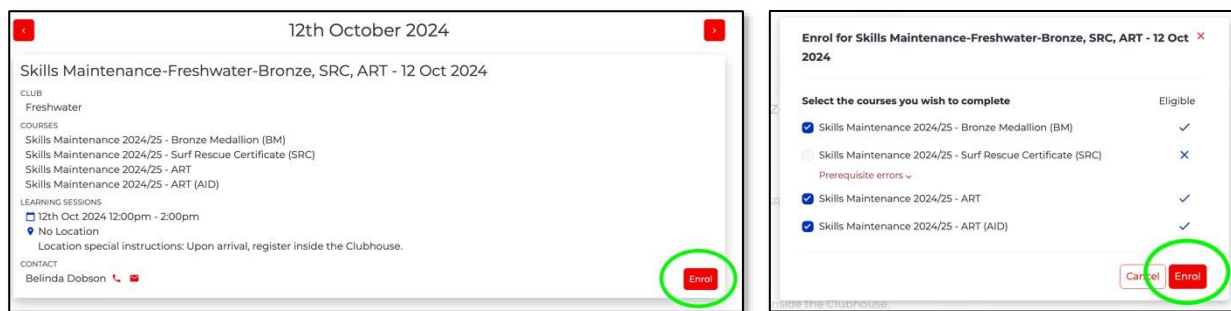
Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	1	2	3	4	5
6	7	8	9	10	11	12 12:30 Skills Maintenance-Fresh
13	14	15	16	17	18	19 6:30a Skills Maintenance-Fri
20	21	22	23	24	25	26
27 6:30a Skills Maintenance-Fri	28	29	30	31		
3	4	5	6	7	8	9

If the NSSLSC dates do not suit, add Freshwater and South Curl Curl to the 'Clubs' filter to see their dates.

Queenscliff sessions are also available. Call for more info.

2. 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.

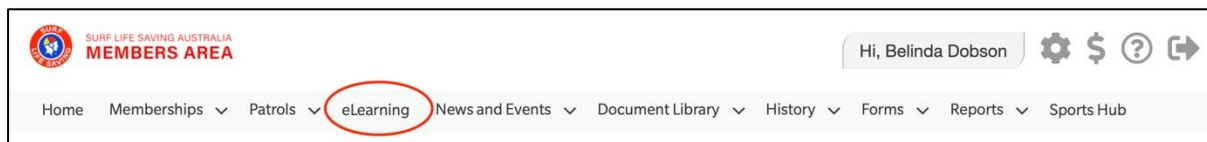
Note: you do not need to pre-register for wet skills maintenance events, these will be managed by Patrol Captains.



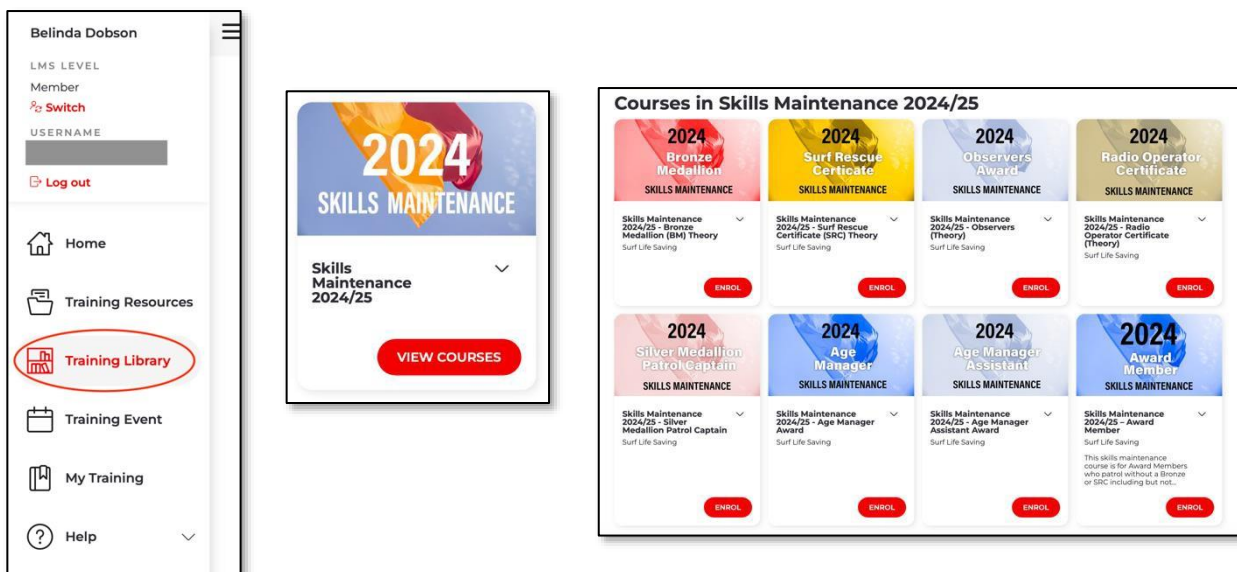
You need to have your own SLS Members Area account. This is the same place you renew your membership each season. To log into your account, go to members.sls.com.au and enter your login details. *Do not use another family members' account as this won't update YOUR record.*

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 2024-25 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.