

Hi Everyone,

It is getting closer to the start of the season and it is proficiency time again!!

NOTE: If you were **not** proficient last season for what ever reason, ie medical leave, overseas holiday, pregnant, etc, you **MUST** attend the first proficiency on **Saturday 15<sup>th</sup> September.**

You can not

- ⤴ Perform patrols
- ⤴ Operate rescue craft or
- ⤴ Compete in surf life saving competitions
- ⤴ Perform water safety duties

As a reminder:

• As from 1st June 2011, all CPR is to be conducted according to the new CPR protocols.

**In Short DRABCD, is now DRSABCD. The S stands for 'Send for Help'**

**Bronze Medallion proficiency includes:**

1. Run Swim Run (timed).

200m Run / 200m Swim / 200m Run to be completed in 8 minutes or less.


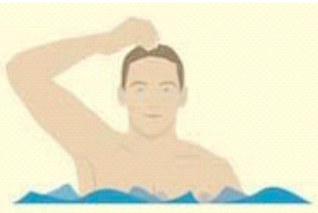
2. Resuscitation (CPR) with oxygen and defibrillation.

A patient assessment on a live patient and demonstration of lateral position.

CPR, 1 and 2 people (adult or child or infant) on a manikin. To include resuscitation using a mask with oxygen and defibrillation supplement. \*

3. Signals – 10 correct. **(The two new signals below must be included)**

- There are two new signals which should be included in the Bronze Medallion proficiency so that all patrol members understand their meaning.

Signal	Action	Meaning
<b>Submerged Patient Missing (Code X)</b> 	Both arms raised to form a cross above the head	This is the most serious signal of all. A swimmer is missing and presumed submerged. Other lifesavers on shore or the pool deck should immediately fix the position of the lifesaver and initiate an appropriate response.
<b>All Clear/OK</b> 	Touch the middle of the head with the fingertips of one hand	The lifesaver is indicating that no help is required in performing the rescue and that the patient is stable. However, other lifesavers should continue to observe and monitor the situation as the situation can deteriorate

4. Rescue (Board and Tube).

Bronze Medallion holders must demonstrate a rescue,,

- Negotiating the surf zone
- Securing the patient
- Returning to shore with the patient
- Calling for assistance

5. Radio

At least three questions on the use of radio must be asked of each candidate. This may include pre operation

checks, knowledge of local operating channels and uses; operating procedures, call signs, rescue techniques etc.

**Please Note:** There will not be any proficiencies on the weekend dates for the ARTC, so you must attend one of the weeknight sessions.

The below dates are Coogee's full and complete calendar for proficiencies. If you are unable to attend one of these dates you will need to attend another club to complete. I will advise the full Sydney Branch calendar of Proficiencies once it has been finalised. Contact me early and i can assist in finding another date for you at a local club.

**All patrolling members MUST have their proficiencies completed by the 31<sup>st</sup> December 2012.**

If you are completing your proficiency at a different club, please ensure you are signed on to your own card. Please then return this card to the club & place in my in tray in office. If i don t receive the card and Single Day Attendance form your proficiency does not exist. Any questions: contact me on: [amberrob@iprimus.com.au](mailto:amberrob@iprimus.com.au) or Ph 0408695750.

### **Coogee SLSC Proficiency dates 2012**

Award	Location	Date	Time
IRB Driver & Crew <b>(IRB Only- No Bronze)</b>	South Maroubra	Sunday 16 <sup>th</sup> September	7:30am
IRB Driver & Crew	Coogee	Saturday 10 <sup>th</sup> November	7:00am
IRB Driver & Crew <b>(IRB Only- No Bronze)</b>	Coogee	Saturday 15 <sup>th</sup> December	7:00am
Bronze/SRC	Coogee	Saturday 15 <sup>th</sup> September	7:00am & 9:00am Starts
Bronze/SRC	Coogee	Sunday 21 <sup>st</sup> October	7:00am & 9:00am Starts
Bronze/SRC	Coogee	Saturday 10 <sup>th</sup> November	7:00am & 9:00am Starts
Bronze/SRC	Coogee	Sunday 23 <sup>rd</sup> December	7:00am & 9:00am Starts
Spinal	Coogee	Sunday 21 <sup>st</sup> October	8:00am must do 9:00 Bronze not 7:00am.
Spinal	Coogee	Saturday 10 <sup>th</sup> November	8:00am must do 9:00 Bronze not 7:00am.
Spinal	Coogee	Sunday 23 <sup>rd</sup> December	8:00am must do 9:00 Bronze not 7:00am.
ARTC	Coogee	Wednesday 3 <sup>rd</sup> October	7pm Start
ARTC	Coogee	Thursday 6 <sup>th</sup> December	7pm Start

Have fun and another great season!!  
Amber Bidwell  
Proficiency Officer.