

SRC Assessment Checklist

Task 2 - Signals Assessment Checklist

NOTE : (Task One relates to the written questions located in the assessment portfolio)

10 Correct signals must be achieved to be deemed satisfactory	Candidate's Full Name												
Date:													
✓ - Competent x- Not Yet Competent													
Designing this Activity <ul style="list-style-type: none"> This activity must be run at least once for each candidate The activity can be run with multiple candidates being assessed in each activity. However each candidate must be given ample opportunity to demonstrate their competence in all of the required skills and knowledge. This activity should be run out of the water 													
Demonstrate Beach to Water Signals													
2.1. Attract attention – shore to boat													
2.2. Return to shore													
2.3. Remain stationary													
2.4. Message not clear, repeat													
2.5. Pick up swimmers													
2.6. Investigate submerged object													
2.7. Proceed further out to sea													
2.8. Go to the Right													
2.9. Go to the Left													
2.10. Message understood, all clear													
2.11. Pick and adjust buoys													
Demonstrate Water to Beach Signals													
2.12. Assistance Required													
2.13. Emergency evacuation													
2.14. Search completed													
2.15. Boat wishes to return to shore													
2.16. Message Understood													
2.17. Submerged patient missing													
2.18. All Clear/ OK													
Assessment – Competent / Not Yet Competent (C/NYC)													
Assessor name (where different to lead assessor) For Signals segment: Please print name clearly	Assessors Signature:												

Task 3 Resuscitation - Assessment Checklist

<p>You are a member of a first aid team that responds to a woman who has been found unconscious and not breathing in nearby parklands. Action as required</p> <p>Date:</p> <p>✓ - Competent X – Not Yet Competent</p>	Candidate's Full Name														

Designing the activity:

- This activity must be run at least 4 times
- Candidates should rotate through roles of 1st, 2nd and 3rd operator and perform resuscitation on an infant
- This activity should be run completely out of the water.
- NOTE : a manikin can/should be used in place of a live patient when possible**

Cardiopulmonary Resuscitation (CPR)		Assessor name (where different to lead assessor)for CPR segment: Please print name clearly												
3.1. Check for dangers minimize/remove														
3.2. Check for a response Talk and Touch														
3.3. Provide information to reassure patient AND obtain consent														
3.4. Need to be Culturally aware, sensitive and respectful – make patient comfortable using available resources														
3.5. Place casualty into recovery position (where fluids such as water, vomit or blood could be obstructing the airway)														
3.6. Demonstrate management of a pregnant casualty														
3.7. Safe manual handling techniques														
3.8. Call 000 and convey details														
Adult manikin	3.9 Clear and open the airway													
	3.10 Maintain open airway - Head tilt & pistol grip													
	3.11 Check for breathing Look , Listen and Feel for breathing													
	3.12 Commence compressions Administer 30 chest compressions with correct hand location													
	3.13 Accurate compression depth													
	3.14 Administer 2 rescue breaths Mouth to mouth / mouth to mask													
	3.15 Manage vomit/regurgitation													
Follow AED as soon as possible and follow prompts	3.16 Perform at least 2 minutes of uninterrupted single operator CPR (5 cycles of both compressions and ventilations)on an adult resuscitation manikin placed on the floor with Rotation of operator – every two minutes with minimal interruptions to compressions													
	3.17 Press on/off button	N/A												
	3.18 Follow AED voice prompts or screen Ensure there is no direct contact with casualty when AED is analyzing or if shock is required. State out loud "I'm clear. everyone clear"	N/A												
	3.19 Press shock button if/when directed by AED	N/A												
	3.20 Check Airway/Breathing as required by AED	N/A												
	3.21 Perform CPR as directed by AED	N/A												

Task 3 Resuscitation- Assessment Checklist

<p>You are a member of a first aid team that responds to a woman who has been found unconscious in nearby parklands. Once a shock from the AED is delivered, the woman begins to breathe unaided, but remains unconscious. Her young infant is found soon after, also unconscious and not breathing. Action as required</p>		Candidate's Full Name															
Date :																	
✓ - Competent X - Not Yet Competent																	
Administer Oxygen	3.22 Conduct pre-use check (safety and potential effectiveness) of equipment	N/A															
	3.23 Minor faults diagnosed and repairs carried out to restore equipment to working order	N/A															
	3.24 Faults and defects reported/recorded in line with organisational procedures	N/A															
	3.25 Oxygen therapy is used in the ventilation of casualty	N/A															
	3.26 Equipment is cleaned (discarded or disinfected), stored and safeguarded against damage or loss in line with organisation procedures	N/A															
3.27 Manage the unconscious , breathing casualty																	
Infant manikin	3.28 Clear both nose and mouth																
	3.29 Maintain open airway - head in neutral position with head supported																
	3.30 Commence compressions – with correct hand location administer 30 chest compressions with correct finger placement																
	3.31 Accurate compression depth																
	3.32 Administer 2 rescue breaths Mouth to mouth, mouth to mask																
	3.33 Manage vomit/regurgitation																
	3.34 Perform 2 minutes of uninterrupted CPR on an infant resuscitation manikin placed head neutral position with rotation of operation – every two minutes with minimal interruptions to compressions																
3.35 Provide accurate verbal report of casualty's condition and CPR procedures performed to relieving personnel – maintain confidentiality																	
3.36 Feedback from other team members is acted upon appropriately and contributions of individual of different age, gender and social and cultural backgrounds are recognized and accessed																	
3.37. Provide Written Report of incident to workplace supervisor – maintain confidentiality in accordance with LSV policy and procedure (assessment 9 in assessment portfolio)																	
Assessment –Competent / Not Yet Competent (C/NYC)																	
Lead Assessor's Name:		Lead Assessor's Signature:															

Task 4 First Aid - Assessment Checklist

<p>All participants must complete the three first aid tasks outlined.</p> <p>Assessors should create a scenario for a simulated work environment</p> <hr/> <p>Date:</p> <hr/> <p>✓ - Competent X - Not Yet Competent</p>	Candidate's Full Name																			
<p>Designing the activity:</p> <ul style="list-style-type: none"> All candidates must perform three required scenarios 																				
<p>Bleeding- Large cut to thigh from surfboard chop</p>		<p>Assessor name (where different to lead assessor) for Bleeding segment: Please print name clearly</p>																		
<p>4.1 Prior to attending first aid situation, ensure expectations of the role, PPE requirements and other policies and procedures related to performance are understood and issues with own wellbeing or performance are discussed with Patrol Captain</p>																				
<p>4.2 Rest and reassure the patient</p>																				
<p>4.3 Apply direct pressure</p>																				
<p>4.4 Elevate the limb where possible</p>																				
<p>4.5 Correctly position the bandage firmly and secure</p>																				
<p>4.6 Perform the task with the least amount of discomfort to the casualty</p>																				
<p>4.7 Reassure casualty and treat for shock if appropriate</p>																				
<p>4.8 Check for circulation</p>																				
<p>4.9 Bleeding continues through first bandage Apply further bandaging and tighter pressure</p>																				
<p>4.10 Feedback is given to other team members in an appropriate manner and feedback from other team members is acted upon appropriately</p>																				
<p>4.11 Signs of personal stress are recognized and managed and action is taken to ensure continued work effectiveness</p>																				
<p>Envenomation - blue ringed octopus bite</p>		<p>Assessor name (where different to lead assessor) for Envenomation segment: Please print name clearly</p>																		
<p>4.12 Prior to attending first aid situation, ensure expectations of the role, PPE requirements and other policies and procedures related to performance are understood and issues with own wellbeing or performance are discussed with Patrol Captain</p>																				
<p>4.13 Obtain consent</p>																				
<p>4.14 Conduct primary survey</p>																				
<p>4.15 CPR if required</p>																				
<p>4.16 Apply Pressure-Immobilisation/Bandage</p>																				
<p>4.17 Reassure the casualty and keep them still</p>																				
<p>4.18 Identified the need to call '000'</p>																				

SRC Assessment Checklist

All participants must complete the three first aid tasks outlined. Assessors should create a scenario for a simulated work environment		Candidate's Full Name										
Date:												
✓ - Competent X - Not Yet Competent												
4.19 Feedback is given to other team members in an appropriate manner and feedback from other team members is acted upon appropriately												
4.20 Signs of personal stress are recognized and managed and action is taken to ensure continued work effectiveness												
Heat Stroke/Exhaustion conscious people		Assessor name (where different to lead assessor) for Heat Stroke/Exhaustion segment: Please print name clearly										
4.21 Prior to attending first aid situation, ensure expectations of the role, PPE requirements and other policies and procedures related to performance are understood and issues with own wellbeing or performance are discussed with Patrol Captain												
4.22 Lie the patient down in shade												
4.23 Loosen and remove excess clothing												
4.24 Apply cold pack or ice to the sides of neck, the armpits and the groin.												
4.25 Call an ambulance												
4.26 Feedback is given to other team members in an appropriate manner and feedback from other team members is acted upon appropriately												
4.27 Signs of personal stress are recognized and managed and action is taken to ensure continued work effectiveness												
Assessment –Competent / Not Yet Competent (C/NYC)												
Lead Assessor's Name:			Lead Assessor's Signature:									

Task 5 Run Swim Run - Assessment Checklist

Complete activity with reasonable adjustment allowed for adverse surf conditions	Candidate's Full Name										
Date:											
✓ - Competent X - Not Yet Competent											
Designing the activity : <ul style="list-style-type: none"> This activity must be run at least once for each candidate with a suitable recovery break between multiple activities. This activity can be run with any number of candidates being assessed simultaneously as long as valid assessment for each candidate is still achievable. However each candidate must be given ample opportunity to demonstrate their competence in all of the required skills and knowledge. 											
Run Swim Run											
5.1 Perform: 100 metre run / 100 metre swim / 100 metre run within five minutes unaided (Goggles permitted).											
Assessment – Competent / Not Yet Competent (C/NYC)											
Assessors Name :	Assessors Signature :										

Task 6 - Rescues Assessment Checklist

Candidates must complete both rescues as outlined Date: _____ ✓ - Competent X - Not Yet Competent		Candidate's Full Name												
Assessment objective: The candidate can identify the need for a rescue, and can perform a rescue and aided carry safely and effectively on more than one occasion. Designing the activity: This activity must be run at least twice for each candidate, and the variables below must be changed between activities – that is, one variable cannot be the same in each activity in which the candidate participates. The activity can be run with up to 3 candidate rescuers being assessed in each rescue/carry. However each candidate must be given ample opportunity to demonstrate competence in all of their required skills and knowledge. Assessor/s should be positioned to be able to effectively observe the candidate/s both in and out of the water. Other SLS personnel should be available to assist in case of emergency.														
Task 1 - Tube Rescue		Assessor name (where different to lead assessor) for Tube Rescue segment: Please print name clearly												
6.1 Identify patient														
6.2. Alerting the patrol captain														
6.3. Selected appropriate equipment														
6.4. Awareness and negotiation of conditions														
6.5. Approach patient in a timely manner and safely														
6.6. Rescue patient with tube														
6.7. Communication and signals used and appropriate														
6.8. Return patient to shore														
Assessment – Competent / Not Yet Competent (C/NYC)														
Task 2 - Board Rescue		Assessor name (where different to lead assessor) for Board Rescue segment: Please print name clearly												
6.9. Identify patient														
6.10 Alerting the patrol captain														
6.11. Selected appropriate equipment														
6.12. Awareness and negotiation of conditions														
6.13. Approach patient in a timely manner and safely														
6.14. Rescue patient with board														
6.15. Communication and signals used and appropriate														
6.16 Return patient to shore														
Assessment – Competent / Not Yet Competent (C/NYC)														
Lead/Assessor Name :		Lead Assessor Signature:												