



Australian Government

Department of Education, Employment and Workplace Relations

PUASAR017A Undertake advanced surf rescue

Revision Number: 2

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Modification History

Release	TP version	Comments
2	PUA12 V1	Layout adjusted.
1	PUA00 V8.1	First release to TGA.

Unit Descriptor

This unit covers the competency required to perform advanced surf rescue in challenging surf conditions and without assistance from other team members.

No licensing, legislative, regulatory or certification requirements apply to this unit at the time of publication.

Application of the Unit

The application of this unit in the workplace covers lifeguards/lifesavers working in a minimum team environment.

The unit is typically relevant for personnel from emergency services and/or volunteer organisations or organisations where a structured beach surveillance and rescue service is supplied.

Licensing/Regulatory Information

Not applicable.

Pre-Requisites

PUACOM001C Communicate in the workplace

PUASAR012C Apply surf awareness and self-rescue skills

PUASAR013A Participate in an aquatic rescue operation

Employability Skills Information

This unit contains employability skills.

Elements and Performance Criteria Pre-Content

Elements describe the essential outcomes of a Unit of Competency.

Performance Criteria describe the required performance needed to demonstrate achievement of the element. Where ***bold italicised*** text is used, further information is detailed in the Range Statement. Assessment of performance is to be consistent with the Evidence Guide.

Elements and Performance Criteria

ELEMENT	PERFORMANCE CRITERIA
1. Prepare for surf rescue	1.1 Pre-use checks of equipment are undertaken. 1.2 Hazards to bathers are identified. 1.3 Equipment is placed in locations of most likely need.
2. Perform surveillance duties	2.1 Location that gives the best view of the area of responsibility and ready access to equipment and water for response to casualties in distress is determined and maintained. 2.2 People who match the profile of high risk bathers are identified and close attention is paid to these people. 2.3 Identified methods to avoid fatigue are used while providing surveillance.
3. Respond to casualty/ies in distress	3.1 Casualty/ies in distress is recognised. 3.2 Operational command is notified of intention to perform rescue. 3.3 Conditions are assessed and rescue techniques and equipment are selected. 3.4 Challenging surf conditions are negotiated using sand bars and rip currents to reach the casualty/ies in an appropriate timeframe. 3.5 Defensive approach is used to ensure own safety with a conscious panicking casualty/ies. 3.6 On approach, conscious casualty/ies is/are reassured. 3.7 Unconscious casualty/ies is/are assessed for breathing and initial rescue breaths are performed as required. 3.8 Casualty/ies is/are secured in accordance with organisational procedures and available equipment.
4. Return casualty/ies to shore	4.1 Prevailing surf conditions are assessed and safe return to shore is navigated in accordance with organisational procedures. 4.2 Conscious casualty/ies is/are assessed for first aid requirements or medical care and is managed. 4.3 Unconscious casualty/ies is/are dragged unaided above the high water line using approved techniques. 4.4 Unconscious casualty/ies is/are lowered using approved techniques and assessed for signs of life and patient care required. 4.5 Operational command is notified that casualty/ies has/have been retrieved and of any further assistance required.

ELEMENT	PERFORMANCE CRITERIA
5. Recover and restore equipment to operational readiness	4.6 <i>First aid and patient care</i> is provided to casualty/ies until <i>further aid</i> arrives.
	4.7 Casualty/ies is/are handed over with incident details, treatment provided and current condition.
	5.1 Debrief is participated in and reports are completed according to organisational procedures.
	5.2 <i>Post-operational checks and maintenance of equipment</i> are performed.
	5.3 Any damage is reported according to organisational procedures.

Required Skills and Knowledge

This describes the essential skills and knowledge and their level, required for this unit.

Required Skills

- communicate effectively with colleagues and stakeholders
- display fitness and strength via a mission or fitness test such as that defined by the Surf Life Saving Gold Medallion
- identify rip currents
- identify wave types
- paddle a rescue board in challenging surf conditions and in choppy conditions
- perform a board rescue 200 metres out at sea and return
- perform a tube rescue 100 metres out at sea and return
- self-rescue in a surf environment
- swim in challenging surf conditions and in choppy conditions
- use perceptual skills to provide beach surveillance

Required Knowledge

- beach types and hazard ratings as described in the Australian Beach Safety and Management Program (ABSAMP)
- escape techniques from a panicking casualty/ies
- factors defining an appropriate timeframe such as:
 - availability of rip currents to use in proceeding out to sea
 - consideration of the distance to the casualty/ies
 - equipment available
 - lulls between sets of waves
 - size of surf
 - time between waves
- first aid techniques and standards
- hazards of the surf beach environment
- organisational procedures relating to rescue and recovery
- organisational procedures for maintaining equipment in terms of environmental management and sustainability
- roles of lifesavers, lifeguards and other personnel during major aquatic emergencies
- signals for communication between team members on the shore and in the water
- types of water rescue equipment for advanced water rescues

Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the Performance Criteria, Required Skills and Knowledge, the Range Statement and the Assessment Guidelines for this Training Package.

Critical aspects for assessment and evidence required to demonstrate competency in this unit

Assessment must confirm the ability to:

- perform a tube rescue 100 metres out at sea and return to shore
- perform a board rescue 200 metres out at sea and return to shore
- manage a surf rescue unaided, from identification of casualty/ies through to handover
- perform a complex surf rescue with multiple casualties
- display the fitness and strength to perform multiple rescues in close succession (such as that defined by the Surf Life Saving Gold Medallion)

Consistency in performance

Competency should be demonstrated using both rescue boards and rescue tubes in a range of actual surf conditions.

Context of and specific resources for assessment

Context of assessment

Competency should be assessed by performing actual or simulated rescues at a surf beach.

Specific resources for assessment

Access is required to:

- rescue equipment used in the workplace
- surf beach

Method of assessment

In a public safety environment assessment is usually conducted via direct observation in a training environment or in the workplace via subject matter supervision and/or mentoring, which is typically recorded in a competency workbook.

Assessment is completed using appropriately qualified assessors who select the most appropriate method of assessment.

Assessment may occur in an operational environment or in an industry-approved simulated work environment.

Forms of assessment that are typically used include:

- direct observation
- interviewing the candidate
- journals and workplace documentation
- third party reports from supervisors

- written or oral questions

Range Statement

The Range Statement relates to the Unit of Competency as a whole. It allows for different work environments and situations that may affect performance. ***Bold italicised*** wording in the Performance Criteria is detailed below.

<i>Pre-use checks of equipment</i> may include:	• checking clip on rescue tube for correct operation • checking fibreglass rescue boards for cracks and sharp edges • checking rescue tubes for fraying of ropes and straps • checking straps on rescue boards are securely attached
<i>Hazards</i> may include:	• hazards associated with different wave types • inshore holes • littoral currents • marine creatures • rip currents
<i>Equipment</i> may include:	• automated external defibrillator • first aid kit • oxygen resuscitation equipment • rescue board • rescue tube
<i>Locations of most likely need</i> may include:	• central location for first aid and resuscitation equipment • popular swimming locations • start of rip currents
<i>Location that gives the best view</i> may include:	• minimising sun glare • moving to counteract interference by beach users in ground level surveillance • raised tower • unobstructed by public or lifesaving equipment
<i>People who match the profile of high risk bathers</i> may include:	• inappropriately dressed for surf bathing • older people • people who are intoxicated • people who are overweight • tourists • young children
<i>Identified methods to avoid fatigue</i> may include:	• momentarily focusing on the horizon or a distant object • not staring fixedly for long periods at one thing • regular breaks
<i>Casualty/ies in distress</i> may include:	• attempting to swim to shore with little or no progress

- calling for assistance
- facing towards shore looking for help
- fearful look on casualty's face
- head titled back
- upright body position
- waving arms
- vigorous arm movements in an attempt to raise head above water

Operational command may include:	• local supervisor • remote communications centre
Appropriate rescue techniques and equipment may include:	• rescue using rescue board • rescue using rescue tube
Challenging surf conditions may include:	• choppy conditions due to wind • surf greater than 1.5 metres
Defensive approach may include:	• placing rescue device between rescuer and casualty • stopping a safe distance from the casualty while assessing their mental state • using legs or arms as a barrier
Securing the casualty/ies may include:	• assisting conscious casualty onto rescue board • clipping tube around casualty (conscious or unconscious) • putting exhausted/unconscious casualty on board using board rolling techniques
Navigating safe return to shore may include:	• avoiding rip currents on the return to shore • using broken waves to return to shore • waiting for a lull between sets to avoid large breaking waves
Approved techniques for dragging a casualty/ies unaided may include:	• best technique for personal safety • maintaining an open airway of an unconscious casualty • organisational procedures
Lowering a casualty/ies using approved techniques may include:	• best technique for personal safety • maintaining an open airway of an unconscious casualty • organisational procedures
Further assistance required may include:	• paramedics • supervisors to assist with managing major incidents • support from team members
First aid and patient care may include:	• treatment according to Australian Resuscitation Council Guidelines
Arrival of further aid may include:	• paramedics • team members
Post-operational checks and maintenance of equipment may include:	• checking for damage • ensuring all attachment points are secure • washing of salt and sand

Unit Sector(s)

Not applicable.