SURF LIFE SAVING
NEW ZEALAND

Instructor Resources

Rock Training & Rescue Module

September 2019

Contents

Introduction

These resources have been designed for Instructors to use when educating lifeguards how to navigate, swim, enter and exit rocks safely. Candidates may wish to get recognition for completion of the Rock Training & Rescue Module, this can be accomplished by having a qualified SLSNZ Rock Instructor view candidates successfully complete the Rock required exam tasks.

The following resources have been created for Instructors to use:

- Exam task details (in this document)
- Lesson plans
- Theory power point slides
- Risk Assessment Document

Qualification Requirements

Rock Training & Rescue Module (RTM)

Minimum Age: 14 years

Pre-Requisite Awards: Surf Lifeguard Award (refreshed)
Must be a current member of a Surf Life Saving Club

Exam Components:

Candidate(s) must be endorsed by their qualified SLSNZ Rock Instructor prior to attempting the exam tasks.

Practical Test

Practical

1. Identify suitable entry and exit points
2. Successfully, safely and confidently perform a rock entry and exit
3. If caught off guard by the swell, take action to maintain their safety
4. Perform a conscious patient rock rescue

The RTM is made up of the following Unit:

1. Perform a Rock entry, exit and rescue

Rock Training & Rescue Module

The following is an overview of the delivery and instruction of this module.

Rock Training & Rescue Module	
Module purpose	Training lifeguards in rock activities and operations. This module gives surf lifeguards the knowledge and skill required to perform rock entries, exits and rescues. .
Delivery model	Half day session,3 hrs (this is a minimum time guide, more time may be required depending on candidate skill level)
Assessment	Practical examination conducted by qualified SLSNZ Rock Instructor
References	• Rock Training & Rescue PowerPoint (suggest modification of some images to better reflect the clubs beach and rocks) • Rock Training & Rescue Module Risk Assessment • Rock Training & Rescue Instructors Resource
Candidate Learning Outcomes	Upon completion of the module, candidates will be able to: Theory (verbal conversation) • List the necessary equipment required for rock swimming • Discuss safety considerations that should be made during rock activities • Explain the key technical points of performing successful rock entries and exits. Practical • Identify suitable entry and exit points • Successfully, safely and confidently perform a rock entry and exit • If caught off guard by the swell, take action to maintain their safety • Perform a conscious patient rock rescue
Suggested teaching sequence	1. Instructor(s) complete Risk assessment identification 2. Classroom/theory session where candidates are instructed on how to perform rock the skills with the aid of the power point 3. Familiarisation with equipment to be used in rock swimming 4. Familiarisation with the location to be used from land, identifying key geographical points and hazards 5. Verbally quiz candidates individually about the key points of rock work 6. Practice run(s) of in water rock entry and exit for all candidates 7. Each candidate is then assessed on how they complete a rock entry and exit

Educator Responsibilities

Rocks are a hazard which when combined with unfavorable surf and other environmental factors, and depending on the varying capabilities of those involved, may cause serious harm or even loss of life to those engaged in rock activities.

SLSNZ recognises the need for selected members to familiarise themselves with rock rescue operations, which may include exposure to the risk of personal physical harm, in order to prevent loss of life to others, as part of their lifeguards duties.

Therefore careful consideration is required to correctly assess the multiple risks associated with rock activities, and apply control measures to minimise the potential of harm to members.

Rock activities must not be considered a compulsory requirement of every lifeguards training. Only those clubs with rocks in close proximity to, and that are regularly required to perform rock rescues, should consider offering rock familiarisation and or rescue training, as an extension of an existing refreshed life guard award. Clubs must take care to prevent unnecessarily exposing members to the risks associated with rock activities.

Those leading and managing rock activities must have the following pre-requisites;

a) Min 18 years of age
b) Current SLSNZ membership
c) Surf Lifeguard Award (refreshed)
d) Minimum 3 years active patrol experience, including relevant rock activity experience
e) Demonstrated competency of local beach, local drifts/currents/swells and rock conditions
f) Surf Lifeguard Instructors Award and or IRB Instructors Award
g) Have attended the Rock Training and Rescue Instructors Course

Additionally, those leading managing and instructing rock activities must have a SLSNZ **Rock Instructors Award**.

Rock Instructor Awards may be conferred by SLSNZ to individuals that have successfully demonstrated their competency to the standards required by SLSNZ in one of the following manners;

1. Attendance at an approved SLSNZ Rock Instructors Course, or
2. Applied to SLSNZ for, and received recognition of prior learning (RPL) or
3. Demonstrated their competency during an onsite club rock activity assessment, which must be assessed by an approved SLSNZ Rock Instructor Assessor

Assessors may be appointed from time to time by SLSNZ, having previously demonstrated their competency as Rock Instructors. SLSNZ reserves the right to revoke a Rock Instructor and or Rock Instructor Assessor award, if in the view of SLSNZ alone, the Awardee's competency SLSNZ reserves the right to rescind any Rock Instructor and or Rock Assessor, if at the sole discretion of SLSNZ, the Awardee's competency falls below the standards that could be reasonably expected of the awardee.

All educators are responsible for training new candidates to a level that not only prepares them for the examination but also to be able to perform rock rescues in an emergency situation.
To enable educators to have the tools necessary to accomplish this SLSNZ has created lesson plans that cover all knowledge and skills needed.

It is not mandatory to use the lesson plans, however, either way the following must be completed by instructors for each candidate:

- Assisting the candidate to complete all of the tasks that are conducted during the examination (Task completion).
- Risk assessment prior to undertaking any Rock training or swimming

Safety and Ratios

Ratios may differ depending on the environmental conditions, the competency of participants and instructors, and the number and competency of support craft and their operators.

- The minimum in-water ratio is 1:5, rock instructor to participant where moderate risk magnitude scores prevail.
- Where higher risk magnitude scores prevail, lower ratios must be considered and applied unless alternative control measures are implemented.

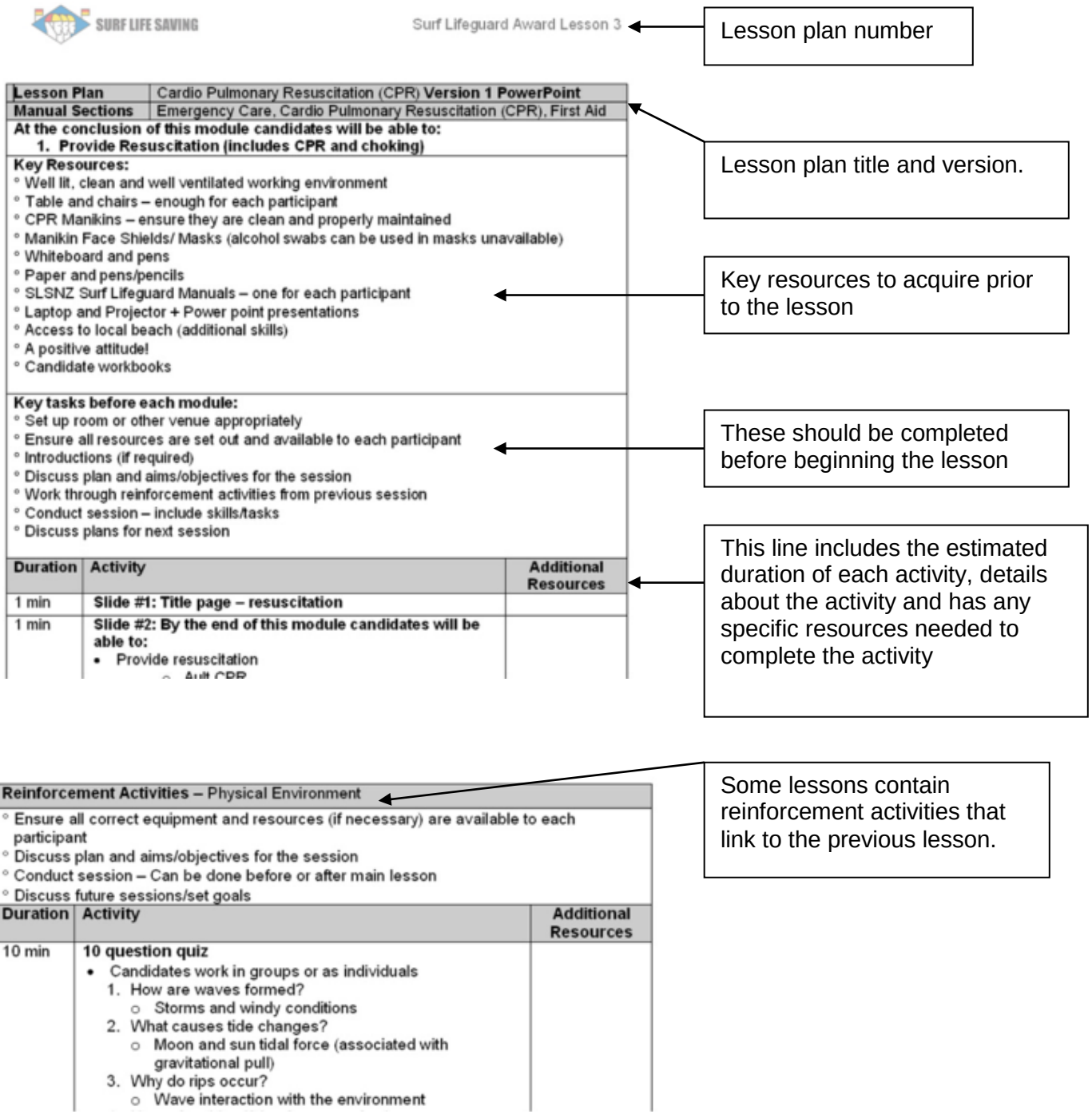
At least one **support/rescue craft** is required at all times in close proximity, i.e. within sight and hearing of participants. The rescue craft must be positioned and be able to immediately respond to of one or more rock participants if required.

Depending on the outcome of the risk assessment, potential rescue craft may include rescue boards, IRBs and RWCs. The quantity and type of rescue craft will vary depending on the risk assessment and the control measures required to reduce the risk/s to acceptable levels. SLSNZ recommends that at least one IRB is readily available in support of any rock activity.

One on shore club member must be notified of the number of lifeguards participating in rock training, and this group's expected return time.

Using Lesson Plans

Instruction for the Rock Module has been broken down into four lessons. Below is some basic information regarding the various parts of the lesson plan.



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Surf Lifeguard Award Lesson 3

Lesson Plan	Cardio Pulmonary Resuscitation (CPR) **Version 1 PowerPoint**
Manual Sections	Emergency Care, Cardio Pulmonary Resuscitation (CPR), First Aid

At the conclusion of this module candidates will be able to:
1. **Provide Resuscitation (includes CPR and choking)**

Key Resources:
- Well lit, clean and well ventilated working environment
- Table and chairs – enough for each participant
- CPR Manikins – ensure they are clean and properly maintained
- Manikin Face Shields/ Masks (alcohol swabs can be used in masks unavailable)
- Whiteboard and pens
- Paper and pens/pencils
- SLSNZ Surf Lifeguard Manuals – one for each participant
- Laptop and Projector + Power point presentations
- Access to local beach (additional skills)
- A positive attitude!
- Candidate workbooks

Key tasks before each module:
- Set up room or other venue appropriately
- Ensure all resources are set out and available to each participant
- Introductions (if required)
- Discuss plan and aims/objectives for the session
- Work through reinforcement activities from previous session
- Conduct session – include skills/tasks
- Discuss plans for next session

Duration	Activity	Additional Resources
1 min	**Slide #1: Title page – resuscitation**	
1 min	**Slide #2: By the end of this module candidates will be able to:** • Provide resuscitation ○ Adult CPR	

Reinforcement Activities – Physical Environment
- Ensure all correct equipment and resources (if necessary) are available to each participant
- Discuss plan and aims/objectives for the session
- Conduct session – Can be done before or after main lesson
- Discuss future sessions/set goals

Duration	Activity	Additional Resources
10 min	**10 question quiz** • Candidates work in groups or as individuals 1. How are waves formed? ○ Storms and windy conditions 2. What causes tide changes? ○ Moon and sun tidal force (associated with gravitational pull) 3. Why do rips occur? ○ Wave interaction with the environment	

Lesson plan number

Lesson plan title and version.

Key resources to acquire prior to the lesson

These should be completed before beginning the lesson

This line includes the estimated duration of each activity, details about the activity and has any specific resources needed to complete the activity

Some lessons contain reinforcement activities that link to the previous lesson.

A breakdown of each lesson and its make up has been included before the lesson plans on the Lesson Information Table (pg 11). The Lesson Information Table includes main lesson contents, learning outcomes and reinforcement activities.

As the instructor it is your choice as to how lessons are split up, you may decide that breaking one lesson into three separate days of instruction works best for you and the candidates.

Rock Training & Rescue Exam Task Details

This section explains in detail how each exam task will be assessed. Each task within the exam will be marked in a way set out by SLSNZ. It is essential to teach all candidates:

- The components of each assessment task
- The criteria that they will be marked against

It is essential that when you take your candidates through the tasks that it is done so in the same way as it will during the exam.

Perform a rock entry

General

During the course of the rock entry use the checklist to ensure nothing has been missed.

Check List

	Candidate verbally lists all the necessary equipment required for rock swimming and or rescues.
	Candidate verbally identity's safety considerations when performing a rock entry
	Candidate verbally identity's safety considerations when performing a rock exit
	Candidate sets up for an entry onto the rocks observing the swell and identifies entry point
	Candidate uses the swell/wave appropriately to establish themselves onto the rock
	Little or no delay in shown from first contact with the rock and to a safe position onto dry rocks
	Once water has gone, candidate moves out of the wave zone onto dry rocks

Note: Any group of candidates that misses more than 2 steps must re-test this from the beginning.

Optional Questions

- Clarify candidates abort plan
- Query why they chose specific point of entry (clarifying candidates understanding of surf conditions)

Pass / Re-Test

Record Pass / Re-test on the candidate's Examination Beach Card.

Perform a rock exit

General

During the course of the rock exit use the checklist to ensure nothing has been missed.

Check List

	All equipment is ready and checked before exit is performed by candidate. (Short tying tube optional).
	Candidate exits rock on to the crest of the retreating wave (at its highest point), or when the surrounding water is high.
	Candidate lands on top of the wave/swell with their head and chest held high and rescue tube held out in from, under their arms to support the shallow dive
	Candidate swim away quickly after exit into the water and give the OK signal
	Candidate demonstrates a feet first entry into the water holding their tube out in front

Note: Any group of candidates that misses more than 2 steps must re-test this from the beginning.

Optional Questions

- Query why they chose specific point of exit

Pass / Re-Test

Record Pass / Re-test on the candidate's Examination Beach Card.

Perform a conscious patient rescue

General

During the course of the rock exit use the checklist to ensure nothing has been missed.

Candidate must have passed the rock entry and rock exit sections to attempt this segment.

Check List

	Candidate safely approaches patient on the rocks and clearly explains what is about to happen and reassures patient.
	Candidate selects the safest exit point with the least amount of risk to the patient and themselves.
	Candidate clips patient into the rescue tube, and guides patient to rock exit point when safe.
	Rock exit is executed in a timely manner onto the crest of the wave or when the surrounding water is at its highest point.
	After completing rock exit with patient, OK signal is demonstrated to show safe completion.

Note: Any group of candidates that misses more than 2 steps must re-test this from the beginning.

Optional Questions

- Check with patient regarding how they felt during the rescue

Pass / Re-Test

Record Pass / Re-test on the candidate's Examination Beach Card.

Lesson Plans

The following lesson plans are a guide for training Lifeguards up to complete the rock navigation module. From time to time you may need to cut lesson plans in half or change the structure to accommodate surf conditions. It is essential that the checklists are used where appropriate to ensure candidates are learning each task as they would need to complete it at the examination.

Candidates may need to complete more time around rocks for practice than is accounted for in the lesson plans. Include extra training sessions when necessary to increase their hours to a level you are comfortable with.

The lessons assume the candidates have no rock navigation experience whatsoever.

Lesson Information Table

Lesson	Contents	
	Lesson Topic/s and Learning Outcomes	
1	• **Introduction** ○ Identify learning outcomes and tasks to complete the Rock Module ○ Describe risk assessment • **Rock Training & Rescue Theory Session** ○ Safety preparation ○ Equipment ○ Rock Entries ○ Rock Exits ○ Risk Management ○ Contingency Plans	**1 hr**
2	• **Rock Entry and Exit Practical** ○ Demonstrate water exit onto rocks in a surf environment ○ Demonstrate water entry from rocks in a surf environment	**40 min**
3	• **Conscious Patient Rescue Theory** ○ Identify how to perform a simple conscious patient rescue with a rescue tube • **Conscious Patient Rescue Practical** ○ Perform a conscious patient rescue from rocks into the water	**40 min**
4	• **Rock Training & Rescue Examination Practice**	**30 min**

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Lesson Plan 1 – Rock Training & Rescue Theory		
At the conclusion of this Topic candidates will be able to: **1.** Identify learning outcomes and tasks to complete the Rock Navigation Module **2.** Describe relevant safety considerations around rocks and risk management **3.** Identify how to safety enter and exit rocks while swimming		
Key Resources: ° Well lit, clean and well-ventilated working environment ° SLSNZ Rock Navigation PowerPoint ° SLSNZ Rock Navigation RAMS forms		
Key tasks before/after the lesson: ° Set up room or other venue appropriately ° Ensure all resources are set out and available to each participant ° Introductions (if required) ° Conduct session – include skills/tasks ° Discuss plans for next session		
Duration	**Activity**	**Additional Resources**
10min	**Discuss safety requirements when navigating rocks** ○ ***DISCUSS*** safety points to consider when navigating rocks - Equipment needed: Helmet, Full body wet suit, Swim fins, Rescue tube, IRB, (optional: wet suit booties) - Environmental conditions	
10min	**Risk Managment** ○ ***DISCUSS*** how to fill in form when deciding if it is safe to work around rocks ○ ***PERFORM*** filling out the form with the candidates to determine risk for current environment	
20min	**Rock Entry** ○ ***DISCUSS*** potential entry points to the rocks – discuss benefits and disadvantages of examples on PowerPoint ○ ***DISCUSS*** how to perform a rock entry – using the PowerPoint photos work through process of approaching and moving from the water to rocks 1. Before approaching rocks, wait for at least one full set 2. Take your time to identify a wash zone, point of entry and point of exit 3. Check all equipment is ready 4. Have an abort plan if things go wrong 5. Approach just behind the biggest wave in the set, allow the wave to wash you up as high as it can 6. Once the wave starts to retreat, grab onto hand holds in the rock and fix your fins into foot positions. 7. If unsure – push off and swim away as soon as you can. 8. As soon as the water has gone, move out of the wave zone onto dry rocks Important Points: - Awareness – safety entry point, good hand and foot positions - Preparedness – all gear and equipment ready before danger area - Non-Hesitation – commitment to the entry onto the rock	

20min	**Rock Exit** ○ ***DISCUSS*** potential exit points to the water – discuss benefits and disadvantages of examples on PowerPoint ○ ***DISCUSS*** how to perform a rock exit – using the power point photos work through process of approaching and moving from the rocks to the water 1. Before exiting wait for at least 1 full set 2. Take time to identify a good point of exit 3. Check all your equipment is ready 4. Exit the rock onto the crest of the retreating wave (when it is at its highest point) 5. Avoid exiting through partially submerged rocks (this is dangerous) 6. Jumping safety either vertical with fins first into the water, or with a shallow dive on top of your tube 7. Use your tube as a safety buffer in front of you when you can Important Points - Awareness – safe water depth, safe exit point - Preparedness – gear and equipment ready before entering danger area - Non-Hesitation - commitment to the jump, tube rope not hooked or snagged - Jump Safe – shallow water dive or heels first with fins on	
Nominal Duration:		1 hour

Lesson Plan 2 – Rock Training & Rescue Practical	
At the conclusion of this Topic candidates will be able to: ○ Demonstrate water exit onto rocks in a surf environment ○ Demonstrate water entry from rocks in a surf environment	
Key Resources: ° Safety IRB with qualified driver and crew ° Surf environment with appropriate area to enter and exit the water onto rock ° Each lifeguard requires helmet, full wetsuit, tube and fins ° Water Safety Lifeguard Ratios of 5:1	
Key tasks before the lesson: ° RAMS form ° Ensure all resources are set out and available to each participant ° Conduct session – include skills/tasks ° Discuss plans for next session	
Duration	**Activity**
5min	***REVISE*** key components of the theory session ○ Ensure all candidates are confident before proceeding to the rock location
35min	**Rock Entry Skills** ○ ***DISCUSS*** options of good/bad entry points before approaching rocks ○ ***DISCUSS*** abort plan for when approaching the rocks ○ ***DEMONSTRATE*** a correct rock entry - One instructor to remain on the rock and one in the water to assist candidates ○ Candidates ***PRACTICE*** rock entries in various locations
35min	**Rock Exit Skills** ○ ***DISCUSS*** options of good/bad exit points before approaching rocks ○ ***DISCUSS*** abort plan for when approaching the rocks ○ ***DEMONSTRATE*** a correct rock exit - One instructor to remain on the rock and one in the water to assist candidates Candidates ***PRACTICE*** rock exits in various locations
5min	**Debrief** ○ Once back on the beach ***DISCUSS*** what went well/not so well ○ Assess how confident candidates are feeling (more time on the rocks may be needed than indicated)
Nominal Duration: 1 hr, 20min	

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Lesson Plan 3 - Conscious Patient Rescue Theory & Practical		
At the conclusion of this Topic candidates will be able to: ○ Perform a conscious patient rescue from rocks into the water		
Key Resources: ° IRB with qualified driver and crew ° Surf environment with appropriate area to enter and exit the water onto rock ° Each lifeguard requires helmet, full wetsuit, tube and fins ° Water Safety Lifeguard Ratios of 5:1		
Key tasks before the lesson: ° RAMS form ° Ensure all resources are set out and available to each participant ° Conduct session – include skills/tasks ° Discuss plans for next session		
Duration	**Activity**	**Additional Resources**
15min	**Simple Conscious Patient Rescue** ○ ***DISCUSS*** these three questions 1. How will the patient be feeling? 2. Will the patient want to get back in the water? 3. How, as a lifeguard, can you help the patient through this situation? ○ ***DISCUSS*** process of assisting patient from rocks to water ○ ***SHOW*** video/images of conscious patient rescue from rocks into water	
15min	**Practical Patient Rescue** ○ ***DISCUSS*** options of good/bad exit points before approaching rocks to retrieve patient ○ ***DISCUSS*** abort plan for when approaching the rocks ○ ***DEMONSTRATE*** a correct rock exit with a patient - One instructor to remain on the rock and one in the water to assist candidates	
Nominal Duration: 30min		

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SLSNZ Examination Registration Form

Name of Club:

Exam Date:

Complete before Examination						Complete after Examination
Name	SLSNZ #	Email Address	Award Type	Reader / Writer Required	Workbook Submitted	Pass / Retest

Rock Instructor: _____

printed name *signature*

Rock Instructor: _____

printed name *signature*

Award Type Codes:
RTM Rock Training & Rescue Module