



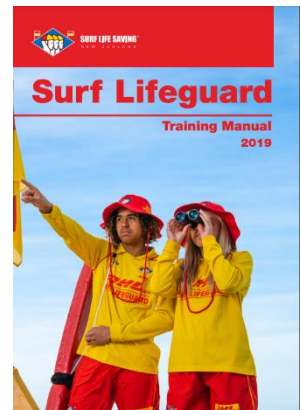
Surf Lifeguard Award Review 2022


Content changes summary 29th August 2022

In this document details a summary of all the content changes directly related to the Surf Lifeguard Award training manual. Any other subsequent resources that flow on from this manual have also been updated to align with the manual content, e.g. online learning, SLA candidate workbook, SLA instructors manual and SLA examiners manual.

Overall comments

- The entire training manual has had a full re-design. This re-design has enabled us to layup the content, images and graphics in a more learner centred way and cater for the variety of learners we have who complete the Surf Lifeguard Award.
- Any surf lifeguard who has been taught using the 2019 manual version, will be examined using the corresponding theory exams.
- All 2019 manuals, workbooks and theory exams must be removed from circulation by 1st January 2023, and cannot be used for instruction.
- Any surf lifeguard that is taught using the new 2022 manual, will also be examined using the new 2022 theory exams.



	<p>2019 Sections:</p> <ul style="list-style-type: none"> • Welcome. • In if for Life. • Award requirements. • Contents. • Strategic approach. 	<p>Updates:</p> <ul style="list-style-type: none"> • Small wording updates to welcome page, inclusion of NZ map with all club locations. • Removal of small 'award requirements' section. Relocated to full page in candidate workbook. • Removal of strategic approach to drowning graphic. • Updated contents page.
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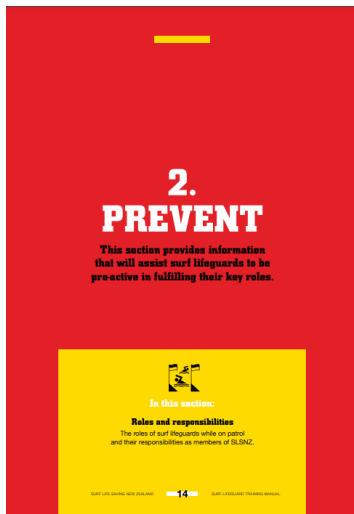


2019 Sections:

- Risk management.
- Health and safety.
- Sun protection.
- Self-preservation.
- Lifting and carrying.
- Member protection.
- Member injury.
- Wellbeing.
- Critical incident management.

Updates:

- New risk management content and inclusion of SAFER model.
- Updated risk management eight step process, easier to read and understand.
- Additional club and personal hygiene content with images.
- Small text updates to sun protection with new images for sunblock, dehydration and sunglasses.
- New COVID information.
- Removal of member injury text content and inclusion of updated incident and injury flow chart.
- Removal of lifting and carrying illustrations, replaced with new images of heavy items surf lifeguards actually have to lift.
- Full content update of wellbeing and critical incident support section.



2019 Sections:

- Roles and responsibilities.
- Skills of patrolling, uniform.
- Patrol methods.
- Incidents and PAM.
- Patrol captain, patient, incident forms.
- Injury notification flow chart.
- Rescue vehicles.
- Patrolling set up.
- Search and rescue operations.

Updates:

- Proactive lifeguarding content updated and highlighted at start of the section.
- Update to patrol uniform expectations, inclusion of new images.
- New public images for 'what not to do'.
- Removal of all POM references and content. Inclusion of new NSOP and CSOP content.
- New Surf Patrol App content
- Updated to patrol minimum standards content.
- Inclusion of all five different report forms.
- Updated content for PAM database information, inclusion of new online learning content.
- Moved incident and injury flow chart into 'Prepare' section.
- Update to rescue vehicles content and requirement to wear a seatbelt only. Refer to SLSNZ policy 'use of a patrol vehicle on beaches'. New images.
- Inclusion of SurfCom content and updating of emergency services.
- Patrolling roles and duties updated to reflect current roles and responsibilities. New images.



	<ul style="list-style-type: none"> • Updated content for setting up a typical patrolling day, new graphic illustrations. • Updated content for search and rescue operations.
<p>2019 Sections:</p> <ul style="list-style-type: none"> • Waves. • Wave types. • Tides. • Rips and currents. • Types of rips. • Holes and channels. • Find a beach. 	<p>Updates:</p> <ul style="list-style-type: none"> • New images for wave types – reef and long beach. • Updated illustrations for sizes of waves and how they are formed. • New inclusion of 'set' wave image. • Updated image for surging wave. • Layout for wind and tides updated to be easier to read and understand • Updated rip current content with the addition of some 'identifying a rip' features. • Updated rip illustration. • New content in 'escape from a rip'. • Removal of find a beach information and references. • New SAFESWIM website information.
<p>2019 Sections:</p> <ul style="list-style-type: none"> • Effective communication. • Radio communication. • Non-verbal communication. • Signals. • Graphic communication. • Verbal communication. 	<p>Updates:</p> <ul style="list-style-type: none"> • Layout of effective communication section easier to read. • Removal of verbal communication illustration and replaced with image. • Significant re-write of radio section. • New illustrations for radio repeater content. • More emphasis on digital network • VHF content updated and additional content for SurfCom. • New images for radio types and 'what not to do'. • Some content laid up in table for ease of reading. • New illustrations for radio check conversations. • Signal illustrations all updated with colour changes. Additional images of signals added. • Graphic communication significantly updated to reflect new safety signage. Removal of 'signal flag'. Additional beach conditions sign board added.

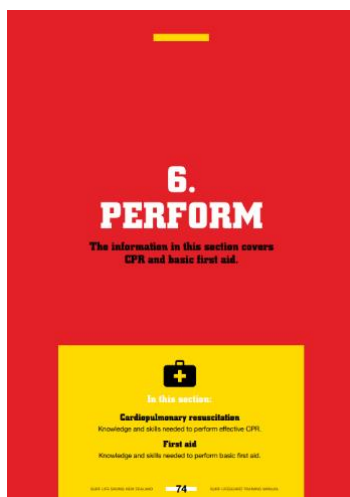


2019 Sections:

- Rescue equipment (Rescue tube, fins, rescue board, IRB, RWC).
- Surf swimming.
- Tube rescue.
- Double tube tow.
- Single and two person drag.
- Tows.
- Carries.
- Releases.
- Patient ID.
- Scanning.

Updates:

- Updated rescue equipment content for each section. New images for each.
- New images for all surf swimming sequences.
- All illustrations in the entire respond section updated with colour changes.
- Inclusion of new tying tube images, putting on the rescue tube and updated text content.
- New images for tube rescue with patient and double tube tow.
- Tows moved to align with releases content.
- New images for tows and defensive position.
- Updated patient ID content and wording.
- Scanning content layout updated for better flow.
- New scanning illustrations.
- New images for swimmer in difficulty.



2019 Sections:

- Intro and chain of survival.
- DRSABCD.
- CPR key points and ratios.
- Drowning.
- First aid.

Updates:

- Layout of entire perform section has been updated.
- Intro and chain of survival content updated with minimal changes.
- Inclusion of new ZOLL AED image.
- New DRSABCD images to better reflect steps.
- Updated breathing content and inclusion of COVID information.
- New AED placement of pads illustration.
- Drowning content updated with new stats and broken into easier to read sections.
- First aid section has been laid up so each area covers off causes, signs and symptoms, and treatment. Grouped under the following sections; shock, trauma, environmental.
- New first aid images throughout section.