

# Manly LSC Skills Maintenance Instructions 2023/2024



# Skills Maintenance Overview

- Online requirement – via SLSA eLearning portal.
- Practical – Dry.
  - Primary assessment DRSABCD live patient
  - Hip and Shoulder Roll
  - CPR with defib, 1 and 2 person on child & adult manikin with breathing included.
  - Signals
- Practical – Wet.
  - Bronze 200mRun/200mSwim/200mRun
  - SRC 100mRun/100mSwim/100mRun
  - Tube Rescue
  - Radio Use and maintenance (may be done in dry session depending on time and numbers)





# Pre Skills Maintenance Requirements

- **Step 1** - Financial Manly LSC Member for the 2023/2024 season, please renew your membership. You can action this via your SLS Members portal or directly with Admin (admin@manlylsc.com).
- **Step 2** - Complete Online Skills Maintenance in your eLearning, via your members portal. **THIS MUST BE COMPLETED PRIOR TO ENROLLING FOR A PROFICIENCY DATE SESSION**
- **Step 3** - Register/Enrol for your preferred proficiency date and session within the Training Events section in your eLearning, via members portal.
- **Step 4** - View and read through PSAR35 in your own time, very useful to brush up on skills throughout the season.
- **Step 5** - **MUST SHOW UP 15 MINUTES PRIOR TO THE START OF YOUR PREFERRED SESSION**
- **Step 6** - Ensure to show up if registered, if plans change, please remove yourself from registration.





# How Skills Maintenance 2023/2024 will run

## Manly LSC

### Skills Maintenance Dates:

Sunday September 17th

Saturday October 14th

Sunday October 29th

Sunday November 12th

Saturday November 18th

Saturday December 9th

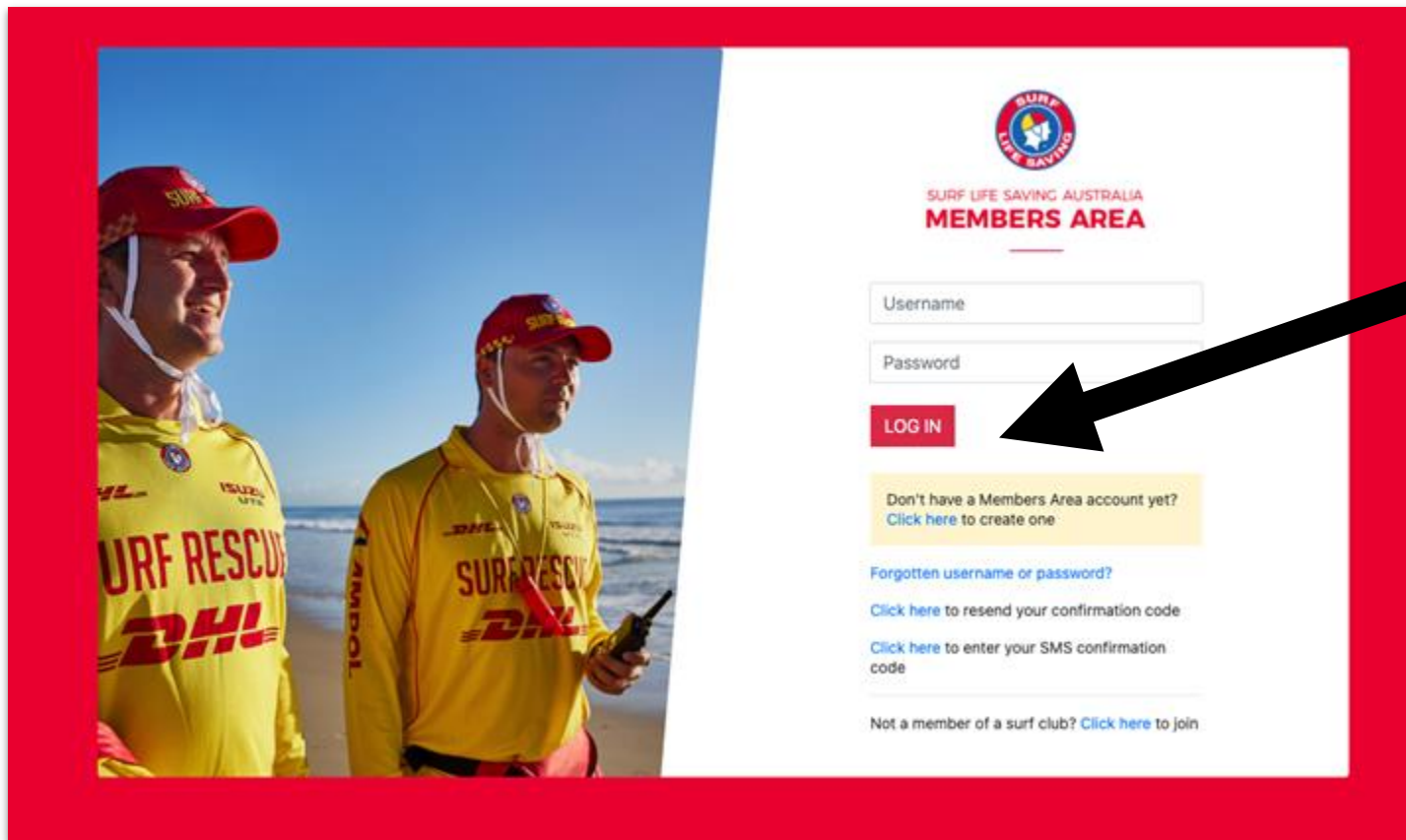
- Each of these dates will consist of 2 sessions. You are only required to attend one session.
- **Session 1 will run from 8am till 920am.**
- **Session 2 will run from 930am till 1050am.**
- Each session can accommodate a maximum of 50 candidates. Then split into 2 groups of 25. One group to complete wet, the other dry, then swap.
- They will run for maximum of 80 minutes.
- **MUST SHOW UP 15 MINUTES PRIOR TO START OF YOUR PREFERRED SESSION TIME.**
- **We have allowed for 600 proficiencies to take place, as a club please ensure to fit within these slots. Prioritize where required, I know it can be annoying, but it is less than 1.5 hours of your time and there will not be alternative dates.**
- We will not action any extra dates after the 9<sup>th</sup> December all trainers will be taking a well-deserved break.





## Log into your SLSA members portal account

[https://members.sls.com.au/SLSA\\_Online/modules/login/index.php](https://members.sls.com.au/SLSA_Online/modules/login/index.php)

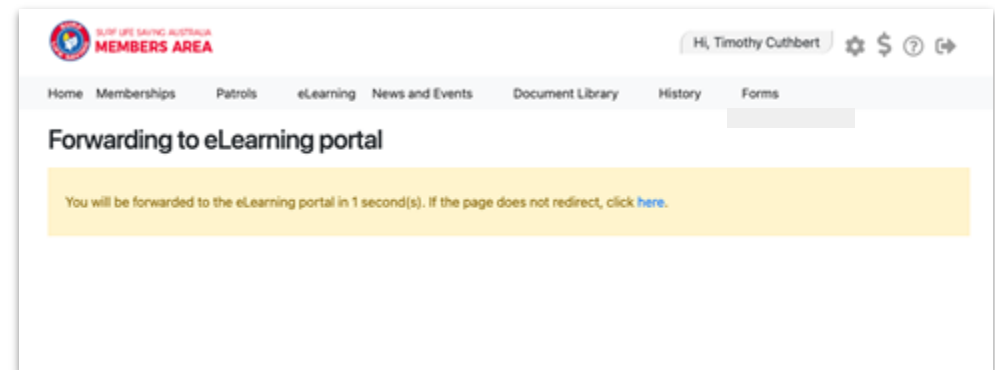
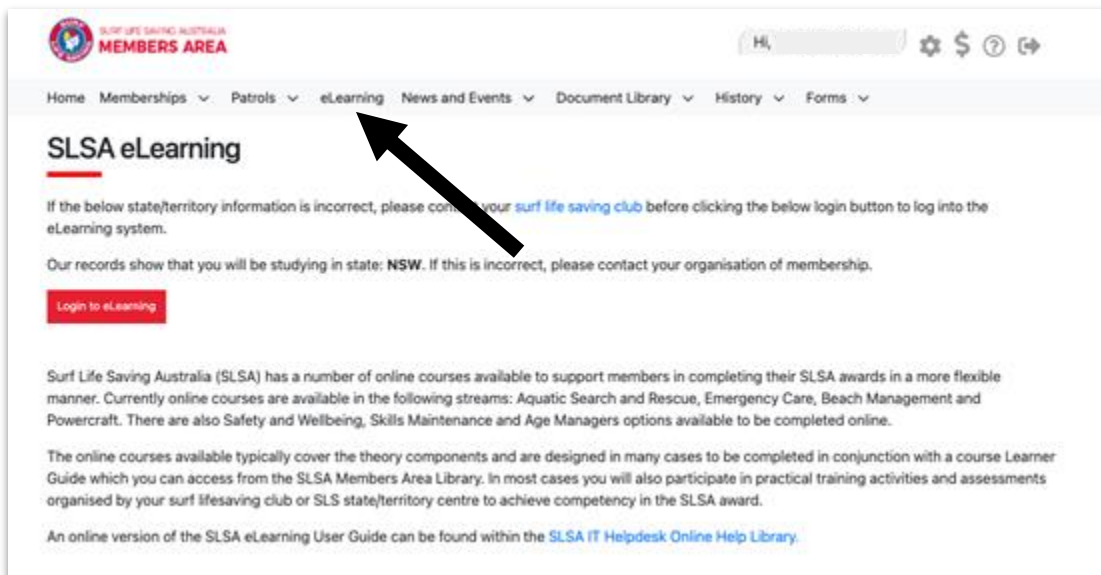
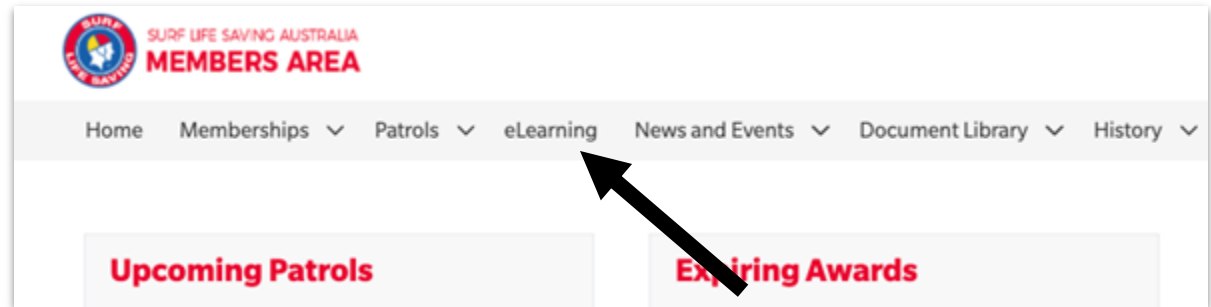


**NOTE:** Your email will be whatever you registered with. If issues you can confirm your email and mobile registered with [admin@manlylsc.com](mailto:admin@manlylsc.com) otherwise you will need to contact the SLS Helpdesk and lodge a ticket.



# Find your Skills Maintenance course in eLearning

- Login to eLearning



# Find your Skills Maintenance course in eLearning

- Click Training Library
- Select Skills Maintenance 2023/2024

**Rhani-lee Payne**

LMS LEVEL  
Member  
USERNAME  
SLSA.5516835.5516835  
[Log out](#)

- Home
- Training Resources
- Training Library**
- Training Event
- My Training
- Help

**Welcome Rhani-lee**



# Complete Online Skills Maintenance in eLearning

- Click view courses and follow the instructions

The screenshot displays the SURF eLearning platform interface. At the top left, the SURF Life Saving logo is visible. Below it, the user's name 'Rhani-lee Payne' and their LMS level 'Member' are shown, along with their username 'SLSA.5516835.5516835' and a 'Log out' button. A navigation menu on the left includes 'Home', 'Training Resources', 'Training Library' (highlighted), 'Training Event', 'My Training', and 'Help'. The main content area is titled 'Course Categories' and features a grid of course cards. Each card includes a representative image, the course title, and a 'VIEW COURSES' button. A black arrow points to the 'VIEW COURSES' button of the 'SLS - Aquatic Rescue' course. The course categories shown are: 2023 Skills Maintenance, SLS - Aquatic Rescue, SLS - Emergency Care, SLS - Coaching, SLS - Performance Sports, SLS - Officiating, SLS - Safety and Wellbeing, and SLS - Area Managers.





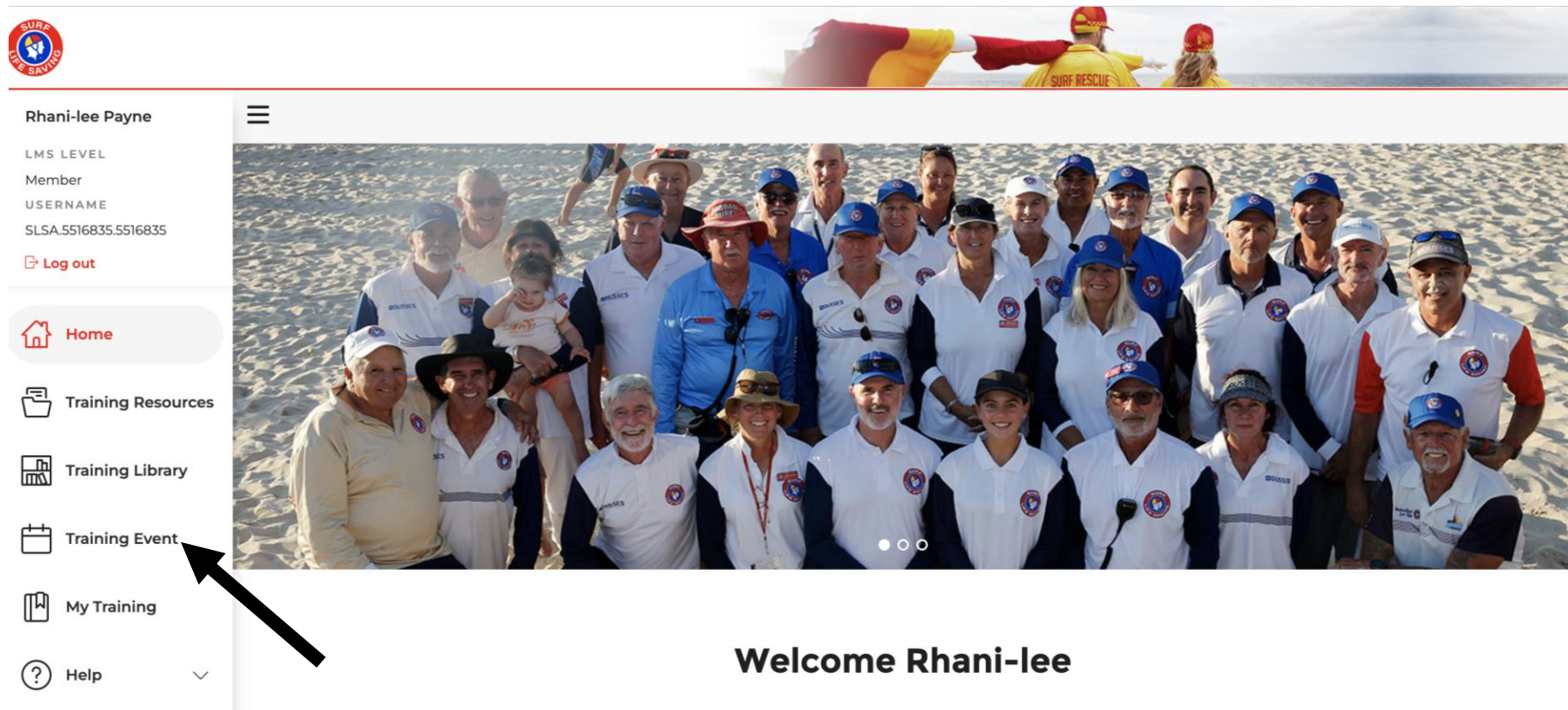
# Complete Online Skills Maintenance in eLearning

- ENROL in the award that applies to you and follow the instructions. You must watch the video in full and ensure to complete all sections.
- If you are over 15 and have completed your Bronze Medallion, choose the Bronze Medallion box.
- If you are under 15 and completed your SRC choose to enrol in the SRC Skills Maintenance.

The screenshot shows the user interface of the Surf Life Saving eLearning platform. The user is logged in as Rhani-lee Payne, a Member with username SLSA.5516835.5516835. The page displays the 'Courses in 2023 Skills Maintenance' section, which contains two course cards. The first card is for the '2023 BRONZE MEDALLION SKILLS MAINTENANCE' course, and the second card is for the '2023 SURF RESCUE CERTIFICATE SKILLS MAINTENANCE' course. Both cards have an 'ENROL' button. Two black arrows point to the 'ENROL' buttons on both cards.

# Register for your Face to Face Skills Maintenance Date

- On your eLearning home page, choose the Training Event tab. Click on this to view your Club's Training Events.



Rhani-lee Payne

LMS LEVEL  
Member  
USERNAME  
SLSA.5516835.5516835  
[Log out](#)

[Home](#)

[Training Resources](#)

[Training Library](#)

[Training Event](#)

[My Training](#)

[Help](#)

**Welcome Rhani-lee**



# Register for your Face to Face Skills Maintenance Date

- On your eLearning home page, choose the Training Event tab. Click on this to view your Club's Training Events.
- Scroll through the calendar to view the Skills Maintenance dates.
- Choose your preferred date and click on to it.

## Manly LSC Skills Maintenance Dates:

Sunday September 17<sup>th</sup>  
Saturday October 14<sup>th</sup>  
Sunday October 29<sup>th</sup>  
Sunday November 12<sup>th</sup>  
Saturday November 18<sup>th</sup>  
Saturday December 9<sup>th</sup>

**Training Event**

Rhiani-lee Payne  
LMS LEVEL  
Member  
USERNAME  
SLSA.5516835.5516835  
Log out

Home  
Training Resources  
Training Library  
Training Event  
My Training  
Help

Clubs: Search events by club(s)  
Location: Search events by location 10km  
Courses: Search events by course(s)

My Enrolled Events

August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30 6:45a RWCO Skills -SYD -RW See all events	31	1	2	3	4	5
6	7	8	9	10	11	12
13 7a Skills Maintenance-North E	14	15	16	17	18	19 7a Skills Maintenance-Palm B
20 7a Skills Maintenance-Burleig See all events	21	22	23	24	25 8a Skills Maintenance-Alexanc	26
27 8a Skills Maintenance-Kirra-B	28	29 6:15p Skills Maintenance Even	30	31		2 7a Skills Maintenance-North E See all events



# Register for your Face to Face Skills Maintenance Date

- Once clicked into your preferred date it will open into details of the proficiency.
- Select your preferred session time (only one). Session One starts 8am, Session Two starts 930am.
- Please read through and then click on bottom righthand button ENROL. Follow any, and all Instructions.

## Manly LSC Skills Maintenance Dates:

Sunday September 17<sup>th</sup>  
Saturday October 14<sup>th</sup>  
Sunday October 29<sup>th</sup>  
Sunday November 12<sup>th</sup>  
Saturday November 18<sup>th</sup>  
Saturday December 9<sup>th</sup>

The screenshot shows a user profile for Rhani-lee Payne (Member, Username: SLSA.5516835.5516835) on the left sidebar. The main content area displays 'My Enrolled Events' for the date 19th August 2023. The event details include:

- CLUB: Palm Beach (Qld)
- COURSES:
  - Skills Maintenance 2023/24 - Bronze Medallion (BM)
  - Skills Maintenance 2023/24 - IRB Crew (IRBC)
  - Skills Maintenance 2023/24 - Silver Medallion IRB Driver (SMIRBD)
  - Skills Maintenance 2023/24 - Surf Rescue Certificate (SRC)
  - Skills Maintenance 2023/24 - Advanced Resus Techniques [AID] (ART)
  - Skills Maintenance 2023/24 - Advanced Resus Techniques (ART)
  - Skills Maintenance 2023/24 - SLSQ Observer's Award
  - Skills Maintenance 2023/24 - Radio Operations (RO)
  - Skills Maintenance 2023/24 - Resuscitation
  - Skills Maintenance 2023/24 - Resuscitation (AID)
- LEARNING SESSIONS:
  - Skills Maintenance - PBQ #1
  - 19th Aug 2023 7:00am - 10:00am
  - Palm Beach, Palm Beach QLD 4221
  - Location special instructions: 7am for IRB, 7:45am for all other awards. Remember to complete your online questions before the day, ensure you sign attendance paperwork on the day.
- CONTACT: Matt Barber

A red 'Enrol' button is located at the bottom right of the event details, with a black arrow pointing to it.

# Register for your Face to Face Skills Maintenance Date

- If your plans change, please log back in and remove yourself from the proficiency date and re-enrol in a new date.
- Once completed online skills maintenance and registered for your proficiency date all you need to do then is Show up!

## Manly LSC Skills Maintenance Dates:

Sunday September 17<sup>th</sup>

Saturday October 14<sup>th</sup>

Sunday October 29<sup>th</sup>

Sunday November 12<sup>th</sup>

Saturday November 18<sup>th</sup>

Saturday December 9<sup>th</sup>



# Register for your Face to Face Skills Maintenance Date

## Check List:

- MUST be financial Member.
- MUST complete online skills maintenance prior to your chosen face to face proficiency.
- MUST bring high vis for the Wet session.
- MUST come dressed and ready for WET session so we can get things done as quickly as possible.
- If you get cold easily, wear a wetsuit and carry a towel with you, as you will not get to change mid-session which will last total of 80 minutes.
- ARRIVE 15 MINUTES PRIOR TO YOUR SESSION START TIME.



# View your PSAR35 online manual available for all members

- On the home page of your eLearning, go to the Training Resources tab

Rhani-lee Payne

LMS LEVEL  
Member  
USERNAME  
SLSA.5516835.5516835  
[Log out](#)

[Home](#)

[Training Resources](#)

[Training Library](#)

[Training Event](#)

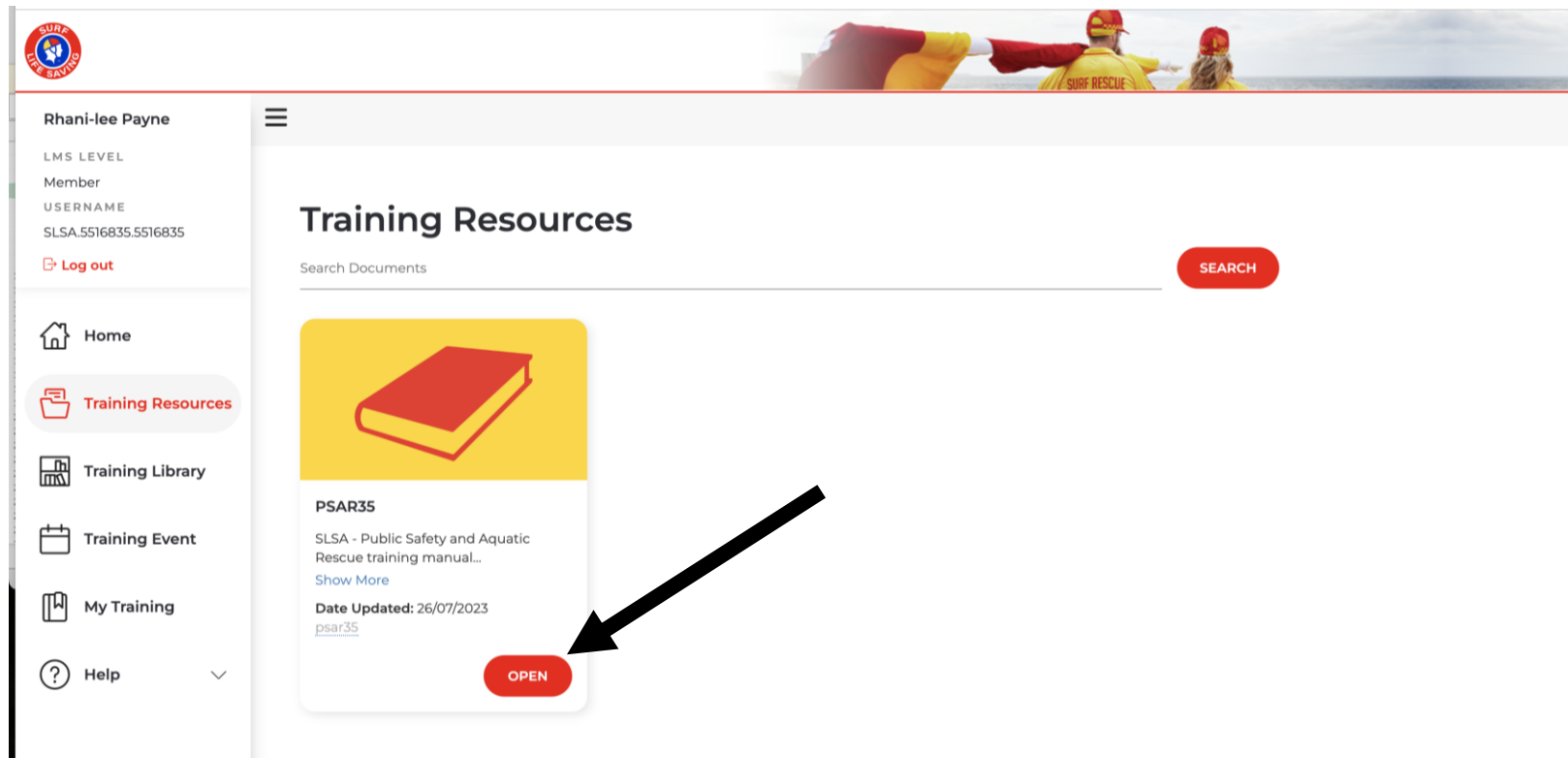
[My Training](#)

[Help](#)

**Welcome Rhani-lee**

# View your PSAR35 online manual available for all members

- Click into your Training Resources and you can view the PSAR35 Manual. This is an online document constantly updated. If downloaded and printed it will be instantly out of date, but you can read it anytime online in your portal.
- It will always have the most updated relevant information.



The screenshot shows a user interface for a member portal. On the left, a sidebar contains the user's name 'Rhani-lee Payne', their LMS level 'Member', and their username 'SLSA.5516835.5516835'. Below this are navigation links: Home, Training Resources (highlighted), Training Library, Training Event, My Training, and Help. The main content area is titled 'Training Resources' and features a search bar. A document card for 'PSAR35' is displayed, showing a red book icon, the title 'PSAR35', a description 'SLSA - Public Safety and Aquatic Rescue training manual...', a 'Show More' link, and the date 'Date Updated: 26/07/2023'. A red 'OPEN' button is located at the bottom of the card, with a black arrow pointing to it.





See you on the beach!

