Run an SMC session

HEAD TRAINER any session (times from +0:00) · 18 people

Rotations

Together · Resus · First aid · Radios · Change · Patrol room · Rescues: signals, RSR, board · Spinal · ART

+0:00 | +0:30 | +1:00 | +1:30 | +2:00 | +2:30

Group 1 · every session · dry first, then wet

☀ 1a	Brief	Resus			First aid	Radios	Change	Patrol	Rescues	Spinal	D	ART
🌊 1b	Brief	First aid	Radios	Resus			Change	Patrol	Spinal	Rescues	D	ART

Groups: 1–12 → 1a · 13–24 → 1a + 1b · 25+ → Group 1 dry first, Group 2 wet first, swap at the change.
Together: briefing, debrief (D), ART.

Run sheet · Group 1a (Head Trainer view)

Start	Block	Mins
+0:00	Sign-in and briefing	10
+0:10	Watch: 4-person Lifesaving CPR video	5
+0:15	DRSABC and one-person CPR (2 mins solo)	10
+0:25	Airway operator: jaw thrust, BVM	5
+0:30	AED and team CPR	20
+0:50	First aid	15
+1:05	Radios	10
+1:15	Get changed / swap over rotations	10
+1:25	Patrol room	10
+1:35	Signals	5
+1:40	Run-swim-rescue, timed 3:30	10
+1:50	Board rescue, conscious patient	15
+2:05	Spinal: wet, dry, log roll	20
+2:25	Debrief and sign-off	5
+2:30	ART add-on, ART holders only, ends +3:00	30

Water Safety Requirements

- Head Trainer completes a water-safety assessment at operations.sls.com.au.
- Check SharkSmart WA alerts.
- Head count all participants entering the water.
- The buddy system applies for all qualified members.

No aquatic activities permitted if the SRR level is High or Extreme, or if there's a shark alert or sighting.

1 Pre-SMC Head Trainer · before people arrive

Forms and eLearning

- Print the group assessment form: 20 per sheet, two for 21–24. It's in the Hub.
- Check SMC eLearning is 100% in the SLSA Members Area.
- ART holders: check ART eLearning too.
- Bring a timekeeper and a stopwatch.
- Results go into Surfguard via the Assessing App or Form 14.

Kit for 18 people

QCPR manikins (1:4)	**5**
Tablets (6 manikins each)	**1**
AED and training BVM	**5 each**
Resus masks (1:1)	**18**
Red bag, bleed kit, bleed manikin	**1**
Radios (1:8)	**3**
Spinal boards (1:6)	**3**
Rescue tubes (1:2)	**9**
Buoys · cones	**2 · 2**
ART: training O2 kit, OPAs	**1 set**

QCPR manikins to the TV

1. TV on: INPUT › Screen sharing.
2. Tablet: swipe down from top right › Smart View › Training room TV.
3. Open the Laerdal QCPR app (login in the Hub).
4. Press each manikin until it beeps, then connect up to 6.

QCPR login: in the Hub only. Help: requal@ncslsc.com

2 Sign-in and briefing +0:00 (10 mins)

- Sign-in sheet: check for 100% eLearning.
- Not 100%: finish by the end of the day, ideally straight after the session.
- Introduce the trainers.
- Outline the plan.
- Ask about injuries.
- Remind everyone about the eLearning requirement.

3 DRY training room · +0:10 (65 mins)

Resus +0:10 (40 mins)

Watch: 4-person CPR video
+0:10 (5 mins)

DRSABC and one-person CPR
+0:15 (10 mins)

- In pairs, on a live patient: DRSAB in under 15 seconds.
- 2 mins of one-person CPR each, on QCPR.

Airway operator +0:25 (5 mins)

- Jaw thrust in groups of 3–6.
- BVM: rule of 3s.
- Practise swapping the compressor.

AED and team CPR +0:30 (20 mins)

- Standard equipment placement.
- AED: cut clothes, pad position.
- Standard language; tap the compressor.
- 4-person CPR with AED and BVM.

First aid +0:50 (15 mins)

- Red bag: SAM splint, bandages.
- Aspirin: patrol-room first-aid cupboard.
- Severe bleed: go through the kit.
- Practise on the severe-bleed manikin.
- In pairs: injured forearm or ankle.
- In pairs: chest pain with a heart history.
- Use SAMPLE, then hand over with IMIST AMBO.
- SRC members act as patients.

Radios +1:05 (10 mins)

- Set zones and channels.
- Call for urgent help during team CPR.

Get changed / swap over rotations +1:15 (10 mins)

4 WET beach · +1:25 (60 mins)

Patrol room +1:25 (10 mins)

- Show: defib cabinet · EpiPen and asthma kit · shark siren switch · SSV and trailers.
- Collect spinal boards, boards and tubes.
- Defib cabinet code: C26.

Signals +1:35 (5 mins)

Run-swim-rescue +1:40 (10 mins)

3:30 or less: run 100 m to waist-deep water, swim 100 m with a tube to a patient. Fins allowed. Time stops at the pick-up.

- Then untimed: conscious tube rescue back to dry sand.

Board rescue +1:50 (15 mins)

- Conscious patient, back to the beach.

Spinal +2:05 (20 mins)

- Shallow-water spinal rescue and beach care.
- Log roll, from a spinal board if you can.
- SRC members act as patients and helpers.
- Head count out of the water.

5 Debrief and sign-off +2:25 (5 mins)

Sign-off

- Check every column of the group form is complete, then the Head Trainer signs it.

Not yet competent

- Retrain on that task, then re-attend a later session to be checked.

TAF: after the session

1. Complete the paper SMC group proficiency form.
2. Scan it to requal@ncslsc.com.
3. Update the SLSA Assessment App and mark it complete online.
4. Put the paper form in the education cupboard.

6 ART add-on +2:30 (30 mins)

+2:30	ART eLearning check · oxygen unit check	5 mins
+2:35	Supplemental oxygen: turn on and test	5 mins
+2:40	OP airway · BVM with oxygen	5 mins
+2:45	Tourniquet · wound packing	5 mins
+2:50	Scenario · complete ART columns	10 mins

- Use training BVMs: patrol BVMs are sealed.