2026/2027 Skills Maintenance @Alex Dates

Sessions

Some dates have **two** sessions.

You only need to attend **one** session.

Please choose either Session 1 **OR** Session 2.

Capped Capacity

Each session is limited to a **maximum 36 members.**

Make sure you **enrol ASAP** to secure your spot.

Low Enrolments

Don't delay enrolling.

Sessions with low numbers **two days prior** will be **cancelled**.

These are the ***only*** practical sessions at Alex for **all SRC and Bronze** members (IRBs will be completed on patrols).

→ *Award holders without a Bronze/SRC will be contacted by the office regarding practical sessions.*

Practical sessions include **SRC & Bronze** ● lifesaving CPR (individual and team; adult and infant) ● signals ● timed run swim rescue (100m run; 100m swim with tube – fins optional - in 3:30 minutes or less) and 100m return swim to shore towing rescued person ● conscious board rescue **Bronze only** ● two first aid scenarios ● spinal scenario **ART only** ● team CPR with oxygen, OP airway; team leadership; handover.

Date	Session 1	Session 2
Saturday 05/09	0700-1000	1030-1330
Wednesday 09/09	0800-1100	-
Saturday 12/09	0700-1000	1030-1330
Saturday 19/09	0700-1000	1030-1330
Saturday 26/09	0700-1000	1030-1330
Wednesday 30/09	0800-1100	-
Saturday 10/10	0700-1000	
Sunday 25/10	0700-1000	

Must-know enrolling rules for practical sessions

→ **Enrolling is Mandatory:** Please do not show up without enrolling. Last year, walk-ins created unnecessary bottlenecks and frustration for both assessors and members.

→ **SLSQ require all online theory is completed before attending a practical session:** Please ensure your online theory is completed before arriving to your practical session. This is checked at sign-on and if not completed you will be asked to leave and book into another session.

→ Members who were not proficient in the 2025/26 season are required to complete a timed pool swim prior to attending. Please download the pool swim form and bring it completed to your skills maintenance session.

? Need help booking or checking your award status?
Contact Amy in the office who is happy to assist! Email amy@alexsurfclub.com.au

2026/2027 Skills Maintenance @Alex Checklist

Username and Password

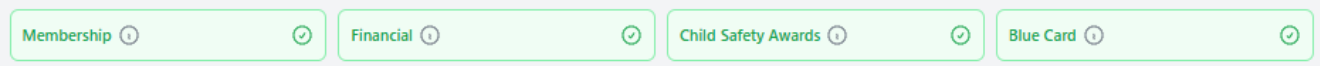
Your username and password are the same for all systems:
SLSQ Members Training Portal
Alex Members App

SLSQ Education Systems

Check out the SLSQ Education How to Guides if you want more info on the education systems this season

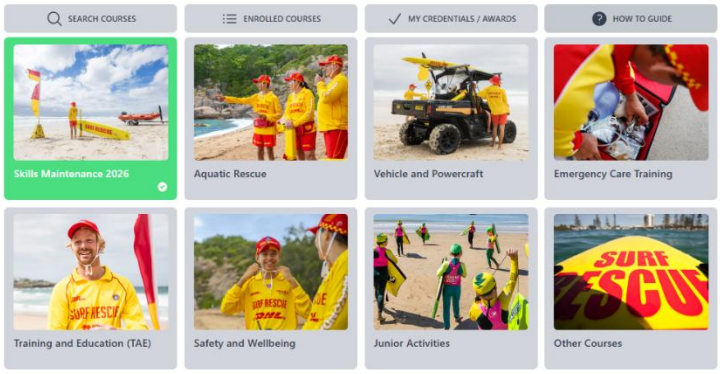
1 Check your membership

Sign into the SLSQ Members Training Portal and check you have the **green** ticks. If not, please action before going any further.



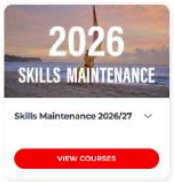
2 Complete online skills maintenance theory for your award(s)

1 Select Skills Maintenance 2026



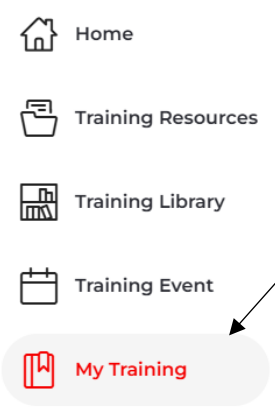
2 Select the SLSA Skills Maintenance 2026/2027 courses link

3 View the courses



4 Enrol into your course(s) and complete all parts.

3 When you have finished the theory check it is completed



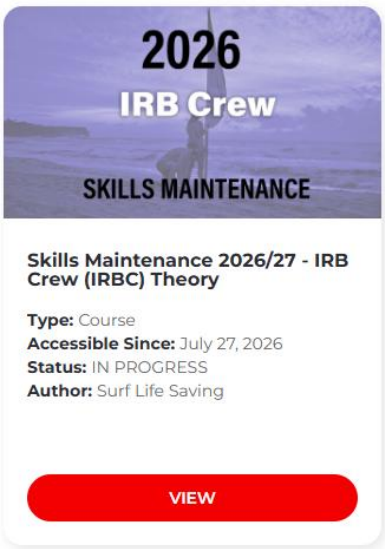
1 From the menu on the left select: **My Training**

2 Scroll down through the courses on the right hand

3 Locate this year's skills maintenance theory

The status for your awards should be **COMPLETE** as shown in this example:

If the theory is not completed, the status will be **IN PROGRESS** as shown in this example:

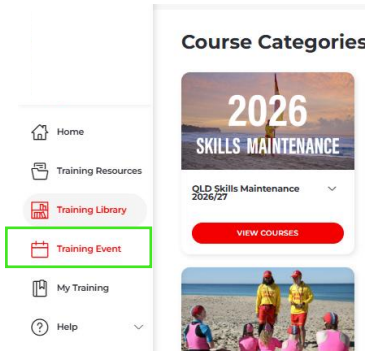


In this case select **view** to open the theory and complete all sections.

4 Enrol into a practical session @Alex

Step 1

In the same system where you completed the theory above, select **Training Event** on the left side menu to display the calendar.



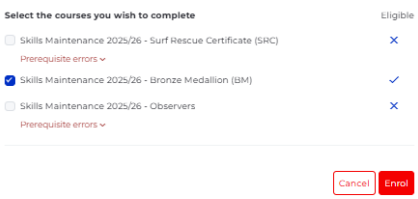
Step 2

Sessions appear in **red** on the calendar.

Scroll through the calendar and locate the date you would like to attend (click to display the details). To enrol, click the **enrol** button for the session you will attend.

Step 3

Awards you are eligible to renew should be ticked. Please check this is correct and click the **Enrol** button



Step 4

The event you have enrolled into will now appear **blue** on your calendar.

Done!

✉ Once you are enrolled for your skills maintenance session you will receive a confirmation email from **SLS Learning and Development (noreply@etrainu.com)**.

✉ This will go to your email address noted in Surfguard
Tip: You may need to check your **spam/junk** folder

Note: if you have enrolled into a session but can no longer attend, please unenrol so someone else can take your spot. It also helps our training team with planning resources for the session ☺

To do this, go to the Training event page, select the event (it will appear in blue) and click unenrol.

What to bring to skills maintenance

- A high visibility rash top and club cap.
- Towel, goggles (if you wear them), fins for tube rescue (optional), wet suit (if you feel the cold), sunscreen, water bottle.
- Dry clothes for resuscitation. These should be suitable for kneeling, bending and lying on the floor (we will provide all PPE).
- Current driver's license if you hold the SSV award or IRB Drivers.

Helpful Resources for Patrolling Members

Online Surf Lifesaving Training Manuals

Public Safety and Aquatic Rescue Manual 35th Edition (PSAR 35)

Module 6 has been updated with lifesaving CPR videos and information

IRB Training Manual 9th Edition

This has the great videos demonstrating the latest IRB techniques for crew and drivers

Online SLSQ Patrol Operations Manual

2026/2027 Season

Details the requirements for SLSQ patrol operations and beach management plans for the 2026/27 season

Skills Maintenance Frequently Asked Questions

What happens if I have let my proficiency lapse?

Skipped a year or two? Not a problem!

- Please complete a timed pool swim **prior to** attending skills maintenance and bring this completed form with you to your skills maintenance session.
- This is 400m under 9 minutes for Bronze or 200m under 5 minutes for SRC.

Skipped more than three years and are returning to surf lifesaving?

- Members that have not been proficient in the Bronze or SRC for a period of 3 years or more should contact the office.

What happens if I can no longer meet the physical requirements of my award?

- You can easily change roles and stay involved. Please contact the office.

What if I don't make a skills benchmark on the day?

- There are lots of reasons why you may not meet a benchmark on the day. We will talk about what happened and work out the best plan with you.

What happens I cannot make any of the sessions available at Alex?

- If you are unable to attend one of the **13** Skills Maintenance sessions offered at Alex, please notify the office. A session at another club or at Branch may be requested on a date that you can attend.

What happens if the beach is closed?

- In the event of beach closures, the session will be cancelled, and you will be notified. Cancelled events will be rescheduled. This will be based on assessor and resource availability.

What happens if I am injured and can't make these dates?

- Don't worry you can attend on a different day or attend at another club. We will also have a late skills maintenance process available for members.
- Please contact the club office to register.