



## **FINGAL BEACH SLSC**

### **Skills Maintenance 2022-2023**

Finally, the news I know you have all been waiting for, the dates for Skills Maintenance for the 2022-2023 Season.

The process this year has reverted back to pre-covid days, which means we can conduct all the practical elements of skills maintenance together.

To start with, there is an online theory component for both SRC or Bronze award holders, this is located in your members area: elearning, login to elearning, training library, SLS Skills maintenance, enrol then go to my training and do the course. It consists of a video and 3 questions - simple.

While you were in the training library, you may have noticed a Skills maintenance ART Theory also. If you have the ART award you need to do that course also, once again simple. You must complete these courses before attending the face-to-face session, if you do not complete the online course, I cannot update Surf Guard and you will not be proficient.

The face-to-face sessions will be held over 3 days in November:

**NOTE:** You are only required to attend one of these sessions.

Saturday 12 Nov 22,

Sunday 20 Nov 22, and

Sunday 27 Nov 22.

On these days there will be 2 sessions, the first starting at 11.00AM the second starting at 1.30PM.

All members will be required to do CPR (Annual update),  
Run Swim Run,  
Board or Tube rescue,  
ART (If applicable),  
IRB operation, Crew/Driver (If applicable),  
SMAR Holders will complete a longer swim,  
Bronze Members will be instructed on Spinal Management.

Please allow roughly 1.5 - 2.0 Hours to complete the above, depending on numbers.

Owing to other commitments the opportunity to have skills maintenance outside these 6 sessions is very limited.

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