

To: Chief Trainers Officers Club Captains
Club Secretaries Trainers, Assessors and
Facilitators

From: Tom Reed, Lead Coordinator – Member Training

Date: 17 September 2025

Action: Read and distribute amongst all trainers, assessors and facilitators at your club

Lifesaving CPR Updates

With skills maintenance now live, Lifesaving CPR will be rolled out across the state. LSV is pleased to release the below important information on:

- **how it will be rolled out,**
- **what it means for you as a trainer, assessor or facilitator (TAF),**
- **how best to support your club through the process, and**
- **what resources are available for clubs to aid them with this process.**

As outlined in a recent circular (please see link [HERE](#)), Lifesaving CPR is being introduced around Australia to better improve outcomes from CPR and ensure that our members are delivering the best CPR they can, focusing on doing the basics very well and getting hands on chest as soon as possible.

We also recently had Dr Ned Douglas at our session at the Preseason Forum talking through the of these changes and the key aims of these changes (please see document [HERE](#) outlining these changes, with videos to explain these better).

Lifesaving CPR in skills maintenance

This season the focus on skills maintenance across the state will be on the introduction of Lifesaving CPR into Bronze and Surf Rescue Certificate (SRC) as well as Advanced Resuscitation Techniques (ART). As outlined in our circular covering skills maintenance this includes 2 online modules covering the theory components of Lifesaving CPR, approx. 20 minutes to complete, and a 90-minute practical component seeing members demonstrate 1-person to 4-person Lifesaving CPR.

The eLearning will be found in the Member Training Portal under Bronze and SRC, while the practical component is a checklist item that must be completed for Bronze, SRC and ART (note, ART has its own eLearning for LCPR).

We have also included a suggested [skills maintenance session plan](#) covering LCPR as outlined by SLISA, we encourage trainers to use this to help structure their own Skills Maintenance sessions for Lifesaving CPR, we also encourage clubs to consider running smaller ad-hoc sessions were

applicable to really maximise the practical element and even PD sessions during quiet periods on patrol or competitions.

In recent sessions, TAFs have found repetition and practice are required to really home in on the changes, and the more members have a chance to practice them the better they will be if they must deploy them in real life.

Lifesaving CPR in new awards

For the 2025/2026 Season Lifesaving CPR will be taught in all new Bronze, SRC and Bridging Bronze courses as the standard CPR practice. For all these new awards, the Lifesaving CPR eLearning modules will be added to the eLearning. And the expectation will be that the practical demonstration covered in these courses will be for Lifesaving CPR. A link to the slides covering Lifesaving CPR's 6 Aims can be found under the new awards on the Club Gateway.

The Training and Assessment Guides (TAGs) and Candidate Resource Kits (CRKs) for these awards has not changed, instead we direct all trainers to read the updated PSAR Manual with a particular focus on Modules 6 (Resuscitation) and 7 (Emergency Care) which covers the changes introduced through Lifesaving CPR. A link to the current PSAR Manual housed on Club Gateway is [HERE](#).

While these changes do have some crossover with ART operators and CPR more broadly there are no changes to our accredited courses of the Units of Competency. Instead, we encourage TAFs, if they feel it applicable and appropriate to provide additional information and practical skills to candidates at the conclusion of any health units.

TAF skills upgrade

With the introduction of Lifesaving CPR we will also require TAFs that train Bronze, SRC, ART and Resuscitation to complete a TAF upgrade in order to assist both with Skills Maintenance and the training of new awards. This will mean that from September 30, any trainer in that cohort will need to have be upskilled in Lifesaving CPR by completing both the eLearning modules and attending a practical demonstration session prior to running a Skills Maintenance session or training a new award.

We understand there are many trainers affected by this and so help will be provided with area specific training courses with TAOs and other trainers who recently attended a session at LSV to aid this roll out.

To aid with this as well, we will be running courses on the following days:

- **Thursday September 25th @ Jan Juc Surf Life Saving Club (Time TBC)**
- **Friday September 26th Morning Session @ LSV State Centre**

- **Friday September 26th Afternoon Session @ LSV State Centre**
- **Tuesday September 30th @6pm @ LSV State Centre**
- **Thursday October 2nd @ 6pm @ Mordialloc Life Saving Club (Kingston Area Only)**

There will be more sessions to come as we train TAFs, please keep an eye out for further emails regarding when these sessions will be run in your area. We also encourage any trainer who has completed the TAF upgrade to run a course themselves for their members or members from surrounding clubs.

If at any point during the season you find that you need some assistance getting your trainers ready, please get in touch so we can support you in this space.

TAF upgrade process

To sign off that a TAF has been through Lifesaving CPR, we will require some evidence to demonstrate competency. We've tried to make this as easy as possible, to reduce the burden on TAFs and our volunteer members.

1. TAFs will need to complete the three eLearning modules attached to the Bronze Medallion Skills Maintenance, they can access this through Skills Maintenance in the Member Portal.
2. Regarding the practical session, we recommend trainers using the Skills Maintenance app to run a TAF Skills Maintenance session in which you can take them through the Bronze/SRC Lifesaving CPR practical – ensure you check this off as you would normally for Skills Maintenance.
3. To track this, we will need you to complete the attached TAF upgrade card, where trainers will need to sign and record their name so we can process this as proof they attended the session. This is [HERE](#).
4. The card then needs to be sent through to Member Training, and we will process this through Surfguard and update our records to indicate that a TAF is able to train Lifesaving CPR.

Lifesaving CPR Q&A Sessions

Finally, to support this rollout, SLISA are running Q&A sessions for members on the below days and times. Please see below list of all upcoming sessions and links to join:

- 23 September 7:30PM - <https://events.teams.microsoft.com/event/2ddb9c04-569d-46b1-b1a8-a2c44c149128@65a08ed6-510b-4e93-8628-716a739c30db>

- 15 October 7:30PM - <https://events.teams.microsoft.com/event/4cb6e00a-1429-430c-8afb-9c337c8b5c4a@65a08ed6-510b-4e93-8628-716a739c30db>
- 17 November 7:30PM - <https://events.teams.microsoft.com/event/4c091e96-021d-41db-9beb-2474a30c9ba6@65a08ed6-510b-4e93-8628-716a739c30db>

For additional details on this circular please contact:

Member Training on 9676 6980 or membertraining@lsv.com.au