

To: Patrol Captains Area Response Officers
 Area Lifesaving Operations Officers Club Captains
 Club Secretaries Active Members

From: David Potter – Senior Manager, Capability
 Emergency Management Capability and Response

Date: 12 March 2025

Action: Register for courses as required

Welfare training and information courses

LSV is pleased to advise of upcoming welfare courses for lifesaving leaders and members. We encourage operational leaders, club leaders, welfare officers and other interested members to sign up for upcoming opportunities.

Course dates and bookings

Dates for the courses can be seen below, and we encourage members to book into the courses as they see fit.

Course	Dates	Booking link
Psychological First Aid + How to run a Wellbeing Brief [Combined]	<ul style="list-style-type: none"> 15 March – Port Campbell SLSC (9:30am – 12:00pm) 24 March – LSV (6:30pm – 9:00pm) 	Click here to book
Suicide and self-harm awareness	<ul style="list-style-type: none"> 17 March – Ocean Grove SLSC (6:00pm – 7:30pm) 19 March – LSV (6:00pm – 7:30pm) 25 March – WEBINAR (6:30pm – 8:00pm) 26 March – Carrum SLSC (6:30pm – 8:00pm) 31 March – WEBINAR (6:30pm – 8:00pm) 	
Introduction to Vicarious Trauma	<ul style="list-style-type: none"> 17 March – Ocean Grove SLSC (7:45pm-8:30pm) 19 March – LSV (7:45pm-8:30pm) 26 March – Carrum SLSC (8:00pm-8:45pm) 	

Course	Dates	Booking link
Mental Health Matters	<ul style="list-style-type: none"> • 15 March Port Campbell SLSC (12.30pm – 3:30pm) • Tues 18 March - Mordialloc LSC (6pm – 9pm) • Postpone, date to be advised Seaspray SLSC 	Click here to book

Course details

We are pleased to release the details of each course type below:

Course	Time	Details	Who should attend?
How to run a Wellbeing Brief	45 mins	A Wellbeing Brief is a conversation we have soon after a critical incident to ensure the physical and psychological safety of the members involved. It is an essential part of post-critical incident welfare support and ensures our members receive the correct information and support directly after responding to a critical incident.	Patrol captains, Area Lifesaving Operations Officers, Area Response Officers and others who have a leadership role in an incident.
Suicide and self-harm awareness	1.5 hours	The course will begin with an understanding of suicide trends in Australian society, including the identification of high-risk groups that are particularly susceptible to the dangers of suicide and self-harm. We will consider how to assess the risk of suicide in an individual, including the relationship between suicide and self-harm. The course will consider responses proportionate to the level of risk, including pathways of referral for additional support.	Club welfare officers or those interested.
Psychological First Aid	2 hours	Psychological First Aid (PFA) is designed to help individuals following a critical incident. Like how we apply First Aid to provide immediate relief and support a person's recovery from physical injuries, we can also apply Psychological First Aid to support	Patrol captains, Area Lifesaving Operations Officers, Area Response Officers and others who have a

Course	Time	Details	Who should attend?
		recovery and growth from a potentially psychologically traumatic event, such as a critical incident within lifesaving. Life Saving Victoria has created a practical PFA training course that provides the learner with an understanding of the potential psychological impact of a critical incident, the essential skills needed to assist someone who has been involved in a critical incident, including signs and symptoms that someone needs assistance, key communication skills, and when, where, and how to link people with additional support services.	leadership role in an incident.
Introduction to Vicarious Trauma	45 mins	This course will introduce participants to the concept of vicarious traumatisation as well as its positive 'flip-side'—vicarious resilience. Following an explanation of trauma and its impact on the brain, the course explores how people can be impacted simply by hearing the stories of those directly involved. We will help people identify the signs of vicarious traumatisation in themselves and others as well as explore what to do when help is needed.	LSV Comms Operators, or other personnel who may be indirectly involved in a response.
Mental Health Matters	2.5 hours	In partnership with the ESF, The Mental Health Matters Program has been designed so that emergency service workers in a community can come together to learn about how to help themselves and others avoid mental ill-health. This program is open and suited to all members to support their own mental health and well-being as well as their members. Further information here: Circular 273:03:25	Club Committee members, club leaders, welfare officers, youth leaders, and the broader membership, invitation open to family and friends and the broader emergency management sector.

Meet the program facilitator

Dr Shannon Hood is a CFA volunteer, counsellor and clinical supervisor specialising in emergency services. Shannon was also embedded with volunteer fire fighting teams during multiple Black Saturday deployments and has an extensive career supporting the sector in NSW, the ACT, SA and now Victoria. He was also an SES volunteer for over a decade in South Australia.

For additional details on this circular please contact:

Welfare of Emergency Management Capability and Response at welfare@lsv.com.au