

Competition

Branch Carnivals

Our Branch, the Far North Coast has 10 clubs in it and each year Clubs volunteer to hold carnivals. The Evans Head and Yamba carnivals are really good fun to go to and if we have enough people wanting to attend the Club will hire a bus and take the team away to stay in the Surf Club at Yamba or camp at Evans Head for the weekend. Strangely no matter what bus we take it always seems to overheat around Ballina and we have to stop at Maccas to recover – the same thing seems to happen on the way home too. Branch carnivals are small but fun and worth going to and you don't have to be a champion to compete and have a good time.

Country Titles are usually a big trip away for the Club and organised months in advance – they usually occur in February. This year we will be travelling to South West Rocks (See your Calendar for dates)

State Titles are usually held in March and are of fairly high competition standard. They will be held for the third and last year in a row at Swansea Belmont.

Australian Titles are the biggest thing you will ever see and herald the end of the competitive season for most competitors. After having been held in Perth WA for the past 3 years they are returning to Kurrawa, just up the road so even if you're not into competition you can come along and cheer on your clubmates at the pinnacle event of Surf Life Saving competition!

World Titles are held every two years with the next in 2010 in Egypt. And yes Cudgen has been very successful in the Masters category over the past three competitions just ask Jan Gielis (she is a record holder as well). If you are interested in going to Egypt please see the competition officer at the start of the season as a lot of planning and fundraising needs to be arranged to attend events overseas.

All upcoming competitions will be advertised on the club notice board. Please see the Competition Officer if you wish to enter events well before the cut off date advertised on the entry forms.

Club Calendar

A calendar is produced each year which has all club activities as well as patrols on it and will be available at the start of the season and an update is put out again for the new year once patrol groups are settled.

Important: Please check the notice board regularly, it is located in the kitchen upstairs or email Carol Nelson at carolmay_1999@yahoo.com.au and ask her to put you on the contact list so you can be kept up to date on club matters.

Members Handbook 2009/10



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Website: www.cudgenslsc.org.au

Email: cudgenslsc@cudgenslsc.org.au

Emergency Services: Andrew Mills: 0410 221 768

Your Committee for 2009/10 Season

President: Gary Cain

Deputy President: Kim Holdom

Secretary: Brian Vickery

Treasurer & Assist Secretary: Lyndel Small

JAC President: Mick Kenny

Captain: Susan Young

Vice Captain: Carol Nelson

Female Captain: Jo Colja

Boat Captain: Mark Buckman

Beach Captain: Adam Mills

Board Captain: Jarrad Cain

Ski Captain: Rohan Small

I.R.B. Captain: Brett Barr

Water Captain, Registrar & Member Protection : Jan Gielis

Communications Officer: Glen Hepburn

First Aid Officer: Karen Powell

Trauma Officer: Jo Colja

Chief Instructor: Cheryl Cain

Trainer: David Field

Gear Steward: Peter Gielis

Competition & OH & S Officer: Gavin Marshall

Head Coach: Ken Small

Youth Development: Steve Spence

Fundraising Officer: Donna Clapham

Merchandising Officer: Michelle Van den Broek

Publicity Officer & Historian: Keith Kennedy

Patrol Obligations

Very early on in the history of SLS it was seen that competitions between lifesavers and between clubs was a good Australian way for lifesavers to stay fit, but before we can compete we must have taken part in surf patrols. **If you do not patrol you cannot compete.** "Patrol" doesn't just mean turning up, it means being a vigilant, conscientious member of the patrol - you need to be on time, appropriately dressed in the SLSA uniform and fully trained and proficient in the methods of surveillance, rescue and resuscitation. You must be a good team member and follow the directions of your patrol captain who is responsible for the safety of everyone on the beach or in the water at the patrolled area.

Junior Members are allocated a buddy from the senior club to help them and are usually put on the same patrol as their friends where possible because even though patrols are super important we think they should be fun as well.

It is important to notify your patrol captain and organize a substitute (another member) to cover your rostered patrol if you are unable to attend. If you are more than 10 hrs in arrears you will not be able to compete at Country, State or Aussies.

Patrol Uniforms

We wear uniforms on patrol so that we stand out and can be easily recognised on the beach or in the water. People will more easily follow the directions of lifesavers if we look professional. For new members a patrol uniform of shirt and shorts will be provided for you. We often get life saving assessors visiting our beach to rate our patrol efficiency and a large part of this is based on our uniforms – which are:

- Red and yellow patrol cap (provided by the club) tied under your chin
- A sun hat, red broad-brimmed or red peak
- A club issued yellow patrol shirt or rash shirt
- Red and blue patrol shorts

Red swimmers or blue Cudgen swimmers

For completing a season of patrols successfully with a minimum of 30 hours our members receive a special presentation at the Club Presentation Night

Competition Uniform

Our club colours are a white cap with a sky blue star. There are several styles of approved club swimmers as well as a range of club clothing which are very popular with members and help maintain a good Club spirit. All club clothing is available at near cost price and are available for purchase from our merchandising officer.



Special Club Events

Bonding Day – This is a day for getting to know other members of your club. Last year we combined with Coldies "End of Season" party to welcome both old and new members to the new patrol season. This was a very enjoyable afternoon and will probably be repeated this year.

Door Knock Appeal is run each December usually to coincide with national lifesavers day. The Date will be set down on the club calendar each year. Our target is the Kingscliff and Chinderah areas but we have not been able to accomplish full coverage of our district for the past few seasons as only a few members (the regulars) have been willing to give up their time to support this major fundraiser.

All members are asked to please support this appeal and in particular, provide 3 hours of your time to assist with the collection.

Remember – "Many Hands Make Light Work"

To make it a bit more fun perhaps you can organize to do it with your patrol team or competition age group etc. Please advise the Fund Raising Officer Donna Clapham or Treasurer Lyndel Small what time you are available to do your part for your club. There will be a roster put on the notice board with details etc.

Caravan Park Raffles are held over the Christmas and New Year break and are seafood raffles. These raffles are an easy way for competitive members to get involved in fundraising and although hot there is fun involved selling these raffles – each year teams try and break the record of money raised per raffle.

Car Draw Late January is the time for our major Club fundraiser where 500 tickets are sold at \$50.00 for the chance to win a car or \$10,000 cash. Everyone who buys a ticket is welcome at the drawing and free food and drinks are served to ticket holders. All members are encouraged to sell tickets in this vital fundraiser.

Club Carnival will be set on the calendar and is a fun day for all to participate at.

Xmas Party is usually on the last Sunday prior to Xmas day. This is a fun day where we celebrate in particular with the Juniors in our club. Santa arrives by surfboat with his reindeers to the glee of our young members as well as the public.

End of Season Patrol BBQ Patrols usually finish on Anzac Day and around this time, to mark the end of another season of patrols, the Club puts on a BBQ to say thanks to all our patrolling members - again this was run with Coldies last year.

Presentation Night is usually held around the first week of May on a Saturday night. Since we now have our own restaurant it is a superbly catered dinner and a wonderful way to celebrate the successes of the season for all members. This is where we present our members with their awards gained for the season, patrol awards, club champions etcetera and the clubs most prestigious awards of clubpersons for each age group and the pinnacle of awards is the "Blue of Blues".

Surf Awards you can gain

Surf Rescue Certificate is the entry level award for beginning surf lifesavers, the target age is 13 and 14 years but parents who wish to become water safety officials can also qualify for this award.

Bronze Medallion the foundation of SLS in Australia is the Bronze Medallion or "surf bronze" in the new language of national training frameworks it is **Certificate 11 in Public Safety (Aquatic Rescue)**

Resuscitation Certificate can be gained by 12 year olds and up and **Surf Rescue Cert (CPR Endorsed)** endorsement is for people over 15 who may not be swimmers but want to patrol as "beach only" active members.

Advanced Resuscitation Certificate ARC & Defibrillation Certificate are standard awards for patrolling members and gives you the skills and confidence to handle most first aid and resuscitation situations.

IRB Crew Certificate - Learn to be an effective crew-member of this vital piece of rescue equipment - minimum age 16 years

IRB Drivers Cert. The next step on from crew is to be the driver a vital role in both patrol work and water safety in competition. Minimum age 17 years.

First Aid – a valuable work credential as well

Training Officer – learn how to train small groups and gain valuable work related skills.

Beach Management – Patrol captain - learn the skills of managing a beach safely

Silver Medallion – Life Support – learn the skills of co-coordinating first aid and emergency situations

Gold Medallion - The professional lifeguard qualification Minimum age 18 years.

Award Training

At different times throughout the year award courses are conducted by our Chief Instructor & Trainer. Check the notice board or see your Chief Instructor for details.

Coaching

There is a notice board downstairs detailing the training sessions available, or check with your area captains or coaches for more information.



Proficiency

before the end of each calendar year lifesavers must requalify (prove their proficiency) in each area they hold awards in to be an active patroller and or competitor for the year ahead. Surf Rescue Certificate holders from last season must also requalify if they are not yet old enough to attain their bronze (or do not wish to) before the end of the calendar year.

As soon as FNC Branch set the proficiency dates they will be advertised on the club noticeboard and by email. (If you have not joined the email group please let Carol Nelson know so you can be kept up to date on all club notices)

PRACTICE sessions will be held on the Tuesday evening @ 5.30 prior to the **THEORY /RESUSCITATION EXAMINATIONS** which are usually conducted in the clubhouse @ **6.30pm on Thursday** evenings prior to the beach proficiency on the Sunday.

Competition Patrol Hours are calculated from the 1st January to 31st December of the year preceding the Australian championships.

Active members require **25** hours to compete at Country, State & Nationals

Active Reserve – 12 hours

Long Service and Life members – Nil

Returning Members - Calculated on proficiency date - 4 hours per month to December -eg: proficiency in October = 12 hrs / proficiency in November = 8 hrs

Not Enough Hours = No Competition, No Arguments

The following patrol hours are counted

Rostered hours - Substitute hours - Voluntary hours

Water Safety for JAC (half value of rostered)

Specialist Services – eg; Helicopter, Jet Ski, Jet Boat, Radio or First Aid Duty

Cudgen also recognises administrative duties, approved by the Club Executive (for non- competitive members)

Competitors please note: The Annual Report has a tally of competition hours for last season's patrols under the 08/09 column on Pg 28 and a list will be placed on the noticeboard downstairs at the end of each month. If you believe you will still be short of "competition hours" by the end of the year please see your Vice Captain Carol Nelson so arrangements can be made to make it up with "voluntaries". If you have any problem with your roster please contact your Patrol Captain early or Carol so arrangements can be made for the best outcome without penalty. Hours in arrears will be automatically calculated by "surfguard", this season and penalties can occur.

Membership Fees are due on 1st October each year and can be paid at the club bar. Please advise your email address for newsletters.

\$25 Active & over 18 yrs

\$10 for juniors under 18 yrs

All members are requested to pay their fees and sign Form 76 before proficiency.

Club Facilities - are for Active members only

Gym – its small, often crowded but a valuable part of the club. You cannot use the gym alone for safety reasons but all active members have a right to use the resources of the club to stay fit. Many different groups within the club run specialised training sessions in the gym just check the "Whereabouts" board outside the board and ski room for times.

Boards and Skis – The club encourages use of this equipment so members can remain skilled and fit but we try to protect our purely competitive boards from use by members for recreational purposes, so try and use our older boards for free surfing. If you damage a board or ski please report the damage immediately to a senior member and the board captain. If you go for a surf or paddle on club gear please let someone in the club know where you have gone for safety reasons. Do not paddle any craft that has been tagged with a needs repair tag.

Showers Please use water sparingly as excessive hot water bills really hurt our life saving budget.

OH&S - stands for Occupational Health and Safety We all have a responsibility to keep members safe and to keep the clubhouse and equipment in a safe condition. Help minimize hazards around the club by storing gear correctly and reporting any damage or hazards to our OH & S Officer, a member of the committee or to the Secretary Manager.

Pointscore

Every Sunday morning at 10.00am , except for major carnivals, there is a swim, board and ski paddle for active members from 15years to Masters. Once per month there is a designated pointscore swim which is handicapped and the overall winner is announced at the Annual Presentation night. On Sundays other than pointscore, the swim is decided by the closest to a nominated time. The prize for each swim is a \$15 voucher at the Balcony and Bar Bistro and a drinks voucher for the other events.

The idea of the events on Sunday mornings is for all patrolling members, not just the serious competition members, to have some fun and keep up your skills and fitness.

Member Protection

New members are encouraged to read **The SLSA's Member Protection Policy** each season. A copy is pinned on the notice board or can be found on the website www.slsa.asn.au

Policy 6.5.. The Policy outlines;

Code of Conduct for members, coaches and officials

Suggested ways to prevent abuse

How to recognise abuse

Process of reporting abuse

Dealing with members suspected of being an abuser

Rights and responsibilities for youths and leaders

Members should be aware that **harassment** [verbal, physical, sexual or mental], **discrimination** and **victimisation** are not acceptable and should be addressed or reported. All forms of **abuse in children** [physical, neglect, emotional and sexual] should be reported.

The role of the Member Protection Officer is to **listen, support and give options** about how to handle a complaint. In the case of **adult members**, the responsibility of how to pursue any complaint lies with the adult. In the case of **youths** [17 and under], anyone can report suspected abuse and is morally obliged to do so, to the President or the MPO. All complaints will be dealt with seriously, confidentially and promptly.

It is now a well- known fact that sexual predators target surf lifesavers and that our members need to endeavour to

Identify practises that could be deemed to be "abusive"

Remain open to children/members approaches to you

Remain open to the key disclosure approaches of abuse

Report all abuse

Ensure members are safe at all times

NOTE: If I am not available please see the President or contact Police.

All active members must sign the Form Attachment 4 – Prohibited Employment Declaration.

All active members must once again complete the SLSA's Application for Membership and Indemnity Form. I will endeavour to catch up with you when you are patrolling.

Jan Gielis - Member Protection Officer