



Member Information Booklet 2022-2023

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Welcome and Keep in Touch

Dear Fellow Member

Welcome to season 2022-2023 at South Maroubra, for some of you this may be your first season with the club and for others you might be approaching a signification service award this year. This information booklet has been designed to provide you with the pertinent information for the season and hope to make you as welcome on your first day in the club as if you were here all your life.

We are very excited for the season ahead, especially with the refreshed clubhouse and the newly renovated bar which all members will be enjoying soon.

This member's information booklet will provide you with important and relevant information for the season and we ask you to take the time to read this and share the information with your parents/carers where applicable. We have designed the booklet to be relevant to your membership, whether a 'Nipper Parent', a newly minted 'Bronzie' or a Life Member.

South Maroubra Surf Club's membership was a staggering 1895 last season. Our club's membership has enjoyed a steady increase over the past 7 years. Our active patrolling membership is around 270 members including active reserves. We would recommend you view [the Club's 63rd Annual Report for season 2021-2022](#) which is a highly informative document of the record of the Club last year. You can also pick up your copy from the Club's administration office.

The information here is also readily available on our website www.southmaroubrasurfclub.com.au additionally please stay up to date with all the club news via monthly newsletter Blu-ing and our social media channels:

Facebook: <https://www.facebook.com/southmaroubraslsc>

Instagram: <https://www.instagram.com/southmaroubrasls>

Twitter: <https://twitter.com/sthmaroubraslsc>

Blu-ing: <https://www.southmaroubrasurfclub.com.au/club-news>

The office is open all year round, The office is open Tuesday and Friday (9am – 3pm) all year and on Sunday mornings during the season. E: office@southmaroubrasurfclub.com.au P: 02 9314 0070

The club sends out communication directly via SurfGuard for Patrol and other urgent matters. Please ensure that you contact details are up to date in the Members Portal <https://members.sls.com.au>

Looking forward to seeing you around the club and on the beach ..

Paul (Stretch) Fownes APM, OAM

President

South Maroubra 2022-2023

Board of Management

Role	Name	Email @southmaroubrasurfclub.com.au	Phone
President	Paul Fownes	pfownes@bigpond.com	0438 880 414
Vice President	Linda Perrin	vp@	0421 151 359
Director of Lifesaving	Nicole Cooney	lifesaving@	0413 025 512
Secretary	Uri Teitler	secretary@	0424 140 481
Director of Youth	Pete Kondilios	doy@	0427 321 033
Director of Finance	Marcelo Garay	finance@	0407 007 398
Director of Competition	Shane White	competition@	0415 605 349

Members Facilities

The Club provides facilities to Club members all year round. Our financial year runs from 1 May to 30 April, and our Patrolling season runs from the last week in September to the last week in April.

Office

The Office is located on the Ground Floor and operates all year round and is open on Tuesday and Friday from 9:00am to 3:00pm. Additionally it is open on Sunday during the Nipper Season (October to March)

Gym

The Gym is available to eligible members 15 years old and over throughout the year and is located behind the Kiosk. To access the Gym, you need to pay the Gym membership fee. Additionally, you will need to purchase (one-off) a security fob (\$20) to access the Gym (excl Gold Members).

Gym Membership Fees: \$55 per season for Patrolling members (15 years and over); \$110 per season for other members. NB. General members wishing to access the gym must upgrade their membership to Associate.

Gym Membership must be processed via the online form on the website:

<https://www.southmaroubrasurfclub.com.au/gym.html>

Change Rooms and Showers

Change Rooms and hot showers are available to all members (security fob required). The Men's facilities are located next to the Gym behind the Kiosk, the Women's facilities are located downstairs opposite the Office.

Please note before entering the club ALL MEMBERS MUST DRY OFF and clean all SAND off plus must wear some form of footwear within the club for hygiene reasons.

BK Bar and Heritage Room

The Bar which is located in the Bernie Kelly Lounge operates every Sunday during the patrolling season from 11am – 6pm and is open to the public. Club members are entitled to reduced members pricing for drinks and snacks.

Additionally, the Bar and Heritage rooms are available for hire for functions. Members are entitled to reduced room hire pricing. Please contact events@southmaroubrasurfclub.com.au or visit the website for more details: <https://www.southmaroubrasurfclub.com.au/functions.html>

Storerooms

South Maroubra SLSC supports members storage of competition equipment used by competitors

specifically for surf lifesaving competition. Please contact the Director of Competition for information about access etc. Please note that presently the club is at capacity in terms of equipment storage space and as such private boards and skis not used to represent the club may be required to be moved off site.

Members Benefits

Over the last few seasons, the Club has introduced several benefits for your interests & support.

FFF4F+

Functional Fun Fitness 4 Forties Plus is a twice weekly facilitated fitness session designed specifically for our 40 year old + members. The hour session is tailored to your needs/fitness levels. Held (weather permitting) on the lawn outside the club and inside if inclement weather.

For more information and expressions of interested please complete the online form <https://form.jotform.com/220161564878057>

Sunday Social Club

The BK Bar is open to the public from 11am each Sunday during the season with members pricing available on all drinks. Come along and have a chat with your other club members or invite family and friends down to enjoy one of Sydney's best views and most affordable drinks.

Financial members, for a small donation, can use the club's BBQ for family events outside the club on the proviso all drinks are purchased from the club.

Competition Training

For those members wishing to compete there is competition training (for Nippers and Opens/Masters) facilitated by our qualified coaches throughout the season with multiple sessions held during the week and on weekends. See the Competition Section in the booklet for further details.

Gold Membership

Gold Membership is available for members which entitles them to an Active Membership, Gym Membership, Security Fob, Gold Membership Polo Shirt, Discount to the annual Sportsperson's Lunch and an invitation to the Gold Members function. Please see the office or go online to upgrade your membership and support the club.

Sportspersons Lunch/Trivia Night/Comedy Night

The club organises various fundraising events throughout the year to support the club and the competition team with equipment and touring fees. These events are advertised widely and are often sold out. Make sure you keep a lookout in the Blu-ing, and on our various social media channels and don't delay in buying a ticket .. you'll be disappointed if you miss out.

Annual Awards and Presentation Night

There are several awards that are presented at the end of the season at the Annual Presentation Night. Awards criteria will be available on the club website shortly and include:

Clubman of the year	Rookie Training Officer of the Year
Associate of the Year	Training Officer of the Year
Most Outstanding Cadet (13-15 yrs)	Swim Competitor of the Year
Most Outstanding Junior (15-18 yrs)	Board Competitor of the Year
Most Outstanding Senior (18+ yrs)	Beach Competitor of the Year
Junior Lifesaver of the Year (13-17 yrs)	Masters Competitor of the Year
Senior Lifesaver of the Year (18 yrs+)	Surf Boat Person of the Year
IRB Person of the Year	Coach of the Year
Patrol Captain of the Year	IRB Competitor of the Year

Lifesaving

The 2022/23 season starts on Saturday 24 September and runs through to 25 April 2023.

Contact Names & Numbers for Key Lifesaving Personnel who can help, assist, and answer any questions you have about patrols

Role	Name	Email	Phone
Director of Lifesaving Services	Nicole Cooney	lifesaving@southmaroubrasurfclub.com.au	0413 025 512
Assistant Director of Lifesaving	Darren Saunders	adol@southmaroubrasurfclub.com.au	0410 622 009
Education Coordinator	Codie Wem	education@southmaroubrasurfclub.com.au	0400 276 927
Lifesaving Register	Ash Breaden	Ls.register@southmaroubrasurfclub.com.au	0416 238 353
Gear and Equipment	Ken Hudson	kenhudo@hotmail.com	0420 244 866
IRB Coordinator	Laurie Golsby	laurie.golsby@hotmail.com.au	0406 960 659
U18 Coordinator	Angelina Garay	youth@southmaroubrasurfclub.com.au	0481 393 286
Patrol Captains	As per Patrol Team List available on the website		

If you have any queries about your patrol obligations or have not been included in a Patrol Team this season, please contact Nicole Cooney immediately so this can be fixed up.

<https://www.southmaroubrasurfclub.com.au/patrol.html> please check this for your patrol dates.

Membership Form/Fees/Renewal

If you have not yet completed a membership form and paid your fees for season 2022/2023, please do so online (via the Members Portal <https://members.sls.com.au/>) or at the Club office over the next few weekends. All members must have paid their fees and completed their membership renewal before 30th October, otherwise they will be automatically archived in SurfGuard and will be unable to undertake Patrols.

Patrol Teams & Club Calendar

This season we have rostered: 15 patrol teams; 2 active reserve patrol teams; 1 dedicated Water Safety team for nipper activities. The Club Director of Lifesaving may make any further changes to Patrol Teams/Rosters as needed during the season and in such cases all members will receive updated information.

Lifesaving Service Agreement

The Club is required by the signed Lifesaving Agreement with SLS Sydney & SLS NSW to have a minimum of 5 patrolling members rostered on, ensuring across those 5 members we cover the awards Patrol Captain, IRBD, IRBC, ARTC and BM. . The Club then needs to look at members skills with expertise in swimming, board paddling, and first aid when structuring the patrol teams.

We patrol Saturday, Sunday, and Public Holidays during the season. Our [Lifesaving Agreement](#) also sets the patrol times and dates for the season which is as follows:

Date	Start Time	Finish Time
24/09/22 to 01/10/22	10 am	4 pm
9/10/22 to 16/10/22	9 am	4 pm
22 /10/22 to 01/04/23	9 am	6 pm
02/04/23 to 25/04/23	9 am	4 pm

The Club tries to place members with friends or persons they know in the patrol wherever possible, but sometimes all requests cannot be met as an even spread of members across patrols and their skills must be maintained.

The Club Calendar informs you what dates and times you are rostered on to Patrol. It is suggested members keep this in an accessible place at home for ready reference and highlight on the calendar your patrol dates.

The Club will send SMS messages* to patrol team members as a reminder of your upcoming patrol during the week preceding. However, we would remind each of you that it is expected that members know when their rostered patrols are. We simply offer this service as a reminder. Your patrol captain will also give you at your first patrol a laminated card which will have your patrol dates and times on it and your Patrol Captain's telephone number. This little card should fit in your wallet. *Please ensure that your details are kept up to date in SurfGuard

SRC s in Mainstream Patrol Teams

Our Surf Rescue Certificate (SRC) U15 Cadet members are allocated to mainstream patrol teams. Some of these SRC's will move on to gain their BM award this season whilst others will not be of age until next season. We would encourage the senior members in the patrol teams to assist the Patrol Captain in mentoring these new young lifesavers of our club.

Water Safety

Water Safety is to report to the Patrol tent on the beach where they will meet the Water Safety Coordinator and WS Team Captain before 7.45am each nipper day. Water Safety Members are required to wear the Orange Water Safety rashies and caps, do not wear yellow rashies and red and yellow patrol caps as we need water safety to be easily identifiable from the patrol team. If you don't have one of these please contact the WS Coordinator and one will be allocated to you for the season. Due to technical limitations WS Patrol will sign on in the Water Safety Patrol Log Book each week. These hours will be registered in SurfGuard by the Lifesaving Register and count towards Patrolling hours. Additionally, any members assisting with water safety for SRC or BM training are also to ensure they have signed on in the Water Safety Patrol Logbook.

South Maroubra SLSC Patrol Rules

Whilst on patrol your Patrol Captain is in charge and will manage the team members in the allocation of duties and responsibilities during patrol. Please ensure that you seek the permission of your Patrol Captain if you need to leave the patrol area for any reason as it is imperative that your Captain is always aware of your location whilst on patrol. Patrols should be enjoyable and involve all members' participation and involvement.

Patrol Logbook

It is each member's responsibility to ensure you are signed in the Patrol Log when you are completing patrols or water safety.

The Patrol Captain or their team representative will log you on using the SLSA Operations App. If the App is not working, the members should sign on using the manual book.

In addition to recording your patrolling hours, the patrol log is an important document which can be called as evidence in a court of law.

Patrol Uniform

Patrolling lifesavers should be professional and neat in appearance, to present the best possible image of the community and be easily identifiable as an on-duty lifesaver.

The mandatory SLSA patrol uniform is:

- Red and yellow quartered patrol cap
- Peaked cap or wide brim hat
- Yellow long sleeve shirt
- Red shorts



All patrolling members are issued their own uniform. If you have not received your uniform these will be available at your first rostered patrol this season. Patrol Caps must be kept on your person and placed on your head and tied under the chin when entering the water.

It is the responsibility of the Director of Lifesaving Services (Club Captain) and the Patrol Captains to ensure that all their patrol members are always in correct uniform whilst on patrol. Duty Officers will occasionally audit patrols to ensure compliance. The patrol captain will sign the member off patrol if they do not adhere to these requirements.

We would ask that you keep your uniform clean and presentable for use and wearing ONLY when you are on patrol. Patrol uniforms are not to be worn travelling to and from the beach.

Note: Rash Shirts – it is highly encouraged that lifesavers wear a SLSA red/yellow rash shirt when driving/crewing the IRB and/or when wearing a wetsuit (over the top).

When in the IRB, a life jacket must be worn at all times.

Note: Patrol Jackets – if wearing a jacket on patrol, a red/yellow jacket which meets the SLSA brand guidelines can be worn.

SLSA has a policy on the patrol uniform and this can be viewed at www.slsa.com.au and within the SOP's at www.surflifesaving.com.au/lifesaving resources.

Radio Channels

4 Digital Radios are provided to Patrols (to be collected from the Lifesaving room). The following channels are used:

Channel 1 • Incident Channel • Line of sight only • Communications channel between Duty Officers, and all assets on scene (RWC, OSB or Helicopter)

Channel 2 • Patrol “chat” channel • Line of site only • Internal patrol communications between beach assets only

Channel 3 • Primary Repeater Channel • For all communications with SurfCom • Digital radios will roam for strongest signal • Analogue Radios need to manually switch channels

Channel 4 • Scanning Channel only • Receives all traffic on channels 1, 2 & 3 and secondary repeaters within range. NB: If a response is made within 5 seconds, the message will be transmitted on the receiving channel, otherwise the radio will transmit on channel 2.

Training Channels • Labelled “58 Train” and “66 Train” on newer radios

Club Equipment

No member is permitted to borrow any of the club's lifesaving equipment from the club without the permission of the Club. Such requests must be made via Gear & Equipment Coordinator who will seek the approval permissions from the Club.

A few simple reminders when on patrol:

- South Maroubra Surf Lifesavers stand on the beach on both patrol flags with rescue tubes & whistle.

- South Maroubra Surf Lifesavers have a rescue tube and radio when on roving patrols outside of the flagged area.
- South Maroubra Surf Lifesavers are to be alert and vigilant on patrol – always scanning the area and water.
- South Maroubra Surf Lifesavers will be professional and wear their Surf Rescue Uniform confidently and with pride.
- South Maroubra Surf Lifesavers will be always aware of the ‘image’ of the SLSA and Club.
- South Maroubra Surf Lifesavers will be proud of themselves and the service they are providing to the community.

Use of the Club SSV (Side by Side Vehicle)

- Only those members who have completed the SSV Operator Certificate Award or proficiency are permitted to drive this vehicle. No exceptions. Driver’s license details are to be recorded in SurfGuard.
- Speed limits are 5km per hour. Drivers must be always super vigilant when driving.
- Never leave the key in the ignition of an unattended SSV and never leave the SSV with the motor running.
- The Patrol Captain must always hold the key to the SSV during patrols.
- The SSV can be used for ferrying all patrol equipment to and from the beach.
- When not in use it must be parked behind the patrol tent for the duration of the patrol.
- No passengers are to be carried in the back of the vehicle except in emergency lifesaving situations.
- The SSV must be hosed down at the end of each patrol day before being housed in the shed.
- Any misuse of the SSV will see the driver stood down from its use.

Frequently Asked Questions about Patrols

What if I can’t make my rostered patrol?

The following information is relevant to all members completing patrols. If you are unable to make your rostered patrol, you are required to organise a ‘substitute’ to do your patrol for you.

Eg. I am a Bronze Holder and can’t make rostered patrol on 5 /11/22, I look on the patrol teams list for someone who holds a BM award and I contact them and ask if they could do a patrol for me on 5/11/22. They say yes – and I arrange with this person that I will do a patrol for them when they can’t make one of their rostered patrols. Same applies for SRC award holders, IRBC for IRBC, SMIRBD for SMIRBD. (Sub needs to have the same qualifications as you, unless there is another member of the team who can cover that position, in which case a BM holder will be sufficient)

- A specific Facebook page (South Maroubra Surf Club - Patrol subs) has been established to help facilitate subs <https://www.facebook.com/groups/481597329328272>

We would encourage all members to do the following when they receive their patrol roster:

- Sit down and highlight the dates/times you are rostered for patrol and discuss with your family
- If any of these dates clash with any other commitments, such as school sport, family functions, competing at carnivals - organise your sub for these patrol dates in advance for the patrol dates you know you are unable to attend. Being organised and prepared will avoid any issues on the patrol day or days leading up to the patrol when at the last minute a substitute can’t be organised, resulting in penalty patrols being incurred.

We appreciate that on occasions a situation arises, and you have no time to organise a sub. You ring your Patrol Captain, explain the situation and they will either try to organise a sub on the day or will consult with the Club Director of Lifesaving for you to be excused for this patrol. These circumstances are dealt with only by the DOL and Patrol Captain on a case-by-case situation.

I don't know anyone – so who do I ask?

Please don't feel afraid to ask someone to do a sub patrol for you – this will also help you to meet new people in the club and make new friends. If you have any problems organising a sub, please do not hesitate in contacting your Patrol Captain or Director of Lifesaving.

What if I miss my rostered patrol and did not organise a sub?

In these situations, the member will be given 2 penalty patrols to be completed within a calendar month of the missed patrol. This applies to BM holders only. Penalty patrols are to be completed in addition to your rostered patrols. Any further questions about this, please speak to Nicole Cooney or Darren Saunders.

Members incurring 4 penalties or more will be suspended from the Club until such time as they attend a Lifesaving meeting to explain. On these occasions, the member will be notified of the meeting date and time they are required to attend to explain why their membership suspension should be lifted.

SRC award holders do not incur penalty patrols, however, are asked to complete one 'make up' patrol. We encourage SRC's to seek a patrol substitute wherever possible. It is a good habit to get into.

What if I go to a carnival and have not organised a sub?

If you compete at a carnival or any other sanctioned SLS event without a substitute for your rostered patrol, the maximum penalty to the member may be suspension from any Club touring teams (State, Aussies, World) for that current season. The member would be asked to appear at a Lifesaving meeting to show cause why the maximum penalty shall not be imposed.

This may sound harsh; however, the Club is placed in severe jeopardy by a member competing at a carnival without a sub for their rostered patrol on that same day. This action could result in the Club receiving a suspension from future competitions and/or instant withdrawal from that carnival on that day.

What if I am late for my patrol?

If a member is late for a patrol without reasonable explanation, you may incur one (1) make up patrol to be completed within one (1) calendar month of the lateness. This will be at the discretion of your Patrol Captain and will be noted in the Patrol Logbook by the Captain if enforced and is a once only option.

What's in it for me if I complete my rostered patrols?

At the end of the season, you will be recognised with 100% Patrol Efficiency and receive a prize from the Club at the Annual Presentation night which is held in July each year. To be eligible for 100% Patrol Efficiency, you must have completed all your rostered patrols or organised a sub for those patrols you cannot attend.

Penalty patrols voids your eligibility for 100% Patrol Efficiency.

Most of all is the fun, friendship and learning you will achieve from being part of your patrol team. Each one of you is an important patrol team member.

SRC Patrol Members: How do I patrol and complete my nipper activities?

(i.e., you are a SRC award holder and still also in the U14 nipper group for season 2022/2023)

On your rostered patrol days, you will report to the Patrol Captain of the morning at 8.30 am in your patrol uniform and advise you are present. At 9.00 am you report to your U14 Age Manager on the grass area in front of the clubhouse and then participate in your weekly nipper activities.

After you have completed your nipper activities, you return to your Patrol Captain and re-sign on till your patrol finishes as per the calendar.

Competition

Surf Sports has an extensive calendar of events, carnivals and championships which is available to those interested. We would encourage as many members as possible to compete for the Club and especially form teams.

Any members interested in competing at Carnivals for the Club during the season are asked to please email the Club's Competition Register, Maria Garay competition@southmaroubrasurfclub.com.au or Carnival information can then be sent direct to you including training sessions

For competitors U14 and below, your carnival entries will be looked after by nippers and flyers etc which are handed out weekly at nippers. U14 members with SRC award are eligible to compete at Senior Carnivals in U15 events. Nipper competitors are to email jr_carnivals@southmaroubrasurfclub.com.au

Role	Name	Email	Phone
Director of Competition	Shane White	whiteyshane@gmail.com	0415 605 349
Assistant Director Comp	Rene Prochnow	Rene.Prochnow@meso-net.com	0404 239 169
Competition Registrar	Maria Garay	competition@southmaroubrasurfclub.com.au	0411 390 901
Swim Coordinator	Dave Dubois	davidjohndubois@gmail.com	0417 463 986
Board Coordinator	David Lowlett	dslroofing@optusnet.com.au	0417 200 208
Boat Coordinator	Phil Stivano	phil.stivano@bisley.com.au	0407 072 584
Beach Coordinator	Andy Newrick	andrew@dlivery.com.au	0439 487 532
R&R/MP Coordinator	TBC		
Ski Coordinator	Dave Lowlett	dslroofing@optusnet.com.au	0417 200 208
Board riding Coordinator	Rob Messiter	rmessiter@cranbrook.nsw.edu.au	0413 681 686
Coaching Coordinator	Marty Kiernan	marty.kiernan15@gmail.com	0407 425 971
IRB Comp Coordinator	Will Shaddock	williamshads@gmail.com	0423 816 096
Touring Team Manager - Summer	Simon Torsellini	torsell@bigpond.net.au	0414 375 508
Touring Team Manager - Winter	Nicholas Pavlakis	nickpav@hotmail.com.au	0410 894 482

Who May Compete?

SLSA competition is for registered, qualified and proficient members of surf life saving clubs who have fulfilled their Club, patrol, financial and other membership obligations.

All members who wish to compete at any SLSA competition must be registered, proficient and carry out required patrol duties in accordance with the 'Proficiency and Patrol Hour Requirements for Competition Eligibility' detailed in the SLSA Policy Statement 5.4 www.slsa.asn.au

Training sessions are held throughout the season. For more details on when different disciplines train, please contact Director of Competition.

All Clubs attending a surf sports carnival during the patrol season must:

- Ensure that there is a rostered patrol on the beach that meets the patrol obligations agreed to in the Lifesaving Service Agreement, otherwise the club is ineligible to compete.
- Competitors rostered for patrol duty have a substitute or are ineligible to compete.

South Maroubra competitors will be provided with a 'Code of Conduct Agreement' each season for eligibility for representation of our club. Please see the club for a copy of this document.

Personal Patrol Hours

As per SLSA Policy 5.04, minimum number of personal patrol hours required for the period of 1st

January to 31st December of the preceding year of any SLSA championship:

Active & U15 members

25 hours

Reserve Active members

12 hours

Note: Only Life Members & Long Service members are exempt patrol hours to compete but must be proficient.

Further information on how the competitors personal patrol hours are calculated can be read in SLSA Policy 5.4



Annual Proficiency

All active members are required to complete the annual proficiency by 31st December each year. Members must be proficient to complete patrols, compete and to be an active member of the Surf Club.

Proficiencies are to prove competency in the lifesaving award/s held by members and are necessary to:

- Ensure ongoing competency of members in their area of training and activities
- Maintain the standards of knowledge and expertise of surf life savers
- Satisfy legal and statutory requirements
- Reinforce and maintain our service commitment to the bathing and beach going community

Skills Maintenance Dates

Date	SRC	BM
Saturday 22 October	8.30am	9.30am
Sunday 6 November	10am	11am
Saturday 10 December	8.30am	9.30am
Sunday 18 December	10am	11am
IRB Drivers & Crew		
Saturday 22 October		11am
Sunday 6 November		7.30am
Saturday 10 December		11am

Our primary role is to protect the public visiting our beach, and making rescues where needed. In order to do this we need to ensure our lifesavers have maintained all the skills covered to keep the beach safe.

Bronze Medallion and ARTC Skills Maintenance will contain both online and practical requirements this season.

You **MUST** complete both online and practical portions to be sign off as proficient! The online portion needs to be complete before attending the practical session or we will not be able to process your proficiency.

The online portion can be accessed through [your Members Area account](#), in the eLearning section. The practical portions for the Bronze medallion and SRC will be covered on the dates and times above.

You will need to enrol online for the date you wish to attend. This is done through e-Learning. Here is a [guide](#) on how to do it!

ARTC holders will be contacted directly regarding their skills maintenance.

[Proficiency requirements are set by the SLSA](#) and below are details of what will be involved in the basic lifesaving award proficiencies for season 2022/2023.

If members require information about other award proficiencies, please contact the Club Education Coordinator Codie Wem or refer to the SLSNSW Pre Season Information Pack 2022 which can be found on SLS NSW website.

Skills Maintenance for SRC for 2022/2023 season will be:

- Run Swim Run (timed) – 100m run/100m swim/100m run in 5 minutes or less
- Resuscitation (CPR) – patient assessment on a live patient and demonstration of lateral position. CPR 1 and 2 people (adult or child or infant) on a manikin.
- Rescue – tube and board – negotiating the surf zone, securing the patient, returning to shore with the patient, calling for assistance

Skills Maintenance for Bronze Medallion for 2022/2023 season will be:

- Run Swim Run – 200m run/200m swim/200m run to be completed in 8 minutes or less
- Resuscitation (CPR) with and defibrillation – a patient assessment on a live patient and demonstration of lateral position. CPR 1 and 2 people (adult or child or infant) on a manikin. To include resuscitation using a mask and defibrillation supplement.
- Rescue – tube and board – negotiating the surf zone, securing the patient, returning to shore with the patient, calling for assistance
- Radio – at least 3 questions on the use. May include pre operation checks, knowledge of local operating channels and uses, operation procedures, call signs, rescue techniques etc.
- Demonstrating placing a patient on a spinal board in a surf environment and on land – this may require multiple scenarios to enable each person to demonstrate competence
- IRB Awareness – minimum of 3 questions related to safety around IRBs and assist in the removal of patients from an IRB.

Skills Maintenance for ARTC for 2022/2023 season will be:

- Resuscitation – patient assessment on a live patient and demonstration of lateral position. DRSABCD, CPR 1 and 2 person (adult or child or infant) on a manikin to include resuscitation methods using a mask.
- Oxy Viva Operation – use of air bat resuscitation on conscious/unconscious patient(s) during resuscitation scenario eg. therapy and resuscitation
- Oropharyngeal Airways – correct measurement and insertion of an Oropharyngeal Airway (on a manikin where possible). Candidates must understand when and why an airway is introduced into resuscitation.
- Defibrillation – demonstrating knowledge and skill in safety precautions associated with using a defibrillator. Simulated use of defibrillator on a manikin as part of a resuscitation scenario.

SSV Operators for 2022/2023:

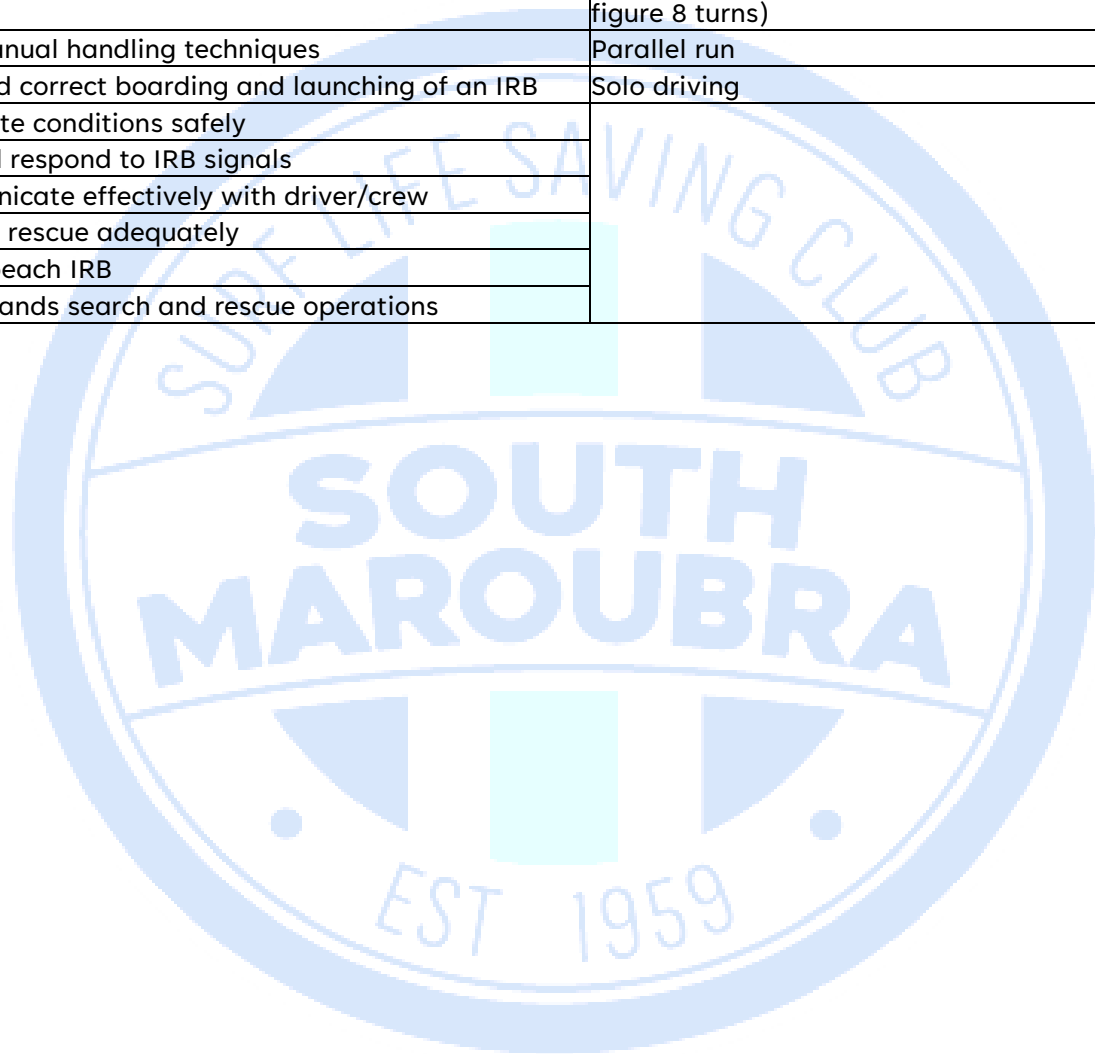
- ATV operators must hold a current, valid state driver's license. A member who loses their state driver's license (whether through cancellation or suspension) is non-proficient in this award. Once the members state driver's license is reinstated, they are then required to undertake an induction.
- Anyone without a current award can undertake an induction via Ken Hudson (Gear Steward), Nicole Cooney (Director of Lifesaving) or your Patrol Captain.

IRB Skills Maintenance for 2022/2023 will be:

One of the requirements from the National IRB Review was all IRB Crew and Drivers to undergo an in-depth proficiency. The aim of the in-depth proficiency is to ensure that all IRB drivers and crew are competent in the full range of IRB skills. It will also allow assessors to identify those candidates that need further training to improve their competency and allow trainers to demonstrate the 'lock-in' position.

To be eligible for proficiency the candidate must demonstrate competency in all the following activities:

Both IRB Driver and Crew	IRB Driver Only
Correct set up of an IRB	Turn IRBN effectively (including left, right and figure 8 turns)
Safe manual handling techniques	Parallel run
Safe and correct boarding and launching of an IRB	Solo driving
Negotiate conditions safely	
Use and respond to IRB signals	
Communicate effectively with driver/crew	
Perform rescue adequately	
Safely beach IRB	
Understands search and rescue operations	



Nippers

We are proud of the fact that South Maroubra has the largest Nipper membership in Australia. With over 1000 Nippers last year and an equally large number expected this year, such a program cannot operate without an army of volunteers to help.

Whilst there are definitely some 'specialist' skills required to run nippers, there are also lots of roles that can be filled by anyone able and willing .. and we hope that you are willing to!

Nippers will recommence on 15 Oct 2022 for U6 @ 8:30 (for first week only) and 16 Oct 2021 for U7+.

We have split the times into 2 slots and a number of zones will be created at the beach to manage overcrowding:

The following time slots have been allocated for 2022/23 (B - Boys, G - Girls):

8.00 AM – Under 14 B/G , 13 B/G , 12 B/G, 11G, and Under 6B/G. Finish at 9.15 AM

9.30 AM – Under 10 B/G, 9 B/G, 8 B/G, and Under 7B/G. Finish at 10.45 AM

There is a 15 minute gap between the 2 sessions to allow people to leave the designated areas.

Given the amount of information regarding the Nippers program we have not replicated the information here, rather encourage you to visit the website:

<https://www.southmaroubraurfclub.com.au/nippers.html>

And in particular please note at the bottom of page the links to the

- [Nipper Calendar 2022/23](#)
- [Nipper Info Booklet 2022/23](#)

Additionally make sure you follow the Nippers Facebook page:

<https://www.facebook.com/southmaroubraislscnippers>

Education

Surf Lifesaving offers a wide range of awards to its membership. South Maroubra Surf Club encourages as many members as possible to up skill and gain new awards.

The Club organises the following award training:

- Surf Rescue Certificate (SRC)
- Bronze Medallion/Cert II
- Inflatable Rescue Boat Crewman (IRBC)
- Silver Medallion Inflatable Rescue Boat Driver (SMIRBD)
- Advanced Resuscitation Techniques Certificate (ARTC)
- Radio Operator Certificate
- Apply First Aid Courses (the Club may also organise)

Surf Life Saving Sydney (SLSS) organises and facilitates the following award courses:

- Training Officer Certificate
- Assessors Certificate
- Gold Medallion (Advanced Lifesaving)
- Silver Medallion Patrol Captain
- Silver Medallion Aquatic Rescue Award

Any member interested in any award training is to contact the Club's Education Coordinator Codie Wem email: education@southmaroubraurfclub.com.au

Any member interested in **SLSS Support Operations Group** which includes – **Surf Rescue 30, UAT, SurfCom and RWC's** should speak to the Club's Director of Lifesaving or Education Coordinator who can give you more information or the relevant contacts.