

# Hervey Bay Surf Life Saving Club

## Season 2016 / 17



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## Hello and Welcome

Welcome to the Hervey Bay Surf Life Saving Club.

The Hervey Bay Surf Lifesaving Club has a lot to offer young and old alike, from our Greencappers who can join at 5 years of age and enjoy the fun activities on Sunday mornings to our old and crusty members “going around for one more season”. Surf Lifesaving is a very unique sport and very family orientated. You do not have to be the best sportsperson. We know you will enjoy your time here and make many new friends and enjoy the social side of lifesaving. Hopefully you may like to contribute by offering your services through the Supporters Club, Senior and / or Junior Committees, Administration or Patrolling duties. If competition is what you are after then it ranges from Surf Sports carnivals for the juniors and Masters to First Aid, Surf Rescue, Pool Rescue and IRB racing competing right up to National carnivals. As a member, we can provide you with new skills; maybe you would like to get accredited in your Bronze Medallion or CPR, Defib, ARC or First Aid skills and more: yes we offer all of the above.

Hervey Bay has been predominantly a Junior Club for many years, in recent years this has been evening up with an emerging cadet and senior base membership there is more on offer these days for all groups, so make sure you check out the website, newsletters or enquire as to what's on offer to you.

Surf Lifesaving is Australia's number one community based frontline rescue service and is a great Australian way of life.

Best wishes and enjoy your season,  
Sue Murray  
President

# History

Surf Life Saving in Queensland began on Coolangatta Beach in 1909. From these early beginnings, SLSA has now achieved world recognition for the outstanding courage and service of its members. There are now 59 lifesaving clubs in Queensland and these clubs belong to 6 branches within the state. Our club is in the Wide Bay Capricorn Branch, which includes 8 Surf Life Saving Clubs; Hervey Bay, Elliott Heads, Bundaberg, Moore Park, Agnes Water, Tannum Sands, Emu Park and Yeppoon.

The Hervey Bay Surf Life Saving Club was originally formed in the 1950's by members living in Maryborough and spending their week-ends in the Bay. Over the years with people leaving the district for education and employment, membership fell away. However with the expansion of the Bay the club was reformed in 1986 and the Clubhouse was built in 1994 and underwent major extensions in the last 12 months.

Recent membership totalled over 400 members and included over 250 juniors. Membership includes families from Hervey Bay, Maryborough and outlying areas.

The Surf Life saving motto is "Vigilance and Service".

## Membership

**New Members:** We welcome new members at any time. New member application forms must be completed and returned to the Registrar with the appropriate membership fee. Birth Certificates must be sighted for all new members under the age of 18.

**Renewing Members:** Renewal membership forms are obtained from the office must be completed and returned to the Registrar with the appropriate membership fee.

### **Membership Fees:**

Fees for this season are as follows:

Junior/Cadet (U18)	\$90.00
Active Senior (18+)	\$100.00
Award Member	\$100.00
Associate Member	\$50.00
Family	\$280.00

Nippers \$2.00 per person or \$5.00 per family per week at sign-on

**Insurance:** Membership includes insurance, so only Club members are insured and therefore are able to use Club Equipment. Club members and Social Club members are able to use club facilities.

**Refunds:** As per club policy there is no refund on membership fees at any time through the season.

**Parent help:** Junior Activities encourage parental involvement; however they must be registered members of our Club. It is also a requirement of the Qld Government and SLSQ that any member over the age of 18 years who is working with children **MUST** have a SUITABILITY CARD (Blue Card). Or, if a teacher or police officer a WORKING WITH CHILDREN EXEMPTION CARD. This can be applied for through the club free of charge. See the Registrar or Secretary for more details.

**Club Newsletters:** The club has its weekly newsletter "What's Happening" which will be available on the website each week [www.herveybaysurfclub.com.au](http://www.herveybaysurfclub.com.au) **Be sure to notify the Registrar and/or Secretary of any change of email address.**

Within this newsletter is important information on upcoming events, carnival dates, closing dates for nominations, nomination fees etc and things happening around the club.

***If you don't get it please pick up a copy from the office.***

**Medication:** Junior and Senior competitors who have a condition that requires prescribed medication maybe be required to have a doctors certificate and a letter registered by National Council. This includes some Asthmatic puffers as they are on the banned list for drugs in sport. Copies of approval will need to be carried when participating at carnivals.

**Disabilities:** Surf Life Saving offers a range of activities and opportunities for all Australians regardless of ability or disability. We are committed to providing greater access and opportunities for people with disabilities to engage in surf lifesaving. This could include:

- Specialized programs for people with disabilities
- Members with disabilities participating in regular surf life saving activities.

## **Safety – Everyone's Responsibility**

**Sun Safety:** Sunscreen must be applied before starting Junior Activities. Personal water bottles are compulsory.

Pink rash vests must be worn in water based activities and rash shirts are recommended to be worn in beach activities. Wide brimmed hats are recommended to be worn between events.

**Personal Safety:** Marking of names on personal items (including towels) is recommended [Lost property box already full from last season] No Jewellery is allowed to be worn during Junior Activities and competition.

**Club House Safety:** No Juniors are allowed in the Patrol room. No wet and/or sandy feet are allowed in the main area of the Club House or deck. Toilets and inside showers are to be left in a clean and tidy state. Disruptive behaviour will NOT BE TOLERATED. The Club House Director is in charge of the Club House.

**Equipment:** Only Club Members may use Club equipment.

**Juniors:** Fibreglass Junior Boards may only be used by juniors from Under 11 up. All boards need to be returned after use, and washed down with fresh water.

**Seniors:** Only registered members are allowed to use water craft (Skis, Malibu boards, Boat). All craft must be washed down after use.

**IRB:** The IRB may only be crewed and driven by a member with an IRB Crew and/or Drivers Award or training under an IRB instructor. The IRB must be washed down after use.

**Quad Bike:** May only be driven by a Patrol member over the age of 17 and who has a Queensland Transport Drivers License and has completed an SLSQ ATV induction.

**Hi Lux Ute:** Can only be driven by authorised personnel on a full licence and over the age of 25.

## Club Committee 2016 – 2017



PRESIDENT  
Sue Murray



SECRETARY  
Katrina Smith



TREASURER  
Andrew Eason



SUPPORTERS CLUB PRESIDENT  
Sue Murray



CLUB CAPTAIN,  
IRB CAPTAIN  
Darren Horton



CHIEF TRAINING OFFICER  
John Gillard



CLUB HOUSE  
DIRECTOR,  
BOAT CAPTAIN,  
GEAR STEWART  
Don Burchill OAM



SURF SPORTS MANAGER  
Tony Grima



FIRST AID OFFICER  
Helen Thomas



SAFETY OFFICER  
Ron Thomas



SPONSORSHIP OFFICER  
Rob Garland



JUNIOR ACTIVITIES OFFICER  
Phill Munson



U17 VICE CAPTAIN  
Kirra Horton



U19 VICE CAPTAIN  
Nicholas Miller

# Awards Available To Our Members

Training and skilling of members is an important part of the Lifesaving movement. The awards ensure that members are qualified to perform patrols and rescues and are pre-requisites to be involved in competitions at local, regional, state and national levels. There are many Awards available to our Members. Please see the Training Manual for a full list of Awards available. See our Chief Training Officer if you are interested in training for an Award.

Some Awards are as follows:

Award	Prerequisites	Unit of Competency Link
Basic Resuscitation	10 years old	
Basic Emergency Care	13 years old	
Surf Rescue Certificate (SRC)	13 years of age 200m swim in less than 5 min	
Radio Operators Certificate (ROC)	13 years of age	PUAOPE002A - Operate Communications Systems and Equipment
Bronze Medallion	15 years of age 400 swim in less than 9 min	Certificate II in Public Safety – Aquatic Rescue
Resuscitation (CPR) Certificate	15 years old	HLTCPR201A – Perform CPR
IRB Crewperson	15 years old Bronze Medallion	
Advanced Resuscitation Certificate (ARC)	15 years of age PUAEME001A – Provide Emergency Care	PUAEME003C – Administer oxygen in an emergency situation *
Defibrillation	16 years of age PUAEME001A – Provide Emergency Care	PUAEME010B _ Operate a semi automatic defibrillator in an emergency situation *
Operational First Aid Certificate (OFA)	15 years of age	PUAEME001A – Provide Emergency Care PUAEME002B – Manage injuries at an emergency incident HLTFA301B – Apply First Aid
Silver Medallion IRB Driver	17 years of age IRB Crewperson Marine License	PUASAR011A – Search as a member of an aquatic search team PUASAR010A - Undertake rescue operations in a small power craft PUAEQU001A – Prepare, maintain and test response equipment
Silver Medallion Basic Beach Management Award (SMBBM)	17 years of age Bronze Medallion [P or NP] Hold a proficient SLSA award such as ROC, ARC, Senior First Aid or OFA	
All Terrain Vehicle Operator (ATV)	17 years of age Provisional or Open Drivers License	

\* HLTFA404A [Apply advanced resuscitation techniques] is gained when completing both the Arc and Defib Courses

## Patrols

This is the most important activity of the club. The first priority of any surf lifesaving club is to provide a safe beach environment for members of the public who wish to swim or engage in water based activities. Our season runs from September to the end of April. Patrolling hours are Saturday 1-5pm and Sunday 9-5pm and Public Holidays. These patrolling hours are extended from 8am to 6pm during the summer school holidays and Saturday mornings 9-1pm in November and February. Members will be part of a rotating roster and are expected to patrol for at least 4 hours per month. In order to provide the necessary protection it is important that lifesavers are well trained and qualified. Therefore the club is constantly seeking to offer training and awards to allow members to better themselves. Although our traditional patrol is in the flagged area in front of the clubhouse we cover an area from Point Vernon to Urangan Pier via roving patrols, IRB's, Waverunner and a quad bike.

## Supporters Club

The Supporters Club run and operates the canteen and bar (see below) and functions. As such they provide a stream of income that supports the club at all levels. Money is used to purchase and upgrade equipment and facilities and to support club and junior activities.

### 2016 – 2017 Committee

President	Sue Murray
Deputy President	Darren Horton
Secretary	Katrina Smith
Treasurer	Andrew Eason
Bar Manager	Andrew Eason
Committee Member	Darren Everard
Committee Member	Wayne Ahrens
Committee Member	Phill Munson
Committee Member	Robert Garland

Membership fees are \$10.00 per annum unless you're a full member of the surf club where the fee is waived.

## Canteen, and Bar

**Canteen:** The canteen is open every Sunday morning during Nippers from September to March. The canteen supplies bacon and egg rolls, hot chips, burgers muffins, ice creams, tea, coffee and hot chocolate, soft drinks and water. Why not have breakfasts at the beach? The Supporters Club is always looking for volunteers to help out in the canteen. A short induction to the kitchen will be required to familiarise yourself with the workings of the kitchen. Closed in shoes in behind the bar and in the kitchen are compulsory.

**Bar:** The bar is open every Saturday from 3pm all year round. The canteen and bar are run by the Supporters Club and all funds are returned to the Club. Fundraising activities and special functions are run during the year.



# Active Cadets & Juniors

Cadets shall be a minimum age of 14 years and up to 17 years of age. Cadets begin with the introduction of the Surf Rescue Certificate at 14 years of age. These awards are the minimum requirement to become a lifesaver. Cadets are the first line of being an active patrol member. Active Juniors are those members between the ages of 15-18 who hold their Bronze Medallion. Active Juniors are involved in all areas of lifesaving.

## Active Seniors

Active Seniors are those members over the age of 18 years who hold the minimum requirement of the Bronze Medallion. Our club has a lot to offer seniors, from the opportunity to help our community by doing patrols, to a relaxed casual time spent at the bar with good friends, to training on Sunday mornings and competition. For the serious competitor, competition can take you all the way to the National titles. Seniors can be involved with sprints, flags, surf swim, boards, surf skis, iron person and team events. Seniors can attend many carnivals throughout the season. One of the highlights is the Masters Games, held late September at our beach with competitors coming from around the state.

## Annual Senior Awards

The following awards are given out at the Annual Senior Presentation Night, with award winners nominated for the relevant Branch and State awards. [in brackets]

**President's Award: [SLSQ Volunteer of the Year]** to a member who has given outstanding service to the Club.

**Lifesaver of the Year: [SLSQ Lifesaver of the Year]** to an active member [over 25] who has helped provide efficient and effective patrols for the Club and shown commitment to all areas of the club and competition.

**Young Lifesaver of the Year: [SLSQ Young Lifesaver of the Year]** an active member [18-25yrs] who has helped provide efficient and effective patrols for the Club and shown commitment to all areas of the club and competition.

**Cadet of the Year: [SLSQ Junior Lifesaver of the Year U18]** to the Cadet who has been an active and willing helper in all aspects of the Club.  
(u15 & u17)

**Competitor of the Year: [SLSQ Athlete of the Year]** The purpose of this award is to recognize and reward athletes (u19 and over) who have competed at Numerous surf sport carnivals over the season and achieved good results at all as well as contributed to the area of surf sports within Surf Life Saving.

**Young Competitor of the Year: [SLSQ Young Competitor of the Year]** The purpose of this award is to recognize and reward athletes (u15 & u17) who have competed at Numerous surf sport carnivals over the season and achieved good results at all as well as contributed to the area of surf sports within Surf Life Saving.

### **Masters Athlete of the Year.**

The purpose of this award is to recognize and reward master athletes (over 30 ) who have competed at numerous surf sport carnivals over the season and achieved good results at all as well as contributed to the area of surf sports within Surf Life Saving.

**Encouragement Award:** To an active member [u17-u19 ] who shows promise in a range of areas within the club.

**Official of the Year: [SLSQ Official of The Year]** Acknowledgement of a member who has shown outstanding commitment and achievements in Officiating inside and outside of the Branch during the season. (Officiates at the most carnivals).

**Most Outstanding Family:** To the family who has shown an all-round commitment in many activities around the Club.

**Rookie of the Year:** To the member who has joined the Club through the year and has immersed himself / herself into a wide range of activities in the Club.

**Administrator of the year: (Branch)-John Barlow Administrator of the Year)** Awarded to a member who provides the best administrative tasks within the roles of the club.

**Goose Award:** A member who has lightened up the place through particularly strange behaviour throughout the year.

**Gosling Award:** To a member who has lightened up the place through particularly strange behaviour through the year and is showing the beginnings of being a complete goose.

**The Clive Hammond Medal [SLSQ Clive Hammond Medal]**

The Clive Hammond Medal recognises individuals who have made an outstanding and special contribution to the development and/or well-being of the Club.

**Trainer of the Year. [SLSQ Trainer of The Year]** This award recognizes and rewards trainers who have made a significant contribution towards the area of education and the training of awards within the club.

**Assessor of the Year. [SLSQ Assessor of The Year]** This award recognizes and rewards assessors who have made a significant contribution towards the area of education and the assessing of awards within the club.

**Masters Athlete of the Year. [SLSQ Master Athlete of The Year]** To an active member [Over 30] who has achieved the best results within the club in surf sports competition.

**Coach of the Year. [SLSQ Coach of The Year]** This award recognizes and rewards coaches who have shown good coaching practices and improvement in the competitors they coach while achieving good sporting results over the entire season as well as contributing to the improvement of surf sports within Surf Life Saving.



## **SLSA Senior Competition Age Groups**

Under 15, Under 17, Under 19, Under 21, Open, Masters [30 years plus]

# Club Uniform

Club: Hervey Bay SLSC Colours are Red and White. Our Competition Cap is Red with three white stripes.

It is a requirement of Hervey Bay Surf Lifesaving Club that all members must wear club togs to any carnival that they are representing Hervey Bay Surf Club.

***It is the requirement of SLSA that every active Member must wear their Club cap and a Florescent Pink visibility vest during Junior Activities and during competition (Junior and Senior).***

A \$10 hire fee [refundable on its return] will be charged for loan caps and vests on Sunday mornings. Red togs, Red rash shirts and Club shirts are also available.

Greencappers: It is the requirement of Hervey Bay SLSC that all Greencappers must wear a Fluorescent Green cap and a fluorescent pink visibility vest during Junior Activities. Uniforms are available for purchase from the Uniform Officer (behind the bar on Sunday mornings).

## Junior Activities 'Nippers' (5-14 Years)

Junior Activities has a minimum age requirement of five years to a maximum age of 14 years (age for a season is calculated as of midnight September 30 each year). The Junior Activities program is one of the most successful children's development and sporting programs in Australia. The program is focused on participation and fun. Activities include surf safety, surfing, board paddling, board rescue, beach activities, basic resuscitation and first aid. Each age group progresses through a Junior Development Certificate and the program also develops skills in leadership and teamwork. The program is designed to provide an educational experience in a wide range of subjects and skills within the aquatic environment and prepares junior lifesavers for their eventual transition to the patrol environment of the senior movement. The program aims to promote the spirit of camaraderie and citizenship within the community.

### **Greencappers (5 - 6 years):**

The absolute minimum age for Green cappers is 5 years.

Parents of 5- 6 year olds must be in attendance throughout the program with their child.

Greencappers have their own Age Manager and they learn the introductory skills of the beach. Greencappers are not involved in competition.

### **Juniors (7 – 14 years):**

Junior Activities are held on Sunday mornings from 9.00am – 11.00am from September to April. Juniors are put into Age groups based on their age at midnight September 30 and each Age group has their own Age Manager.

Skills learnt from Junior Activities are: Surf Education, Water Safety, Surf Skills, Beach Events, Water Events and basic Lifesaving. Our aim is to encourage Fun and Fitness.

(\* Please note that there are minimum swimming requirements set down to ensure the safety of all. These requirements vary according to age and are listed below. You may want to seek swimming lessons privately to ensure your child is safe and is allowed to participate in all Junior Activities).

**Special Junior Activity Days:** include fun days, Christmas Break-up day, and an End-of-Season Presentation night. The Branch holds Leadership and Athlete Development Camps for the Under 14 - Under 18 age groups in school holidays.

**Competitions:** are held throughout the season. Juniors may choose to compete in as many Carnivals as they wish. All Carnivals are well advertised in the "What's Happening" and on the website. The 4-pt Carnivals are held on a Sunday throughout the season at Hervey Bay, Elliott Heads, Bundaberg and Moore Park. The more competitive Carnivals are usually over 2/3 days and require nomination fees. Carnivals are great fun and the juniors make lots of new friends from their own club and from other clubs. Carnivals promote Team spirit, camaraderie and good sportsmanship.

**Age Requirements:** As a requirement of SLSA, all Juniors must complete a Preliminary Assessment and Competency Test in order to participate in Junior Activities on our beach and at carnivals. They must have also gained their Surf Education Award to compete at Branch Carnivals.

## Junior Activities – Age Requirement Overview

Age Group	Preliminary Evaluations		Competition Evaluation	Age Award
	Pool Evaluation	Competency Beach Evaluation (Run-Swim-Run)		
Under 6	Kick on wall with face in water 30 second float	Nil (shallow water activities only)	N/A (No Competition)	Surf Play 1
Under 7	Torpedo (push off wall) with face in the water 30 second float	Nil (shallow water activities only)	N/A (No Competition)	Surf Play 2
Under 8	25 metre swim (freestyle) 1 minute survival float	25m-25m-25m Run-Wade-Run	Run-Wade-Run (25m-25m-25m)	Surf Aware 1
Under 9	50 metre swim (freestyle) 1 minute survival float	50m-50m-50m Run-Swim-Run	Minimum 150m open water swim *	Surf Aware 2
Under 10	50 metre swim (freestyle) 1½ minute survival float	50m-50m-50m Run-Swim-Run	Minimum 150m open water swim *	Surf Safe 1
Under 11	100 metre swim (freestyle) 2 minute survival float	50m-100m-50m Run-Swim-Run	Minimum 288m open water swim*	Surf Safe 2
Under 12	100 metre swim (freestyle) 2 minute survival float	50m-100m-50m Run-Swim-Run	Minimum 288m open water swim *	Surf Smart 1
Under 13	150 metre swim (freestyle) 3 minute survival float	100m-100m-100m Run-Swim-Run	Minimum 288m open water swim *	Resuscitation Award is a pre-requisite to Surf Smart 2
Under 14	200 metre swim (freestyle, in less than 5 minutes) 3 minute survival float	100m-100m-100m Run-Swim-Run	Minimum 288m open water swim *	Surf Rescue Certificate

Assessor	Bronze Accredited Swim Coach; OR SLSA Level 1 Surf Coach; OR AUSTSWIM Instructor; OR Assessor (SRC/Bronze)	Assessor (SRC/Bronze)		
Notes	Every junior member must successfully complete the Pool Evaluation, prior to undertaking competency beach evaluation. This is a standard water proficiency requirement.	Every junior member must successfully complete the Beach Evaluation prior to undertaking the competition evaluation. Any child that does not meet the required evaluation level will require a higher level of supervision when involved in water based activities.	The competition evaluation must be achieved before being eligible to compete in inter-club competition. This is a standard open water proficiency requirement. Distances may be adjusted by the Chief Assessor dependent on risk assessment.	If a child wishes to compete in a Branch and/or State Championship event, their respective age award must be completed prior to close of nominations.

- (competition course distance as per competition manual)

Hervey Bay SLSC will commence the season with a Pool Swim morning at Aquatic Centre on Boundary Rd on Sunday 13th September from 9am. Please refer to Draft Calendar for date. If you miss this day, you will need to get a pool Swim Certificate from the Registrar, complete the appropriate Pool Swim and get it signed off by a Registered Level 1 Swim Coach before participating in any activities. Please return this completed certificate as soon as possible to the Registrar.

## Annual Junior Awards

The following awards are given out at the Annual Junior Presentation Day/ Night.

U6 - U7	Attendance Medallions to all Greencappers
U8 – U15	1st, 2nd, 3rd Point Scorers, Encouragement Award
Long Service Award	Any Junior who joined as an U6 or U7 and continued through to U14
Juniors of the Year 1 for U8-U10 & 1 for U11-U14	This award is designed to recognise juniors within the under-8 to under-14 age groups, who have contributed significantly to their club, through: involvement in extracurricular activities; encouraging new members; showing leadership and teaching skills in club activities; good participation and attendance in training; and generally being a good role model for other junior members.
Encouragement Award 1 for U8 –U10 1 for U11-U15	This award recognizes a junior between U8-U10 and U11-U15 who has worked hard all year, not necessarily one who comes first but someone who is always giving it a go. Is mostly happy and tries their best.
Club Captains Award	A Junior or team who has achieved the highest single placing result in competition during the season. State, Branch and North Aussies.(u8-u14 only)
Presidents Award	Outstanding Junior in fundraising, conduct and attitude .(u8-u14only)

## Junior Points Structure

<b>Attendance points</b>	
For attending any Junior day at Hervey Bay on Sunday mornings.	5 points
For attending at any carnival	10 points
<b>Competition points</b>	
4 point carnivals	1st = 3 points 2nd = 2 points 3rd = 1 point

Any carnival run by State (eg FMOS, North Aussies, Branch, etc)

1st = 6 points  
2nd = 5 Points  
3rd = 4 points  
4th = 3 points  
5th = 2 points  
6th = 1 point

Weekly Certificates for encouragement

## Junior Activity Committee 2016 - 2017



JA CHAIRMAN  
Phill Munson



DEPUTY JAC  
Wayne Ahrens



JUNIOR SECRETARY / RECORDER  
Chris Donnelly

JUNIOR TEAM MANAGER

GREENCAPPERS MANAGER / ASSISTANT

U8 AGE MANAGERS / ASSISTANT

U9 AGE MANAGERS / ASSISTANT

U10 AGE MANAGER / ASSISTANT

U11 AGE MANAGER / ASSISTANT

U12 AGE MANAGER / ASSISTANT

U13 AGE MANAGER / ASSISTANT

U14 AGE MANAGER / ASSISTANT

Wayne Ahrens / Nikki Boswell

Danielle Horton

Mary Halls / Annabelle Head / Kirra Horton

Mark Cassidy / Kym Lingard

# Important Information for Parents/ Guardians & Carers

## Hervey Bay SLSC Child and Youth Risk Management Strategy

Creating safe and supportive service environments for children and young people is everyone's business. Hervey Bay SLSC is committed to providing the highest standard of service to children and young people and ensuring they are kept safe from harm.

In order to create a safe and supportive service environment for children and young people, surf life saving clubs must initiate and maintain ongoing planning and commitment.

In a safe and supportive environment, services and activities are provided so children and young people:

- feel safe and protected from harm;
- help plan activities and make decisions;
- are consulted and respected; and
- have their best interests considered and upheld.

In accordance with the *Commission for Children and Young People and Child Guardian Act 2000*, Hervey Bay SLSC is required to have a written child and youth risk management strategy to protect the children and young people in our organisation from harm. The strategy will help ensure Hervey Bay SLSC is a safe and supportive service environment for children and young people, by identifying and minimising risks. Screening employees and volunteers through the blue card system is part of the strategy.

The child and youth risk management strategy addresses the following elements:

- a statement of commitment;
- a code of conduct for interacting with children and young people;
- procedures for recruiting, selecting, training and managing paid employees and volunteers;
- policies and procedures for handling disclosures or suspicions of harm, including reporting guidelines;
- a plan for managing breaches of the child and youth risk management strategy;
- policies and procedures for implementing and reviewing the child and youth risk management strategy and maintaining an employee register for blue cards;
- risk management plans for high-risk activities and special events; and
- strategies for communication and support.

As a parent/ carer, it is important for you to understand the policies and procedures that form the child and youth risk management strategy. A copy of the strategy is available on request from Hervey Bay SLSC for your information and comment.



# Hervey Bay SLSC

## Statement of Commitment

Every person and organisation bound by this statement of commitment must always place the safety and welfare of children above all other considerations.

The Hervey Bay SLSC acknowledges that our staff and volunteers provide a valuable contribution to the positive experiences of our juniors. The Hervey Bay SLSC aims to ensure this continues and to protect the safety and welfare of its junior participants. Several measures will be used to achieve this such as:

- Prohibiting any form of abuse against children;
- Providing opportunities for our juniors to contribute to and provide feedback on our program development;
- Carefully selecting and screening people whose role requires them to have regular contact with children.
- Ensuring our codes of conduct, particularly for roles associated with junior sport, are promoted, enforced and reviewed;
- Providing procedures for raising concerns or complaints; and
- Providing education and/or information to those involved in lifesaving on child abuse and child protection.

The Hervey Bay SLSC requires that any child who is abused or anyone who reasonably suspects that a child has been or is being abused by someone within our organisation, to report it immediately to the police or relevant government agency and the club's nominated **Grievance Officer (Bryan Hart 0419 727 644)**.

Any allegations of child abuse will be dealt with promptly, seriously, sensitively and confidentially. A person will not be victimised for reporting an allegation of child abuse and the privacy of all persons concerned will be respected.

If anyone bound by this statement of commitment reasonably suspects that a child is being abused by his or her parent/s, they are advised to contact the relevant government department for youth, family and community services in their state/territory.

[Policy & procedures are outlined on the Hervey Bay SLSC website, [www.herveybaysurfclub.com.au](http://www.herveybaysurfclub.com.au)].

Sue Murray  
President  
Hervey Bay SLSC



# Carnivals

All nominations for paid carnivals will only be accepted if handed into the office before the closing date and fully paid for [NO EXCEPTIONS]. To be eligible for competition, seniors must do a minimum of **25** hours of voluntary patrols per calendar year or 4 hours per month from gaining their Bronze Medallion. Proficiencies must be completed by the 31st of December each year to be eligible to compete and patrol our beach. See draft calendar at end of this book for details on carnivals.

## Event descriptions

### Junior events

**Wading Race** – the wade race is a popular amongst younger athletes and involves running out to an allocated a turning mark at knee depth water and then the competitors may either wade, dive or swim along the beach to another marker before returning to the beach to run to the finish line.

**Wading Relay** – the wading relay is a four person event where competitors complete the wade race one at a time and tag the next person who then continues on. The race is completed once the fourth and final team member finishes the wading course and runs up the beach to the finish line.

**Cameron Relay** – Team of four -1 swimmer, 1 board paddler & 2 runners compete together as a team relay over an Ironman course. The order of the legs may vary and is decided by draw prior to the event.

### Senior events

**Belt Race** – the Surf Belt race involves the use of the surf reel, line and belt and is one of the most prestigious and traditional races in surf lifesaving competition. The event begins on the beach with the swimmer placing the belt around their waist and towing a surf line out to their allocated buoy and signalling their finish. The Belt swimmer is assisted by three linesmen and a reel handler.

**Rescue Tube Race** – the rescue tube race is contested on the same course as the surf belt race. When the race commences the competitors must run up the beach to collect their rescue tube, turn and race to the water and swim to their allocated buoy to signal their finish of the race.

**Taplin Relay** – Teams of 3 or 6 with equal amounts of swimmers, board paddlers and ski paddlers, compete together as a team relay over an Ironman course. The order of the legs may vary and is decided by draw prior to the event.

**Single surf ski race** – from a floating start, competitors paddle their surf ski around three buoys and return to the finish line. The finish is judged when any part of the surf ski crosses the finish line with the competitor and their paddle all in contact.

**Double surf ski race** – from a floating start, competitors (two per ski) paddle their ski around three buoys and return to the finish line. The finish is judged when any part of the ski crosses the finish line with both team members and at least one paddle in contact with the ski.

**2km beach run** – competitors race on a sand course in four laps of 500metres to total approximately 2km.

FOR MORE INFO GO TO-- <http://www.sls.com.au/members/surf-sport/disciplines>

## Events that are both Junior & Senior

**Beach sprint** – competitors race on a straight sand course of approximately 70 - 90metres to the finishing line.

**Beach relay** – teams of 4 competitors race on a straight sand course of approximately 70 - 90metres with a baton, running one lap each. The final runner of a team over the finish line wins.

**Beach flags** – competitors start lying on their stomach facing away from a baton/s placed in the sand approximately 15 - 20metres away. There are always fewer batons than competitors. On the starting whistle, competitors rise, turn and race to secure a baton. The competitor(s) who fail to obtain a baton are eliminated. The process continues until there is a single winner.

**Surf Board Race** – from the beach (standing start) each competitor enters the water with their surf board, paddles around all buoys and returns to the beach. The winner is judged by the first competitor to cross the finish line on their feet and in contact with their board.

**Ironman/Ironwoman** - The Ironman and Ironwoman events are conducted over a course consisting of three legs, including a swim, surf ski and surf board. The race concludes with a beach sprint to the finish line. The order of the legs may vary and is decided by draw prior to the event.

**Surf Board Rescue Race** – This two-person event comprises of a surf swimmer and a surf board paddler. The race commences with the swimmer swimming to their allocated buoy and then signalling back to the beach for their board paddler to come out and collect them. Once the paddler reaches the swimmer, the two paddle their board back to beach and cross the finish line.

**Surf Race** – the Surf Race involves swimmers starting on the beach and then running, wading and swimming about 170metres to sea to round a set of buoys and then returns to the beach. The event concludes with a run to the finish flags placed on the beach.

## Surf Rescue Events

**Patrol competition** – the aim of the patrol competition is to demonstrate how surf lifesavers work as a team in performing some or all skills associated with surf rescue patrol work. Team members in the patrol competition must be from the same club. The patrol competition includes a number of physical skills, practical and theory tasks involving racing, rescue and/or first aid situations.

**First aid competition** – the first aid competition is a 2 person team event, and is conducted with a set simulated accident scenario and a time limit for each team. The time limit is advised prior to the commencement of competition. Judging is based on SLS First Aid standards

**Champion lifesaver** – this event provides an individual the opportunity to demonstrate their physical and mental skills required to be a lifesaver. The skills include a lifesaving questionnaire, resuscitation, surf race, surf board race, beach sprint and a rescue tube race. A point score based on the results achieved determines the winner.

## Pool rescue events

**Line throw** – a timed event where the competitor throws an unweighted line to a team member in the pool and then pulls him/her 12metres back to the poolside.

**The Simulated Emergency Response Competition (SERC)** – this event involves teams of four lifesavers reacting to a simulated emergency scenario within a two minute time limit. Teams receive points based on their performance in the scenario.

**50 metre Manikin** – a competitor swims freestyle for 25metres then dives to recover a submerged manikin and then carries it to the finish edge of the pool

**100 metre Manikin Carry** – a competitor swims 50metres freestyle wearing swim fins to recover a submerged manikin located at the 50metre mark. The manikin is then carried back to the pool edge to finish.

**100 metre Rescue Medley** – this event involves swimming 50metres in freestyle, turning and swimming underwater (20metres for men and 15metres for women) to a submerged manikin. After recovering the manikin it is carried to the finish edge of the pool

**200 metre Obstacle Swim** – this event consist of swimming freestyle a total of 200metres passing under eight immersed obstacles.

**100 metre Manikin Tow** – a competitor swims 50metres freestyle with fins towing a rescue tube. At the turning edge of the pool the rescue tube is placed around a floating manikin and is towed back 50metres to the finish line.

**100 metre Manikin Carry** – after a 50metres freestyle swim with fins, competitors dive to recover a submerged manikin and swim back to the finish carrying the manikin.

**200 metre Super Lifesaver** – a competitor swims 75metres freestyle to recover a submerged manikin, and then continues carrying the manikin to the turning edge. The manikin is released, fins are put on and the competitor tows a rescue tube 50metres. At the pool turning edge, the rescue tube is placed around a floating manikin which is towed to the finish end of the pool

<b>Carnival Type</b>	<b>Ages</b>	<b>Events</b>
4 Pointer	U8-U15	Sprints, Flags, Boards, Wades, Swim, Ironperson +Team Events
Pool Rescue	U11-Masters	Manikin Carries & Tows, Line Throw, Obstacle + Team Events
Junior Branch State	U8-U14	Sprints, Flags, Boards, Wades, Swim, Ironperson +Team Events
Junior State	U11-U15	Sprints, Flags, Boards, Wades, Swim, Ironperson +Team Events
Premiership Series	U14-Masters	Sprints, Flags, Ski, Board, Swim, Iron Person + Team Events
North Aussies	U11-Masters	Juniors same as 4 Pointers Seniors same as Premiership Series
Senior Branch State	U14-Masters	Sprints, Flags, Ski, Board, Swim, Iron Person + Team Events
Senior State	U17-Masters	Sprints, Flags, Ski, Board, Swim, Iron Person + Team Events
Fastest Man On Sand	U11-Opens	Sprints, Flags + Relay
Surf Rescue Branch	U14-Masters	Patrol Comp, Champion Lifesaver, First Aid
Water Carnival	U11-U15	Swim, Board, Iron Person + Team Events
Masters Carnival	30 and over	Sprints, Flags, Ski, Board, Swim, Iron Person + Team Events
Aussies	U15-Masters	Sprints, Flags, Ski, Board, Swim, Iron Person + Team Events



## SLSQ Codes of Conduct

### **FOR ADMINISTRATORS • DIRECTORS • OFFICERS**

1. Respect the rights, dignity and worth of others;
2. Be fair, equitable, considerate and honest in all dealings with others;
3. Be aware of, and maintain an uncompromising adherence to, SLSA standards, rules, regulations and policies;
4. Be professional in, and accept responsibility for actions;
5. Make a commitment to providing quality service;
6. Use facilities and equipment for their proper purposes, and care for and maintain such facilities and equipment correctly;
7. Refrain from anything which may abuse, intimidate or harass others;
8. Preserve and protect the standing and reputation of the Association;
9. Understand the consequences of any breach of SLSA's Member Protection Policy or Codes of Conduct.
10. Be fair, considerate and honest with others;
11. Operate within the rules of SLSA;
12. Be professional in all actions. Language, presentation, manner and punctuality should reflect high standards;
13. Resolve conflicts fairly and promptly through established procedures;
14. Maintain strict impartiality;
15. Maintain a safe environment for others;
16. Show concern and caution towards others;
17. Be a positive role model.

### **CODE OF CONDUCT for COACHES • OFFICIALS**

1. Respect the rights, dignity and worth of others;
2. Be fair, equitable, considerate and honest in all dealings with others;
3. Be aware of, and maintain an uncompromising adherence to, SLSA standards, rules, regulations and policies;
4. Be professional in, and accept responsibility for actions;
5. Make a commitment to providing quality service;
6. Use facilities and equipment for their proper purposes, and care for and maintain such facilities and equipment correctly;
7. Refrain from anything which may abuse, intimidate or harass others;
8. Preserve and protect the standing and reputation of the Association;
9. Understand the consequences of any breach of SLSA's Member Protection Policy or Codes of Conduct.
10. Be responsible for matters, concerning the coaching, training, development and competition of lifesavers;
11. Maintain a 'duty of care' towards others and accountability for matters relating to training & competition;
12. Have a good sound working knowledge of SLSA policies, rules and regulations, officiating and coaching techniques;
13. Ensure that any physical contact with others is:- appropriate to the situation; necessary for the person's skill development;
15. Provide a safe environment for training and competition;
16. Be a positive role model for surf lifesavers and SLSA.

### **CODE OF CONDUCT for MEMBERS**

1. Respect the rights, dignity and worth of others;
2. Be fair, equitable, considerate and honest in all dealings with others;
3. Be aware of, & maintain an uncompromising adherence to SLSA standards, rules, regulations & policies;
4. Be professional in, and accept responsibility for actions;
5. Make a commitment to providing quality service;

6. Use facilities and equipment for their proper purposes, and care for and maintain such facilities and equipment correctly;
7. Refrain from anything which may abuse, intimidate or harass others;
8. Preserve and protect the standing and reputation of the Association;
9. Understand the consequences of any breach of SLSA's Member Protection Policy or Codes of Conduct.

### **CODE OF CONDUCT for TEAM MANAGERS • AGE MANAGERS • CHAPERONES**

1. Respect the rights, dignity and worth of others;
2. Be fair, equitable, considerate and honest in all dealings with others;
3. Be aware of, and maintain an uncompromising adherence to, SLSA standards, rules, regulations and policies;
4. Be professional in, and accept responsibility for actions;
5. Make a commitment to providing quality service;
6. Use facilities and equipment for their proper purposes, and care for and maintain such facilities and equipment correctly;
7. Refrain from anything which may abuse, intimidate or harass others;
8. Preserve and protect the standing and reputation of the Association;
9. Understand the consequences of any breach of SLSA's Member Protection Policy or Codes of Conduct.
10. Be responsible for the overall welfare and well-being of team members and Officials when travelling with a team;
11. Maintain a 'duty of care' towards team members and accountability for the management of the team;
12. Have a sound knowledge of SLSA policies, responsibilities (and competition rules where necessary), and ensure that the conduct of the team is in accordance with these policies and guidelines;
13. Foster a collaborative approach to the management of the team.

### **CODE OF CONDUCT for YOUTH LEADERS**

1. Respect the rights, dignity and worth of others;
2. Be fair, equitable, considerate and honest in all dealings with others;
3. Be aware of, & maintain an uncompromising adherence to, SLSA standards, rules, regulations & policies;
4. Be professional in, and accept responsibility for actions;
5. Make a commitment to providing quality service;
6. Use facilities and equipment for their proper purposes, and care for and maintain such facilities and equipment correctly;
7. Refrain from anything which may abuse, intimidate or harass others;
8. Preserve and protect the standing and reputation of the Association;
9. Understand the consequences of any breach of SLSA's Member Protection Policy or Codes of Conduct.
10. Recognise the importance of, and encourage the development of embers, encompassing camaraderie and team work;
11. Treat members with respect and accept the duty of care for the welfare, safety, health and happiness of members and conduct themselves responsibly;
12. Be a role model to all members and conduct themselves in a manner befitting a leader within Life Saving
13. Adhere to all Association Policies and ensure that the 'duty of care' to all members is met in these areas;
14. Accept the adults in Surf Life Saving do not involve themselves in unobserved activities with individual youth members;
15. Realise that physical or verbal abuse, neglect or any other type of abuse, is unacceptable conduct by any members of the Association;
16. Allow members the opportunity and access to gain valuable leadership qualities and skills through lifesaving and surf sports activities;
17. Provide the best possible lifesaving and sporting activities for members with the view to encouraging and promoting long term active participation;
18. Be reasonable in demands on members' time, energy, enthusiasm, and commitment;

19. Ensure young members are involved in planning, leadership, evaluation, and decision making processes at various levels within the Association;
20. Ensure that equal opportunities for participation in lifesaving are made available to all members regardless of ability, race, colour, religion or sex.

## Draft Season Calendar 2016 – 2017

**This is a Draft Season Calendar and is subject to change.**

**This calendar was correct at time of printing.**

2016	August	
20- Aug	Sign on 2pm to 4pm	Club House
21- Aug	Sign on 9am to 11am	Club House
28 -Aug	Pool Swim	Aquatic Centre
	<b>September</b>	
10-Sep	Hervey Bay Masters noms close 3rd Sept	Hervey Bay
16-Sep	Secondary School Surf League	Bundaberg
17-Sep	Patrol Starts	Hervey Bay
17-Sep	In house Age Managers Course	Hervey Bay
18-Sep	First day of nippers and 1 <sup>st</sup> come try day	Hervey Bay
25-Sep	2 <sup>nd</sup> Come try day	Hervey Bay
25-Sep	Nippers and 2 <sup>nd</sup> come try day	Hervey Bay
	<b>October</b>	
1-Oct	Qld State Endurance Championships	Mermaid Beach
21-Oct	North Aussies –Champion Lifesaver	Mackay
22 & 23-Oct	North Aussies-Beach & Water Events	Mackay
29 & 30-Oct	Door Knock	Hervey Bay
	<b>November</b>	
05-Nov	Level 1 Officials Course	Hervey Bay
06-Nov	Junior Carnival (U8-U15) Round 1 (4 pointer)	Hervey Bay
19-Nov	Premiership Rnd 1(u14-Masters)	Agnes Waters
20- Nov	Junior Carnival (U8-U15) Round 2 (4 pointer)	Moore Park
24,25 & 26-Nov	Inter-branch (QLD Country members only)	Gold Coast
November	Pier to Pub	Hervey Bay
	<b>December</b>	
04-Dec	Junior Carnival (U8-U15) Round 3 (4 pointer)	Elliot Heads
11-Dec	Last day of nippers	Hervey Bay
18-Dec	Nippers fun breakup day	Hervey Bay
2017	January	
8-Jan	Nippers First day back for the year	Hervey Bay
14 & 15-Jan	Branch Surf Rescue	Bundy
16,17 &18- Jan	Camp Commando	TBC
21-Jan	Premiership Rnd 2 (u14-Masters )	Agnes Waters
22-Jan	Junior Carnival (U8-U15) round 4 (4pointer)	Bundy

27-Jan	Senior Pool Rescue (u14- Masters )	Hervey Bay
28 & 28-Jan	Senior Branch (u14-Masters )	Hervey Bay
<b>February</b>		
3-Feb	Junior Pool Rescue	Rocky
4 & 5-Feb	Junior Branch Championships (u8-u14)	Yeppoon
17,18 & 19-Feb	State Youth Championships (u11-u15 )	Hervey Bay
24,25 & 26-Feb	State Surf Rescue	TBA
<b>March</b>		
4-Mar	North v South	Agnes Waters
5-Mar	u11-u17 Carnival	Agnes Waters
10,11 & 12-Mar	Senior State (u17-Masters)	North Kirra
19-Mar	Break up day for Nippers and presentation	Hervey Bay
25 & 26-Mar	Australian Championships (u15 only)	North Kirra
27 & 28-Mar	Australian Championships (Masters only)	North Kirra
29,30 & 31-Mar	Australian Championships (u17- Opens only)	North Kirra
<b>April</b>		
1 & 2-Apr	Australian Championships (u17- Opens only)	North Kirra
<b>April</b>		

## Sponsors

Below are the proud sponsors of the Hervey Bay Surf Lifesaving Club. Without these sponsors we would not be able to provide the range of activities that we do. Please support those that support us.

- ❖ *Bayside Radiology*
- ❖ *Wide Bay Motor Group*
- ❖ *Hervey Bay RSL*
- ❖ *Hervey Bay Boat Club*
- ❖ *Torquay Hotel*
- ❖ *Golden Shores (Hervey Bay)*
- ❖ *PBS Property Group*
- ❖ *Bob's Tyres*
- ❖ *Select Shopfitters*
- ❖ *KFC*
- ❖ *Surf Life Saving Queensland*
- ❖ *Qld Department of Emergency Services*
- ❖ *Cartridge World*
- ❖ *Bravo Boards*
- ❖ *Craig Thomson Plumbing*

