

Copacabana Surf Life Saving Club



2011 / 2012

MEMBER INFORMATION BOOKLET

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Welcome to Copacabana SLSC

A very warm welcome to Copacabana SLSC for the 2011/12 season for both new and returning members. The Committee and Members of Copacabana Surf Lifesaving Club, welcome you to our community club. We hope that your time spent with us, whether for recreational & fitness, sporting, educational, social or community purposes, is both a valuable and enjoyable experience. Memberships are available for Juniors, Masters, Seniors and Families, either Active or Social. Come along, bring the kids and have some great family fun. Life Saving is open to everyone, no matter your age, your gender, your cultural background or even your swimming ability. There is a role for everyone in Life Saving.

Copacabana SLSC members patrol the beach every weekend and public holiday from October to April. We teach children and adults vital surf safety and education, provide opportunities for skill development through training and competition, but most of all contribute to the safety, well being and social activities within the Copacabana community. We thank you all for your commitment to both the club and the vital community service which you fulfil.

We wish you an enjoyable, safe and rewarding season. We look forward to your support and contribution in making this year a fantastic one for you and your families and for our Copacabana community as a whole.

Gay Langbridge
Club President

Club Colours

Copacabana Surf Lifesaving Club's colours are red, white and blue. Our club uniform is to be worn at all times, it shows pride in your club and is necessary for you and your children to be recognisable on the beach, both at our own beach, but more importantly when competing elsewhere. Your children are also recognisable via their age specific, coloured Nipper Caps on a Sunday morning. There is a great range of club merchandise available for purchase throughout the season. Get into the club spirit and wear your Copacabana SLSC Beach gear!

Your club gear is available for purchase every Sunday at Nippers.

Visit www.copacabanaslsc.org.au for the price list of available clothing and accessories.

or contact our Uniform Officer

The Committee

Copacabana SLSC is managed by a committee of volunteer members in the areas of Club President, Administration, Lifesaving, Training/Education, Member Services, Competition, Junior Activities, Finance, Social Activities, Member Protection & Clubhouse Mgt.

These positions are elected at the Annual General Meeting of the club. The Executive Committee is charged with the conduct and development of the club and its operations in all of the above areas as well as our commercial operations including the cafe and function centre.

The Committee meet once a month at the club. If you have any issues to raise, you are welcome to attend. If you have something you'd like to add to the agenda, please contact the appropriate director prior to the meeting date.

Copacabana SLSC is a member of the Central Coast branch of Surf Life Saving NSW (SLSNSW), which in turn is a member of Surf Life Saving Australia (SLSA). Copacabana SLSC conforms to the rules set by SLSA. The policies and procedures of SLSA and SLSNSW are available at www.slsa.com.au www.surflifesaving.com.au or in the club patrol room.

Membership

Lifesaving provides a unique environment for young and old to enjoy. It is an activity where members can have fun, play sport, keep fit and make friends, while gaining education about the beach and water safety.

Membership Fees

Annual fees must be paid before participating in club activities.

Fees for 2010/11 are:

Nippers	\$90.00
Active/Patrolling Members	\$35.00
Associates/Social Members	\$35.00
Family Membership	\$270.00

Categories of Membership

- **Junior Activities (Nippers) Membership – 5-14yrs.** Nippers participate in games, activities, education and competition to teach and enhance vital lifesaving skills..
- **Active Membership** - A Surf Rescue Certificate or Bronze medallion holder who fulfils full patrol and club obligations and qualifies in an annual proficiency test. .
- **Associate Membership** - Persons wishing to be part of Copacabana SLSC (perhaps in a social capacity) who may or may not have a SLSA award.
- **Life Membership** - Granted for distinguished service to Copacabana Surf Life Saving Club.
- **Award Membership** – Members who hold awards other than Bronze, i.e. Radio, Spinal, Senior First Aid, ARC and are active completing rostered patrols..

Benefits of Membership

All club members have access to the following; training courses, competitions, events, beach patrols and social functions in the Members Club Room, where you'll be able to benefit from discounted food & beverage at functions.

Benefits for ACTIVE PATROLLING MEMBERS....The club rewards active patrolling members with a number of exclusive benefits. These include: Hot Showers, Gym access, a locker for your family & Craft Storage. These benefits are only extended to those who fulfill their patrolling requirements.

Education – there are a range of courses through the club to increase your skills and knowledge.

Competition and/or fitness - Board, ski, boat, IRB, masters etc train at various times of the week and year. If you wish to train and compete with these teams, please contact the captain of that team to find out more.

Social Events - There are weekly, monthly and yearly social events to be held at Copacabana SLSC.

Use of Club Boards and Skis – Only active or long service members are able to use equipment, it will be marked "Club Use". If it is your first time using equipment, please ask a club member for assistance.

SLSA - Lifesaving Online & Surfguard

Surf Life Saving Australia has an online membership information system called **Lifesaving Online**. Some of you may have used this system to directly register your membership/renewal this year. This systems stores your personal information in the **Surfguard** database. If you simply came along to the Rego Day and filled in your Membership form, you can still go back to Lifesaving Online to view the details we entered into Surfguard for you, using your form. In fact we recommend this to ensure there has been no mistakes. All members may review and maintain their personal information using Lifesaving Online at anytime during the year, should you change your details for any reason.

Member Protection

Copacabana SLSC conforms to the relevant NSW regulations with respect to child protection. As a club that actively encourages all family members to be involved we need to ensure that children are as safe as possible. For this reason it is mandatory that all members aged 16 and over must complete the necessary member protection forms. This form is available on the club website, SLSA website and on the Registration Days.

The Member Protection Officer is the first point of call in the club for any enquiries, concerns or complaints about harassment and abuse. The officer provides confidential information and moral support to the person with the concern or complaint and activates a process by which matters can be investigated and/or resolved.

This season we have two Member Protection Officers for Copacabana Surf Lifesaving Club:

Adam Richards - Adam has been the clubs Vice President for the past 3 seasons and works for Fire and Rescue NSW.

Bronwyn Selfe - Bronwyn is a primary school teacher. An active patrolling member with Copa SLSC, she has also been an nippers age manager for the last four years and masters team manager for two.

Code of Conduct

We adopt SLSA Code of Conduct which is available in the Clubs Operating Procedures and on SLSA website.

The Clubhouse

The Copacabana Surf Lifesaving Club operates from a fantastic clubhouse which we are very proud of.

- The downstairs beach level is our patrol operations, training, first aid, gymnasium and storage areas.
- The top-level of the clubhouse is our beach observation tower, our social/function rooms, members room, bar & kitchen facilities.

We are a non-smoking venue. Children under the age of 15 should not be upstairs unsupervised and are required to exhibit appropriate behavior at all times.

The “Sand Factor”

Sand has a way of getting into everything and will damage equipment, floors and furniture and can block drains. To help minimize the amount of sand entering the clubrooms, please wash sand off feet and shake from clothing before entering the building. Appropriate footwear must be worn at all times, along with clean, dry clothing in the upstairs area. Club equipment must be washed down to remove sand before storing it in the clubrooms.

Brooms can always be found around the clubrooms and we ask that if you see sand that needs to be swept out then please feel free to attend to this at your discretion.

Parking

NO parking is available on the Copacabana SLSC side of the road. Parking is available along Del Monte Place or in the car park opposite the club. The club is liable for any damage to its premises and your intervention and reporting of actual and potential damage is encouraged.

Access & Security Procedures

Access fobs will be distributed to you at time of your membership renewal. Information about alarms and fob entry will be given with your membership.

Communication

Communication is absolutely best when it's two way. The Committee, the Junior, Senior & Age Managers are keen to hear your thoughts and ideas, PLUS we want to ensure you get all of the information relevant to you and your family members.

This year we will be using **Surfguard** to communicate with our members. So the contact information you supply at registration will be used to send emails & text messages to you throughout the season. This is why we need to ensure your mobile phone number and email address are accurately recorded. If in doubt email our Registrar and advise them of your details.

E-Mail - Much of our information to members is done via email. So check your inbox regularly throughout the season!

The following contact email addresses have been provided for you:

admin@copacabanaslsc.org.au - General Admin issues for Director of Admin (Communications with Branch and State)

functions@copacabanaslsc.org.au - For functions enquiries and use by Functions Coordinator

lifesaving@copacabanaslsc.org.au - For patrols/lifesaving and use by Director of Lifesaving

publicity@copacabanaslsc.org.au - For publicity/communications and use by Publicity Officer

info@copacabanaslsc.org.au - For all general enquiries etc for use by President

SMS – We will only use this facility when it is urgent and vital that you are contacted for example last minute location/time changes for training, cancellations and patrol reminders.

If you do not wish to receive these text messages and emails you may opt out by logging into Lifesaving Online and choosing that option, however this may mean you will miss vital bulletins and reminders so it is not recommended.

Website - The Club's website can be located at www.copacabanaslsc.org.au It is a great resource to members.

This season there are now more ways to keep you, your friends and family informed about what's happening at the club. Copacabana SLSC now has a Facebook page, **Copacabana, NSW - Surf Life Saving Club**. Visit our website and follow the link to "like" this page and get connected with other club members and more information about what's happening at the club.

facebook



FOLLOW US ON [twitter](#)

You can also follow us on Twitter! This is used for bulletins and breaking news...our Twitter feed will be available on the website.

Copacabana SLSC Community Sign – Located externally, this sign is a great asset to the club and to the community as a quick update on news while driving home!

It is vital that the club communicates effectively and accurately with club members, the Copacabana community and the wider Central Coast community. For this reason all communication with media and other organizations requires the approval of the Copacabana SLSC committee. Please forward any suggestions regarding publicity to our Publicity Officer publicity@copacabanaslsc.org.au

Junior Activities

What is Nippers?

Every Sunday morning between October and March, loads of little Nippers flock to Copacabana Beach to participate in a variety of beach and surf activities. The Copacabana Nippers program is designed to teach valuable surf safety / survival skills, encourage teamwork and to ensure its junior members have a great deal of fun, week in week out. In fact, as a club within SLSA, we are leading the way with interactive, unique ideas & equipment to ensure their interest is kept all season through & that they leave each week with a smile from ear to ear. The skills taught at Nippers are excellent preparation for an eventual transition, if so desired, into the senior movement. All Copacabana Nippers also participate in a progressive Surf Education program designed by Surf Life Saving Australia. All junior members aged 8 -14 years are provided with the skills and knowledge of beach safety rules and basic first aid.

The Copacabana Nippers program has a clear focus on **Participation and Fun**. Our age managers will endeavour to ensure each and every child: improves their beach awareness & increase their confidence all whilst enjoying their time at the beach.

Parents Information – How Can You Help?

It should be understood that Nippers is run voluntarily and is heavily dependant on parent helpers to run successfully. Your involvement in your child's surf club activities will only add to their Nipper experience.

All parents are encouraged to assist and participate with Nippers programs by being an age manager, water safety officer, helping with beach events or just helping with general activities each Sunday. Please take the time to introduce yourself to your child's age manager, we need all the help we can get in organizing the children, support from willing parents makes life easy for all and ensures that the children have a good time. We need judges, recorders & just good all round extra hands. Even if you cannot commit to each week please try and fill in when and where needed. Remember that the more you participate the more your child is likely to feel a sense of satisfaction and belonging to the club.

Beach Setup and Packup

Each week there will be a roster system in place for the setup and pack up of the beach for our Nippers program. Age Managers & parent Helpers please check the roster (available on the website & at rego) for the days you are rostered on. Your assistance is very much appreciated.

Water Event Conditions

The safety of the children is our first concern. No child will be forced into the water. The Water safety Officer, Junior Activities Director or the Patrol captain are the only people authorized to allow water events to start or continue in the case of doubtful conditions. When children are in the water there is an official minimum ratio of water safety to children. If the level is not achieved water events will not continue.

Water Safety Help

We are in need of SRC and Bronze Medallion holders to assist with Water Safety for nippers on Sunday mornings. If you could assist even for a week or two, please email our water Safety Officer, Richelle Bennett at im_in_the_water@hotmail.com to advise your availability. If you are interested in doing your Bronze Medallion to help us with water safety, we would love to provide you with the necessary training. Please contact the Training and Education director.

Nippers versus Child Minding

Nippers is not a child minding service and parents/guardians are advised they should remain nearby should an incident occur or should events finish early. It is important for parents to remain on the beach for the children's safety and confidence. Parents should also be willing to get involved with their child's sport as helpers. The whole of the family can then enjoy being involved with Surf Lifesaving.

Getting Started

The first day for Nippers this season is Sunday 9th October. Copacabana Nippers occurs every Sunday, **sign on is at 8.45am and finishes about 10.00** depending on weather, conditions, program, helpers etc. During the season we will have a few "Twilight" Nippers on a Saturday afternoon and Family Fun days, so keep an eye out.

All Nippers (excluding under 6s and under 7s) must complete a pool swim before they are permitted to participate in any water activities at Nippers, including board training. This is a ruling handed down from Surf Life Saving Australia for the safety of your children. (Please refer to the Pool Day below)

Under 9's – Under 14's who wish to compete at carnivals (even in beach events) are also required to do further proficiency testing at the beach. They must also complete an open water swim, this will be done in Nippers time on Sundays.

Nipper Pool Fun Day

Kincumber Pool (Kerta Road) has been booked on Sunday 17th October from 8:30 – 11:30am for all U8's – U14's to complete their Nipper Proficiencies.

All u8's – U14's Nippers will attend the pool rather than the beach on this day. All U6's & U7's will participate in their regular Nippers at Copa Beach.

We have booked the Inflatable Fun for all of the kids to enjoy once they have completed their timed swim & a BBQ & tea/ coffee will be available for you for breakfast!

Cost: \$5.00 per child

Payable to: your child's Age manager , 1st day of Nippers, Sunday 9th October.

Please refer to the table below to see what your child has to complete on the day.

Age Group	Participation Skill Requirement
U 8 & U 9	25m swim (any stroke) 1min survival float
U 10	25m swim (freestyle) 1.5 min survival float
U11 & U12	50m/100m swim respectively (freestyle) 2 min survival float
U13	150m/200m swim respectively (freestyle) 3 min survival float
U14	200m swim (freestyle) in under 5 minutes 3 min survival float

Surf Education

At Copacabana we consider that the most important part of each Nipper's development is that of Surf Education. It is not important whether a child is fastest or slowest swimmer in the surf or the fastest or slowest runner on the beach, but our goal is they all gain the confidence to competently swim and paddle a board in the surf.

Our Age Managers will spend a considerable amount of time throughout the year educating the children about surf awareness in order that they gain their relevant surf education certificates. All of these skills are the precursor to our children gaining the necessary skills to ultimately become the future lifesavers on the beach. More information on surf education can be found on the SLSA website.

Uniform

Nippers are to wear the club swimmers, rash vest and coloured caps according to their age group. It allows age groups to be easily recognised and for safety in the water. The club cap and club swimmers are required to be worn at all carnivals.

A complete range of club costumes, rash shirts, caps and clothing is available for purchase on Sunday mornings.

Nipper Competition

There are 3 Club Championship/Point Score sessions throughout the Season for the Under 8's – Under 14's where points are recorded for each child in each event, the best 2 point score days results will be used to award age champion. These point score days will also be used for team selections for carnivals. Under 6s and under 7s will also participate in point score days and will be awarded place ribbons on the day. Under 6s and 7s do not have age champions, they are all "Champions"

Participation

At the end of the Nippers season all children who attend 50% or more Nippers days will receive a participation trophy at the presentation. To ensure your child does not miss out on this trophy and recognition in front of their peers, it is vital that they are signed on and off each week.

Inter-Club Competition

There are **Senior and Junior** carnivals (inter-club competition) held at various beaches around the Central Coast during the season. They are usually held on Saturdays or Sundays, spread throughout the summer from October till the end of March. Carnivals are a great place to compete as an individual and in teams. While competitive, they are taken with good humor and much encouragement. Competitors and their families often enjoy a great day or two together representing Copacabana as a team! They are a great source of Club Spirit!

The club must supply approximately 10-12 water safety officers per carnival, and 1 beach official per 7 competitors. Parents are expected to assist in this regard. Age Managers and officials training courses are held each year and parents are encouraged to attend.

Age groups in lifesaving are generally determined by the age that you are, as at midnight on the 30th September at the beginning of the season (i.e. if 9yo then you will be in u/10). More information on the types and rules of events conducted can be obtained by reading the 'Competition Handbook' downloadable from www.surflifesaving.com.au

At junior levels our club focus is more on fun and learning rather than winning. A child's best is always good enough. Health, improvement and good sportsmanship should be seen as the primary goals.

Clubs earn points from placings at carnivals and these go towards an annual Premiership. Winning clubs are awarded trophies or equipment at the end of the season.

Note: U6's and U7's do not compete in carnivals. Where possible Nippers will still be held on carnival days for those age groups not involved and those who prefer not to compete.

It is important that you inform your Age Manager of your intention to compete at least 2 weeks prior to the carnival to allow for registration of the club competitors, selections of teams, allocation of officials and water safety personnel.

If you would like more information about attending carnivals please speak with your Age Manager or the Junior Team Manager, Dave Brooks.

Officials for Competitions

We need parents who are willing to do training to obtain accreditation that will allow them to become an official at competitions. We are required to supply officials according to the number of competitors we send, so more assistance is always gratefully received. If we do not have the appropriate number of officials some of our children will be turned away.

Costs of Carnival Participation

Entry fees for local nipper carnivals are included in your membership. If you wish to compete at the State Age Championships, entry fees are payable. Seniors and Masters competitors pay for every carnival they enter. Entry fees are set by the Host club.. Nippers are to advise their Age Managers 2 weeks before each carnival if they wish to compete. Seniors and Masters, please advise your Team Manager at least one week prior to competition if they wish to attend. Entries close the Wednesday prior to the Carnivals.

Surf Sports Training

Board and surf swim training

Held on Wednesday and Friday afternoons at 4.15pm for a 4.30pm start. All nippers must sign on at the club-house before commencing training. This season we are running a number of different training groups who are focused on participation and fun.

Brooksy's Beginners - Fun in the afternoon sun

This session is focused on fun and to educate our nippers in all aspects of board and surf swimming skills from under 8s and above.

Phil's Foamies

This session is design for the education of surf skills with a focus on competition and carnival skills.

Intermediate

This program is focused on honing surf skills and the improvement of both strength and fitness to assist with competition.

High Performance

This squad consists of Fibreglass boards and is focused on competition training, honing of surf skills, strength and fitness and ironman training.

Weather and Beach Conditions

If the beach is closed board training will not commence. We will do our best to relocate for the afternoon but it is not always possible.

Water Safety

For these sessions to be run, water safety must be present. Only bronze medallion holders can fill this role.

Beach Training

Held every Friday at 5pm. This program is focused on the skills of beach sprinting, flags, wade and beach relay.

Nippers must sign on at the beginning of training and have a supervising parent present.
For more information regarding training or competition contact our Director of Surf Sports.

Club Nipper Boards/ Equipment Handling

Training equipment is very expensive to both purchase and repair and should be handled with care. Nipper boards can be used by members for Sunday Nippers, training and competition.

- Please assist younger members to carefully remove and replace boards and equipment in their appropriate places and on the racks provided
- Always ensure fibreglass boards are carried and not dragged across the sand. The sand has a very damaging effect on boards, much like sandpaper. Malibu boards should be laid on the beach with the fin up. Please don't allow children to sit on skis or mals while they are on the beach.
- If you use equipment, please assist with cleaning and putting it away.
- Social members do not have use of training equipment.

Westfield Rookie Program

Who can be a Rookie?

All registered U13 and U14 Members.

You do not have to enter competition (Carnivals) or be a “nipper”. All Rookies must gain their proficiency i.e. a pool swim of 200m in less than 5 minutes and complete a run-swim-run at the beach (100m-100m-100m) and complete their required surf education. Surf education is usually conducted over several Sunday mornings at Nippers and Rookies are required to attend.

- U13 do Surf Education plus The Basic Resuscitation Certificate
- U14 do the Surf Rescue Certificate.

Objective of the Program

To allow the successful transition of U13 & U14 nippers to well trained and fully competent life savers patrolling Central Coast beaches. The program involves training whilst on the beach patrols, community and sponsor activities and Surf Lifesaving courses.

Code of Conduct

Rookies are expected at all times to be courteous, respectful and cooperative to everyone with whom they come into contact when participating Westfield Rookie Program and Club activities. This applies not only to activities on the beach but to any situation in which rookies are representing the program or wearing a rookie uniform

Duties and Patrols

To successfully complete the 2 year program Rookies must participate in the following activities under the guidance of the Club Captain and the Rookie Coordinators:

- Complete a minimum of 20 hours of beach patrol. 12 hours of this MUST be completed before Christmas.
- Undertake training and courses as requested by the Club Captain and Rookie Coordinators. U14s will have the opportunity to gain their Surf Rescue Certificate and U13s can complete the Basic Resuscitation Certificate. You will learn rescue and resuscitation techniques using rescue boards, tubes etc. Surf Education is also provided.
- Participate in club, sponsor and community activities as requested eg. Help at BBQs, functions and fund raising activities.

What do Rookies need?

Rookies will be presented with a patrol uniform (shirt and shorts) and a broad brimmed Rookie hat. A Rookie handbook will be provided. This will contain the necessary information as well as charts and checklists to complete to ensure rookies learn all facets of surf lifesaving.

Rookies can choose which Patrol they join (they can do patrols with other Rookie friends!)

Lots of Fun!!

We have found that Copacabana Rookies have lots of fun and make new friends along the way. There are heaps of activities to attend like the Rookie Club Sleepover, pizza & movie nights, rookie camps, discos and standup paddle boarding day.

Let us know what you would like to do! Also think of the type of fun equipment you'd like to see/use at our club. No one will say no if money is raised to buy it!

Contact our Rookie Coordinator for more details.

Duke of Edinburgh's Award Scheme

Do you want to experience things you've always dreamed of, but never thought you could? The Duke of Edinburgh's Award offers you a framework to do the most amazing things, on your own, with your mates or with members of other surf lifesaving clubs.

What's involved?

The Duke of Edinburgh's Award Scheme is a non-competitive programme for people 14 – 25. It is FUN and encourages participants to GET INVOLVED with different activities and brings young adults together to work as a team.

You choose your activities for **each** of the four sections and do them in your spare time. The four sections are Skills, Physical Recreation, Community service and Expedition.

Background

The Duke of Edinburgh Program comprises five (5) components: *Skills/Interest, Service, Physical Recreation, Adventurous Journey and a Residential Project (Gold Level Only)*. The program consists of three stages or awards:

- Bronze – minimum age 13 yrs 9mths
- Silver – minimum age 15 yrs
- Gold – minimum age 16 yrs to max. 25 yrs

The Duke of Edinburgh's Award has a **direct relationship with Surf Life Saving**, as the components of the award can be completed within the Surf Life Saving environment. For example, awards achieved through Surf Lifesaving for eg. Surf Rescue Certificate, Bronze Medallion can also contribute towards the achievement of the Duke of Edinburgh's Award/s as can the volunteer hours you put in patrolling the beach.

The Duke of Edinburgh's Award is not a competition between participants but focuses on individual performance and encouraging the development of personal interests and personal development.

Why do the Duke of Edinburgh's Award through Surf Lifesaving?

- Personal achievement
- Discover your sense of adventure
- Meet other awardees from other surf lifesaving clubs
- Unleash your talents and broaden your abilities
- Improve your physical fitness
- Connect with your community

For further information checkout: www.dukeofed.org.au or get in touch with our club's Youth Co-ordinator.

Seniors & Masters

SENIORS include all members who fall into the following age groups:

U14's (who have completed their Surf Rescue Certificate & 25 hours of Patrol.)

U15's (born on or after 1 October)

U17, U19 and OPEN Ages.

MASTERS are all those members who are over 30yrs.

At Copacabana SLSC, we are working on building our numbers of seniors. If you are new to our club, welcome! Our Director of Lifesaving will try to place you on a patrol with others of your age – please ask.

As a senior member of Copacabana SLSC you will be expected to be responsible with your patrols. It is a requirement that you hold, and re-qualify annually, your Bronze Medallion, as a minimum. You are encouraged to gain other Surf Life Saving Awards. We have an excellent program for study of awards and a great team to guide you along the way. Many of these awards are certainly an asset to have on your resume!

Competition

Senior members do not have to compete at Carnivals. The choice is yours! Many surf lifesavers engage in regular competition to maintain their skills and fitness. These competitions, or surf carnivals, are held at club, regional, state, national and international levels. Competitors aged eight to 108 can take part, with all disciplines developed from core lifesaving skills and techniques.

Competition is both fun and fierce, and conducted in the highest standard of sportsmanship, as is befitting of surf lifesavers regarded by many as pillars of the Australian community.

All competitors and their clubs agree to compete according to the Surf Sports Code of Conduct as set out on Section 2-26 of the 32nd Edition of the SLSA Surf Sports Manual.

These rules apply to all members who wish to compete at Local, State, Aussie or any other carnivals. Most apply to every member, regardless of their competition status. It includes U14 members who wish to compete in U15 competitions, U15, U17, U19, Open and Masters Members and Boaties!

1. You must be proficient – you must hold the appropriate award.
 - U15- **SRC**
 - U17, U19, Opens and Masters- **BRONZE**
 - March Past only- **SRC, ARC or BRONZE**
2. You must complete your **REQUAL** every year before 31 December.
3. You must complete a minimum of **25 PATROL HOURS** in each calendar year i.e. 1 January to 31 December. These hours should be done on your rostered patrol. There are absolutely no exceptions to this rule and SLSNSW do random checks!
4. You must be a **financial** member of our club. You cannot compete at ANY carnival until you have paid your annual fee as you are not covered by insurance.
5. If you are **rostered on patrol** on a competition day, you **MUST** arrange a substitute. Patrolling the beach is always our core responsibility.
6. It is your responsibility to let Mick know which carnivals you wish to enter and to make sure you pay your entry fee by the due date. No one will chase you! Information about events/competitions will be advertised on the **Competition Notice Board** so you should check it regularly.
7. Club Competitors must wear the club Competition cap. These are available for purchase at the Uniform Shop on Sunday mornings at Nippers.
8. Most of all **HAVE FUN** and compete fairly.

Carnival dates for your diary can also be found in Surf sports> Calendar at Surf Lifesaving NSW (www.surflifesaving.com.au/) or on the Branch Calendar (www.slsc.com.au)

Surf Life Saving – Patrolling our Beach

The primary role of any Surf Life Saving Club is the protection of the public using the beach on weekends and public holidays during the patrolling season. Duties include, but are not limited to, monitoring the beach, search and rescue activities, provision of first aid and surf awareness education. The lifesaving duties of a club are carried out by surf patrols, consisting of mostly active members. There are approximately 75 patrolling members at present and more are always needed.

Patrol dates and hours are set down by Surf Life Saving Central Coast – the traditional patrolling season is from the last week in September to the first week in May of each. Patrols are rostered every Saturday, Sunday and Public Holiday throughout this period.

To become a surf lifesaver you can undertake a number of awards with the main award being the Bronze Medallion (ie. PUA21004 Certificate II in Public Safety - Aquatic Rescue). It doesn't matter if you are 15 or 60 you can become a surf lifesaver! There are numerous surf lifesaving qualifications you can obtain. (*Refer below to Training & Education*)

Patrol Obligations

All active members – without exception- are required to meet their patrol requirements as rostered by the club. Every patrolling member is also required to perform an annual proficiency test, in order to refresh & refine the skills and knowledge learned through their qualifications. The Bronze Medallion proficiency test includes a timed run-swim-run, resuscitation, signals & rescue scenarios.

Patrol Hours

Please turn up at least 15 minutes prior to the scheduled commencement time to your patrol. Remembering that the time listed on your patrol is the time that patrols must be on the beach. It takes 15-20 minutes prior to start time to get the patrol set up and also to close down the patrol.

Patrol Uniform

As a member of Copacabana SLSC, you should be proud to patrol your beach & to also wear the appropriate uniform. The official uniform is NOT optional, for OH&S, for visibility and profession standards reasons, this uniform will include:

- **Patrol Cap:** red and yellow quartered cap, you must bring your own every patrol & wear both in and out of the water.
- **DHL Patrol Shirt:** (yellow) and **DHL Patrol Shorts** (red) please ensure you pick up your own prior to the season beginning & wear at every patrol.
- **Swimmers:** (preferably club costume), **hat & sunglasses** (optional)

Please do not wear casual clothes while on patrol. You need to be highly visible to the public.

Responsibilities & Behaviour while on Patrol

All patrolling members must sign on and off in the patrol log.

Duties while on patrol include constant surveillance of the beach from the rock pool to the north to the lagoon to the south, prevention of potential dangers to the beach going public, treatment of any injured person, provision of public information, maintenance of equipment, skills & fitness, and any other duties deemed necessary by your patrol captain.

You are constantly under the scrutiny of the public, and they expect an extremely high standard. Please be aware of your language, action, appearance and general behaviour at all times.

Patrol Absences

If you cannot make a rostered patrol, you are required to arrange a swap with a member of another patrol. This is called a patrol substitution and to obtain 100% patrol attendance you must do the makeup patrol for the other person.

If you cannot find another member to swap with, notify your patrol captain as soon as possible and at least 24hrs BEFORE the patrol that you will not be in attendance. This is vital for those who hold specialist qualifications such as IRB driver or crew, as we need a certain level of qualification on the beach for patrol.

100% Attendance

Patrolling Members who attend every rostered patrol (or have an organized substitute and make up the hours) may be recognised with a 100% attendance award at the annual awards of excellence night. To gain 100% attendance, a member must be on patrol from the start of rostered patrol to the finish (e.g. 8am to 1pm).

Club Facilities for Active Patrolling Members.

The club rewards active patrolling members with a number of exclusive benefits. These include: hot showers, gym access, a locker for your family and craft storage. These benefits are only extended to those who fulfill their patrolling requirements (as listed above). As well as these you are also entitled to discounted food & beverage at the clubhouse.

It's the Director of Lifesaving's role is to coordinate and oversee all lifesaving responsibilities of the club, including patrol rostering, proficiencies and record of attendance.

For all patrolling enquiries contact:

Email: lifesaving@copacabanaslsc.org.au

Training and Education

Copacabana SLSC run Life Saving courses throughout the year for new members and those existing members wanting to up-skill. The NSW Vocational Education and Training Board (VETAB) have certified Surf Life Saving as a Registered Training Organisation (RTO) and therefore our awards are now nationally recognised. All courses are presented by qualified Trainers and our aim is to make them challenging, rewarding and fun. Keep an eye out on the club noticeboard, emails, the website and reminders via SMS for upcoming courses that you may be interested in.

Bronze Medallion and Inflatable Rescue Boat (“IRB”) Driver/Crew Course

Copacabana SLSC (“the Club”) is running Bronze Medallion (Public Safety Certificate II – Aquatic Certificate) and IRB Driver/Crew course. This is a great opportunity for you or anyone you know to gain these invaluable qualifications.

The benefits of these awards and being a member of Copacabana Club are numerous. The Bronze Medallion is well respected, formally recognized outside of surf lifesaving and is a valuable addition to any resume. As a patrolling member, you will have access to the Club's facilities (shower, gym, lockers) and equipment (boards, skis). There are numerous opportunities to improve your fitness both on and off patrol. Patrolling members can compete for the club in surf lifesaving competitions. Or on a more informal basis, the Club has running, mountain/road biking, surfing groups who meet regularly. The social side of being part of a team assisting the community should also not be underestimated. This is where lifelong friendships are made!

As a prerequisite of obtaining these awards you must be a current Club member. Bronze medallion candidates are also required to complete a prerequisite swim of 400m in less than nine minutes before commencing the practical component of the program. This swim should be conducted in open water, or in a pool of not less than 25m length. IRB Driver/Crew candidates need to hold a current bronze medallion.

Contact our Chief Training Officer and/or check our website to details of all upcoming training.

SunSafe Policy

The health and safety of the Copacabana S.L.S.C. members and supporters is of great concern to the Copacabana Surf Life Saving Club.

Our Club will actively promote and support a sun protection policy at meetings, training and competitions.

Where and when possible, Copacabana S.L.S.C. will:

1. Promote sun smart practices by providing a good example to other members and supporters, especially the young members and supporters of the Surf Life Saving movement.
2. Provide and encourage the use of a broad spectrum, water resistant sunscreen with a protection factor of 15 or higher and will make available for members and spectators use.
3. Will incorporate sun smart clothing designs into our uniforms, in what ever position the person may represent our club, be it nipper, beach patrol or other.
4. Encourage members and supporters to wear an appropriate hat that addresses the neck, ears and face.
5. Allow and encourage members to wear sun glasses, when not participating in competition events, or activities that sunglasses may pose a hazard to the eye, face or other competitors.
6. Endeavour to schedule activities outside the hours of 10.00 am and 2.00 pm or 11.00 am and 3.00 pm daylight savings time.
7. Make use of existing shade at facilities or Copacabana S.L.S.C. will provide portable shade structures, such as a tent and encourage the use of such a structure.
8. Promote and educate aspects of sun safety through news letters, brochures and over the public address system.
9. Actively encourage seniors, athletes, coaches, referees, umpires, officials, members in prominent positions and parents to be sun smart role models.
10. Endeavour to reward sun smart behaviour of our nipper teams and individuals throughout the season by attempting to provide certificates, weekly perpetual awards, trophies or announcement awards.
11. Advise and display our sun smart policy and encourage the compliance with, by members and supporters of our club.
12. Encourage yearly pre-season skin checks at an approved skin cancer clinic or GP.