



Members Information Handbook

2009-2010

City of Perth Surf Life Saving Club Office

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Photo by Jack Andrys

Welcome to City of Perth Surf Life Saving Club

Welcome to the 2009-2010 season with the City of Perth Surf Life Saving Club. Our club is one of Western Australia's oldest and most successful clubs having been formed in 1925 and originating from the City of Perth Swimming Club.

The club has a Great Spirit amongst its members and we encourage you to get involved in the various club activities. Our success over the years has been born from a diverse membership and an ideology that all have something to offer the club.

This Handbook is designed to provide you with some general club information and who to contact regarding further information and details.

Club Objectives

The purpose of the club is to provide a safe beach environment to the members of the general public who visit City Beach and this purpose is enshrined in the constitution of the club through the club objectives.

Those objectives are:

- To maintain efficient patrolling of the beach under the control of the club.
- To ensure the most efficient methods of rescuing persons in distress and the resuscitation of the apparently drowned by study and practice of the methods of surf lifesaving as taught by Surf Life saving Australia
- To provide for the recreational, sporting and educational needs of the members
- To be recognised by the town of Cambridge as an authority and provider on matters related to the beach and aquatic safety management.
- To do all things as are incidental or conducive to the attainment of the foregoing objectives.

How We Operate

The functions of the Club are governed by our Constitution and By laws. Copies of these documents are available on the club website. They provide a framework by which the club operates.

On a day to day basis all major decisions are made by the Executive Committee, which consists of the President, Vice President, Director of Finance, Club Captain and Secretary. This Committee meets on a monthly basis.

Other Committee's are in place to deal with specific areas, such as the Beach Committee that deals with operational issues.

Membership

Our club is made up of approximately 1000 members ranging from 7 through to 88. The membership is large and diverse. There are a variety of membership categories available and these are summarised below. For those categories that have a specific age requirement it is the persons age as at midnight 30 September of that year.

\$100 - Junior (Nipper) Membership – 7 to 14-year-olds, structured activities occur each Sunday morning from October to March.

\$120 - General Nipper Parent – for those parents or carers of Nippers who wish to register as members and help out with Nipper activities such as water safety on Sunday mornings. May use gym and club equipment.

\$120 - Cadet (under 16) – 14 and 15 year olds. Cadets are classed as part of the senior club and take part in senior club activities as well as gain Surf Life Saving awards, do patrols, and can complete in senior carnivals.

\$120 - Under 19 – 16 to 18 year olds. Part of the senior club, members are required to gain their Bronze Medallion and do patrols.

\$120 - Active Senior –over the age of 18. Members are required to gain their Bronze Medallion, do patrols and can use full club facilities.

\$170 - Active Reserve – for those Active Senior members who have completed 8 years of patrol service (service at another club counts). These members must complete 8 hours of patrol each season.

\$170 - Long Service – for those Active Senior members who have completed 10 years of patrol service or 4 years for Active Reserve members (service at another club counts).

\$320 - Associate – must be 18 or over, may use the club change-rooms, gym and social activities but may not be an active competitor.

\$120 - Social – must be 18 or over, may use the club change-rooms and take part in social activities.

Fee Reduction Qualification

To qualify for a 50% discount in your fees for the next season you must complete 100% of required patrols. This means, for patrolling members:

- Undertake all rostered patrols to the satisfaction of the Patrol Captain;
- Complete more than half of your rostered patrols with your 'home' patrol team;
- Where you are unable to attend a rostered patrol to have arranged a proxy member to undertake the patrol; and
- Complete alternate patrol hours to make up any patrols missed.

For General parents this means:

- Undertake 24 hours of water safety duties during the season.

The beach committee can review individual circumstances in determining and awarding 100% patrol completion.

Awards / Education

There are a number of courses in Surf Life Saving courses offered by the club to ensure you are prepared and qualified to provide a safe and enjoyable beach environment.

At City of Perth all patrolling members need to be appropriately qualified and proficient. If you are a cadet the minimum qualification required is a Surf Rescue Certificate. All Active members over the age of 15 are required to complete a Bronze Medallion course.

There are lots of leadership and award opportunities and patrolling members can gain numerous awards that are not only beneficial to patrols and the club but are also of great benefit to personal development.

- Surf Rescue Certificate
- Bronze Medallion
- Senior First Aid
- Spinal Management
- Defibrillation Certificate
- Silver Medallion (Patrol Captain)
- Advance Resuscitation Certificate
- Gold Medallion (Advanced Life Saving)

To ensure you don't miss out on these opportunities check eSurf City, the Blackboard in the courtyard, and attend the Sunday Club Meetings for information about registering interest, course dates and times.

IRB – Inflatable Rescue Boat

The club has a number of IRB's (Inflatable Rubber Boats). If you are a person that is confident in the surf and loves a little speed then you should consider the following awards:

- Inflatable Rescue Boat Crew
- Inflatable Rescue Boat Driver

For more information about the courses and when they are running, contact the Mobile Services Officer Mike Lovett 9244 5861

Patrols

The City of Perth Surf Life Saving Club has a proud tradition in patrolling City Beach and has been one of the outstanding WA clubs, winning the State Patrol Efficiency Competition a record 23 times and no lives being lost within the swimming area. The club has also been competitive in the State Champion patrol Competition winning on 14 occasions and has represented WA on 3 occasions in the National Champion Patrol Competition.

The purpose of the Surf Club is to provide water surveillance for the public. This is what we call patrols. We patrol the beach on weekends and public holidays from October through to the end of March.

All qualified members are required to go on the patrol roster. If you are unable to make a patrol it is your responsibility to find a proxy, that is, someone does your patrol and you do one of his/hers at a later date. The club may be breached if we do not fulfil our patrol responsibility with Surf Life Saving WA and this includes the number of people of patrol, therefore it is important that you turn up for your rostered patrol.

For those who work shift work at late notice, i.e. doctors, nurses, police, they may apply in writing for a shift worker patrol where they must complete a set number of hours each month.

If you miss a patrol you will go down hours which means you must do one and a half-hours for every hour missed.

To compete at the State and Australian titles competitors must complete 16 patrol hours from 1 January to 31 December in the year prior to the competition, i.e. to compete in the 2009 championships patrol hours must be completed between 1 January 2008 and 31 December 2008.

To get yourself on the patrol roster you need to contact the Patrol Officer.



Training

City of Perth is one of the country's top six competitive clubs. Our coaching staff has consistently produced some of the nations best lifesavers in all disciplines. Check out the club website for detailed information on training times and venues.

Running

The club has had a strong tradition of producing some of the quickest competitors on the sand. In the Running arena there are four events some include a 90-meter sprint, a 4 x 90-meter relay and a 2km beach run.

For more information contact the Beach Coach Leigh Buchan 0417946330.

Surf Boats

The club has a fine fleet of four SurfBoats. Boaties are tough people; they tackle the wind, waves and do it all whilst manoeuvring an 8 meter boat. If this sounds like you then contact the Operations Manager 9385 9232 who can put you in contact with like minded people.

Board

Board paddling is another discipline in surf life saving. The board is used as a rescue device and they are also raced in surf carnivals. If you wish to get involved in board paddling then you should contact Operations Manager 9385 9232.

March past, R and R

March past and R and R is a traditional display of surf life savings 100 year history. It consists of marching in formation around a circuit with the Surf Reel. March past is not the most physically demanding surf sport however the team always has a good time and is a social bunch. For more information contact Ian Scott at scott@iinet.net.au

Swimming

There is a 9:30am club swim on Sundays followed by a club meeting. If you really want to be involved in the club come down Sunday mornings, they are great.

For more information contact the Club Captain John Davies 0417 272 442

Pounders

The pounders are a group of very enthusiastic ski paddlers who cater for beginners through to competitive level paddlers. They compete in many different competitions including ocean challenge series, Avon and internal club events.

If you are looking for a fun social group of enthusiastic people then the pounders are for you. For more information contact Ken Richards 0403 385 051 or John Davies on 0417 272 442.

Use of Equipment

There is a variety of club equipment for use by members. All boats and double skis are owned by the club for the use of all suitably qualified members. All requests for use of club equipment must be referred to the area manager.

The majority of boards and skis are privately owned however there is limited club craft available for those members learning skills. The respective area manager manages the use of club gear.

Gym

The gym is an integral part of the surf club and is used by active and associate members all year round.

The gym is available for the use of active members over the age of 16. Members take responsibility for their own programs and are requested to replace equipment when finished and keep the gym in a clean state. Any broken gear should be reported to the Gym Coordinator Mike Sumich 0417 973 066.

Club Activities

Social

There are many social events that are held consistently over the season. Friday nights, Sundowners and more, the city social calendar is always full. To find out more of what is happening and planned check the club website and subscribe to E-Surf City.

Friday Nights

The Club Bar is open from 5pm every Friday afternoon. Come down and get to know the core of the Surf Club.

Sunday Mornings

Sunday mornings have been the most exciting activity in past seasons. They involve a 9:30am Club Swim followed by a meeting. To keep up to date check the black board at the front of the club and also keep an eye on the club website.

Communication

There are several communication channels with members including:

Newsletter – The Surf City publication is sent to all members on a 4 to 6 week basis throughout the year. Contributions to the newsletter can be made by all members and should be forwarded to the Newsletter Editor. To receive your newsletters via the website please send an e-mail to the club address.

ESurf City – on a weekly basis an e-mail is sent to members advising of activities coming up and relevant information. To subscribe to this e-mail send a message to eSurfCity-subscribe@yahoogroups.com. You do not have to put anything in the text of the message.

Blackboard – As you enter the courtyard you will notice a large black board, urgent information is often placed on the board so make sure you check it every time you come to the club.

Pin up Boards – As you enter the walkway to the gym there is 2 large pin up boards. Information for members is put on this board on a regular basis.

Club Meeting – Sunday morning after each senior club swim a meeting is held in the courtyard for all members. The meetings are a chance for everyone to catch up and find out what is happening around the place.

Website – The club has it's own website which contains a huge amount of information including a calendar, history, photos, etc. Check it out at www.citysurf.asn.au. Other web-sites that you might find interesting and useful include Surf Life Saving WA – www.slswa.asn.au and Surf Life Saving Australia – www.slsa.asn.au

Club Shop

The club shop carries a variety of stock including club bathers, shirts, hats, towels, and tops. The shop is open on Sunday mornings from 8:30am during the season.

Club Contact Details

Executive Committee	PHONE	EMAIL ADDRESS
President Jeff Scott	H. 9204 2722 M. 0439 404 170	president@citysurf.asn.au
Vice President Grant Trew	H. 9242 8979 M. 0422 075 406	vicepresident@citysurf.asn.au
Finance Director Bill Jarmen	H. 9246 1643 M. 0403 162 617	finance@citysurf.asn.au
Club Captain John Davies	M. 0417 727 442	captain@citysurf.asn.au
Secretary Lea Anderson	M. 0415 586 459	secretary@citysurf.asn.au
Beach Committee		
Club Captain John Davies	M. 0417 727 442	captain@citysurf.asn.au
Education Coordinator Jill George Sonya Read	0414 539 417 0407 471 671	cityeducation@hotmail.com
Junior Officer Chris Murphy	H 9245 1901 M. 040 300 9808	chris@space.net.au
Member Development Officer Penny Cohen	H. 9385 8372 M. 0417 923 808	sgcohen@iinet.net.au
Patrol Officer		
AREA COACHES / MANAGERS	PHONE	EMAIL ADDRESS
Craft/Swim Coordinator Rick Turner		rfturner@bigpond.com
Beach Coordinator Leigh Buchan	M. 0417 946 330	buchan@geocom.com.au
Ski Coordinator Eddie Gibbs	M: 0407 989 561	keeled@bigpond.net.au
IRB Officer Mike Lovett	H. 9244 5861 O. 9224 2702	
Boat Coordinator Shane Bowler	M. 0411 380 146	shaneb@kumbaya.com.au
R & R Ian Scott	M. 0407 086 305	scott@iinet.net.au
March Past Bill Jarman	M. 0403 162 617	bjarman@au.eclipsecomputing.com
Lifesaving Events Coach Steve Toth	M. 0421 862 476	thetothman@hotmail.com

Position	Name	Phone	email address
Bar Manager	Natasha Larter	9385 9232	admin@citysurf.asn.au
Shop Manager	Ellie Richards Jo Walker	0414 317 257 0407 445 211	ellierich@westnet.com.au wakjo@bigpond.net.au
Sponsorship	Grant Trew	0422 075 406	gtrew@people.net.au
Gym Coordinator	Mike Sumich	0417 973 066	demic@iinet.net.au
Newsletter Editor			
Web Master	Jeff Scott	0439 404 170	jscott@iinet.net.au
Senior Registrar	Robynann Davies	0409 298 126	jarrd@bigpond.com.au
Junior Registrar	Debbie Wagstaff	0437 789 943	atwagstaff@highway1.com.au
Pounders	Ken Richards	0403 385 051	ken@rslm.com.au
First Aid Officer	Ric Lovett	0417 983 559	mlovet@iinet.net.au
Mobile Services Officer	Mike Lovett	9244 5861	mlovet@iinet.net.au
Catering Coordinator	Martyn Cavanagh	9387 5049	