

Surf City

September 2006

Presidents Report

Well the start of the season is just a few weeks away now and things are really starting to happen. There has been some great work done by some very dedicated members and I thank you all.

The bar has become a great place to have a drink with friends on a Friday night and will also open on selected Sunday afternoons where the weather warms up. Bring your family and friends down and don't forget to take advantage of the voucher in this edition.

The arenas are in full swing and many an early cold morning or late windy night has been spent on the beach or in the pool for our more dedicated competitors. A big thank you to our volunteer coaches that give their time to the members for no charge.

The patrol roster and proficiency are the next priority for the entire club. Brett will have more information in his report

however it is up to everyone to get organized, select their dates and get to the beach for their proficiency ASAP. Do you know we are one of only a few clubs in WA that allow the members to select their own patrol dates.

Security is once again a major issue. Please don't be lazy and make sure you lock up the club after you have used it. We have a heap of very expensive gear that we must look after.

We also welcome Lea Anderson to the position of Funding Co-ordinator. Lea's role is to assist the areas of the club to develop applications aswell as co-ordinating all applications submitted by the club. Please ensure you contact Lea (lea_anderson@fcl.fl.asn.au) if you have any ideas and remember to pass all applications via her before submitting. All applications must be signed by myself before submitting.

As the exam period for our younger members approaches I

would like to wish you all luck with your upcoming exams and we look forward to seeing you on the beach soon.

On a final note I am very enthusiastic about this coming season and there is a real positive feeling around the club. There is a heap of people doing some great work. Please give them support when asked for and don't forget to thank them.

If you're not sure of something or what to do or you have a question, please ask someone and if they can't help you then they will be able to point you in the right direction.

Once again, lets all do our bit to make the club a friendly place and don't forget to smile and say hello to people. Being helpful, friendly, positive and understanding is a very infectious way to behave and you'll find that people will treat you the same way back.

Grant Trew.

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Special Points Of Interest:

- PATROL REQUIREMENTS REDUCED FOR MEMBERS
- Proficiencies start soon.
- Choose your own Patrol— Get In Early.
- Bar Drinks Voucher— BUY ONE GET ONE FREE!
- Best Surf Club Gym In The State
- Registration Day is soon
- Annual Report Supplement is no available
- Club Busy Bee— 8am, 23rd September.
- Revamped Bar increases story telling...
- City is Bolstering the boatie ranks

CITY MEMBERS LEAD THE WAY

Four of our own City club members will be travelling to the London to compete in the Commonwealth Games Royal Life Saving Championships in Bath from 24 September 2006.

Chosen for the Australian Open Team are Chris Timms, James Cohen and Jessica Walker, the only West Australians to make up the 10 man team to compete in this event. Whilst Jae Moffat was chosen for the Development Team also travelling to bath. Good luck and we know you will do your club and country proud.

Well done also to the following members for

recent super star performances

Alison O'Toole - 3rd City to Surf
Alicia Marriot - High performance team
James Cohen - High performance development squad
Mark Wilson and John Davies - passing the IRB exam
Greg Mickle, Donkey, Murray Hughes for winning the teams section of the Avon Descent



Our greatest glory is not in never falling but in rising every time we fall.

YOUTH DEVELOPMENT REPORT By Penny Cohen

I am sure everyone would agree winter has been very confused and is coming to a close, spring starts next week and summer and our surf season is just about here.

With winter sport taking up most of our members weekends, some of us however found time to get together and enjoy a Sunday afternoon of Wheelchair Basketball. With Damien from the "Wheelcats" taking us through our paces with some drills and "how to drive" wheelchair techniques, it was goal shooting practice and then rules for a game.

The group divided up with two solid senior leaders of Hootaz and Slats selecting their team members, mostly female, with a few fast breaking males. The game unfolded with the great goal shooting from Claire Twigger and fast breaks from Rachael Kelly, who also took out the honors for the noisiest competitor!!

At the end of the session we all enjoyed dinner at Fasta Pasta which was very generously sponsored by Liam Twigger from Prime Corp Finance. Our sincere thanks to Liam once again for his generosity.

All in all a great afternoon and one which is going to be repeated during

the season.

With this in mind, we need to put together a calendar and plan what the Youth of City would like this year. We have the Youth Incentive Programme, "YIPs" to launch and explain as well as a Youth Council to form. Hopefully the Youth Council will be the group that will put together the calendar of social and sporting events they would like to run as well as Sunday morning activities they would like.

The first thing to organize is a group of anyone interested in being part of the Youth Council and a meeting on Friday 15th September at the Surf Club 6.30pm.

From here we will put forward a calendar of social and training sessions, with some skill development days and Sunday activities. Sunday sessions on the balcony have been suggested for our U18s as well as ski paddles and volleyball. Come along and have input to what is going to be a very busy and exciting year with the Aussies coming to WA.

And following on from last season, for those of you who will be paddling senior mals, fitness and board training will be starting weekly with Rebecca

Cohen on Wednesday 13th September, in the gym at 4.30pm. This session is designed for those of you starting off on a senior mal, U15 through to U17's, to develop your skills and strength, then great paddling. We also welcome Janelle Slattery to the position of u/15 age group manager. Janelle will be helping all u/15 members to make their way into the senior side of the club.

Finally, if anyone would like to assist this year in helping in the Nipper area we are also looking for assistant Age Managers. All your years of experience could now be passed on to the younger Nippers! If any of you would like to take up this option I am sure Bruce Lilburne would welcome the offer.

Look forward to seeing you on Friday 15th at the Club.

Penny Cohen

Youth Development Officer



2 for 1

CITY OF PERTH SLSC BAR

The surf club bar is open every Friday evening from 5pm onwards. We would like to invite all members and their guests to come along and enjoy a free drink on the club.

BUY ONE GET ONE FREE

Bring this voucher along and receive one free drink to the value of one purchased drink.
(One voucher per member)

Valid only on Friday September 15, 2006 from 5.30pm – 6.30pm

UNDER 17'S By Bec Cohen

Hey guys

Well it's time we got started again... you can almost feel the sand between your toes if your slippers are anything like mine! We'll be starting with some gym sessions and maybe a little jog (I say jog because I'm not fit now either) on Wednesday nights at 4.30. Our first session will be on September 13th so jump off the bus after school and get down to the club, it'll make proficiencies a whole lot easier!

We'll work on getting wet but let's not get ahead of ourselves, it's only September – there is a whole

summer ahead for that. I've been planning, scheming and racking my brains for things to do with you guys and I think you'll like what's in store... but you have to be there to be a part of it.

Looking forward to seeing you all back and any Under 15s that want to come along and join in the fitness and board session, come on down.

Bec Cohen & Michelle Hansen

CONGRATULATIONS !



Grant & Natalie Trew
On The safe arrival of your
Beautiful baby twins
Ella & Charlie
Born 4th August 2006

Also to
Simon & Natalie Allison
On the arrival of their little
Bundle of joy

CLUB CAPTAIN'S report, watch out.... You could be the next Weet-Bix victim

Hi everyone, and welcome to the new season.

This season we have a little more work to get through than usual. As you may know, SLSA has changed the techniques/methods of resuscitation, and we all have to learn these new methods – the good news is it is much easier than before.

We also have two events coming up shortly. The first is the proficiency camp at Rottneest Island. Places are limited, so if you are interested, please contact Craig Simmonds asap. The second is the busy bee will be happening on Saturday 23rd September. We need everyone at the club at 8am

sharp with shovels, brooms, bins, cleaning gear etc. This is a great chance to get the club spick and span before the season starts.

The Sunday morning format will be similar to last year. During September, Club meetings will be at 9am, with the club swim (proficiency swim) being held at 9:30. The rest of the morning will be dedicated to proficiencies.

From October onwards, the club meeting will shift to 10 am. The club swim will remain at 9:30 am.

Finally, well done to John Davies and Mark Wilson for passing their IRB drivers exam last week.

Tothy

Sunday Timetable

September

9 am	Club Meeting
9:30 am	Proficiency Swim
10 am	Resus / Signals etc

October

9:30 am	Club Swim
10 am	Club Meeting
10:15 am	Weet Bix



GYM NEWS by Mike Sumich

By now gym users would have seen the new gear purchased by the surf club. This is a fantastic acquisition for all members and a special thanks must go to all members who donated money so we can purchase this equipment. Over \$3000 was raised through donations and the club put in \$5000. Our gym is now the best surf club gym in the state and certainly one of the best small gyms in Perth.

Could all gym users please sign in when using the gym so we can keep a record of

gym usage and for security reasons. The attendance book is located as you walk into the gym.

Unfortunately we still have some people who do not do the right thing and leave the gym in a mess. It is not too difficult to put your weights away when you have finished with them. This occurs especially at night. Can ALL members please keep the gym tidy and question anyone who is not doing the right thing.

Could all gym users be aware that membership fees are now due and can be paid via the normal channels.

Please tell your friends about our gym and get them to join so we can continue to improve the facilities for all members

Mike Sumich
Gym Co ordinator

SURF SPORTS OFFICER'S REPORT

There is an air of excitement about the City of Perth Surf Life Saving Club this year as it awaits the start of the 2006/2007 season.

Not only will the Australian Surf Life Saving Championships return to Perth after a period of 15 years, but more importantly the movement is being nationally recognized for the role it plays in Australian culture with the Australian Government nominating 2007 as the "Year of the Lifesaver".

At a club level we are keen to continue on the outstanding achievement we achieved at National and State Championships.

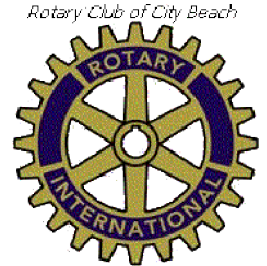
Having placed 4th and 6th at the last two National Championships, an outstanding performance for a club of our size, it is hoped we can do even better on home turf (and surf).

At state level we are hopeful of being able to regain the State title from Trigg.

It is worth noting that 47 club members were nominated for the State High Performance program. The depth of the club has never look stronger at state level. At national level Alicia Marriott is now a member of the Australian High Performance and James Cohen received an invitation as part of a development squad.

It is hoped these two, along with Jono Stock, looking to be City's first Ironman Finalist since Greg Mickle, and the sprint team of Amanda England, Dean Scarff and Hayden Trew will lead the club to a successful

season. One should also not forget the performance of Kim Lovett and Alison O`Toole who will be looking to win the same events that they participated in at the Australian Titles for 3 consecutive years, both a first for the club.



We at the club are pleased about the depth of competitors at all levels and this reflects the time and effort put in at all levels by the coaching staff, age managers and club officials.

Come on 2006/2007 we can hardly wait.

MEMBERSHIP SERVICES REPORT By Craig Simmonds



The 2006/07 Season promises to be a huge year for the City of Perth Surf Life Saving Club. As far as Membership Services the season has started and many members have been consistently enjoying what services there is being offered.

The Bar has been going through a revamp thanks to a very enthusiastic Life Member by the name of Robbie Somerford and club Operations Manager Natasha Haynes. The bar is open every Friday from 5:00pm unless advertised on E-Surf City as not open. There are new drinks, new faces and new stories, so get down and enjoy the club's atmosphere. Many other social events will come up during the year so it is important to keep an eye on the website and E-Surf City. Anyone who is interested in running a function please contact me, I am only to happy to help.

The Gym is the most used service in the Surf Club. If it isn't the Associate members pumping iron then it's every

one else working on the perfect 6 pack. There has been a lot of new equipment added to the gym over the last couple of months, which can be put down to the hard work of Mike Sumich Gym Coordinator and to the generous donations received from the membership. Please continue to look after all the equipment and remember to sign in and out of the gym using the visitor book.

Registration day is coming up on the 24th of September 10am to 12pm. If you are a current member remember to bring along the renewal forms you received in the mail. New members bring your selves and a copy of your birth certificate. If you are unable to make it to registration day you can renew your fees or become a member by seeing Natasha in the Office between 10am to 2pm weekdays.

It is vital that if you are the last to exit the club that you lock up. If the club is left open then we are leaving the club open to theft and vandalism. Remember treat your mother with respect, lock the club so

no one can damage it.

If you feel that you want to know more about what is going on around the club, you can't rely on the newsletter alone. City has a website, the address is www.citysurf.asn.au the website is kept current with all the relevant information and much, much more. If you are a new member or existing member who wishes to get involved in surf training then the website is the place to go, from boats, skis and sprinters there is contact details for the people you need to talk to. Once on the Website it would be beneficial that you subscribed to the weekly club email E-Surf City. The email contains information that will make every member an expert in the life of the club. Please be proactive in getting on both forms of communication, it is for your own benefit.

Thanks
Craig Simmonds
Membership Services Officer

**Great spirits have always encountered violent opposition from mediocre minds.
Albert Einstein**

From The OPERATIONS MANAGER

It's been a busy couple of months for me jumping straight into doing the Annual Report, getting ready for the AGM, and basically getting to know the ins and outs of the running of the club. A few small changes have taken place already and further plans are in motion for future developments. So far registration renewals have been mailed out, lockers have been shifted around and are slowly being updated, a new cleaner is on board, the bar is open on Friday evenings and the hall is being targeted for an upgrade. We are also in the beginning stages of compiling a business directory, which is primarily for members promoting and using business between members.

The office is open Monday thru Friday from 10am – 2pm. During the season it will also be open Sunday mornings from 8am – 11.30am. You can contact me there on 9385 9232 or email admin@citysurf.asn.au

Unfortunately the 2005/06 Annual Report was published whilst missing some very important information. Thanks to Ian Scott, we now have a Supplement to the Annual Report including Club Patrol Awards, State Championship Results (including Open, Masters and Juniors), Club Trophies plus missing results from the 2004/05 Report. An updated list of patrol hours including water safety is also included. Please contact the office if you would like to receive a copy.

Registration renewals for existing members were mailed out in July, hopefully this is a more convenient way to process renewals. If you haven't

already returned yours, please check forms for accuracy and make any necessary changes, sign both pages and return with payment. If you require a receipt and would like your membership card mailed to you please enclose a stamped self addressed envelope. Alternatively these can be picked up from the office. If you wish to renew your membership at Registration Day (Sunday 24th September) please ensure you bring your renewal forms along with you.

Several minor maintenance jobs have already been completed around the club, thanks to Robbie Somerford and Craig Simmonds. Unfortunately this is an area of ongoing need, so if there are any more handymen or anyone willing to spend a little bit of time at the club helping out please contact me. Additionally, if you notice something that needs fixing, please notify me and I will contact the appropriate person to do the necessary repairs.

A new cleaner has been contracted. The change rooms will be cleaned twice a week and the hall and office area will be cleaned once a week. Currently the change rooms are being cleaned on a Tuesday and Saturday afternoon, however these times may change during the summer season.

Two of the locker units have been shifted in the men's change rooms to a more user-friendly position. Lockers will also be re-numbered in the near future, as there is an overlap in the current numbering system. To date only 31 lockers have been claimed, so if you have a

locker and haven't notified me, please do so as soon as possible. There are now several lockers available for hire for anyone interested. Lockers are available at a bargain price of \$20 for the year. Contact the office for more information.

The bar is now open every Friday evening from 5pm onwards. The regular crowd has been turning up weekly with a few new faces coming along. The bar has undergone some minor upgrades including the installation of glass racks and the introduction of some select spirits and a wider selection of beers. This is a social area for all club members and their guests, and we would love to see lots more people coming along to enjoy a good atmosphere and club priced drinks.

And finally, the new business directory... this is being set up with the kind help from Lisa Dwyer. The aim of the directory is to promote and use club businesses. If you would like to include your business (be it your own business or the company you work for) please send details including type of business, contact details and if you are willing to offer any discounts to club members etc. to Lisa Dwyer at lisad@pgdconsulting.com.au. More information will be sent out in future Newsletters and on the Ecity, alternatively if you would like some more information contact me at the office 9385 9232.

Natasha Haynes

NEW RESUSCITATION REQUIREMENTS for Members to Learn

Current Method/Practice	New Method/Practice	Why the Change?
Checking for Danger and response	No Change	
Clearing the airway	No change to clearing the airway for aquatic drowning	For non aquatic locations clearing the airway may not be necessary and the assessment of the patient may be conducted on the back without rolling the patient on the side
5 Full Breaths	2 Rescue Breaths	Most research shows that during resuscitation patients are given too much oxygen – the added breaths also delays CPR
Feel the Pulse	Check for "signs of life"	According to the most recent research pulse checks are ineffective with over 50% of checks being inaccurate
EAR if pulse is present	No EAR but continue with CPR if no "signs of life"	For a patient with no breathing and no signs of life commence CPR
CPR at a rate of 60 to 100 compressions per minute	CPR at a rate of 100 compressions per minute	Research has shown that an increased rate will help maintain a best possible blood flow and blood pressure.
CPR at a rate of 15:2 and 1:5	CPR at 30:2 for one and two person operation	The faster and prolonged rate will allow for an increase in blood pressure
Continue as the chest compression operator until feeling tired	Change as the chest compression operator every two minutes if available personnel	There is good evidence that the technique of the chest compression operator deteriorates after one minute even if the operator does not feel fatigued.

Beach Services Officer By Brett Wakefield

BEACH SERVICES

Its been a fairly busy winter so far this year and another season on the beach is about to begin. So without further ado, I'll get down to business.

PATROLS

Patrols start on 1 October 2006. The Summary of Individual Patrol Requirements for 2006/2007 is attached in this newsletter with a form for members to record their patrol hours. The patrols will follow the same format as last year. However, this year it will be possible to reduce the number of required patrols slightly. The roster this year will also include places for people to nominate as Vice Captains, ARC holders and IRB Drivers so we can spread the skills out a bit. If at the end of November we find we have a full roster and more members than we thought, it might be possible to review the requirements. If not then, hopefully for next season.

The Roster will be available on Sunday Mornings, Friday evenings and weekdays during Office hours to be filled in from 10 September 2006. Please see Brett Wakefield, Stephen Toth or Natasha (Tash) Haynes the Operations Manager for its location. If I can make it available earlier or at other times, I will advise in the ESurfCity.

I have only received a few expressions of interest for Patrol Captain so far this year. If you wish to be a Patrols Captain please let me know on bdwakefield@iinet.net.au. It would be good if Patrol Captains rostered themselves early. There will be a briefing for Patrol Captains on Sunday 24 September at 11:00 am in the training room.

As a Patrol Officer has yet to be appointed I will have to look after that role for now. I won't have as much time to spend solely on the patrols for this season though, and I will be getting support from Tothy and Craig. So anyone interested in the role, please contact me.

PROFICIENCIES

As Tothy has told you in his section, proficiencies this year will cover the new resuscitation methods recommended by the Australian Resuscitation Council (SRCs included). Timing becomes 30 Compressions to 2 Breaths with a rate of 100 Compressions per minute. A flow chart of the new process is included in this newsletter.

The other thing to complete by end of December this year is the Certificate II in Public Safety (Aquatic). This qualification is recognized in the workplace. Therefore all members need to complete:

The New Resuscitation

Signals

Run Swim Run

Certificate II work book,

Anything else that State Centre Tell us at the Trainers and Assessor Induction

Proficiencies will be held at the Club on Sundays at 9:30 am (RSR) from 17 September

through til the end of October 2006 and on Wednesday Evenings at 6:30 pm from Wednesday 20 September to 11 October 2006. Alternatively you can do proficiencies at the Rottenest Camp (See Club Captains Report for details). Would all assessors please make themselves available and let me know which sessions they can assist with.

EDUCATION

I am happy to announce that Leanne Rushforth has agreed to take on the role of Education Coordinator. Leanne is an active member with kids in Nippers, an experienced teacher, has experience at both Gove SLSC and Broome SLSC, has been a Club Captain and will be a great asset to the position. Like all of us, Leanne is a busy person. Her role will be coordinating the training officers and courses in the club and ensuring standards are maintained, not actually doing the training. Please give her all the support you can.

The following courses are coming up:

Senior First Aid course- will commence on Thursday 7th Sept 6.30-8.30pm, for at least 6 weeks.

Bronze Medallion course- will commence in approximately 3 weeks, dates to be confirmed.

Trainers are required to run some SRC courses early in the season, with a special focus on nipper parents requiring it for water safety.

City will also be participating in a combined Bronze Training program with Floreat, Scarborough and Triggs Surf Clubs and will be needing Training Officers to participate. More details later.

For all of the above Leanne can be contacted on rushforths@bigpond.com or 92445868 or 0419942770

Trainers and Assessors in Service Course

The trainers & assessors 2006/2007 in-service for CY, FL, SB& TI will be held at Floreat SLSC on the 9th September starting at 0900Hrs. The in-service will be important because it will cover the new Resuscitation requirements as well as let you know what to expect at exams during the season. All Training Officers and Assessors need to attend the in service to remain current and be able to train and assess this season.

Bronze medallion exam dates for 2006/07 season

The following dates have been scheduled for Bronze Exams:

Theory	Water Work
12/10/06	14/10/06
9/11/06	11/11/06
7/12/06	9/12/06
11/1/07	13/1/07
8/2/07	10/1/2/07
8/3/07	10/3/07

Awards Available

Awards for the following people are available in the officer for collection.

Ben	Carrick	Silver Medallion - Patrol Captain
Luke	Reeves	Silver Medallion - IRB Driver
Alan	Wilson	Silver Medallion - IRB Driver
Jeremy	Doney	Bronze
Patrick	Donelly	Bronze
Alex	Hayes	Bronze
Rachel	Kelly	Bronze
Katherine	Knight	Bronze
Saoirle	Mccalion	Bronze
Arianne	Platell	Bronze
Todd	Stewart	Bronze

Please see Brett. Belated and well deserved congratulations to those people.

FIRST AID

Rik Lovett is our First Aid Officer again this year and has already received a donated Oxy Viva with Suction equipment which will be set up in the First Aid room. Rik is also looking forward to promoting the First Aid Competition again this year and is looking for a squad to train. It would be a good idea for anyone interested to do the upcoming first aid course. Please see Rik for details.

IRB/MOBILE SERVICES

Mike Lovett is still looking after our IRB and Rhino with his usual organisational flair. The IRB Cage now has a fixed air pressure hose for use on the IRB and Vehicles. The Rhino is going in for servicing before the season. We have taken delivery of a new IRB Hull and Motor. Thanks to Tothy, Mike and Others, John Davies and Mark Wilson are now added to the ranks of IRB Drivers and have fulfilled their roll over responsibilities.

The next IRB Training will commence on Sunday 10 September 2006 at around 9:00 am for those interested.

I'll see you on the Beach.

Regards
Brett Wakefield



City Of Perth SLSC

Summary Of Individual Patrol Requirements for 2006/2007 Season

For your convenience, the patrol requirements and for this season are summarised below. To complete the full patrol requirements for 2006/2007 and receive a 50% discount on your membership fees for 2007/2008 under the Membership Discount Scheme (MDS) you or a substitute on your behalf must attend all your Rostered Patrols as shown below.

ACTIVE AND CADET MEMBERS (Bronze Holders 15 YRS +)

- Bronze and Higher Award Holders: 8 Rostered Patrols for 100% Patrol Award and MDS.
- Patrol Captains: 7 Rostered Patrols as Patrol Captain to be eligible for 100% Patrol Award and MDS.

RESERVE ACTIVE MEMBERS

- A minimum of 8 Hours for competition purposes.
- A minimum of at least one patrol at least to maintain club membership.
- Active Reserve Members may perform 4 Rostered Patrols to be eligible for 100% patrol award and MDS.

LONG SERVICE MEMBERS

- Long Service Members are not required to perform patrols.
- Long Service Members may perform 4 Rostered Patrols to be eligible for 100% patrol and MDS.

CADET MEMBERS (Under 15 – SRC Holders)

- Will only be required to perform the number of patrol hours required for competition purposes (16 Hours).
- May roster themselves the same as Active Members to be eligible for the 100% patrol attendance award and MDS.

GENERAL MEMBERS (PARENTS)

- Not required to perform Patrols, but may be required to perform water safety (see Junior Activities Officer).
- Bronze Holders may perform 4 Rostered Patrols and 8 Water Safety Sessions (16 hours) to be eligible for MDS, or
- Bronze and SRC holders may perform 16 Water Safety Sessions (32 Hours) to be eligible for MDS.

ABSENCES AND DOWN HOURS

- Patrol Members who will be absent for an extended period should apply for leave of absence.
- Members who miss a Rostered Patrol will go down hours in accordance with the Patrol By – Laws (See Website).

- If a member has a reasonable excuse for not attending a Rostered Patrol (Eg Illness or sudden call to paid employment), the Patrol Officer may choose not to place the member down hours. However:
 - You should contact the Patrol Officer before the beginning of the patrol or as soon as possible giving the reasons for absence.
 - Reasonable proof of the reason will be required.
 - The Rostered Patrol you missed will not count towards the membership discount scheme or for competition purposes (i.e. 0 hours are recorded) and you will need to roster yourself for another patrol.

(NOTE: THIS DOES NOT RELIEVE YOU OF THE RESPONSIBILITY TO FIND A PROXY.)

- Members who are down hours from last season must make hours up before 31/12/06 for last season to count towards Reserve Active and Long Service status.

SPECIAL CIRCUMSTANCES

- Alternative arrangements may be made for people with special circumstances (Eg Shift work or seasonal employment) where possible. However, you must make arrangements with the Patrol Officer before rostering your patrols and you will probably be ineligible for 100% award and MDS.

GENERAL POINTS

- Patrols will be conducted in accordance with the SLSWA Regulations, the Patrol Agreement and the By-Laws.
- The By-laws require a member to perform 80% of their own patrols for the 100% Patrol Award
- A minimum of 16 patrol hours per season for Active Members and 8 hours for Reserve Active Members set by SLSWA is for competition purposes only. To be eligible for competition members must also fulfil club patrol requirements and not be down hours.
- Nothing above prevents Associate or Award members performing voluntary patrols in accordance with their qualifications.
- This document does not override the Constitution, By Laws or official policy documents.

WE HOPE YOU HAVE A SAFE AND REWARDING SEASON

Brett Wakefield
Beach Services Officer



ITS People Solutions



REGISTRATION DAY



CITY OF PERTH SURF LIFE SAVING CLUB

2006-2007 SEASON

When: 10am-12pm Sunday 24th September 2006

Where: *City of Perth Surf Lifesaving Club*

(These are located on Challenger Parade City Beach)

New Members Welcome

Existing members please bring renewal forms

Nippers: Aged 7 to 14

(New members must bring a copy of birth certificate along)

Nippers start at any early age learning how to approach and enjoy the ocean in a safe and supervised environment, with each age group having qualified Age Managers to teach surf safety skills. This is achieved through a combination of fun and games, teamwork and competition.

Older members (15 and upwards) can also engage in a variety of club activities such as club swims on a Sunday morning and achieving awards such as Surf Rescue Certificates, Bronze Medallions, First Aid and many others.

Patrols are a requirement of the Surf Club once an Award has been achieved.

A variety of memberships are available.

For further information or assistance contact the City of Perth Surf Lifesaving Club between 10am and 2pm weekdays.

Phone: (08) 93859232

Fax: (08) 9385 7035

Email: admin@citysurf.asn.au

Surf City

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PP641967/00006

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City Of Perth SLSC

PO Box 387, Scarborough W.A. 6019

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