

City of Bunbury Surf Life Saving

YOUTH & SENIORS

HAND BOOK

MEMBERS INFORMATION

2023/24



Ocean Drive, Bunbury WA 6230 | PO Box 81 Bunbury WA 6231 | Phone: 9721 3633

Office Hours: Tuesday & Thursday 9am to 2pm

To help keep everyone informed and up to date throughout the busy surf season we have updates on our website, as well as a comprehensive social media platform with information available for all members.



Facebook: [City of Bunbury Surf Life Saving Club](#)



Instagram: [cityofbunburyslsc](#)



Website: <https://www.bunburyslsc.com.au>

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2023/2024 Calendar

A copy of the 2023/24 Club Calendar can be downloaded directly from our website. If you would prefer a paper copy, please contact the club office.

Welcome

'Saving Lives, Preventing Injuries, Enjoying our Beaches' is our Club vision and I would like to welcome you into the Surf Life Saving movement and wish you all the best in your future endeavours within the City of Bunbury SLSC.

All our members enjoy a rich culture and the proud tradition of Surf Life Saving here in the City of Bunbury SLSC, and you are now part of this fantastic club and the Surf Life Saving movement

Wearing the traditional red and yellow colours, the City of Bunbury SLSC prides itself on our excellent service to the Bunbury community and the wider South West region. Your membership in our great club has provided you with the privilege to become a true Aussie, Surf Lifesaver in the City of Bunbury SLSC, and I congratulate you for this achievement.

Education, competition and community service are all on offer to you as a member of our club. The information contained in this package will hopefully provide you with a general overview of all club activities, and at any time please don't hesitate to speak to members of the club for more information.

I encourage you to visit our club website www.bunburyslsc.com.au where you will find all the information on our club history, membership categories, surf sports results, social activities, education and training opportunities, and patrolling information. Our clubs Board of Management, and the Strategic Plan, Constitution and Policies, which guide and govern our day-to-day management and activities, are also presented for your information.

I hope the friendships and skills you gain over your time with us grow, and last a lifetime. Remember, you will never be alone wearing the black, white and burgundy colours of this great club, and the red and yellow colours of Surf Life Saving.

Yours sincerely,



Denise Duncan

PRESIDENT

City of Bunbury SLSC

Youth

The City of Bunbury Surf Life Saving Club has an active youth group aged between 13 and 18 who play an essential part in our club life. In addition to actively patrolling the beaches, some of our youth find themselves as Age Group Managers on Sunday mornings, providing water safety and taking part in a multitude of activities throughout the season specifically designed for these younger members.

For more information on our Youth activities contact our Director of Youth – Neil Robertson -
doy@bunburyslsc.com.au

Seniors

Senior Competitors, **U/14's through to Masters** are able to participate in a wide variety of disciplines throughout the season.

In order to compete, it is a requirement that every entrant has attained their Surf Rescue Certificate (U/14's) or Bronze Medallion as well as having met a minimum requirement of patrol hours.

Age Group Managers and Assistants

Our age managers are qualified in either the **SLSA Bronze medallion or Surf Rescue Certificate**. Their responsibilities are to ensure the development of surf lifesaving skills such as surf awareness, surf swimming, board paddling and personal life skills, such as leadership and social interaction.

An age group manager supervises each age group. They **volunteer** their time to instruct and help our Woodside Nipper members through their Sunday morning activities and program.

It is mandatory for all Age Group Managers over the age of 18 to have undertaken **Member Protection Screening**, a **WA Police Service** and a **Working with Children Check**. At all times, the safety and wellbeing of each individual Woodside Nipper member is paramount to the Age Group Manager. If you have any queries, please feel free to ask any of our Age Group Managers.

Many of our Youth (U14-U17) have taken on the role of an Age Group Manager or Assistant. These young people are developing their skills as young leaders in our club and community, and positive role models for our Woodside Nippers. Please support these young people at all opportunities.

Water Safety

Water safety members will assist our Woodside Nippers during Sunday morning activities. These hard working members are recognised by the orange water safety rashies or vest and orange cap they wear. All water safety personnel are qualified lifesavers with SRC qualifications and/or Bronze Medallion. The ratio for water safety in all water activities is 5 Woodside Nippers to 1 officer.

Sausage Sizzle

On Sundays after our morning activities the Woodside Nippers have a sausage sizzle on the boardwalk. Sausage sizzles and drinks are sold to raise money for equipment and more importantly allow us the opportunity to sit, relax and discuss the morning in each other's company.

Surf Sports/Competition

CHECK THE CLUB CALENDAR FOR VENUES AND DATES. SLSWA INFORMATION FOR INTERCLUB COMPETITIONS CAN BE VIEWED AT WWW.MYBEACH.COM.AU/MEMBERS/SURF-SPORTS

[Events Calendar - My Beach](#)

Training

Surf Sports Competition training is held only during the surf season. Specialised skill work and general physical skills are focused on during these sessions.

Each participant is encouraged to have fun and to achieve their full potential in a challenging and stimulating environment. **The emphasis is not on winning**, but on doing their best so that an enjoyable and successful experience for our competitors is achieved.

Training sessions are available for the following age groups.

Little Nippers U8s and U9s

Big Nippers – U10-U13s

Youth – U14-U17s

Open – U19s, Seniors and Masters

Team App

Training & Competition information will be loaded onto Team Stack App. Follow the below instructions to join.

- Download the Stack Team App
- Click on “sign up” and follow the process
- Click on “Find your team or club”
- Search "COBSLSC surf sports comp" (NOT - City of Bunbury surf lifesaving club)
- Click on “request to join this team” and select appropriate discipline



Training Schedule 2023– 2024

Commencing October 2023

- All water training is at Back Beach unless otherwise specified.
- Beach Sprint training TBC

MONDAY	6:00 AM	Swimming SW Sports Centre	5:00 PM	Ski Training Boards Training Development
TUESDAY	6:00 AM	Ski Training	5:00 PM	IRONMAN Training Beach Sprints
WEDNESDAY	6:00 AM	Swimming SW Sports Centre	5:00 PM	Ski Training Boards
THURSDAY			5:00 PM	Boards
FRIDAY	6:00 AM	Swimming SW Sports Centre	5:00 PM	Downwind Paddle Ski session/skills Beach Sprints
SATURDAY	9:00 AM	IRONMAN Development Boards		
SUNDAY	7:00 AM	Ski Training Development& Ski		

Swimming Training

- Paddles; fins; goggles and a smile required.
- Extra time and distance - start in pool as soon as arrive. Pool opens at 5.45am!

Boards and Iron Man

- Require goggles each session for open water swim. Water Safety required at ratio of 1:5 mandatory!

For more information on Surf Sports, Paddling, Competition or Training visit our website or contact our Director of Surf Sports – Chris Neaves - doss@bunburyslsc.com.au

List of Events for the season of 2023/24

City of Bunbury SLSC Upcoming Events SCHEDULE



- October 08** **First Club Swim**
Club Run - Swim - Run
- November 19** **Lanny Smith Marathon**
Handicap 7km Ski marathon open to all members 15 years and over.
- December 10** **Barrett Half Mile**
A handicap Half Mile Swim - sponsored by William Barrett - in the open water of the Back Beach that will see the surf swim skills of our Lifesaving action as they compete for the prestigious Barrett Half Mile Trophy.
- December 15** **Friday Night - Higgons Marathon**
A run swim run marathon event that will challenge the lifesavers physical and mental fitness.
400m run, 400m swim, 400m run, 200m swim,
200m run, 200m swim, 400m run.
Participate as Team, Duo, or Solo.
- December 17** **Nipper Club Championships Round 1**
BEACH & WATER EVENTS
- December 17** **Club Trophy Day including**
Drummond Board Race, Captains Ski Race, Glenn McAlister Youth Ski Race, U17 Leschenault Open 400m Swim and KF Hoskins Swim
- January 7** **Fradelos Mile**
A handicap Mile Swim in the open water of the Back Beach that will see the surf swim skills of our Lifesaving action as they compete for the prestigious Fradelos Mile Trophy.
- January 12** **Friday Night - FR Hay Beach Sprint**
- January 12** **Nipper Club Championships Round 2**
Friday Night BEACH SPRINTS & FLAGS ONLY
- January 21** **Nipper Club Championships Round 2 & Regional Championships**
WATER EVENTS ONLY for Club Champs
- February 4** **Nipper Club Championships Round 3**
BEACH & WATER EVENTS
- February 25** **Senior Club Championships**

Lifesaving

The club's patrolling season starts at the beginning of October, and we provide essential watch over Back Beach and Koombana Bay over the summer months. In addition our patrolling members also provide water safety to all the major water based community events held in the South West including the Busselton Jetty Swim and local triathlons.

For more information on our patrols, water safety and how you could get involved with Lifesaving in Bunbury visit our website www.bunburyslsc.com.au or contact our

Director of Life Saving – Gary Carthew - dols@bunburyslsc.com.au

Education & Training

Surf Life Saving Awards

The City of Bunbury SLSC places a high priority on education. Whether its ensuring members are adequately prepared to perform rescues, introducing children to safe choices at the beach or educating members of the public in first aid and CPR, we are committed. Member Education is vital in ensuring members are equipped with the correct skills to perform the primary aim of surf lifesaving “Patrolling the Beach” and offer the following courses to our **fully registered and financial members**:

**Note all prices and courses are subject to change after the 15 October
– please check back on website after this date to see updates**

Award Name	Pre-requisites	Overview	Course Cost*
Surf Rescue Certificate (CPR Endorsed)	<p>Be able to swim 200m within five minutes (signed off by an authorised club person)</p> <p>Course participants must be fully financial.</p> <p>Minimum 13 years of age at time of final assessment</p>	<p>The Surf Rescue Certificate is the very first stage of becoming a lifesaver.</p> <p>For U/13 - U/14's who participate in Senior Surf Life Saving competitions, the SRC is a requirement, along with minimum patrol hours to compete at local and state competitions/carnivals</p> <ul style="list-style-type: none"> • Work as part of a team • Public Safety and Aquatic Rescue • Communications • OH&S 	<p>\$65</p> <p>Then \$10 for online Manual</p>



Award Name	Pre-requisites	Overview	Course Cost*
SLSA Bronze Medallion	<p>Minimum 15 years of age (on the day of final assessment)</p> <p>Financial member of the Surf Life Saving Club.</p> <p>Completed a 400m flat water swim in less than 9:00 minutes (signed off by an authorised club person)</p>	<p>The Bronze Medallion is a nationally recognised qualification and teaches a range of activities in order to be able to perform all the basic requirements of a lifesaver:</p> <ul style="list-style-type: none"> • Occupational Health and Safety • Beach types • Wave patterns • Currents • Resuscitation • First aid • Communication techniques • Radio communications • Multiple rescue techniques • Patrolling methods 	<p>\$85</p> <p>Then \$10 for online Manual</p>
Silver Medallion (Basic Beach Management)	<p>Minimum 17 years of age</p> <p>Proficient in Bronze Medallion OR have held Bronze Medallion and proficient in a surf award</p>	<p>The aim of this course is to prepare candidates for initial work as a Patrol Captain, Team Leader, Duty Captain and similar roles.</p> <ul style="list-style-type: none"> • Identify beach management responsibilities • Identify the responsibilities of others in related roles • Identify and use relevant regulations and legislation • Be responsible for your own safety • Be responsible for the safety of others • Operate communication equipment • Follow operating procedures 	<p>\$20</p>
<p>The silver medallion (basic beach management) course is completed in 3 parts: Attend the intro session, Complete the Assessment Activity Portfolio during patrols, Attend the workshop. The workshop is best done with other clubs so different perspectives can be offered.</p> <p><i>The course should take ~12 hours total to complete over a 1 month period.</i></p>			
Gold Medallion (Advanced Lifesaving)	<p>Participants must be a minimum of 17 years of age on the date of final assessment.</p> <p>Hold a current</p> <ul style="list-style-type: none"> • SLSA Bronze Medallion/Certificate II in Public Safety (Aquatic Rescue) • Advanced Resuscitation Certificate • Senior First Aid Certificate • Silver Medallion Patrol Captain/Basic Beach Management • Spinal Management Certificate <p>Complete an 800 metre swim in 14 minutes or less in a swimming pool no less than 25 metres</p>	<p>The aim of this course is to provide participants with advanced skills and knowledge to manage emergencies in autonomy.</p> <p>Upon successful completion of this course participants will receive the SLSA Gold Medallion award.</p> <p>Assessment includes:</p> <ul style="list-style-type: none"> • Perform Complex Patient Rescue and Support, Aided and Unaided by Equipment • Perform Surf Skill and Fitness Test • Work Autonomously 	<p>\$20</p>
Radio Operators Certificate	<p>Be a minimum of 13 years old to commence training.</p>	<p>The aim of this course is to provide participants with the skills and knowledge to operate communications systems and equipment in surf lifesaving operations.</p>	<p>N/A</p>

Award Name	Pre-requisites	Overview	Course Cost*
Advance Resuscitation Techniques Certificate	Be at least 15 years of age on the date of final assessment	The aim of the Advanced Resuscitation Techniques Certificate course is to develop your skills and knowledge to use oxygen, airway management devices, and automated external defibrillators during resuscitation, and to administer oxygen to casualties.	\$80
Senior First Aid	Be at least 15 years of age on the date of final assessment	Senior First Aid training aims to develop the knowledge and skills for a person to manage emergency First Aid situations and deliver competent emergency care until the arrival of professional medical support.	\$145 (non member) \$80 (Member)
Senior First Aid Refresher Course	Be at least 15 years of age on the date of final assessment	Refresher Course for above.	\$110 (non member) \$65 (member)
IRB Driver Silver Medallion	<ul style="list-style-type: none"> • Minimum of 16 years of age to commence training • Minimum of 17 years of age on the date of final assessment • Hold and be currently proficient in the following SLSA awards <ul style="list-style-type: none"> - Bronze Medallion and Certificate II in Public Safety (Aquatic Rescue) - IRB Crew Certificate ☑Have met the Marine Licensing requirements in your state/territory (where required) 	The purpose of this course is to help develop the skills and knowledge of course candidates to safely and effectively drive an Inflatable Rescue Boat (IRB).	\$45 Note: A current skippers ticket is a required to complete this course.
IRB Crew Certificate	<p>Minimum of 15 years of age on the date of final assessment</p> <ul style="list-style-type: none"> • Hold and be proficient in the following SLSA award: <ul style="list-style-type: none"> - Bronze Medallion 	<p>This course leads to the SLSA Award IRB Crew Certificate. Candidates will also develop knowledge and skills to enable them to demonstrate competence in the nationally recognised unit of competence:</p> <ul style="list-style-type: none"> • PUASAR015A Crew small powercraft in a rescue operation. 	\$80 Includes Manual

**the course cost is in addition to the membership fee.*

How to Register and Pay for your Course: please go to <https://www.bunburyslsc.com.au/shop/>
TO PARTICIPATE IN A COURSE YOU MUST REGISTER AND PAY PRIOR TO THE COURSE START DATE.

For more information on courses offered this season visit our website www.bunburyslsc.com.au

or contact our Director of Education, Jim Smith - doed@bunburyslsc.com.au or 0488 561 458

(Courses offered to Non Members are provided under an Auspice Agreement between the City of Bunbury SLSC and SLSWA, RTO: 51104.

These can be Basic Emergency Life Support / First Aid / Advanced Resuscitation / Cardiopulmonary Resuscitation)

Merchandise

The City of Bunbury SLSC Merchandise Store is located at the club.

We are open every SUNDAY during the SUMMER season from 8.30am - 10.00am and Friday from 5.30pm-7.30pm for Dinner on the Deck.

Compulsory Items

Training group is a high viz training vest

Competition entrants (U14 – Masters) Club branded high viz yellow competition vest and a City of Bunbury skull cap.

For more information on our merchandise contact the office at surfclub@bunburyslsc.com.au

Friday Night Club

Friday, 14 October 2023 will see the first of this seasons Friday Night Club meals and the kick off of our popular weekly \$50 members draw.

Social calendar available on the website, Facebook, and Instagram.

Meals available for purchase most Friday evenings during the course of the season and the bar will be open from 6pm.

Hall Hire

Our club facilities are available to both members and the public for hire. Members prices apply once you have been a member for two or more years. Our hall has a seating capacity for up to 100 guests and our deck and bar arrangement is perfect for a private or business sundowner with a total capacity for 200 guests. We have a commercial kitchen available, or you could book our caterer.

For more information on our Hall Hire opportunities visit our website www.bunburyslsc.com.au or contact the office on - surfclub@bunburyslsc.com.au

Sponsorship

As a volunteer club, we rely solely on funds raised through memberships, donations, grants & sponsorships to stay "RESCUE READY". Being "rescue ready" requires time and commitment. Our volunteers give both ... we need the financial support of the Bunbury Business Community to keep them trained and ready.

Please ask about joining our 200 Club – 1 ticket is 250 for a chance to win one of the best Signage Opportunities in town on the Surfclub building. Draw Friday 27 October 2023.

If you would like more information on Sponsorship opportunities, please contact the club office at surfclub@bunburyslsc.com.au



200 CLUB

WIN ONE OF THESE BRANDING OPPORTUNITIES:

-  **YOUR LOGO** Signage Ocean Dr side of Building 2400 x 1200mm
-  **YOUR LOGO** Naming Rights to the Bar for Season 2023-24
- Your Logo on the Club Single or Double Skis with Signage Ocean Dr side of Building 
- Naming Rights Club Snr Championships 
-  Signage Ocean Dr side of Building 300 x 110mm
-  Naming Rights Club Jnr Championships

BUY YOUR TICKET NOW!

 9721 3633  surfclub@bunburyslsc.com.au

Tickets Include:

- Two Invitations to the Sponsors Sundowner, Friday 27 October, 5.30pm on the Deck & 200 CLUB Prize Draw
- Listed as a Sponsor in the City of Bunbury SLSC Annual Report
- Your Logo on our website linked back to your website and Promotion Opportunities through our Club Social Media Platforms
- Promotion on the Clubs Sponsor Banner Displayed throughout the Season on the Main Deck