

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

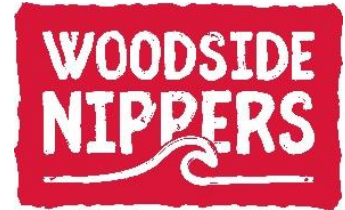
City of Bunbury SLSC

Woodside Nipper Activities

Sunday morning activities are about educating our club's junior members in water safety, water survival, first aid and resuscitation. The programs have been designed by Surf Lifesaving Australia and it is hoped that our Woodside Nippers will reach cadet and senior levels with confidence, knowledge and efficiency of a skilled life saver.

The Surf Education program provides our Nippers with the opportunity for fun, learning new skills and to develop the concept of a healthy recreational way of life.

First Day on Beach – Sunday, 22nd October 2023, 9.30AM



Age Groups & Cost

AGE GROUP	COLOUR CAP	DATE OF BIRTH APPLICABLE FOR AGE GROUP	MEMBERSHIP FEES (incl GST)
Little Nippers Under 6's (5 yrs old on 30 Sept)	Pink	1 Oct 2017 – 30 Sept 2018	\$180 Includes 1 x Parent/Guardian
Little Nippers Under 7's (6 yrs old on 30 Sept)	White	1 Oct 2016 – 30 Sept 2017	\$180 Includes 1 x Parent/Guardian
Under 8's (7yrs old on 30 Sept)	Yellow	1 Oct 2015 – 30 Sept 2016	\$140
Under 9's (8 yrs old on 30 Sept)	Green	1 Oct 2014 – 30 Sept 2015	\$140
Under 10's (9 yrs old on 30 Sept)	Blue	1 Oct 2013 – 30 Sept 2014	\$140
Under 11's (10 yrs old on 30 Sept)	Purple	1 Oct 2012 – 30 Sept 2013	\$140
Under 12's (11 yrs old on 30 Sept)	Dark Blue	1 Oct 2011 – 30 Sept 2012	\$140
Under 13's (12 yrs old on 30 Sept)	Red	1 Oct 20010 – 30 Sept 2011	\$140

Woodside Nipper proficiency

Each nipper will be given a preliminary evaluation prior to commencing any Woodside Nipper activity.

[Saturday, 14 October 2023 – 1pm to 3pm OR Sunday, 15 October 10am to Noon at Southwest Sports Centre: pay pool entry to get in.](#)

The idea of the proficiency swim is for the Age Group Managers to be given a guide as to the general capabilities of a Woodside Nipper in the water and who to provide additional assistance and support. Children not confident in the water can still come and participate in the land activities.

Specific requirements for each age group:

U8 Minimum depth – 1m

Perform a back or front float for minimum of 5 seconds, recover to stand.

Submerge to retrieve object from bottom of pool with hand (e.g., dive ring)

From pool wall swim on front any stroke (20m) followed by swim underwater (3-5m)

Swim on front through water any stroke 20m, followed by back or front float (5 sec) followed by submerge to retrieve object from bottom of pool with hands. (Do not recover to stand in between each task)

U9 Minimum depth – 1.5m

Perform a front to back float or back to front float – 5 sec each side.

Tread water and/or sculling for minimum 1 min.

Submerge to retrieve object from bottom of pool with hands (e.g., dive ring)

Survival breaststroke and/ or sidestroke and/ or back sculling for minimum 50m

Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50m followed by tread water and/or sculling for minimum 1 min, followed by submerge to retrieve object from bottom of pool with hands. (do not recover to stand in between each task)

U10 Minimum depth – 1.5m

Perform a front to back float or back to front float – 5 sec each side.

Tread water and/or sculling for minimum 1 min.

Submerge to retrieve object from bottom of pool with hands (e.g., dive ring)

Swim on front through water any stroke for 25m followed by survival breaststroke and/ or sidestroke and/ or back sculling for minimum 50m

Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50m followed by tread water and/or sculling for minimum 1 min, followed by submerge to retrieve object from bottom of pool with hands. (Do not recover to stand in between each task)

U11 Minimum depth – 1.5m

Perform a front to back float or back to front float – 5 sec each side.

Tread water and/ or sculling for minimum 2 min.

Submerge to perform forward or backward roll underwater, recover to surface, retrieve object from bottom of pool with hands (e.g., dive ring)

Swim on front through water any stroke for 50m followed by survival breaststroke and/ or sidestroke and/ or back sculling for minimum 50m.

Swim on front through water using combination of breaststroke, sidestroke, freestyle for 50m followed by tread water and/ or sculling for minimum 2 min, followed by submerge to retrieve object from bottom of pool with hands. (Do not recover to stand in between each task)

U12 Minimum depth – 1.8m

Perform a front to back float or back to front float – 5 sec each side.
Tread water and/ or sculling for minimum 3 min.

Submerge to perform forward or backward roll underwater, recover to surface, retrieve object from bottom of pool with hands (e.g., dive ring)

Swim on front through water any stroke for 100m followed by survival breaststroke and/ or sidestroke and/ or back sculling for minimum 50m.

Swim on front through water using a combination of breaststroke, sidestroke, freestyle for 100m, followed by tread water and/ or sculling for minimum 3 min, followed by submerge to retrieve object from bottom of pool with hands. (Do not recover to stand in between each task)

U13 Minimum depth – 1.8m

Perform a front to back float or back to front float – 5 sec each side.
Tread water and/ or sculling for minimum 3 min.

Submerge to perform forward or backward roll underwater, recover to surface, retrieve object from bottom of pool with hands (e.g., dive ring)

Swim on front through water any stroke for 100m followed by survival breaststroke and/ or sidestroke and/ or back sculling for minimum 50m.

Swim on front through water using a combination of breaststroke, sidestroke, freestyle for 100m, followed by tread water and/ or sculling for minimum 3 min, followed by submerge to retrieve object from bottom of pool with hands. (Do not recover to stand in between each task)

Age Group Managers

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**, and SLSA's Child Safe Online course. 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.

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.

No water activities will be undertaken if this ratio is not met.

Parents are also encouraged to assist in all activities whether they have SLSA awards or not.

NRC – Woodside Nipper Rescue Certificate

A certificate allowing adult members to act as water safety for deep water Woodside Nipper activities.

Parents who have already completed their NRC will be required to do a proficiency check. We welcome any new and interested parents to complete the assessment (requirement to be full members and have a WWC).

NAA – Woodside Nipper Adult Assistant

Allows SLS adult members to assist with Woodside Nipper activities. These persons can only assist in wading/shallow water activities and must have attended the Woodside Nipper activities safety brief prior to assisting.

We welcome any parent volunteer that holds a current WWC, which has been entered into Surfguard to assist with the Little Nippers (under 6 and under 7 age group).

Little Nippers and parent

It is a requirement at the club that every Little Nipper (under 6 and under 7) joins with a parent/guardian who is then expected to be with our Little Nippers on the beach and in the water. Please see our **Director of Youth, Neil Robertson** if you have any questions regarding any of the above.

Woodside Nipper Club Championships

Woodside Nipper Club Championships will be held over three (3) Sunday mornings during the surf season with point's allocated for places and participation in boards, surf race, beach flags and beach sprint events. All our active nippers in the competition age groups (U/8 – U/13) are encouraged to participate.

- Round 1** Sunday 17 December 2023
- Round 2** Friday 12 January 2024 **Beach sprints & Flags**
- Round 2** Sunday 21 January 2024 **Water Events**
- Round 3** Sunday 4 February 2024



Dates subject to change – please keep an eye on the website, newsletters, and social media for updates closer to the time.

For those Woodside Nippers interested in further Surf Sport competition opportunities please refer to Surf Sports/Competitions later in this booklet.

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.

Age group sausage sizzle "rostering" does occur, so please volunteer.

Email our Director of Social Activities, Joseph on dosa@bunburyslsc.com.au if you can spare time Friday evening (6pm to 8pm) or Sunday morning Café or BBQ (9am to 11.30am). This helps keep our meals at low prices.

Club Caps and Clothing

Age group-coloured caps are **compulsory** on the beach every Sunday. It is a way of easily identifying our young lifesavers on the beach and in the water. A Woodside Nipper pack including a high-vis coloured vest; coloured skull cap (based on age group); and a wide brim hat with sling bag will be given to each Nipper up to the age of U13s.

Slip, slop, slap and wrap by ensuring that your children are **wearing their coloured age caps, Woodside Nipper vest, hat, T-shirt, and sunscreen** each Sunday morning, as well as a water bottle.



Please write your **child's first name** on the front of their coloured cap so we all know each other. A **basket** is provided for each age group so that our Woodside Nippers can have their goggles, water bottles, towels, hats and T-shirts close by. This also prevents lost property.

Parents - IMPORTANT

To provide our Woodside Nippers with every opportunity available for them to feel confident and safe on our beach each Sunday, we need you to be **near or with your child**.

We need help with activities, both in and out of the water, to cheer, clap and encourage every effort made by every child. This will in turn see your child become more involved in the sport, to see him or her enjoy and work towards being confident in their skills and to accept all the challenges that the "SURF" offers. It may also help you keep fit, healthy and relaxed.

For more information on Woodside Nipper activities visit our website www.bunburyslsc.com.au or contact our Director of Youth – Neil Robertson - doy@bunburyslsc.com.au

Surf Sports/Competition

Woodside Nippers

Surf Lifesaving WA (SLSWA) conducts Woodside Nipper competitions throughout the surf season in both metropolitan and regional areas. Some of these competition carnivals are held in Perth and the City of Bunbury Surf Life Saving Club.

CHECK THE CLUB CALENDAR FOR VENUES AND DATES

The Woodside Nipper competition age begins in **U/8's through to U/13's** and our Nippers participate in all the surf disciplines, which include surf race, boards, beach flag and beach sprints and a range of relay events.

To maintain safety in surf competition the minimum requirements for competitors to compete in carnivals is as follows:

SWIM	Under 8	Minimum 100m open water swim in 9 minutes
SWIM	Under 9	Minimum 100m open water swim in 8 minutes
SWIM	Under 10	Minimum 150m open water swim in 12 minutes
SWIM	Under 11	Minimum 288m open water swim in 9 minutes
SWIM	Under 12	Minimum 288m open water swim in 9 minutes
SWIM	Under 13	Minimum 288m open water swim in 9 minutes



Training

Surf Sports Competition training is held through-out the year. 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 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			5:00 PM	IRONMAN Training Beach Sprints
WEDNESDAY	6:00 AM	Swimming SW Sports Centre	5:00 PM	Boards
THURSDAY			5:00 PM	Boards
FRIDAY	6:00 AM	Swimming SW Sports Centre	5:00 PM	Beach Sprints
SATURDAY	9:00 AM	IRONMAN Development Boards		
SUNDAY				

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!
- Woodside Nipper Development swimmers – swimmers who need to develop training squad experience – Fri 6.00am

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

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

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)	Be able to swim 200m within five minutes (signed off by an authorised club person) Course participants must be fully financial. Minimum 13 years of age at time of final assessment	The Surf Rescue Certificate is the very first stage of becoming a lifesaver. 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. <ul style="list-style-type: none">• Work as part of a team• Public Safety and Aquatic Rescue• Communications• OH&S	\$65 Then \$10 for online Manual

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.

Compulsory Items

Sunday morning Woodside Nippers: the appropriate coloured Woodside nipper cap, Woodside Nippers Hi Viz Vest and hat. The pack also includes a broad brim hat and sling bag.

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 our popular weekly \$50 members draw.

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

Meals available for purchase most Friday evenings during 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



200 CLUB

WIN ONE OF THESE BRANDING OPPORTUNITIES:



Signage Ocean Dr
side of Building
2400 x 1200mm



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

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 Surf Club 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