



Terrigal Surf Life Saving Club


Member Information 2022-2023

CLUB CONTACT INFORMATION

Phone	4385 6933 (office hours only)
Email	office@terrighsurfclub.com.au
Website	https://terrighsurfclub.com.au/
Address	Terrigal Surf Life Saving Club, PO Box 57, Terrigal 2260
Blues News	Our primary communication tool for members supplemented with periodic emails and text messages sent via surfguard



 "Terrigal Surf Life Saving Club" + "Terrigal Nippers" + "Terrigal SLSC Boaties" + "Terrigal's Training"

 @terrighslsc

BOARD MEMBERS 2022-2023

President	Glenn Bowles	president@terrighsurfclub.com.au
Director of Lifesaving	Tim Pittolo	lifesaving@terrighsurfclub.com.au
Director of Competition	Richard Green	competition@terrighsurfclub.com.au
Director of Education	Dwayne Robertson	education@terrighsurfclub.com.au
Director of Member Services	Julie Redfern	membership@terrighsurfclub.com.au
Director of Junior Activities	Simone Robertson	nippers@terrighsurfclub.com.au
Director of Sponsorship	Ben Hibberd	sponsorship@terrighsurfclub.com.au
Director of Finance	Beris Meldrum	finance@terrighsurfclub.com.au
Director of Administration	Matt Scott	admin@terrighsurfclub.com.au

CORONAVIRUS (COVID-19) UPDATES & RESOURCES FOR SLSNSW MEMBERS

TSLC, SLSNSW and SLSA are committed to ensuring the safety and wellbeing of its members. With the COVID-19 pandemic continuing, SLSNSW feel it is important to provide as much information to you that is relevant in your role as lifesavers, emergency first responders and community members.

Please note that all TSLC activities & events are subject to change due to COVID-19 regulations

Registration

Our Registrar is Allison Smith who can be contacted via registrar@terrighalsurfclub.com.au. Membership is now fully online via the Surf Life Saving Australia Members portal <https://members.sls.com.au>

Members will have 3 options on the log in page- "Log In", "Don't have a Members Area account yet [Click here](#) to create one" or "Not a member of a surf club? [Click hereto](#) join for new members." Please follow the instructions as per your circumstances. You can add the active kids voucher for those who have them as well.

Members are required to have their own individual accounts and logins, however these can all be joined as one family group later which will simplify the whole process. If there are any problems with your account, a work ticket can be created to rectify this with the SLSA helpdesk <https://support.sls.com.au/open.php> or call 1300 724 006.

Merchandise

A variety of TSLC team swimwear is available for purchase directly from Fashion Fish. Orders can directly via Fashion Fish <https://fashionfish.com.au/collections/club-swimwear> .

There will also a range of other club merchandise available to order via the club in due course. Keep an eye on Blues News, and social media channels or email finance@terrighalsurfclub.com.au for more information.



Lifesaving and Surf Patrols

The primary role of any Surf Life Saving Club is the protection of the beach-going public, and to save lives. The lifesaving duties of a club are carried out by surf patrols, consisting of mostly Active Members. The **Director of Lifesaving** is the person whose role it is to coordinate and oversee all lifesaving responsibilities of the club, including patrol rostering, proficiencies and record of attendance.

Patrol dates and hours are set down by Surf Life Saving Central Coast and are subject to SLS NSW COVID-19 and policies. The traditional patrolling season is from the start of the September school holidays through to the weekend after the ANZAC Day holiday. Patrols are rostered every Saturday, Sunday and Public Holiday throughout this period. There are generally 2 patrols per day, expanding in daily hours over the busy Christmas/January holiday period.

Patrolling members should keep your eye out for any updates to current arrangements via Blues News or 'surfguard' emails. Council Lifeguards are on duty during the weekdays between those dates.



Patrol Obligations

All Active Members are required to meet their patrol requirements as rostered by the Club. Every patrolling member is also required to perform an annual proficiency test, in order to refresh and refine the skills and knowledge learned through their qualifications (e.g., Bronze Medallion, Surf Rescue Certificate, Advanced Resuscitation Techniques Certificate). Bronze Medallion proficiency includes a timed run-swim-run, resuscitation, signals and patrol scenarios. These must be done by 31st December each year. More details regarding proficiency tests are available under Education and Training.

Patrol Hours

Please arrive for patrol on time and early, if possible, the time listed on your roster is the time that patrols must be on the beach, remember that it takes 15 to 20 minutes prior to start time to get the patrol set up and also to close down the patrol. This time should be shared by all patrol members. It is your responsibility to ensure the Patrol Captain has you logged on and off correctly.

Patrol Uniform

As a member of Terrigal SLSC, you should take pride in the uniform which you wear. The official uniform is NOT optional, for OH&S, visibility and professional standards reasons, and includes;

- **Patrol Cap** (red/yellow quartered) - you must bring and wear every patrol. Must be minimum, around your neck on the beach and tied on your head whilst in the water.
- **Patrol Shirt** (yellow) and **Patrol Shorts** (red) – you will have one issued, it is your responsibility to wear the full uniform EVERY patrol. If you lose or damage your uniform you may be charged for the issue of a new one.
- **Swimmers, hat and sunglasses** (optional)

You may not wear casual clothes on patrol. Your Patrol Captain will not sign you on unless you are in full uniform.



Responsibilities and Behaviour while on Patrol

All patrol members must sign on and off patrol in the patrol log. All logs are legal records. Duties while on patrol include constant surveillance of the beach from the rock pool in the south to beyond the bend in the north, prevention of potential dangers to the beach going public, treatment of any injured person, provision of public information, maintenance of equipment and any other duties deemed necessary by your Patrol Vice/Captain.

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

Duty of Care / Public Liability

All Members have a duty of care for the public and fellow club members. Public Liability Insurance is cover which is available if a member of the public or a Surf Life Saving Club member takes legal action (civil) for alleged negligence against SLSA or its members – including all financial Terrigal Members.

If Members follow safety and precautionary measures set by SLSA, use SLSA approved equipment and remain vigilant the need for public liability insurance will be minimised. Any Member acting in a manner that constitutes wilful misconduct or wilful negligence may not be covered by insurance and could be personally liable for any loss or damage resulting from his/her actions.

Patrol Absence

If you cannot make a rostered patrol, you should notify your patrol captain if unwell and/or swap your rostered day with a member of another patrol, that member has to have the minimum equal qualifications e.g bronze medallion. This is called a patrol substitution and to obtain 100% patrol attendance you must also do the makeup hours of patrol you missed (on another patrol). If you cannot find another member to swap with, notify your patrol captain BEFORE the patrol. This is vital for those who hold specialist qualifications such as IRB as we need certain qualification on the beach.

Parking

You can obtain a parking permit from the Administration Office at the beginning of the season to enable you to park in designated spots in the carpark (if available) ONLY WHEN YOU ARE ON PATROL. Please do not abuse this system by parking there any other time, regardless of your duties at the club.

Education and Training

The Director of Education's role is to coordinate and oversee all surf education instruction, assessment, scheduling, resources and training equipment at Club level.

Training Officers and Assessors - Training Officers instruct club groups gaining awards including Nipper Surf Education, Bronze, Advanced Resuscitation and IRB awards. Assessors not only train squads, but also conduct examinations and assess whether or not candidates are competent to gain an award. The Club is always looking for more Training Officers and Assessors. If you have experience in education/training, or excellent communication skills and are interested, please contact the Director of Education (education@terrighsurfclub.com.au).

Surf Life Saving Australia (SLSA) Awards

Numerous awards are offered throughout the year. See the noticeboards, website and Blues News for start dates.

Surf Rescue Certificate – Mainly offered for young people aged 13 and 14. The Surf Rescue Certificate (SRC) is a preliminary award that enables young teenagers to gain the taste for surf lifesaving with the learning of surf awareness, surf safety, rescue techniques, basic first aid and resuscitation skills. Upon gaining this award they can become part of a patrol team to further their learning until they reach the age to gain their Bronze Medallion.

Bronze Medallion (Certificate II in Public Safety) - The Bronze Medallion is the minimum requirement for a surf lifesaver. This award is open to all members over the age of 15 and involves training in surf awareness, survival, patrol and rescue procedures, emergency care as well as anatomy and physiology. The Bronze Medallion is officially recognised as a Certificate II - Public Safety (Aquatic Rescue).

If you join Terrigal SLSC as an Active Member, and/or it is your intention to attend surf patrols, carry out water safety duties, or compete, you will need to have this award.

Most courses have the duration of 8 weeks and involve both online theory and practical sessions, with an examination at the conclusion. On successful completion of the training, workbook, exam and on the job training, participants will receive their Bronze Medallions.

IRB Crewperson - An award for persons 16 years and over which qualifies a Member to crew the Inflatable Rescue Boat (IRB). No Member is permitted in an IRB unless they have gained this award, which we encourage everyone to gain.

Provide First Aid - This course is conducted in a similar fashion to popular first aid training organisations such as St Johns Ambulance. You must be 14 years of age to complete this award, which is valid for 3 years.

Advanced Resuscitation Techniques - An award for 15 years and over, the Advanced Resuscitation Techniques (ART) Certificate teaches new skills including the addition of oxy-viva air bag resuscitation and use of an Automated External Defibrillator (AED). It requires precision and effective patient assessment, CPR and oxygen equipment usage as the main requirements. People who are interested in this award must hold a current Provide First Aid Qualification.

Silver Medallion – IRB Driver - An award for persons 17 years and over, qualifying a person to drive the Inflatable Rescue Boat for lifesaving, training and competition, carry out IRB water safety duties and to effect rescues when required.



Silver Medallion Aquatic Rescue – An award for members of 16 years and older that provides the participants with the skills and knowledge to participate in search and rescue operations.

Silver Medallion –Patrol Captain - This award is for those Members (17 years plus) who have or aspire to the responsibility of Patrol Captain or Patrol Vice Captain positions. It teaches the requirements and responsibilities of their positions and develops leadership and delegation skills.

Gold Medallion - This is the highest lifesaving award that can be gained through training and assessment, for candidates 18 years of age and over. This award requires the person to hold a number of other SLSA awards before attempting and is the pinnacle lifesaving award for the exceptional lifesaver.



Annual Proficiency Test (Requals)

All Members who patrol and/or compete must pass the Annual Proficiency Test (called the requal) – this includes competitors in all divisions – Juniors, Seniors and Masters. This MUST be completed prior to the 31st December each year.

The basic annual proficiency exam (e.g., SRC, Bronze, ARTC etc) for patrolling members includes a timed run-swim-run, signals and communications test, board or tube rescue, resuscitation test and scenarios. You must also complete requals for each other award you hold (see below).

Award	Proficiency Requirement
Bronze Medallion or Surf Rescue Certificate	Annually
Advanced Resuscitation Techniques Certificate (includes Defibrillator)	Annually
IRB Crewperson Certificate or Silver Medallion – IRB Driver	Annually
ATV Drivers Proficiency	Annually
Silver Medallion – Beach Management / Patrol Captain	As required
Provider First Aid	Every 3 years
Gold Medallion	Annually
Assessor	As required by SLSA

Members need to remain proficient as per the above and complete their annual proficiency requirements before 31st December each year. When gaining an award for the first time, a Member is considered to be proficient until December 31st of the following year. Proficiency opportunities will be conducted during your patrols or via advertised sessions for ARTC and other awards (keep an eye on Blues News).

If you fail to attend/pass the requal for your award, you will not be able to perform those duties ie. No IRB crew requal, you are no longer allowed in the IRB etc. Both the club and your patrol rely upon you to be proficient in the awards you have, so please keep these up to date.



Surf Sports Competition

Surf Sports competition is an exciting part of being involved in the club, and an aspect that attracts and keeps many members involved. Not only is it adrenaline pumping fun, surf sports aims to prepare lifesavers for their role in saving lives, enhancing fitness and skills relevant to saving lives. As a general rule, any Member that wishes to participate in competition must have gained, and remain proficient, in their Bronze Medallion award.



Patrol Hours Obligations



All Members who wish to compete at any carnivals must be financial, proficient and carry out their rostered patrol duties for their club. The SLSA minimum number of patrol hours for an active member is 25 hours for the preceding calendar year. The minimum requirement for Active Reserve members must not be less than 12 hours. You can check your "competition hours" on the SLSA member portal <https://members.sls.com.au> It is expected that all Terrigal members will complete or obtain substitutes for 100% of their patrols.

Carnivals and Competition



Senior competitions occur in several age groups, beginning with U15's and right through to Open and Masters (30yrs+). There are various carnivals that Terrigal Club traditionally attends throughout the year culminating in the Central Coast Branch, NSW State and Australian Surf Life Saving Titles. We are always keen to encourage new people in all age groups to compete for our club, so if you are keen contact the Competition Director. Terrigal usually have large teams competing in all disciplines and so there is plenty of varied opportunity. We frequently have team members being selected for branch and state teams.

Competitive Disciplines

Beach - The beach events include beach sprints, flags and relays.

Water Events - including Board/Ski/Swim and Ironperson - There are many variations of board and ski events including single or double, rescue events and a multitude of relays as well as board riding (surfing). There are several swimming events including the surf race, rescue tube race, belt race and surf teams event and of course the Ironperson.

Inflatable Rescue Boat (IRB) - The main focus of IRB racing is to improve the abilities of IRB drivers and crew members. The five events that make up IRB racing generally revolve around the concept of IRB rescues and preparation.

Lifesaving - An important part of competition is the development of skills that will assist members while performing their patrolling duties, including champion lifesaver, first aid, patrol competition, rescue and resuscitation (R&R).

Surf Boats - Traditionally a rescue craft, the surf boat is now used primarily for competition. Surf boat crews consist of four rowers and a sweep, and it is not for the faint hearted. You must be 15 years or older to compete.



Club Coaching Program

Terrigal Surf Club is a very successful club in competition. We have a core of very experienced coaches who continue to develop a squad of very competitive athletes in our exceptional club coaching program.

Club coaching starts in the Nippers and continues right through to Masters in all disciplines. Terrigal Club coaches are appointed by the club, are qualified and dedicated to developing and encouraging the skills of our athletes. Anyone who wants to compete for Terrigal is welcome to join the club coaching program.



Nippers (Junior Activities)

Nippers at Terrigal is all about providing children with confidence, skills and understanding of the beach and surf environment. We are highly focussed on providing an environment that is fun, family-friendly and focussed on developing each of our nippers throughout the season. Our aim is to give our nippers the skills, training and environment to become excellent lifesavers of the future.

Nippers can start when the child is 5 years old (although the competition age for Nippers is judged by the age the child is on September 30 of the current season). The first two years of Nippers are spent in the Under 7's, the focus here is on fun and games on the beach which teach children basic skills and awareness of where to swim and what help is available from lifesavers.

The Under 8's to Under 14's participate in a structured program that includes skill development activities in both the beach and water environment and an integrated education program that develops basic resuscitation, first aid, rescue skills and understanding of the beach and surf. At this stage, for 2022-2023, U6-7s Nippers will be run from 8-9am on Sundays and U8-14s will run from 8.30-11am which will include a formal surf safety education program.



See the TSLSC Nippers Booklet for more detailed information. Nippers from U/9s to U/14's can compete in local carnivals several times during the season and we encourage children to do so (to test their skills in a new beach environment and enjoy representing their team) but it is not compulsory.

Terrigal also prides itself on our free and extensive club coaching program, with board, surf and beach training available on weekday afternoons, for beginner 9's through to the senior club. Our qualified and experienced coaches will develop your child's skills in these areas.

Nippers runs each Sunday depending on weather, conditions, program, helpers etc. Nipper events include a wade, board paddling, swimming, beach sprinting and beach flags as well as lots of fun activities and games designed to teach and improve all surf skills. Our Nippers participate in a progressive SLSA Surf Education program providing them with the skills and knowledge of beach safety rules and basic first aid.

It should be understood that Nippers is a voluntary organisation and is heavily dependant on parent helpers to run successfully. Each Nipper group is managed by an Age Manager (usually a parent who is given training and support) and is assisted by parent helpers and water safety (also parents and others who have completed their SRC or Bronze Medallion). It is required that parents assist with beach setup and pack-up and the fundraising BBQ when rostered.

One of the highlights of the Terrigal Nipper Calendar is the annual Rescue Day (pictured), designed to give all 8-14 year nippers an understanding of rescue techniques and to actually be "rescued" by IRB/Jetski and to show off their resuscitation skills for their parents. It's all part of the preparation of Terrigal Nippers to be the lifesavers of the future.



Registration – online for existing members via SLSA member portal <https://members.sls.com.au>. Please read the Nipper Information Booklet for further information on the Nipper program, contact the current Director of Junior Activities (nippers@terrighalsurfclub.com.au) and/or follow the 'Terrigal Nippers' facebook page for regular updates.

Youth Activities

Terrigal Surf Life Saving Club is proud of the commitment and dedication of our youth members. They are a vital part of the long-term development of surf lifesaving and achieve great things for our club at Branch and State level. This includes the Junior Lifesaver of the Year and Rookie of the Year Awards.

There are a number of opportunities for the youth of Terrigal to learn and develop a wide variety of skills, have many fantastic experiences and most of all, have a whole lotta fun!



Youth Leadership Development - Central Coast Branch and SLSA offer opportunities for youth development through a number of programs. These are usually advertised through Blues News and on the website.



Newcastle Permanent Rookie Lifesaver Program - The Newcastle Permanent Rookie Lifesaver Program is for Terrigal Nippers in the U13-14s and is aimed at developing our future lifesavers in the areas of surf education, beach management and related career paths within the surf lifesaving movement. The Rookie Lifesaver Program has been developed to incorporate junior members into the patrolling environment.

Hire of Terrigal Surf Life Saving Club



Terrigal Surf Club is available for hire and is suitable for all sorts of functions, including weddings, engagements, milestone birthdays (no 18ths), conferences, meetings and community group use such as exercise or drama classes. And we have the best views on the Coast!

All funds raised through the hire of the club assist us to provide lifesaving services, so please encourage family, friends and businesses to use our club for their next function.

There are discounts for members of the club for private functions, so please ask at the office for more information or functions@terrighalsurfclub.com.au



Social Activities and Events

Sunday Sips - Sunday Sips is the traditional opening of the bar upstairs during Sunday afternoon. All members and guests are welcome to come along, relax with friends and enjoy the best view on the Coast.



Terrigal Tremblers - Every morning (even in winter) a group of swimmers head out from the surf club for an ocean swim. The group known as the Terrigal Tremblers is made up of members of the surf club, friends of members and others who have an interest in joining in, it is not a recognised club activity, but if you want to use the club facilities you must be a member of our club.

The Tremblers is informal and non-competitive and everyone swims at their own level and **at their own risk**; high-vis swim caps should be worn, some wear flippers, some wear wetsuits or rashies and some just wear their cossies. Distances and routes taken vary depending on the whim of the group. If you are interested in joining in for a swim just approach any of the group sitting at the tables in front of the surf club.

Awards of Excellence - At the end of each season we recognise the achievements of our members through the annual awards events for Nippers and Seniors. Usually held in May, these are social events as well as rewarding our members for a job well done. Numerous award winners progress to Branch and possibly NSW Awards of Excellence.

Terrigal Ocean Swim – Usually in April, the Terrigal Ocean Swim Classic attracts swimmers from near and far to Terrigal Beach for a great event for all the family and to raise valuable funds for Terrigal Surf Life Saving Club. The Ocean Swim Classic comprises of two events, the 1km social swim and the 2km event for serious swimmers and those that like a challenge.

This event is growing every year and is a fun community event. We will be looking for volunteers to help run the event so keep an eye on Blues News for Ocean Swim news.



COVID-19

TSLSC has implemented a COVID-safe plan that aligns with SLS NSW and NSW Health regulations. This is continuously being monitored and revised. At the present time the plan includes (but is not limited to), staying home if unwell, hand-sanitising and social distancing with advice to be vaccinated etc.

Many TSLSC members (including Board Members and Bar Staff) have completed online training. Please keep a close eye on Blues News, official social media channels and club notices for updates as procedures are changing frequently.



We hope you have found this booklet informative and useful. If you have any suggestions for improvements or additional information you think required, please do not hesitate to tell us at membership@terrignalsurfclub.com.au

SPONSORSHIP OPPORTUNITIES

We would like to thank all our sponsors for their generosity and ongoing support of TSLSC. If you know of any companies or your own company would be interested in coming on board as a sponsor of Terrigal SLSC please contact our Director of Sponsorship on 0423 743 500 or sponsorship@terrighalsurfclub.com.au

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