

FREMANTLE SURF LIFE SAVING CLUB



INFORMATION BOOKLET 2009-10



The Surf Life Saving movement started 102 years ago, with trained surf life savers now representing 305 registered surf clubs patrolling beaches around Australia.

Since the inception of Surf Life Saving in 1901, more than 500,000 people have been rescued, and first aid provided to more than 1 million beach goers.

Fremantle Surf Life Saving Club (FMSLSC) was established in 1935 and moved to its current site in 1975 following the amalgamation of Port Beach and Leighton Surf Clubs, and will celebrate its 75th Anniversary in 2010. Last year we performed 11 rescues, 209 preventative actions, administered 123 first aid cases, and performed 5284 hours of volunteer service.

FMSLSC offers its members the opportunity to develop important life skills such as leadership, self respect and healthy lifestyle. The Club, through accredited training programs, provides each member with instruction from basic to advanced levels of surf life saving and first aid techniques. Participation in surf sports provides each member with an opportunity to develop their lifesaving skills and with clear pathways enables the individual to set and achieve their own goals.

Our nipper program is the first step in the all important journey to becoming a fully fledged surf life saver. Nippers start as young as five years of age, learning simple surf awareness, before moving on to the older age groups where they are

taught board and surf swimming skills. From the age of 14 our lifesavers-in-training gain their Surf Rescue Certificate, the first real step on their pathway to wearing the iconic red and yellow uniform. At 15 years our fledgling cadets can get their Bronze Medallion qualification and join the ranks of Australia's fully qualified Surf Life Savers.

We encourage all our members, from U10 and upwards to hone their sporting skills, allowing them to compete for their club, and, if good enough, their State in surf life saving competitions. FMSLSC has a long and proud history of sporting champions with Fremantle club members having won State and National Titles in surf boats, skis, board, ironman, surf swim, beach sprints and beach flags.

The Club values its family oriented atmosphere and encourages all parents to get involved with their kids and the Club. We encourage all of our parents to be involved with their children's activities and offer a number of training courses to parents to provide them with the skills to help out including the Surf Rescue Certificate, and Age Manager's Course. Not having strong sporting ability or surf skills doesn't limit your involvement, as many of the courses and qualifications offered involve 'non-sporting' aspects such as officiating, first aid, water safety and coaching.

Fremantle Surf Life Saving Club is a very welcoming club that upholds the Surf Life Saving credo of Saving Lives and Building Great Communities.

FMSLSC provides opportunities for members to develop skills that will enable them to compete to the best of their ability in sporting endeavors, as well as training them in the vital skills of surf life saving and first aid to ensure a high level of expertise on the beach

What does a Surf Lifesaver do?

Upon completing the necessary training, a member may:

- Become an integral part of the volunteer surf lifesaving patrol
- Continue training for higher lifesaving awards.
- Compete in surf lifesaving events
- Become an accredited competition official
- Become a Club office bearer
- Become an accredited surf coach

Providing a safe patrolled beach and aquatic environment throughout Australia is the core service of surf lifesaving. Surf lifesavers volunteer their time to patrol our beaches on weekends and public holidays. Volunteer lifesavers at Fremantle Surf Life Saving Club patrol Saturday, Sunday and Public Holidays from October through to March.

Club Equipment

Only financial members are allowed to use Club craft.

No equipment/craft may be taken from the club without permission from the Surf Sports Director.

Handling of craft

- Don't drop the boards/skis on the concrete
- Only use boards/skis in the designated areas
- Use correct boards for age group
- Be responsible for your own board; ensure it is cleaned prior returning to racks.
- NO sand on waxed boards (it turns into sandpaper)
- Only nippers deemed proficient can use fiberglass boards.

Remember the boards/skis are great fun, but look after them.

They cost a lot to fix and this money could be used on other amenities.

Surf Education

Surf Ed is the national training and participation program for junior activity members. These awards have three stages with two levels of learning, and are designed to develop a child's ability to recognize hazards and respond to create a safe beach or aquatic environment.

Under 6 Surf Play 1

Under 7 Surf Play 2

Under 8 Surf Aware 1

Under 9 Surf Aware 2

Under 10 Surf Safe 1

Under 11 Surf Safe 2

Under 12 Surf Smart 1

Under 13 Surf Smart 2

Awards

The Fremantle SLSC is constantly offering professional development for their members. The Bronze Medallion is the basic award participants require to become surf lifesavers.

Some of the Awards offered are;

- Surf Rescue Certificate U/14
- Bronze Medallion (min Age 15)
- Advanced Resuscitation Certification
- Spinal Management
- Senior First Aid
- Defibrillation
- IRB Crew and Driver
- Radio Operator
- Silver Medallion – Basic Beach Management
- Gold Medallion

Competition

Anyone who wants to compete in inter club competition requires a Club competition cap, bathers, long sleeved shirt and a broad brimmed hat.

Under 11's-14's must have completed their proficiencies as set by SLSA prior to competition.

Under 15's must be proficient SRC holders and complete all rostered patrol hours which should equal at least 16 hours (minimum) before the 31st December of each year.

Under 17's must be proficient Bronze Medallion holders and have logged a minimum of 16 patrol hours before the 31st December each year in order to compete at inter club events.

Club Championships

The Club Championships are a spectacular and fun event run on a club morning, toward the end of season. Members from U/10 to Seniors are encouraged to participate.

Awards are also allocated for Surf Ed and Resuscitation skills on this day.

Following the Championships, all participants and parents are invited to stay on for the Club Champs lunch in the hall.

Age Groups

Under 6 and 7's

These children are our youngest club members. Their program focuses on fun and familiarization with the beach to build their self confidence. There must be a parent or guardian in attendance at all times and for insurance purposes the parent needs to be an award member.

Under 8's, 9's, and 10's

These lifesavers will spend a lot of time working on developing basic surf skills and Surf Education. Your age group manager will train you in boards, swim, flags and beach running. These skills are important as you work towards becoming a Life Saver.

Best of all you will have lots of fun and make lots of new friends.

Board skills are practiced on a "Foamie board" available for purchase from the Clubs uniform shop. Don't forget to clearly mark your name on your board.

Under 11's, 12's and 13's

Our older Nippers continue working on surf skills and progression with the Surf Ed program. From under 11's you will be able to represent your Club at inter club Carnivals. As your surf skills progress you will move towards using the Clubs fiberglass boards.

Under 14's

Though still part of the Nipper group the Under 14's start to train for their Surf Rescue Certificate (SRC) – this qualification will enable them to join Patrols on the beach. A Training Officer is assigned to the group and will work with the Age Group Manager to help train the U/14's. Some of the older youth from the club act as mentors to help these Nippers start their transition to the senior ranks. Competition training is also available. Following the completion of their SRC the U/14's will be placed on a number of Patrol Rosters, a great opportunity to get to know Patrol Captains and Members while obtaining patrol hours. Patrol hours gained this season will be put toward the required 16 hours patrol duty the following season.

Youth– Under 15's, 17's and 19's. Activities in this age group involve education and lifesaving development, competition and

social activities. Here they start to mix with the seniors in the club but still form a strong social network among themselves. Our young adults in these age groups obtain the Bronze Medallion, the primary certificate required by all Lifesavers who patrol our beaches. The opportunity to train for many other awards and certificates is also available.

The Club is proud of the service to the community that these young people provide.

Seniors- this group also have opportunities to be part of a strong social network, work and assist in the training of our young children and continue their own personal training for fitness, development and competition. Senior members make up the majority of our patrolling lifesavers and requalify their awards each year at the beginning of each surf season.

Water Safety

Orange is the new black!!!

It is an SLSA requirement that in water there must be a 1:5 ratio of qualified supervision to nippers U/6's to U/13's. The minimum qualification for those people providing water safety is a Surf Rescue Certificate.

We strongly encourage parents to achieve their Surf Rescue Certificate or Bronze Medallion. This enables you to feel more confident when you join in with water activities with your children, and provides you with life saving skills. The SRC training is usually done in a group of parents so that the training can be tailored to suit our "older Nippers".

The training is fun and you don't need to be an Iron man/woman to complete the certificate. The course will take about 16- 20 hours including assessment. Existing SRC holders will need to requalify at the start of each season.

To ensure parents who do water safety are covered by insurance it is a requirement that they are an award member and are financial.

If you want to challenge yourself, we encourage you to gain your Bronze Medallion qualification. The only difference between Surf Rescue Certificate and Bronze Medallion is a longer swim and run-swim-run component.

Sun Safety

Fremantle Surf Life Saving Club promotes sun safety. Please ensure that your children are always adequately protected from the sun, including long sleeve shirt, hat and sun block. Details of all SLSWA. Policies are available from their web site www.mybeach.com.au

Don't forget to ensure they also have fresh water to drink while on the beach.

Parents

Parents must be in attendance on the beach during Sunday activities. It is a requirement that there must be a 1:10 ratio of supervision of children for all nipper groups on the beach. If the ratio is not reached the age group manager may cancel activities for the day. To prevent this occurring there will be a roster for all nipper parents to help supervise.

Active Parent involvement helps the age group manager to provide a balanced Nipper program and this also gives the participating parents a more proactive role in the club. Family involvement in the club helps develop friendships and is vital to ensure the cohesion of the club. Please step forward and get involved where you can.

There are also opportunities for parents who would like to attain awards and develop their own skills.

Beach Set-up:

The set up and pack away of the beach for Sunday Nipper activities is rostered by age group.

Set up includes:

- Putting up the sun tent
- Water Safety equipment
- Assist with placement of Marker buoys in the water and running track if needed.

Other areas where you can help are by becoming a:

- Competition official, coach or trainer.
- Helping out at club events & Fundraising

Remember many hands make light work

Your Board of Management 2009-10

President : Chris Kuster

Vice President: Mick Burke

Secretary: Graham Walton

Treasurer: Melvin Nunes

Sponsorship & Marketing: Belinda Kuster

Club Captain: John Summers

Surf Sports Director: Mark Peters

Lifesaving Director: Peter Hastie

Youth Director: Sue Collins

Junior Director: Jo Jameson

Director of House: Belinda Kuster

Office Hours

Club Administration Officer: Terry Keating

Office Hours: Tuesday & Thursday 9.00 – 3.00p.m.
and Sunday a.m.

Website: www.fremantlesurfclub.com.au
Email: fmslsc@fremantlesurfclub.com.au
Phone: 93354359
Fax: 93367658

Important Dates

SRC & Bronze Proficiency	20 th & 27 th September 09 - 8.30 am
Youth Team Building	27 th September 09
First Club Day U/14	4 th October 09 - 9.00am
First Club Day Youth & Seniors	4 th October 09 – 9.00am
Bronze Course	14 th October 09
SRC U/15 & Parents	17 th October 09 9.00am
Nipper Pool Proficiency	18 th October 09 – 9.00am
SRC U/15 & Parents Pool Proficiency	18 th October 09 – 9.00am
Nippers First Day at Club	25 th October 09

Sunday morning Starting Times

Seniors – 9.00a.m.

Juniors – 9.30a.m. -11.30a.m. Sharp

(Be on the beach and with your Age Group by 9.15a.m.)

For more important dates and times please see Fremantle Club Calendar www.fremantlesurfclub.com.au

Training

Board Training: Tuesday & Thursday 5.30a.m. from 15 September to 15 March.

Ski Training: Monday, Wednesday & Friday 4.45p.m.

Beginners Ski Training: Saturday 2.30pm from July to October

Beach Training: Saturday 8.15am – 9.45am from 19 September

Board Training: Saturday 9.00 – 10.30am from 19 September

Fitness Training: Tuesday & Thursday 5.30pm – 6.30pm

Rowing Training: contact Nick Palmer

nick.palmer@westernpower.com.au

Bar Open

For Social Functions only

Clothing shop

Located just inside the glass door entrance adjacent to the car park

Opening times: Sunday Mornings during season Items available (in both children and adult sizes) include:

- bathers (1 piece & 2 piece) (male and female)
- Club Shirts (sun smart)
- Rash Tops
- Hoodies
- Track Pants
- Shorts
- Rugby Tops
- Spray Jackets
- Polar Fleece Tops
- Club Bags
- Foamie Surfboards
- Club Competition Caps
- Polo Shirts
- Hats

Canteen

FMSLSC aims to provide refreshments that can be purchased after club activities on Sundays. It is manned by volunteers and you may be asked at times to assist.

We aim to serve Hot dogs, Salad Rolls and Drinks.

Website

Don't forget to check out our website to keep up to date with what is happening around the Fremantle Surf Lifesaving Club.

www.fremantlesurfclub.com.au

THANKYOU

Fremantle Surf Lifesaving Club is manned by volunteers. Their assistance is invaluable and we value them very much.

For new people coming to the club there is no better way to learn about the SLS movement than by getting involved and it will help you develop a sense of belonging to our club. There are numerous ways people can get involved big and small.

Talk to our friendly club Administration Officer Terry and he will be able to direct you to the right people to talk to for advice.

The FMSLSC would not exist without the help of Sponsorship and Donations. We thank them wholeheartedly for their support and ask that you try to support them whenever possible.

Any donations over \$2.00 people wish to make to Fremantle Surf Lifesaving Club are tax deductible

FMSLSC's hope that you have fun this season and take advantage of all the opportunities that arise. Enjoy and we will see you all on the beach each Sunday.