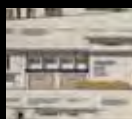




► Aussies Report

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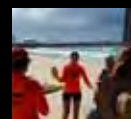
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# SAWTELL



## Message from the President

*Well that's a wrap on Season 2018/2019 and I think we can safely say it was a very successful season on all fronts. Most importantly, it's good news that we got through the season with no drownings or major incidents at our beach, although we shall not forget the fact that, tragically there were lives lost at beaches close to us. I'm proud to be part of a club that takes such pride in delivering a great service to our community. We were lucky to have escaped any loss of life or major injury at Sawtell, but this is also due to the good management, vigilance, and the proactive actions of our patrolling members who ensure the safety of our local community and visitors when they visit the beach. Thank you everyone for the part you played in keeping the community safe this season.*

The season also ended on a high in terms of our results in competition. I was so proud to be part of our team attending the Aussie Titles up at Broadbeach last month. Our competitors put in a magnificent effort at both the Aussie Youth and Open events - bringing home gold, silver and bronze. There were some heart stopping moments watching the competition in some pretty challenging conditions. The thing that impressed me most about all our teams was the camaraderie, friendship and true sporting spirit that was shown and demonstrated by each and every member of our team. Congratulations Team Sawtell - you have made us all so proud of you and we look forward to seeing more great performances next year.

I also wanted to acknowledge and say thanks to the Urunga Masters ski training crew who invited our crew to join some of their training sessions. So good that clubs across the branch can share skills, experience, training tips and quite a few laughs as we all work towards the same goals.

Thank you also to the small group of hardworking people who have completely transformed the downstairs storage areas - both the Juniors Cage (thanks Gerard, Dave, Mark and whoever helped) and the southern section (thanks Sean for leading the charge on this). It looks so much less cluttered and much better organised thanks to your efforts. It is a source of ongoing frustration that members and others continue to misuse this space. Please do your bit to ensure it remains orderly and tidy!

One of the highlights of the end of my season was working with my friend and Vice President Leanne Stuart to run a surf awareness and safety session for a group of refugee women now living in our community. It was a privilege to spend the morning with this group of women who come from a range of war-torn areas including Myanmar and Afghanistan. The majority of them have limited swimming ability but those who have had some swimming practice in local pools were keen to have a go swimming at the Jetty. Leanne and I were so impressed with these women who were



utterly determined to make their way out towards the end of the jetty. We supplied floatation devices, lots of encouragement and were able to share some great resources and information with them about keeping themselves and their families safe at the beach. Thank you to Alex and the Council Lifeguards who were generous in sharing their resources and tips on how to make this a useful and high impact session.

I hope you are all enjoying a bit of downtime in the off season. I hope to see some of you at the Presentation night coming up soon

and also want to remind you that the AGM is coming up at the end of June with many roles to be filled. I urge you to consider putting your hand up. We have such a great team and it really is a case of many hands make light work.

**See you at the beach!**



**Sheena McTackett**

**0477 771 481**

## Message from Club Captain

*As I write this the 2018-2019 patrol season has drawn to a close. Generally speaking over the season we were blessed with a relatively good run of weather with lots of sunshine, good seas and significant numbers of locals and visitors enjoying our patch of paradise. This is an appropriate time for me to thank from the bottom of my heart all those who contributed to make this season a success. A very special thanks goes to the 161 active patrolling members from our club who undertook almost 5400 hours of patrol during the 70 days of the season. Significantly almost 1 in 6 of those hours were undertaken by those substituting for members who were unable to meet their rostered patrol commitments. To the hard working and ever vigilant patrol captains and their vice captains thank you for all your support and assistance over the season. Thank you also to those members who volunteered to patrol well in excess of their rostered hours. This season 65 of our members patrolled in excess of their rostered patrol hours.*

By each and every criteria we have had a very successful season. In stark contrast to the number of coastal drownings in NSW this season there were no drownings or near drownings on our beach. We did not need to use the resuscitation skills which we train for and refresh at the annual skills maintenance sessions.

A truly great result.

This season we only undertook 6 rescues which is well down on the 23 performed last season. Similarly the 19 first aid cases we undertook this season was well down on the

48 which occurred last season. I don't have an explanation for the lower numbers of rescues and first aid assistances this season as the number of swimmers between the flags of 8800 people was marginally higher than the number last year. It is recorded that we undertook 210 preventative actions this season (200 last season) to shepherd people back between the flags. We had the beach closed for 28 hours during patrol hours primarily due to dangerous seas and storms.

Every season the club is subjected to 4 patrol audits undertaken by the Branch Director of Lifesaving or her delegate. These audits assess Personnel (numbers, qualifications & uniforms), Beach management (patrol setup, log books, patrol activities, reference materials etc) and Gear and Equipment (IRB, ATV, tubes, boards, defib, resus, first aid, radios etc). The last of these audits for this

season was undertaken in April. For the 4th time this season we scored the maximum possible number of points of 300 out of 300. A truly great result which underscores the professionalism and competence of our patrolling members and the club in general.



The off season is a time for training and gear and equipment maintenance. The **IRB training squad** is already hard at work but it is still not too late for any proficient bronze holder to

undertake the IRB Crew Certificate this season. Please contact Shelley Lantry 0438 518 103 asap if you want to do this course. The crew certificate will be followed by the **IRB Drivers course** in 6 or so weeks' time.

Please also consider undertaking any other course which is run during the off season. The need for all skills is never ending with many being essential for our patrolling efforts. Thank you for all your efforts, help and support over the season. I look forward to being part of our great team at Sawtell Surf Life Saving Club when we start patrolling next September School Holidays



**See you at the beach.**

**Steve Rayson**

**0429 025 845**



# Competition Manager's Report

**YOUTH AUSSIES** Sawtell fielded a small but strong team in the U14 & 15 age groups. All competitors did extremely well in tough conditions with stiff competition against approximately 180 competitors in each age group.

In the U15 boys Isaiha & Levi did the club proud & were very competitive in their events, with Isaiha finishing 7th in the 2km ocean swim and making the semi-final in the surf swim.

The girls also did well with Maggie making the final of the U14 boards and achieving 10th.

Orla, Ruby, Cloe made the semi-finals of U15 board race, & Hayley with an outstanding effort making the final of the board race and coming 7th and also making the semi-final in the ironwoman.

The girls then teamed up for the U15 board relay with Hayley, Cloe & Maggie making the final. & Orla, Cloe, Ruby & Hayley making semi-final in the Cameron relay.

Cloe Nolan capped off an outstanding weekend by winning Bronze in the 2km beach run & making semi-final in the surfboard riding.

So overall it was an excellent performance from our competitors who all displayed fantastic sportsmanship & competed with great team spirit.

A special thankyou to coach Greg for his time & effort throughout the season which was greatly appreciated by all kids & parents & all parents for a great weekend

**AUSSIES** The Australian Surf Life Saving Championships headed back to the Gold Coast this year with more than 314 Surf Clubs competing in more than 400 beach and ocean events. Sawtell placed 66th this year. We took four U17 competitors to compete in ocean events in the Open championships at Broadbeach. Due to poor surf conditions on **Day 1 and Day 2**, we were relocated to North Kirra Beach on

Day 3. However, we did manage to get through to the final of the Board Relay in these conditions.

On **Day 3** we competed in the final of the U17 Board Relay and what an exciting race it was. The conditions at North Kirra included a double bank, moderate waves, and a tricky shore dump. We came away with a Silver Medal behind North Cronulla. This win had the most exciting finish, it started out with Kate Murray having the most amazing paddle in the first leg, bringing us in equal first to tag Emily Meacham. Emily sustained our position the entire way through to transition, where she tagged Alyssa Golding third into the water. Alyssa ended up 5th at the third can and managed to paddle past 4th, 3rd, and 2nd by the time she reached the waters' edge. She sprinted up to finish in 2nd! It was an amazing atmosphere to be in.

**Day 4** we were on a big high and had to refocus for individual and team ski races. Well, let's say it ended up fabulously, with a GOLD medal for the U17 Ski Relay team to Alyssa Golding, Emily Meacham, and Libby Waugh! The win was convincing against Alexandra Headland and Maroochydhore from QLD. Emily had us off to an amazing start, first to the first can and first in to tag Libby, whom paddled away and increased the lead, to then tag Alyssa whom made no mistakes with her 100 metre lead, to claim the Gold Medal! It seemed unbelievable that we had managed to come away with not just one medal, but two for the weekend. What a way to wrap up the season for Sawtell. Alyssa and Emily also made the final of their U17 individual Ski races placing 5th and 15th consecutively.

The girls are to be commended on the way they conducted themselves and their attitude all week. We were approached by many people after to say congratulations, how lovely the girls are and how wonderful it was that Sawtell had won.





If any member believes they are entitled to an SLSA Award which they have not received please advise the Secretary via [secretary@sawtellsurfclub.com.au](mailto:secretary@sawtellsurfclub.com.au)

Possible Awards include:

- **LONG SERVICE AWARDS**
- **NATIONAL PATROL SERVICE AWARDS**
- **NATIONAL MEDALS**

## STORAGE

A concerted effort has been made recently to tidy up the various storage area. It would be of great assistance to the Club if members who use any Club equipment return it to the same place from where they took the equipment.

## TENTS

The Club has a number of tents of different sizes available to be lent out to members/organisations. By lending these out it gives greater exposure to both our Club and our Sponsors.

## PRESENTATION EVENING

Why sit at home on the evening of May 18 watching the count of the Federal Elections when you could be at our Presentation Evening enjoying a seafood buffet. The Club MUST finalise numbers by **May 12** so please advise of your attendance in the immediate future.

# Message from Chief Training Officer

Several members have asked what is required to become a lifeguard.

To help click on the attached link [NSW/become-a-lifeguard/](http://NSW/become-a-lifeguard/)

Must be 17 years or over;

Demonstrate high levels of fitness

Excellent rescue and people skills and hold the following qualifications: -

- > Surf Life Saving Bronze Medallion/Certificate II in Public Safety (Aquatic Rescue)
- > HLTAID003 – Provide First Aid
- > HLTAID007 – Provide Advanced Resuscitation Techniques
- > Silver Medallion Beach Management (including components PUATAE002B, PUAOPE027A, BSBFLM312C)
- > Silver Medallion Aquatic Rescue (Highly desirable – 2018/19 Season Minimum Requirement)
- > Current Motor Car Drivers Licence (Provisional or higher)

## FITNESS COMPONENT

The fitness assessment involves a 400m swim, 800m run, 400m rescue board paddle and 800m run at the beach – in under 25 minutes. Additionally, there is an 800 metre pool swim (completed in a pool no smaller than 25 metres in length) in 14 minutes or under, and a surf scenario involving a rescue board and rescue tube.

## UPCOMING COURSES IN THE NORTH COAST SLS AREA

DATE	VENUE	CODE	CODE
11 May 2019	SAWTELL	HLTAID003	<b>PROVIDE FIRST AID</b> Names <i>urgently</i> to Sue Neil – <a href="mailto:sneil2456@gmail.com">sneil2456@gmail.com</a> (has actually closed)
1 June 2019	SAWTELL	HLTAID003	<b>PROVIDE ADVANCED RESUSCITATION</b> Names to Sue Neil – <a href="mailto:sneil2456@gmail.com">sneil2456@gmail.com</a> , by 16 May 2019
10 August 2019	SAWTELL	PUATAE002B PUAOPE027A BSBFLM312C	<b>SILVER MEDALLION BEACH MANAGEMENT</b> Names to Sue Neil – <a href="mailto:sneil2456@gmail.com">sneil2456@gmail.com</a> , by 24 May 2019

*Please consider these training opportunities!*



**Andrew Martin 0419 485 401**



## CLUBHOUSE REDEVELOPMENT

A final decision to award the tender for Stage 1 construction work will now await further assessment consideration as the scope of the project has increased to include a new replacement balcony to the eastern side of the clubhouse.

As members will be aware, the existing balcony adjacent to the members room has serious structural defects. Based on engineering investigation, a decision has been made to remove the structure altogether rather than to repair it as this carried the risk of an uncertain scope and the potential of a significant cost overrun. Demolition of the balcony has now been scheduled for 13 May, weather permitting, and will take at least three days to complete. During this time the cafe will be closed and access to the patrol room and upstairs members room will be restricted.

The club has been awarded Council funding to cover half of the cost of the demolition work.

The design for a replacement balcony is now being prepared. This will involve a new concrete platform that will be twice the width of the existing structure and designed to complement the longer-term refurbishment proposals of the building. An initial option to install a temporary timber balcony was ruled out as it was not considered cost effective and could generate increasing maintenance concerns over its lifespan.

Provision of the new balcony will require an additional section of aluminium awning to extend south of the existing structure to ensure ongoing weather protection for the cafe.

Installation of the awning and new balcony will form part of the Stage 1 project and will be undertaken as a priority task. Further funding from Council is also being sought to help contribute to the cost of the additional work.



## 3 IMPORTANT DATES

### PRESENTATION EVENING

18 May

### CLUB AGM

30 June

### BRANCH AWARDS EVENING

24 June

## ANZAC DAY 2019

Thank you to our Junior Lifesavers of the Year Mia McKeon & Mitchell Hickey proudly representing our club at the Sawtell RSL ANZAC day service.

'Remembering all who have served and died in all wars, conflicts and peacekeeping operations and the contribution and suffering of all those who have served'.

*Lest we forget*

## Nipper News

In the April Newsletter the U13 nominee for the Sabrina Tisdell award was shown as Breah Fischer. This was incorrect as the nominee is Toi Wordsworth, The Club deeply apologises for this mistake to both Breah and Toi.

The Nippers recently held their AGM. Gerard Klinkers (Chairperson), Tiffany Easman (Secretary) and Joanne O'Leary (Treasurer) ensured their experience and knowledge is retained again fill their respective roles whilst Rich McKeon (Vice Chairperson),

Alex Fraser (Registrar) and David O'Leary (Beach Captain) are new to their roles.

Thank you to these members and to all the other people who have come on board to fill necessary positions such as Age Managers leaving our Nippers in a strong position for next season.

**Tiffany Easman**  
**0437 000 030**





# SAWTELL SLSC AWARDS NIGHT



SAWTELL SLSC AWARDS NIGHT

Venue: SAWTELL RSL CLUB

Date: Saturday 18 MAY 2019

Time: 6.00 pm for a 6.30 pm start



## SEAFOOD BUFFET DINNER

\$25 Per Head MEMBERS

\$40 Per Head NON MEMBERS

CHILDREN (U14) \$20 Per Head

RSVP by **12 May 2019** to Dianne Clark M:0407 408 109

Tickets must be pre-purchased

Preferred method of payment is a Direct Debit to Sawtell SLSC

BSB 533-000 A/c 72589 (add S11.1 if transferring from a BCU A/c)

Please use your Name & no. of tickets as reference

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## COMMUNITY EDUCATION

Sheena Mctackett (President) and Leanne Stuart (Vice President) from Sawtell SLSC hosted a beach safety event as part of a program with Anglicare North Coast.

12 refugee women were involved in the program called 3 E's (Education, Employment and Empowerment) to Freedom which aims to help women build confidence, gain knowledge and broaden their experiences to become stronger through their connections to community.

For many of the women it was the first time they had entered the water and dived under a wave at the beach.

"I was very afraid of the water and the waves, but now I am not afraid, I love it. Next time can we swim around the Jetty?" said one participant.





Coffs Coast Kia



The Power to Surprise



## CONTACT

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Fourth Ave

Sawtell NSW 2452

[www.sawtellsurfclub.com.au](http://www.sawtellsurfclub.com.au)

## COMMITTEE & CLUB EMAILS

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Muscle Neurology Clinic



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MANY THANKS♥

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Our Club, a place to Belong, Grow and be Safe

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