



► Nine New
IRB Crewpersons!

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continue, keeping
Covid-19 safe

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► Rowathon
24-hr Row for
Mental Health

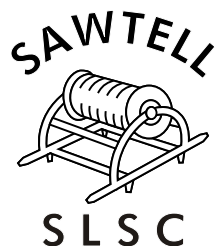
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SEPTEMBER
- OCTOBER | 2020



SAWTELL

s/lsc



Message from the President

Well Spring has sprung and we are all enjoying the longer days and warmer weather and of course anticipating the start of the patrolling season. Shelley has more information on that later in this issue. However I did want to say thanks and recognise the regular gang of people (including a couple of new committee members) who committed time and effort to ensure we were in great shape for the annual Gear inspection. I believe this year was another case of getting through with flying colours thanks to the efforts of this group. Great work team.

We have been working with a team from Surf Lifesaving NSW who are proposing to trial UAV technology in patrolling our beach this season. The UAV Pilots will work in conjunction with both volunteer patrols and paid lifeguards to provide a vital surveillance component to our operations.

Big congratulations and thanks go to Fiona and Cheryl Lane for organising the event of the month - a 24-hour indoor Rowathon raising funds and awareness for Mental Health. Livestreamed across all participating clubs in the state (and there were quite a few) - it was a great source of pride to see so many club and community members participating. Fiona even managed to sign up our local Member Gurmish to row a few k's. What a fun 24 hours - and special recognition to those who did the hard yards in the dead of night. Was great to see some activity and fun in our newly revamped auditorium



(all complying with social distancing and Covid safety measures of course) - after many months of lockdown.

Another noteworthy highlight is the exciting news that our Club was awarded a \$58K grant for constructing a Waste Management facility, which takes us one step closer to completing another stage of our Club redevelopment plan.

While as a Club we have had to endure some small inconveniences caused by Covid, such as closing the gym

for the most part thanks to the efforts of Peter Hirth (the Club Covid Safety Officer), for ensuring our ongoing compliance with Covid safety requirements. Thanks to all Club members for observing these requirements and for making our job easier to ensure that everyone in the community stays safe.

10 UPCOMING DATES

- | **100% PATROL AWARD COLLECTION**
Saturday 12 September
8am - 9am
- | **100% PATROL AWARD COLLECTION**
Sunday 13 September
7am - 9am
- | **NIPPER POOL SWIMS**
13 September
10am - 12.15pm
- | **PATROLS COMMENCE**
26 September
- | **FIRST PROFICIENCY**
Sunday 27 September
8am
- | **MEMBERSHIPS TO BE FINALISED**
30 September
- | **PROFICIENCY**
Monday 5 October
8am
- | **NIPPERS COMMENCE**
11 October
- | **PROFICIENCY**
Sunday 7 November
8am
- | **PROFICIENCY**
Sunday 6 December
8am

▶ Sadly we haven't been able to celebrate the success of last season in the way we normally do with a presentation event but we are looking forward to recognising some major award winners in the near future and I'd like to take the opportunity to congratulate all the 100% patrol members (who can collect their 100% Patrol awards in the next couple of weeks - a very practical and useful item it is too).

*I look forward to seeing you around the clubhouse or on the beach soon.
Stay safe everyone.*



Sheena McTackett 0477 771 481

SUPPORT POSITIONS TO CLUB COMMITTEE 2020-21 elected at the AGM held 12 July 2020			
VICE CLUB CAPTAIN	Steve Rayson	GEAR & MAINTENANCE OFFICER	Tony Ensbey
REGISTRAR	Amanda Ensbey	FIRST AID OFFICER	Dennis Meagher
IRB CAPTAIN	Scott Rayson	MEMBER PROTECTION INFORMATION OFFICER	Graeme King
RADIO OFFICER	Steve Rayson	SOCIAL ORGANISER	vacant
PUBLICITY OFFICER	vacant	HEALTH & SAFETY OFFICER	Luke Atkinson
COMPETITION MANAGER	vacant	CADET SUPERVISOR	vacant
HEAD COACH	vacant	GRIEVANCE OFFICER	vacant

These positions are filled by members of the Club who may attend and report to the Committee but under the Club rules cannot

vote at meetings.

Please note some positions still need to be filled by the Committee so will you help?

Message from Registrar

Club membership renewals should now be completed.

Log-in to the Members Portal portal.sls.com.au, Surf Life Saving's "one-stop-shop" for all SLSA members. All surf club members can use the service to electronically renew their club membership and to view and edit their own membership records at any time, while also having access to online education, Surf Sports news, circulars, policies & procedures, Beach Safe and other apps etc.

Log in using your username and password. You can reset them if you can't remember them. This will take your Members Area – click on **RENEW**. Check that all your details including Drivers licence and next of kin are correct and tick the declaration boxes. This will take you to a new page that says that your

membership renewal has been recorded.

YOU MUST MAKE A PAYMENT at this stage as otherwise the Club has difficulty in matching renewals and payments.

Please click on the large MAKE A PAYMENT button and enter your payment details and finalise your payment. If a payment is not made your membership renewal will be rejected and you will have to start the process over again.

If you are making payment for several family members – PLEASE log on as each family member and make the appropriate payment for each person.

The Club strongly advises members other than Nipper parents NOT to attend on Nippers registration day to avoid delays.

Amanda Ensbey 0438 587 711

Message from the Club Captain

*Spring is well and truly in the air and that also signals the start of the 2020/21 Patrol Season which is fast approaching... The first day for patrol is Saturday 26th September which also coincides with the first day of the NSW school holiday period. Despite COVID-19 (more on this below), our patrol obligations remain unchanged from previous years; that being: we are **required to patrol every Saturday, Sunday and public holiday from 26th September 2020 until Sunday 25th April 2021**. The patrol hours remain at 9:00am to 1:00pm for morning patrols, and 1:00pm to 4:00pm for the afternoon patrols with the exception of the Christmas School Holiday period in which we finish patrolling at 5:00pm.*

The lucky patrol to score the first patrol of the season is Patrol 5 – which is captained by Andrew Martin. The balance of the weekend sees Patrol 6 (Luke Atkinson) in the afternoon, and on Sunday, Patrol 7 (Shane Golden) and Patrol 8 (Steve Rayson). Can any member please notify me as soon as possible if they intend NOT to patrol this year so I can ensure the patrol teams can be updated.

It is really important that any rostered person who cannot do a patrol arranges a substitute. This is best done by phoning a mate to sub for them. Only if that fails, you can let me know and I will send out a text message to all members via SurfGuard. As some of the patrols are light on for key skills areas such as IRB Drivers, and IRB Crew – it is critical that those members who hold those positions swap with another member who holds the same qualification. This is vital as we cannot patrol without the **4 key qualifications of Silver Medallion Beach Management, IRB Driver and Crew, and Advanced Resuscitation Techniques** in every patrol. Each patrol must have a **minimum of 3 Bronze Members**, who can also hold the above qualifications.

PATROLLING WITH COVID Patrols will continue even though we are still in the midst of a pandemic. Patrolling will ensure our members are able to continue to exercise and experience better mental health that is vital to ensuring we are all “okay”. Face masks will be available for patrolling members should they desire to wear one, and PPE should be worn where possible when performing emergency services (except of course if this occurs in the ocean where it is impractical to wear a mask). Social distancing is still required to be maintained.

There will shortly be a Patrol Captain and Vice-Captain meeting to go through patrolling with COVID in detail, and they in turn can meet with their respective patrols. Any queries or concerns, I am more than happy to speak with you.

The annual gear inspection took place on 27 and 29 August. Huge thanks to those members gave up their time to ensure that all gear was in order, was prepared for inspection, and put away thereafter.

The Club was fortunate to have 9 of its members successful pass the IRB Crewpersons course recently. Congratulations and thank you. We have moved on and commenced the IRB Drivers course which, for the first time, we are trialling a joint training session with Coffs Harbour Surf Club. Training with IRBs has been a little different during COVID with ‘patients’ unable to be used and all rescue techniques being performed with water manikins. I wish to thank the IRB training team for their patience with the IRB training this year – it has been challenging and timeframes have been restricted due to a late start in the season. Thanks to Steve Rayson, Scott Rayson, Shane Golden, Neil Robertson, Shannon

Wilson and myself. This year, we have also enlisted the services of Rick Fischer and Andy Manning to assist with the IRB training as part of our succession program. They have been really instrumental with their assistance and input into the training.



Just a reminder with the patrol season starting that all members take time to look after the equipment. Not handling it roughly, not driving the vehicles in water, and following all operating procedures and carefully washing things down at the end of every afternoon patrol etc. If we can all do this, it extends the life of the equipment and ensures it is left in good condition for the next oncoming patrol.

Our gear and maintenance officer for this season is Tony Ensbey, and Scott Rayson continues to hold the position of IRB Captain. It is essential any item requiring maintenance or is defective is tagged appropriately and noted in the Patrol Log or/ and IRB Log. Tony, Scott and myself also need to be advised as appropriate along with your Patrol Captain. There are Defective Equipment tags and cable ties in the patrol shed (downstairs) and IRB shed.



Looking forward to the patrol season commencing,
Shelley Lantry
0438 518 103

Building Development Update

The upgrade of the club auditorium is now almost complete marking the end of the first stage of club renovations. The club is now looking to fund a new ceiling mounted projector, speakers and projector screen for the room. This new equipment will significantly increase the value of the space for a wider range of club activities, and create a more attractive hire venue for community uses and private functions.

A new surface has recently been applied to the driveway to enhance its slip resistance for pedestrians and vehicle access. **Many many thanks to Ray Ellicott Concreting who undertook this task as a donation to the Club.** New planting will now be installed on either side of the driveway as the final task of the project. The work will involve replacement of the existing grass and gravel surface with fresh soil, native planting and mulch and is planned to proceed in coming weeks. A callout to club members to assist with this effort will be made when a date has been set.

The club has recently been successful with an application for funding under the Surf Club Facility Program. The funds will target the construction of a new storage compound at the front of the club which will house waste bins and skips, an enclosure for gas bottles, and a new grease arrestor. The project will result in a secure, efficient and consolidated facility, allowing the club to meet waste and dangerous materials regulations and significantly improve the external appearance and functionality of the club. Detail design of the compound is currently underway with construction likely to begin by November this year.

Garry Murray 0428 517 665

CLASSES HELD AT YOUR CLUB

CLASS	DAY	TIME	CONTACT	PHONE
GENTLE EXERCISE	MON	▶ 8.45am - 10.00am	Lyn Hollyman	0411 540 329
ZUMBA GOLD CLASSES	MON	▶ 10.30am - 11.30am	Deb Leaney	0407 935 199
SAWTELL UKULELE GROUP	MON	▶ 4.15pm - 6.15pm	Stephanie Sims	0421 346 713
PILATES	TUE	▶ 5.00pm - 6.00pm	Louise Ingram	0407 255 150
YOGA	TUE	▶ 6.30pm - 7.45pm	Natalie Almond	0411 494 926
TAI CHI	WED	▶ 9.00am - 10.00am	Angela Lopes	0400 336 273
YOGA	THU	▶ 6.00am - 7.00am	Natalie Almond	0411 494 926
PILATES	FRI	▶ 6.00am - 7.00am	Louise Ingram	0407 255 150
ZUMBA GOLD CLASSES	SUN	▶ 11.15am - 12.15pm	Deb Leaney	0407 935 199



CLUB SUPPORTERS

Our supporters sign has recently been updated for this season. Please thank our supporters by supporting them where you can.

Thank you to our latest supporters Jed & Shan O'Sullivan of Poolwerx Coffs Harbour.



Message from Chief Training Officer

UPCOMING COURSES			
AWARD	PRE-REQUISITES	CONTACT	DATE
2020/2021 SKILLS MAINTENANCE (PROFICIENCY CHECK) ONLINE COMPONENT	► Members are required to complete the annual skills maintenance online component. See further details below	Log onto your members portal account, click on e-learning and navigate to the learning portal. Please register your intent to attend the practical skills maintenance component using the training event section.	Now available online to all members: Click on Training Library, click on SLS-Skills Maintenance view course button and enrol
SHORTENED BRONZE MEDALLION	MUST HAVE SRC	Andrew Martin CTO training@sawtellsurfclub.com.au	29 September 2020 - 2 October 2020
BRONZE MEDALLION		Andrew Martin CTO training@sawtellsurfclub.com.au	Information session 9am Sunday 11 October 2020 Sawtell SLSC Training Room
SURF RESCUE CERTIFICATE		Andrew Martin CTO training@sawtellsurfclub.com.au	11 October 2020

We are looking forward to getting back to delivering training and assessments this season!

STAYING SAFE For your information, we have developed COVID-19 Safety Plans for Training and Education and for general use of the club house.

Some of the things we will be asking you to do this season to support us to meet Government requirements and stay COVID-19 safe include:

- > Staying at home if you have any COVID-19 symptoms or are unwell
- > Being vigilant in cleaning and disinfecting equipment after each training or assessment session
- > Reducing physical contact between yourself and participants and between participants where possible
- > Modifying training and assessment using reasonable adjustments to reduce risk
- > Ensuring all trainers, assessors and participants sign in and out of sessions
- > Ensuring participants maintain good hygiene practises (e.g. wash/sanitise hands before and after each session)
- > Running an infection safety briefing at the start of all training and assessment sessions

Please also consider downloading the Federal Government's COVIDsafe App. The app speeds up contacting people exposed to COVID-19

helping to support and protect you, your friends and family. If you feel uncomfortable participating as a trainer or assessor this season, please do let us know as soon as possible to assist with our planning.

We are committed to keeping all members of the club safe, and we thank you for your support and understanding in these changing times. As Government restrictions continue to change prior to season start, we will endeavour to update you on information as it becomes available.

Skills Maintenance (Proficiency Check) Requirements for 2020/21 Season

Online Component: Members are required to complete the annual skills maintenance online component. which is broken up into two sections; interactive online training and theory assessment questions. If a member is unable to complete this component online, they should speak with their club training officer. Online components as required for SLSA awards this season:

Surf Rescue Certificate (SRC)

- > Radio operations
- > Signals
- > Resuscitation
- > Mental health awareness



Bronze Medallion (BM)

- > Radio operations
- > Signals
- > Resuscitation
- > Mental health awareness
- > Tourniquets •
- > Spinal management

Radio Operations

- > Radio operations

Practical component

Members will be required to do the practical requirements of each SLSA award for skills maintenance. The practical component this season has been scaled back in response to the COVID-19 pandemic to reduce the need for members to travel and gather in large groups. Members are encouraged to review these prior to commencing the patrolling season. It is desirable that members register their intentions to attend a skills maintenance session using the members portal, e-learning, training event section.

Andrew Martin 0419 485 401

Message from Junior Activities

Planning for the commencement of the 2020/2021 season is well underway, with the JASC meeting regularly to ensure that Nippers can commence. The season will look and feel very different to previous beginnings, yet we are committed to ensuring our Nippers can continue to increase their confidence and skill base in the water and the sand. Sawtell Surf Life Saving Club has been provided with a range of guidelines, tools, and support to ensure that Nippers can continue safely during the pandemic. If you wish to see the latest information, please visit the SLS NSW [COVID-19 information page](#).



Sawtell Nippers are very grateful for a donation from Sawtell RSL which has enabled the purchase of 2 longboards to be used by water safety whilst our Nippers are in the water. **Thank you Sawtell RSL.**

The first day of the season is set for **Sunday 11 October** with pool proficiencies will be completed on **Sunday 13 September between 10am and 12:15pm.** Registrations will need to be completed

online, as will ordering from the uniform shop, with payments only being accepted by card.

The presentation of awards from the 2019/2020 season is still being planned to go ahead in some form on the first day of Nippers. Final details about the presentation of awards may not be known until some weeks or days before the day. Information will be posted on Team App

and via Age Manager WhatsApp groups.

Training has been able to recommence, with restrictions in place regarding social distancing. Sessions are currently being held on Tuesday mornings at 6am at Sawtell, Wednesday afternoons at the Jetty at 4pm, and Sunday mornings at 8am at Sawtell.

Please keep an eye out on Team App and WhatsApp for important messages regarding the new season.

See you on the beach.

Tiffany Easman 0437 000 030

ROWATHON

On August 22/23, Sawtell SLSC joined 15 other surf clubs on a 24 hour indoor rowing marathon to raise awareness and money to help provide mental health programs.

Well done to the 39 people, who rowed 292,478m (just under 292.5 km) over the 24 hours of non-stop action. What an awesome achievement and we are very proud of everyone who got out of their comfort zone and gave it a go.

Our president Sheena McTackett started us off at 12 noon Saturday and completed 8000m in ¾ hour. Huge individual efforts were made by Kelly Reinhold and Cheryl Lane who each rowed for 1 hour straight clocking up 11096m and 11047m

respectively. Kelly also did another half-hour stint and clocked up a further 5064m. Isaiha Phillips put in a fabulous effort with 7674m in his half-hour block.

Team player mention goes to Ruth Phillip who did 3 separate half-hour blocks on Saturday night totalling 18,939m and continued to be support crew right through to the finish on Sunday. Best dressed went to Andrew Martin (6243m) in his yellow cycling kit and Alistair Lane (6888m), who proudly wore his Collingwood AFL kit. Special mentions to Lorraine Hirth who contributed with 1331m and our state member of Parliament, Gurmeh Singh who added 2156m to our total. Fiona Lane took us to the finish on Sunday midday with her 2nd row of 5623m. Thank you to Ross

Waugh, Coles Toormina and Woolworths Toormina and SLSNSW/ Chemist Warehouse for their donations to support the event. Thank you also to Rachael at CrossFit Park Beach for supplying our 2nd machine so we could be Covid friendly.

All we can say is THANK YOU - the support given by all to make this event the success that it was, is nothing short of incredible! We raised \$1514 which will be used to run some much needed programs by Gotcha4life in the next few months. We've had so much positive feedback, we'll be doing it again next year, maybe even with 2 rowing machines going for the full 24 hours.

Fiona & Cheryl Lane





Lions Clubs International
BONVILLE SAWTELL LIONS CLUB

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THE RESPECTED NAME IN FLOOR COVERINGS



COFFS COAST **ISUZU UTE**



G.J. Gardner. **HOMES**



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