



the Rip
11 October 2018



Bronze/SRC/ARTC/ Proficiency –
Sunday 14 October 2018 from 8:00am

Proficiency requalification will take place this Sunday please make every effort to be there.

We are going to trial splitting the Proficiency in to 3 groups:

8:00am – Members whose surname starts with A – G

8:30am – Members whose surname starts with H – P

9:00am – Members whose surname starts with Q – Z

CADET BRONZE PRELIM PLANNING MEETING

Friday 12 Oct at ASLSC @ 5pm. Apologies for late notice.

Meeting will take approx 45mins and will cover:

Selection of training days

Purchase of books, if required (\$35)

Orientation to members portal for online learning component

Contact Chris Ficko if you have any questions

0409292263

chrisficko@me.com

more details at
www.albanysurfclub.com

**Bronze/SRC/
ARTC Requals**

Sunday 14
October
from 8am
@ Mids

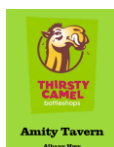
**Nippers
Proficiency Swim**

Sunday 29
October

**First Club Day
2018-19 Season**

4th November
@ Mids

All members **MUST** be financial before doing their bronze and award requalification's .



Registration 2018-2019 Season

Renewing members who haven't registered for this season can register before reguals on Sunday from 7am upstairs at the club rooms.

All members MUST be financial before doing their bronze and award requalification's .

You can still register and pay online at albanysurfclub.com.au.

If you are joining as a **NEW** member please visit www.albanysurfclub.com.au/membership/becoming-a-member/

If you have previously been a member of ASLSC and wish to **RENEW** your membership for the 2018-19 season, please visit www.albanysurfclub.com.au/membership/renewingmembers/

Please note that this season there is a requirement for at least one parent to join with Nippers (up to U/13). This brings us in line with most other Surf Clubs and ensures we have enough parent members to help out.

Either take out a family membership for your whole family, or a Parent Membership (\$100) in addition to your child's membership.

This season's membership fees are the same as the last few years however we will be introducing a member contribution to carnivals this season to assist with the cost of carnival entry fees - details to follow later.

Working With Children Forms – Not so Smooth!

I thank so many of you for diligently applying for Working With Children (WWC) cards as the Club (following the new policy of SLSWA) has asked you to do. It is extremely frustrating that so many of you have received letters from the WWC unit refusing to issue cards on the basis that you have a child or children at the Club. There seems to be an ongoing debate between the WWC unit and SLSWA about the parent exemption. We have now been instructed to advised you at this point, to **hold off applying for a WWC card IF you have children (under 18) in the Club**. If you do not have children at ASLSC, please still apply.

I am sorry that this is really a bit of a fiasco. The majority of our members applied for WWC cards without complaint and accepted that if this was the new policy, and in the interests of keeping our kids safe, then this is what had to be done. I know you will understand that this is out of our (ASLSC) control, but I still think you deserve an apology for what has been a frustrating process. We will advise you of any updates.

I know there are plenty of excited kids, teenagers and adults super keen for the season to begin – me too! See you on the beach in a few weeks – hopefully it stops raining and gets above 15 degrees!

Thanks for your understanding

Rob Mason - President

Education Corner

Celia Waugh ~ Team Leader Education/Lifesaving

Skipper Ticket

For those who put their name down to do the Skipper Ticket.

Theory – Saturday 19 October 2018 at 6:00pm (should take about an hour)

Practical – Sunday Morning

I will email you all as we need to get together before and I will give you the training manual you need to do some homework before the weekend.

Bronze/SRC/ARTC/ Proficiency – Sunday 14 October 2018 from 8:00am

Proficiency requalification will take place this Sunday please make every effort to be there.

I am aware there will be a number away for the swim meet in Perth.

We are going to trial splitting the Proficiency in to 3 groups:

8:00am – Members whose surname starts with A – G

8:30am – Members whose surname starts with H – P

9:00am – Members whose surname starts with Q – Z

Bronze/SRC Courses

We will be getting in contact with candidates shortly to firm up our courses and get training underway.

Joanne Lucas will be coordinating the SRC Group

Christine Ficko will be coordinating the Cadet Bronze Group

Celia Waugh will be coordinating the Adult Bronze Group

We have a large number of trainers who will be helping out with the training with 6 new trainers coming on board this season.

Nipper Rescue Certificate

The Nipper Rescue Certificate is a water safety and rescue award for the provision of water safety for SLS Nipper Activities. It is designed to enable a large range of parents/guardians to be engaged by Clubs to formally assist in improving the delivery of Nipper water-based activities and create potential pathways to lifesaving operations such as beach patrols or carnival water safety.

This is a great Certificate to do if you want to be involved with your children but may not have the swimming skills to do the Bronze Course. **Lex Paxton has offered to deliver the course, please let me know if you would like to participate in this course.**

Requirements:

- Manual Handling & OSH requirements as per SRC requirements
- Surf Awareness as per SRC requirements recognise safe beach zones
- 200m Ocean Swim time frame of 6 minutes
- Demonstrate Aquatic Rescue with a Rescue Tube with a contact tow
- Signals - Assistance required - Attract attention - Remain stationary - Go to the right and left - Return to shore - Proceed further out to sea - Pick up swimmer

Community Surf Rescue Regualification

Wednesday 5 December 2018

Jeff Medcalf is coordinating the day and liaising with the schools.

Please let Jeff know if you are able to help out for the morning.

The details of the courses we deliver can be found on the website

Training is a two-way contract – we can only deliver to you if you:

- (a) let me know what course/s you want to do; and**
- (b) commit to the training**

What I need now is for you to let me know what course/s you want to do.

Email or message me – celia8083@hotmail.com or 0403 555 421

I need to have it in writing or text (memory not as good as it used to be)

COACHING AND TRAINING – NIPPERS

With the season fast approaching, we are working hard on getting our team of coaches ready for business.

If you have some skills you can share in the following disciplines, and would like to join our team in coaching the Nippers, up to U14's, then we would love to hear from you:-

- * Sprints & Flags
- * Distance running
- * board paddling
- * ocean swimming

This season we are working hard on preparing some new programs for our Nippers to keep them fresh and improve their skills, so don't worry if you are light on for ideas - we can work together.

Please contact Nadine Shepherd for the beach coaching, or Gavin Shepherd for the water coaching, or better still, send us an email:-

nadsngav@westnet.com.au

Nadine - 0419 900 232

Gavin - 0428 827 227

SLSWA – Employment Opportunities

SLSWA is now accepting applications for the role of Lifeguard for the 2018/19 season!

Applicants will need to meet selection criteria, and in doing so may be invited to undertake a physical assessment and interview.



Upon the successful completion of the physical assessment and interview, applicants may be offered the opportunity to attend the SLSWA lifeguard induction and thereafter be placed into the SLSWA lifeguard roster.

For applicants to be eligible for a position they must meet the following minimum criteria and awards:

- SLSA Bronze Medallion or equivalent
- Advanced Resuscitation Techniques Certificate or equivalent
- Current Provide First Aid Certificate or equivalent
- Current "C" Class driving licence or equivalent
- 18+ years of age as at 05 September 2018

Visit <https://www.mybeach.com.au/news-events/thinking-of-becoming-a-lifeguard/> for information and links to application.

Lost

Garmin heart rate chest strap

Left on patrol desk prior to club busy bee

Please return to or contact Chris Ficko

0408292263



FRIDAYS:

SURF SKI TRAINING starts
...November 2nd.

SENIORS - weekly basis (1 hour).....5 PM

JUNORS - fortnightly (3/4 hour).....4PM
(1st. & 3rd. Friday of each month)

To maximise your time try & arrive 10 minutes prior to start for self/ski preparation.

Varying winds provide different ocean conditions on a weekly basis, so seniors ski paddles may be the standard ski session with course as directed by your coach.

OR when conditions suit we may vary the format and have a multisport event including ski together with other ironman disciplines.



Informal paddles will be happening throughout October for early season starters currently starting at 4pm & as the days start to lengthen, back to 5 pm.

SKI COACHES:

Jason - senior sessions

Kelvin - junior sessions

Backup from Nick, Adam & Rob when required.

Rob Slattery
(SKI CAPTAIN)

Worlds Accommodation – Room available

For those heading to the World Titles in Adelaide this November - we have booked a house near the competition beach for Nov 20 -25 and have a spare private room still available. Bed configuration can be one or two singles or a double.

Please contact Jeff Medcalf for details - 0403789746.

Augusta Adventure Fest set for 3 & 4 November 2018, in Augusta, WA.

The *new fuel-injected format* offers standalone races on Saturday, and a non-stop adventure race on Sunday; the ideal event for clubbies to push their training and competition experience as the summer season kicks into gear.

Events include:

- **Ocean Swimming race:** 2km
- **Ocean Paddling race:** 15km
- **Trail Running race:** 15km
- **Mountain Bike race:** 35km
- **Adventure Warrior*:** the fastest cumulative time for all 4 standalone races will be crowned the overall champion (*the races are run consecutively across Saturday, with time for rest/recovery in between*).
- **Augusta Adventure Race:** non-stop traditional adventure race; solo or relay teams.
 - Ocean Swim 1km
 - Coast & Trail Run 6.6km
 - Mountain Bike 15km
 - Inlet Paddle 6km
 - Finishing 200m run.

Whatever you choose, you'll be racing through the magical wilderness 'down south at Augusta, WA – past the iconic Cape Leeuwin lighthouse, under the Karri trees and through a range of untouched landscapes in air so fresh you'll feel truly alive!

Entries are open, and we'd love to see you and your club members at the event.

www.AugustaAdventureFest.com.au

AUGUSTA ADVENTURE FEST




NEW fuel-injected format, with standalone races + non-stop adventure race

Separate events include:

TRAIL RUN

MOUNTAIN BIKE

OCEAN SWIM

OCEAN PADDLE

JUNIOR SURVIVOR

ADVENTURE RACE

AUGUSTA, WESTERN AUSTRALIA
 3-4 NOVEMBER 2018
AugustaAdventureFest.com.au

AUGUSTA ADVENTURE FEST



Welcome to the new-look Augusta Adventure Fest!

2018 events include:

Standalone Races:

15km Trail run

35km Mountain bike

2km Ocean swim

15km Ocean paddle

Adventure Warrior

Race all 4 standalone races

Augusta Adventure Race:

1km Swim, 6.6km Run,
 15km MTB, 6km Paddle

Junior Survivor

4km obstacle &
 adventure course



AUGUSTA, WESTERN AUSTRALIA

3-4 NOVEMBER 2018

AugustaAdventureFest.com.au



WESTERN AUSTRALIA
 GOVERNMENT



MEMBER INFO

STAYING IN TOUCH - READ THE RIP, PLEASE TURN ON NOTIFICATIONS FOR OUR FACEBOOK PAGE, VISIT WEBSITE REGULARLY.

SPONSORS – photo rights

Our sponsors may want to use a photo in their publications from Surf Club ie. Club Champs Day, Ryde Marathon. [Sponsor Form](#) or see the website for the form asking for permission for the sponsor to use an image. Please complete and return email to sponsor@albanysurfclub.com.au or bring to a club day.

The Small Print

Photographs & Communication In the course of normal Surf Club activities your child's or your photo could be taken. Sometimes these images may be used for public viewing such as newspaper articles, website, FACEBOOK, newsletters and Surf Club publications. If you do not want your or your child's image used for any purpose outside Surf Club please inform the Surf Club in writing to media@albanysurfclub.com.au. Please be advised that given the amount of pictures taken during a Surf Club season it is not always possible to identify all the children. Alternatively if you have taken photos through the season that are suitable please send to the above email for inclusion and or archiving. (name & date images.) Any articles for the newsletter must be emailed to media@albanysurfclub.com.au by Wednesday 2pm all articles and advertising must comply with SLSWA policy and are subject to approval. Please refer to your Handbook for information about events, procedures and contact lists.

FACEBOOK 

 Instagram

www.albanysurfclub.com.au

Australian for life. 