



Cadets and U14's interested in leadership / team building camp.

SLSWA offer exciting leadership camps and a new sports development camp each summer.

The camps provide the opportunity to grow and develop your leadership skills, team building skills and meet people from other surf clubs and SLSWA.

There are different camps for U14-15 age group and U17 age group.

TOAD Camp U14/15, Rottneest 14-17 Jan, Cost \$370.

RISE-UP Camp U17, Pemberton 17-20 Dec, Cost \$370

ASLSC supports at least one applicant to the TOAD & Rise UP camp each year, who shows dedication to the surf club and is a young leader of the future.

Applicants for the camp to be submitted to ASLSC club through the Youth Coordinator by Thursday the 25th October, to enable the club sufficient time to assess applications prior to submission with SLSWA.

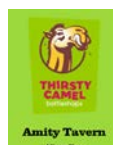
If you are interested please contact Carl Richardson, Youth Coordinator

Ph 0429 920 268 email youth@albanysurfclub.com.au

more details at
www.albanysurfclub.com

**Nippers
Proficiency Swim**
10 am Sunday
29 October
@ ALAC

**First Club Day
2018-19 Season**
4th November
@ Midds



Uniform Shop News

YELLOW vests have arrived and will be available at the uniform shop on the first Sunday morning.

I will be open from 8am. EFT will be available but if you have \$20 cash you can go in the fast track line!

Proficiency Swim - Nippers

The annual Proficiency Swim is scheduled for Sunday 28 October 2018 at ALAC between 10am and 12noon.

Any Nipper born prior to 30 September 2010 is required to complete the SLSWA preliminary swim evaluation. The evaluation consists of a swim and a survival float or various distances and times according to age (see attached).

Age Group	Birth Date	Preliminary Evaluations
Under 6	1/10/2012 – 30/09/2013	Not applicable
Under 7	1/10/2011 – 30/09/2012	Not applicable
Under 8	1/10/2010 – 30/09/2011	25m swim (any stroke) 1 minute survival float
Under 9	1/10/2009 – 30/09/2010	25m swim (any stroke) 1 minute survival float
Under 10	1/10/2008 – 30/09/2009	25m swim (freestyle) 1 ½ minute survival float
Under 11	1/10/2007 – 30/09/2008	50m swim (freestyle) 2 minute survival float
Under 12	1/10/2006 – 30/09/2007	100m swim (freestyle) 2 minute survival float
Under 13	1/10/2005 – 30/09/2006	150m swim (freestyle) 3 minute survival float

This is a great opportunity for your Nipper to meet their Age Group Manager.

The club will cover the cost of your Nippers entry to the pool. Please ensure that you allow sufficient time to gain entry to the pool via the main reception (ie there will be a line!) so that we can get underway on time.

Regards.

Andrew

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 advise 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

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

Education Corner

Celia Waugh ~ Team Leader Education/Lifesaving

Thank you to the 60+ who attended our Bronze/SRC/ART Skills Maintenance Training on Sunday. I have had some positive feedback on the staggered start, I hope you all had a great morning and honed your skills for the coming season.

A VERY SPECIAL THANK YOU to Beth, Chris, Jo, Les, Helena, Rob, Jeff and Kevin who helped me out with the mornings training.

We still have about 40+ members who need to update their awards -will post next requal date in next week's RIP.

SKIPPER TICKET

This weekend – I hope you have all been doing your homework!

Saturday from 6:00pm

Sunday morning TBC

ART(AID)

Beth Hearle has offered to deliver an ART(AID) course – which is the Advanced Resuscitation Techniques Course

1. **Wednesday 31st October 6:00 pm – 8:30 pm –**

Delivery of training – practice of assessment tasks –

The week in between the next session gives candidates chance to complete online training.

2. **Wednesday 7th November 6:00 pm – 8:30 pm**

Discussion of online training, perform assessment tasks – CPR on infant – Airway Management and Oxygen use – Full Resuscitation.

The aim of the Advanced Resuscitation Techniques Course is to develop your skills and knowledge to use oxygen, airway management devices, and automated external defibrillators during resuscitation, and to administer oxygen to casualties. To commence training for the SLSA Advanced Resuscitation Techniques Certificate you must meet the following entry requirements:

- be at least 15 years of age on the date of final assessment
- be a financial member of a SLS club.

There are no prerequisites for the SLSA Advanced Resuscitation Techniques Certificate.

Please email/text me ASAP if you want to be part of this course.

Bronze/SRC Courses

Bronze and SRC courses are underway.

SRC and Adult Bronze Group training this **Sunday 21 October 2018 at the Club from 8:00am to 10:00am.**

Be prepared for Wet and Dry training.

Nipper Rescue Certificate

The Nipper Rescue Certificate is a water safety and rescue award for the provision of water safety for SLS Nipper Activities.

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

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

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. 