



the Rip
7 October 2018



Welcome to all our new members of Albany Surf Life Saving Club for the 2018-19 Season.

We hope you will enjoy being a part of our large family that meets regularly at Middleton Beach, every Sunday morning from the start of November. Join us throughout the season for all our events and fun.

Thanks to everyone attending ASLSC for our Registration weekend. For those of you who haven't registered or renewed your registration yet, visit www.albanysurfclub.com.au. From there you can follow the links to join and pay.

Thanks to our registration team and all our helpers for making it such a smooth process. At this point, our numbers are telling us that we are slightly up from last season, which is great news for our club.

Don't forget to download the ASLSC [calendar](#) to keep up to date with everything happening at the club.

Catch you all soon, at the club

President Rob.

more details at
www.albanysurfclub.com

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



SMITH
THORNTON
ACCOUNTANTS



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

Registration 2018-2019 Season

Missed registration day? Don't worry it's not too late!

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.

Education Corner

Celia Waugh ~ Team Leader Education/Lifesaving

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

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 Requalification

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)

Surf Life Saving Courses

| | |
|---|---|
| <p>Bronze Medallion: Courses will start soon after Registration Prerequisite</p> <ul style="list-style-type: none"> •Minimum 15 years of age day assessment) •Financial •400m flat water swim in less than 9:00 mins | <p>The Bronze Medallion is a nationally recognised qualification and teaches a range of activities in order to be able to perform all the basic requirements of a lifesaver:</p> |
| <p>Surf Rescue Certificates: Courses will start soon after Registration</p> | <p>The Surf Rescue Certificate is the very first stage of becoming a lifesaver. Whether you plan to compete in surf sports or simply patrol, there are plenty of opportunities and a variety of challenges within a surf club</p> |
| <p>IRB Crew: Prerequisite</p> <ul style="list-style-type: none"> •Minimum of 15 years of age on the date of final assessment •Hold the SLSA Bronze Medallion | <p>The IRB Crew Certificate course allows surf lifesavers to obtain qualifications in crewing an inflatable rescue boat.</p> |
| <p>IRB Driver: Prerequisites</p> <ul style="list-style-type: none"> •Minimum of 16 years of age at training •Minimum of 17 years of age at assessment •Bronze Medallion and IRB Crew Certificate •Have Skipper Ticket | <p>The IRB Driver Award (Silver Medallion) course is run for Members through Surf Life Saving Clubs. The aim of this course is to help candidates develop skills and knowledge to safely and effectively drive an Inflatable Rescue Boat (IRB).</p> |
| <p>Advanced Resuscitation Techniques Course (ARTC)</p> | <p>The aim of the Advanced Resuscitation Techniques Certificate 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</p> |
| <p>Resuscitation Course (10years +)</p> | <p>The aim of this course is to provide participants with the skills and knowledge to maintain or restore breathing and circulation in an adult, child or infant. The course content is based on the policies and standards of the Australian Resuscitation Council.</p> |
| <p>Training Officer Certificate Prerequisites Candidates must be at least 16 years of age on the date of final assessment. Note: Before you can train in an award, you must be proficient in the award in which you wish to deliver training and be endorsed as a trainer in that award by your state.</p> | <p>The SLSWA Training Officer Course provides members the opportunity to obtain knowledge and skills that will assist in providing delivery of group and individual instruction, the demonstration of work skills and how to use existing learning resources in a safe and comfortable learning environment. Successful completion of this course and subsequent logbook, entitles candidates to obtain the award of WA Training Officer in a chosen award.</p> |
| <p>Spinal Management Prerequisites</p> <ul style="list-style-type: none"> •Be at least 15 years of age on the date of final assessment. •Proficient in one of the following awards: Apply (Senior) First Aid; Bronze Medallion | <p>The aim of this course is to provide participants with the skills and knowledge to manage injured casualties with suspected spinal injuries in an aquatic environment and in emergency situations.</p> |

| | |
|--|---|
| <p>Basic Beach Management Prerequisite</p> <ul style="list-style-type: none"> •Minimum 17 years of age •Proficient in Bronze Medallion OR have held Bronze Medallion and proficient in a surf award | <p>The aim of this course is to prepare candidates for initial work as a Patrol Captain, Team Leader, Duty Captain and similar roles. The Basic Beach Management (Silver Medallion) course is usually conducted in individual Surf Life Saving Clubs.</p> |
| <p>Senior First Aid</p> | <p>Senior First Aid training aims to develop the knowledge and skills for a person to manage emergency First Aid situations and deliver competent emergency care until the arrival of professional medical support.</p> |
| <p>Assessors Certificate Prerequisites</p> <ul style="list-style-type: none"> •A current financial member of a Surf Life Saving Club affiliated with Surf Life Saving WA •A minimum of 18 years of age •Have held the Training Officer Certificate for at least one season | <p>The Surf Life Saving WA Assessors Course provides Surf Life Saving Club members the opportunity to obtain knowledge and skills that will assist in planning and organising assessment processes and assessing the competence of candidates. Successful completion of this course and subsequent logbook, entitles candidates to obtain the award of WA Assessor in a chosen award.</p> |
| <p>Pain Management Prerequisites</p> <ul style="list-style-type: none"> ◆be a minimum of 16 years of age ◆be at least 17 years of age assessment (check State/Territory legislation for age of administration of Methoxyflurane) • hold the unit of competency HLTFA311A Apply first aid • have current first aid and CPR skills | <p>This course has been developed for people who have an interest in first aid and who wish to expand their skills in providing pain management care for casualties. Many casualties are treated for severe pain due to the injuries sustained. A casualty suffering severe pain can focus on little else and is often uncooperative and unwilling to help the first aider apply timely and effective treatments.</p> <p>Methoxyflurane is an inhaled analgesic (pain relief) that has been used by ambulance services in Australia for many years.</p> |

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

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



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



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. 