Welcome to Surf Life Saving

You have joined over 62,000 people in New South Wales and over 140,000 people across Australia who all contribute their time to Surf Life Saving and provide a valuable community service.

As a member of Surf Life Saving there are many rewarding opportunities available to you that will allow you to contribute to the community, develop life and leadership skills, improve fitness, cultivate youth and to interact with a wide network of people.
History

In 1902, the eradication of laws preventing citizens from bathing during daylight hours saw surf bathing increase in popularity as both a recreational and sporting pursuit. As the number of surf bathers grew, the dangers of the surf rapidly became apparent.

Small groups of experienced regular surfers initiated the formation of lifesaving bodies to assist those requiring rescue from the unfamiliar environment. As these clubs grew in size and number, the need for a united front became apparent, resulting in the formation of the Surf Bathing Association of NSW in October 1907.

The Surf Bathing Association of NSW later became the Surf Life Saving Association of Australia, as preventative beach operations spread throughout the country.

Over a century after its inception, surf life saving has altered dramatically - the rescue and first-aid techniques applied, the equipment utilised, the sporting and member development opportunities available and the training and education prospects offered. The modern surf lifesaver has become a multi-skilled professional.

Since 1949, more than 300,000 lives have been saved by surf lifesavers, making an invaluable contribution to NSW by providing a safe and enjoyable destination for all beach-goers.
The Red and Yellow

The red and yellow flags identifying areas patrolled by surf lifesavers combined with the red and yellow uniform and quartered caps of surf lifesavers have become some of the most recognisable symbols in the world and ensure that we are easily identifiable by members of the public.

The colours of red and yellow were founded from the international code of naval signals in which a red and yellow divided square signaled ‘man overboard’ and is now an international lifesaving safety standard.

Our patrolling members wear the red and yellow uniform with a great sense of honour and pride. It is a reminder of the traditions of surf lifesaving and of all who have worn it. It is a symbol for the preservation of life.

When wearing the patrolling uniform our members are representing one of the most respected and iconic volunteer organisations.
Organisational Structure

The International Life Saving Federation is the international governing body for lifesaving. Surf Life Saving Australia is a foundation member of the Federation and it is here that Surf Life Saving Australia is able to contribute to the development of lifesaving expertise across the world.

Surf Life Saving Australia is made up of over 140,000 members and several organisational layers including 305 surf life saving clubs, 17 regional branches and seven state and territory centres.

Surf Life Saving New South Wales has over 62,000 members and is made up of eleven branches and 129 surf life saving clubs along the coast of New South Wales. Since official recording began in 1949 we have performed over 321,932 rescues. Each year our members contribute over 550,000 patrolling hours, perform over 7,000 rescues, 140,000 preventative actions and attend to over 13,000 first aid cases.

Branches are regionally based providing support to surf life saving clubs.

Our clubs are our foundation and are responsible for delivering our frontline services. They engage our members with a variety of lifesaving, educational, sporting, development and social opportunities and provide lifesaving services.
Membership Categories

Juniors Lifesavers (Nippers 5-13 years)

Every year as a Junior Lifesaver, you’ll work towards improving your surf skills. You’ll learn about surf safety, board paddling, basic first aid and basic rescue techniques. You’ll also enjoy plenty of great beach activities and the chance to participate in surf sports activities.

Cadets (13-15 years)

As a Cadet you begin by gaining your Surf Rescue Certificate which enables you to work as a member of a team of lifesavers on the beach.

Active (15-18 years)

As an Active member you will gain your Bronze Medallion and skills that will enable you to become a patrolling lifesaver.

There are also many other opportunities to gain additional lifesaving awards and to undertake additional training and roles. See lifesaving and also training and education for more information.

Associate

As an Associate Member, you’re not required to hold a Surf Life Saving qualification. So if you prefer to be out of the surf rather than in it, this is a great way for you to be involved. Associate members often choose to assist the club in various roles with their time and specific skills.

Award

Award Members hold one or more of the following awards: Surf Rescue Certificate, Radio, Resuscitation, Advanced Resuscitation or First Aid and can assist patrols with support roles.

Active (18+ years)

You can come through the junior ranks to become an active surf lifesaver, or you can join as an adult aged 18 or over. As an active member you will gain your Bronze Medallion and skills that will enable you to become a patrolling lifesaver.

There are also many other opportunities to gain additional lifesaving awards and to undertake additional training and roles. See lifesaving and also training and education for more information.
Member Opportunities

Surf Life Saving has something for everyone regardless of your age or if you are a strong swimmer. Some of these include:

- Patrolling the beach as a Bronze Medallion or Surf Rescue Certificate holder
- Assisting beach patrols or other services as a holder of awards such as First Aid, Resuscitation and Radio
- Award training, facilitating and assessing
- Surf sports coaches, officials, team managers, chaperones, etc
- Junior activities (nippers) coordinator and/or age manager
- Club administration

There are endless opportunities to assist in supporting your club from helping out with a BBQ, raffle, social activity, equipment maintenance and many more jobs, ask your club secretary how you can help.
Lifesaving

A core component of every surf club is lifesaving. To be more specific, lifesaving commonly refers to patrolling beaches, providing rescue and emergency care services where required and warning beach goers of potential dangers in and around the surf.

Traditionally, patrolled areas have been identified by the red and yellow flags. Today, lifesavers have extended their beach surveillance utilising all terrain vehicles, IRB’s, jet ski’s, jet boats and the rescue helicopter service. All members have the ability to contribute to these services if they are committed to meeting the appropriate awards and requirements.

In order to ensure that surf lifesavers continue to meet patrolling commitments and maintain high standards, a series of training and education opportunities are offered by your club. Core lifesaving training is further enhanced with the practical techniques exercised in surf sports and leadership skills developed in various member development forums.

An important part of lifesaving is extending individual’s knowledge and skills. There are awards for members of all ages, from the Surf Rescue Certificate, to First Aid, Spinal Management, Beach Management and advanced rescue awards for more experienced members.

So what’s required to be a patrolling surf life saver? You will need to gain your Bronze Medallion and spend a number of hours per month patrolling the beach during the season.
**Training and Education**

Surf Life Saving provides training and education opportunities to members through our clubs and branches, under the banner of the Australian Lifesaving Academy NSW, these:

- Develop the necessary skills required to fulfill volunteer role e.g. Lifesaver, Trainer, Assessor
- Build on existing skills, and ensure currency (annual proficiencies)
- Are part of the preventative framework for the public in providing risk awareness and skill acquisition

As a Registered Training Organisation, Surf Life Saving is able to offer nationally recognised awards to our members, meaning that not only are our members better equipped to provide their volunteer service for the community, but they have transferrable skills to offer prospective employers and the qualifications to support these. Our members gain over 28,000 surf life saving awards per year.

Following is a list of the primary awards available. This list is not comprehensive, so we encourage you to speak with your Patrol Captain or Club Education Contact to learn of further opportunities, or visit the Academy section of the Surf Life Saving New South Wales website.
## Awards & Qualifications

<table>
<thead>
<tr>
<th>TRAINING PROGRAM</th>
<th>MINIMUM AGE REQUIREMENT</th>
<th>PREREQUISITES (must be current at time of assessment and updated as required)</th>
<th>NATIONALLY RECOGNISED QUALIFICATION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SURF RESCUE</strong> (Updated annually)</td>
<td>13 years of age</td>
<td>Nil</td>
<td>No</td>
</tr>
<tr>
<td><strong>BRONZE MEDALLION / CERTIFICATE II IN PUBLIC SAFETY (AQUATIC RESCUE)</strong> (Updated annually)</td>
<td>15 years of age</td>
<td>Nil</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>ADVANCED RESUSCITATION CERTIFICATE</strong> (Updated annually)</td>
<td>15 years of age</td>
<td>PUAEME001B – Provide emergency care</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>INFLATABLE RESCUE BOAT CREWPERSON</strong> (Updated annually)</td>
<td>15 years of age</td>
<td>Bronze Medallion/Cert II</td>
<td>No</td>
</tr>
<tr>
<td><strong>SILVER MEDALLION INFLATABLE RESCUE BOAT DRIVER</strong> (Updated annually)</td>
<td>16 years of age to commence training / 17 years of age on the date of final assessment</td>
<td>Bronze Medallion/Cert II no (not proficient is ok) Be proficient in one of the following: Surf Rescue Certificate Bronze Medallion/Cert II Radio Operator Certificate Basic Emergency Care Resuscitation Certificate Silver Medallion Radio Controller Advanced Resuscitation Certificate Senior First Aid Defibrillation Certificate Spinal Management</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>SILVER MEDALLION / BASIC BEACH MANAGEMENT</strong></td>
<td>17 years of age</td>
<td>Bronze Medallion/Cert II</td>
<td>No</td>
</tr>
<tr>
<td><strong>GOLD MEDALLION</strong> (Updated annually)</td>
<td>17 years of age</td>
<td>Bronze Medallion/Cert II Advanced Resuscitation Certificate Senior First Aid Certificate Silver Medallion Patrol Captain / Basic Beach Management Silver Medallion Advanced Emergency Care</td>
<td>No</td>
</tr>
<tr>
<td><strong>SPINAL MANAGEMENT</strong> (Updated annually)</td>
<td>16 years of age</td>
<td>PUAEME001B – Provide emergency care</td>
<td>No</td>
</tr>
<tr>
<td><strong>DEFIBRILLATION</strong> (Updated annually)</td>
<td>15 years of age</td>
<td>PUAEME001B – Provide emergency care</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>SENIOR FIRST AID</strong> (Valid for 3 yrs, CPR updated annually)</td>
<td>15 years of age</td>
<td>Nil</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>SILVER MEDALLION ADVANCED EMERGENCY CARE</strong> (Pre-requisites to be current)</td>
<td>17 years of age</td>
<td>Senior First Aid Certificate Advanced Resuscitation Certificate Defibrillation Certificate</td>
<td>No</td>
</tr>
<tr>
<td><strong>SLSA TRAINING OFFICER CERTIFICATE</strong></td>
<td>16 years of age</td>
<td>Nil</td>
<td>Yes</td>
</tr>
<tr>
<td><strong>SLSA ASSESSOR CERTIFICATE</strong></td>
<td>18 years of age</td>
<td>Nil</td>
<td>Yes</td>
</tr>
</tbody>
</table>
Surf Sports

A great way to have fun and develop your lifesaving skills is to be part of surf sports. Most clubs conduct weekly events for everyone including ocean swims, surf races and training sessions. If you prefer the training and education side of things, you might like to consider Coaching or if you have a keen eye for detail and prefer to stand on the sidelines you may like to consider Officiating. Surf sports competitions and programs are a fantastic way of being involved across our organisation with events being held at club, branch, state, national and international levels.

Of course, an obvious benefit of surf sports is that it is a great way to be involved in the club and stay fit and healthy at the same time!

A club coach assists in the development of members through training and education in surf sports. Coaches play a crucial role in the future development of surf sport competitors. If you are a member who is 6 years of age or over and are interested in becoming a coach, contact Surf Life Saving New South Wales to participate in a training course and become an accredited qualified coach.

Officials are an important part of surf sports, they are required at all levels of competition to deliver and coordinate events.
To be an official you must be a member who is a minimum of 16 years, if you are interested in becoming an official contact your branch to participate in a training course and become an accredited official. Once you gain the accreditation you have the opportunity to officiate at club, branch, state, national and international levels. Clubs participating in branch and state events are often required to fulfill a quota of officials in order to satisfy entry requirements. This is a great way that you can support your club.

Clubs offer surf sports events and competition for members and also events open to the public such as ocean swims. There are also interclub activities and various events held by Branches. Ask your club for more information about participating in these.

Surf Life Saving New South Wales provides a series of surf sports events throughout the year including:

- Pool Championships
- Endurance Championships
- IRB Competition
- Surf Premiership
- Interbranch Championships
- Country Championship
- NSW Championships (Age, Open and Masters)
**Member Development**

Leadership skills, personal development, teamwork, communication, networking and more are important parts of being a surf lifesaver, no matter what your role. Helping members develop these skills will not only benefit themselves, but also surf life saving, workplaces and the wider community.

Individual qualities of leadership have been instilled in members for generations and leadership programs run by surf life saving aim to capture this training and further enhance these skills and attributes, to ensure the organisation is kept in safe hands in the future.

Member Development assists the development of members through pathways that utilise programs, activities, resources and awards offered to members at club, branch, state and national levels.

Leadership and personal development opportunities are offered at all levels and are varied according to your club and branch. At state and national levels these include:

**Surf Life Saving New South Wales**
- 13-14 years Junior Lifesaver of the Year Development Camp
- 13-14 years Branch Youth Leadership Program (financial support)
- 15-17 years Youth Opportunity Makers Program
- 18-25 years Leadership Development Program

**Surf Life Saving Australia**
- National Leadership Development Conference (20-30 years)
- National Leaders Conference (30+ years)
- National Forums
- Sir Adrian Curlewis Scholarship (21+years)
Recognition and Reward

Surf Life Saving values its members and the contributions they make to surf lifesaving and the wider community. Recognition and reward structures exist to acknowledge these efforts and show appreciation to individuals, clubs and branches. As a way of valuing the contribution of our members, a range of formal recognition awards have been developed at state and national level. One of the peak awards offered at state and national levels is Life Membership, recognising distinguished service in surf life saving.

It is important to note, that clubs and branches also have recognition and reward structures in place to recognise members and as such you should contact your club for more information.

Surf Life Saving New South Wales awards include:

- **Junior Lifesaver of the Year** recognising dedication, commitment and achievement of U/14 members
- **Surf Lifesaver of the Year** recognising excellence and commitment to patrolling
- **Volunteer of the Year** recognising excellence and commitment to administration
- **Awards of Excellence** recognising excellence, achievements and contributions in a variety of categories including: Administrator, Assessor, Athlete, Branch, Community Education Program, Competition Official, Coach, Event, Facilitator, Country Athlete, Country Event, Junior Athlete, Masters Athlete, Outstanding Media Service, Team and Training Officer.

Surf Life Saving Australia awards include:

- **Annual Awards** recognising contributions and achievement of our members such as Lifesaver, Volunteer, Lifeguard, Club, Surf Sports Official, Surf Sports Coach and Surfs Sports Official.
- **Long Service Awards** for sustained membership
- **National Patrol Service Awards** for long service to lifesaving patrols
- **Officiating Service Certificate** for long service to officiating
- **Assessing Service Certificate** for long service to assessing and examining
- **Coaching Service Certificate** for long service to coaching
- **Meritorious awards** for outstanding deeds of bravery performed in surf lifesaving operations
- **Commendation** recognising exceptional rescues
- **Hall of Fame** in recognition of contributions to lifesaving, sport or administration
- **National Medal** recognising long service
- **Innovation Award** recognising the development of initiatives that improve surf lifesaving
**Code of Conduct**

Surf Life Saving is committed to the health, safety and well-being of all its members and are dedicated to providing a safe environment for those participating in surf life saving activities.

The SLSA Code of Conduct exists and must be complied with for this reason.

The code of conduct states:
- Respect the rights, dignity and worth of others
- Be fair, considerate and honest in all dealings with others and be a positive role model
- Make a commitment to providing quality service
- Be aware of and maintain an uncompromising adhesion to SLSA’s standards, rules, regulations and policies
- Demonstrate a high degree of individual responsibility, especially when dealing with persons under the age of 18 years of age
- Contribute to the provision of a safe environment for the conduct of all activities within surf lifesaving
- Abide by the relevant role-specific codes of conduct outlined in Annexure 2 of the Member Safety and Well Being policy

**Workers Compensation**

Workers Compensation is provided by WorkCover NSW in the event of a member incurring a personal injury whilst performing approved surf lifesaving duties. The workers compensation system provides financial members with benefits and assistance if:

- You cannot work for a certain period of time because of that injury
- And/or to cover reasonable medical expenses
- And/or to cover reasonable rehabilitation expenses

What are authorised activities?
Surf lifesaving duties that relate to any emergency, training and preparatory work genuinely related to surf lifesaving activities. An authorised activity also includes approved fund raising activities authorised by Surf Life Saving New South Wales.

The procedure in the event of a personal injury to a member includes:

- Notifying the Club Safety Officer as soon as practicable so the injury can be logged and entered into the Incident Reporting Database
- Complete the Notification of Injury Form (whether workers compensation is going to be claimed or not) and fax to WorkCover 02 9287 4828.
Policies

Occupational Health and Safety

The objectives of the SLSA Occupational Health and Safety policy are:

- To prevent injury or illness to members and employees
- To provide for the safety of the community in connection with SLSA’s operations and when using its facilities
- To protect lifesaving equipment, property and facilities from loss or damage
- To provide leadership and guidance to SLSA’s affiliated organisations

Child Protection Legislation

Under the Child Protection (Prohibited Employment) Act 1998, it is mandatory for employers to ask all employees, paid and volunteer, in child-related employment to make and sign a declaration that they are not a prohibited person. The term ‘employees’ covers contract, subcontract, volunteer and other staff taking practical training as part of an educational or vocational course.

All members in NSW who are 18 years of age and over, and members who are under the age of 18 years who work with children, must complete a Prohibited Employment Declaration. This is normally completed as part of the membership process.

Grievance Policy

The SLSA Grievance policy details the process and procedure when a complaint is made, in relation to an act, behaviour, omission, situation or decision that someone thinks is unfair, unjustified, unlawful and/or a breach of this policy. The complaint may be about individual or group behaviour; extremely serious or relatively minor; a single incident or a series of incidents; and the person about who the allegation is made may admit to the allegations or deny them.

Equity, Discrimination and Anti-Harassment Policy

The SLSA Equity, Discrimination and Anti-Harassment policy aims to promote an environment in which all individuals are treated with respect and dignity. The issues of social justice, equal opportunity, discrimination and harassment are important to SLSA and the awareness of them will be promoted at club, branch, state and national levels.
Privacy Policy

The SLSA Privacy policy recognises the importance of privacy and that individuals have a right to control their personal information. As such, SLSA is committed to protecting personal information and complying with the private sector National Privacy Principles, Privacy Act (Cth) 1998.

Complete policies can be found at www.slsa.asn.com.au

More Information

Keep an eye on the club notice board or approach your club secretary for more information on club activities and upcoming events. You may also like to visit your club and/or branch websites.

There is also variety of information available on policies, activities, education, events, programs and opportunities at a state and national levels. To find out more visit;

Surf Life Saving New South Wales
www.surlifesaving.com.au

Surf Life Saving Australia
www.slsa.com.au

International Lifesaving Federation
www.ilsf.org

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