

SurfLIFE

ISSUE 27 – DECEMBER 2014

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Macksville - Scotts Head Lifesavers Win
National Rescue of the Month



SURF LIFE SAVING
NEW SOUTH WALES

ROCK FISHING: LEADING CAUSE OF COASTAL DROWNINGS

While overall coastal drowning figures for NSW are significantly down from last year, for the first time rock fishing deaths have topped the list at 26.7%, making it the leading cause of all coastal drownings.

Ten people died while rock fishing in the 2013-14 year in NSW and 34 rockfishing deaths have been recorded since 2011-12. None of the victims were wearing a lifejacket.

These alarming statistics, revealed in the Surf Life Saving **National Coastal Safety Report 2014**, put rock fishing ahead of swimming/wading which accounted for 23.3% of total drownings last year in NSW.

Further population analysis also shows that rock fishing is 3.1 times riskier than swimming based on participation rates and fatalities occurring during these activities in NSW.

These statistics reinforce the importance of prevention strategies piloted by Surf Life Saving to reduce rock-fishing related drownings, including targeted education programs with ethnic and other at-risk communities and expanding a state-wide Dangerous Surf Warning system in partnership with the Bureau of Meteorology and recreational fishing groups.

Surf Life Saving NSW is also strengthening its stance on mandating the wearing of lifejackets while rock fishing, in light of the latest figures detailed in the report.

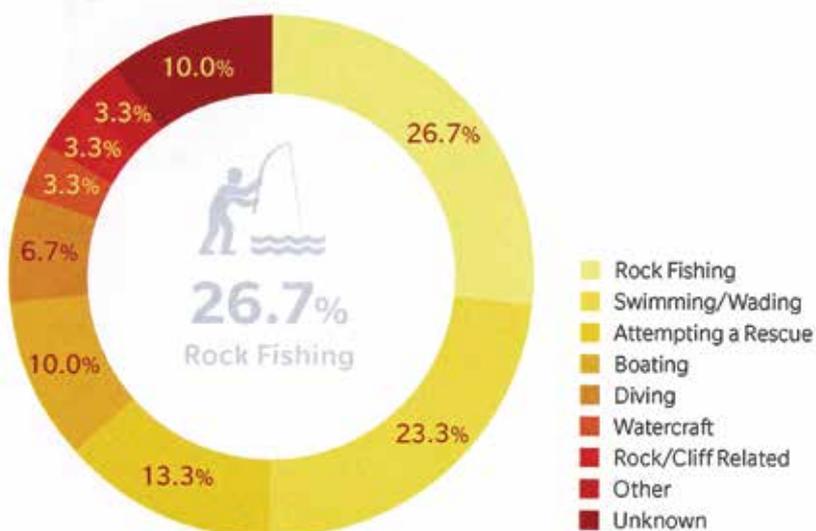
“Rock fishing is one of Australia’s most dangerous sporting pastimes

and we have been struggling to address the drowning problem for some years,” said SLSNSW Lifesaving Manager, Andy Kent.

“Rock fishing fatalities also have a huge impact on our frontline volunteers, who are called on to respond to these distressing incidents with increasing regularity. When we successfully rescue someone who has been swept into the sea it’s almost inevitably because they are wearing a lifejacket. Unfortunately these good news stories are few and far between,” said Mr Kent.

In total there were 30 coastal drowning deaths recorded in 2013-14, compared to 48 in 2012-13.

2013-14: Coastal Deaths by Activity



LEARN TO SAVE A LIFE AT YOUR LOCAL CLUB

Heart attacks, asphyxiation and drowning are some of the causes of the large number of preventable deaths in Australia every year.

Surf Life Saving NSW and ClubsNSW are looking to change that and greatly reduce those statistics through an expanded partnership between the two organisations. ClubsNSW already supports greater surf safety education by supporting the Beach to Bush program; SLSNSW's largest community educational initiative.

Now the partnership looks to go even further, expanding to help benefit the community to learn about first aid through the "Learn to Save a Life at Your Local Club" project. The project aims to reach as large a section of the community as possible through a two pronged approach.

Firstly, Surf Life Saving NSW is working with a number of clubs from around the state to use their venues to host public first aid courses run by experienced SLSNSW trainers.

Surf Life Saving NSW
Commercial Operations
Manager, Daniel
Gaffney, says
working
within the

ClubsNSW network of community clubs will help SLSNSW to reach a new section of the community.

"ClubsNSW has really come on board to support Surf Life Saving and allow SLSNSW to tap into not only the huge club network within NSW but each club's large community support base.

"If we can work hand in hand with clubs to offer first aid training to not only their patrons and staff but to all members of the community in their local areas we can continue to ensure that simple first aid training is available to all members of the community," said Mr Gaffney.

This leads into the second aspect of the project where Surf Life Saving NSW will provide discounted equipment to clubs and discounted first aid training to all staff and patrons at ClubsNSW venues.

Through providing discounted first aid equipment to all 1400 clubs in NSW, SLSNSW hopes to give clubs every opportunity to update vital first aid equipment such as defibrillators and first aid kits ensuring that the most reliable equipment is always on hand in case of an emergency.

Following the purchase of any new equipment, surf life saving trainers will also provide training demonstrations

to staff and/or patrons to ensure they can respond to emergencies as fast and efficiently as possible using the updated first aid equipment.

This training will in essence be a new flexible course designed to touch on a bit of everything including CPR, defibrillation and basic first aid and can be tailored to maximise relevance for whoever is receiving the training.

"This is an amazing opportunity for clubs to take full advantage of discounted first aid equipment and training, helping Surf Life Saving continue to work towards minimising preventable deaths in Australia," said Mr Gaffney.

"You never know when someone will come to rely on the life saving skills of another, which is why it's important to learn how to cope in such situations and how to use the equipment that is on hand."

Interested club patrons and staff are encouraged to contact their local club to find out what courses or training are on offer.

If clubs are interested in hosting first aid courses or purchasing discounted equipment and training they are encouraged to contact Surf Life Saving NSW on 9471 8000.

Front Cover photo - NSW Minister for Police & Emergency Services, Stuart Ayres, raises the first flags of the Patrol Season with North Steyne lifesavers, Shannon Cooper & Shannon Job in September.

SURF MEETS TURF AT RACE DAY

It was a case of surf meeting turf at Sydney's iconic Royal Randwick Racecourse recently when Surf Life Saving NSW in partnership with Segenhoe Stud held a race day as part of a new fundraising initiative.

Saturday 22 November was a day of celebration as the surf lifesaving community came together to raise much needed funds.

On what was a perfect late-spring day, a team of dedicated volunteers donned the iconic red and yellow uniform as they sought donations from racegoers.

The Westpac Lifesaver Rescue Helicopter performed a special landing on the course and there was a display of inflatable rescue boats, jet skis and other equipment which is used to save lives each year on the nation's beaches.

As part of the fundraising on the day, a portion of the proceeds were donated to SLSNSW, and raffle tickets for the 2014 Sun Safety Raffle were also sold.

SLSNSW CEO Phil Vanny said there was plenty of scope for the event to grow over the next few years.

"We are extremely grateful to Segenhoe Stud for providing us with this opportunity to raise both funds and awareness of Surf Life Saving's role in the community," said Mr Vanny.

This race day was the first of a five-year plan to hold similar events on the third Saturday of November as part of the start of summer racing.

"We are extremely grateful to Segenhoe Stud for providing us with this opportunity to raise both funds and awareness of Surf Life Saving's role in the community"



LIFEGUARDS GO BACK TO SCHOOL

Before they get to work on the beautiful beaches of NSW, the Australian Lifeguard Service (ALS) class of 2014 had to head back to school for a few days as they ramp up preparations for a busy summer season.

A group of 46 lifeguards from across the North Coast descended on Camp Drewe near Lennox Head for three days of theory and practical work, as they learnt just what it means to be a lifeguard.

ALS Coordinator for Northern NSW, Scott McCartney, said the group came together well, and that the camp was a highly successful experience for everyone involved.

“The camp was all about giving everyone the skills and knowledge to be a good lifeguard as they prepare to start their summer patrol on some of the state’s busiest beaches.

The state-wide push to get young



women interested in becoming lifeguards appears to be paying off with 20 new attendees at the camp and the hope of attracting more in the future.

“We’ve been very fortunate on the North Coast in that we’ve always had a fairly balanced gender ratio, but our aim is to create a safe and welcoming environment for everyone,” Scott McCartney said.

In the state’s south, 40 lifeguards from across the Shoalhaven region gathered at Mollymook SLSC recently for their annual proficiency test ahead of the summer season.

Attending the session was a veritable who’s who of emergency services in the Shoalhaven region as representatives from ambulance, fire, police, and the Westpac Lifesaver Rescue Helicopter all came to participate in a question and answer session with the lifeguards.



Phil Dunn, ALS Southern Coordinator praised the professionalism of the lifeguards.

“We pride ourselves on our high quality training, and see these type of sessions as an opportunity for our lifeguards to familiarise themselves with the local environment before it gets busy,” Phil Dunn said.

“It was a great opportunity for all the emergency services to come together and ask questions of each other.

“A highlight of the day was a visit from the Westpac Lifesaver Rescue Helicopter, whose crew showed the lifeguards through the aircraft and discussed operational matters during emergency situations,” he said.

The ALS provides professional lifeguard services to 18 local governments, resorts and National Parks in NSW and will employ more than 350 lifeguards during the season.



THE SUMMER OF SURF ON TV

The future of Surf Sports is here and the Summer of Surf is set to revolutionise the competitive surf life saving season this year.

For the first time athletes will be able to accumulate a point score and be ranked over a full season of events culminating in the Summer of Surf Grand Final.

The biggest TV broadcasting deal in the history of Surf Life Saving will allow every event in the Summer of Surf to be broadcast in prime time on Fox Sports over 23 weeks.

There are 11 rounds of the Summer of Surf which are a collection of established surf sports events

throughout the summer, plus the Grand Final.

Athletes accumulate points from each round with the athlete’s best five results contributing to their final score.

The top 16 athletes with the highest overall point score in each discipline will qualify for the Summer of Surf Grand Final to be held at Newport Beach, NSW on March 1 2015.

For further information and a full broadcast schedule visit the Summer of Surf website

www.summerofsurf.tv



SUMMER OF SURF



BEACH TO BUSH COMES OF AGE

Turning 21 is a huge milestone, and the 2014 SLSNSW Beach to Bush initiative celebrated the landmark birthday in style with a hugely successful program.

Earlier this month, more than 14,000 primary aged students from inland NSW and the ACT participated in the program, which was again conducted by volunteer lifesavers, who travelled around eight different regions delivering their message of safety in a fun and innovative way.

One of these volunteers was Phillip Boxsell from MacMasters Beach SLSC on the Central Coast. In the space of three days he visited seven schools, conducted 19 sessions, and travelled to towns including Cooma, Michelago, Jerangle, Bredbo, Numeralla, and Canberra.

"The kids all listened, and were keen to share their own stories. Many of these kids live within a couple of hours of a beach, and visit for holidays with their families so they were very responsive to the key messages we were trying to deliver," Phillip Boxsell enthused.

Beach to Bush was initially created after research found that almost half of all surf rescues in NSW involved people who live more than 50 kilometres from the

beach. Since its implementation, it has expanded significantly, and is viewed as a vital and fun way to get messages about beach safety to rural youngsters.

Key messages that were delivered at each presentation included general beach safety messages, sun smart strategies, rip and wave identification, sea creatures and first aid, rescues and getting help. Students were also given safety tips about other aquatic environments much more familiar to them such as rivers and dams.

"They all understood why we ask them to swim between the flags, but they were unfamiliar with some of the sea creatures that can be found while playing on the rocks. They didn't know much about the blue ringed octopus, or bluebottles even though some said they had been stung before."

Mr Boxsell said there were plenty of humorous moments, and he even managed to learn some tips from the kids about dealing with sharks.

One of the strengths of the Beach to Bush Program is its inclusivity, and the fact that it is accessible to every child who participates, including those with special needs.

"At most of the schools there was a special needs child and it is so great to see a smile on their face when they are dressed in a patrol uniform. Nothing gets a better laugh

from the students and the child when you put a pair of Elvis sunglasses on," Mr Boxsell said.

SLS Academy Community Education Officer, Stacey Pidgeon is delighted with the success of the program.

"It's the biggest educational program we have conducted in the last five years," she said.

"We've had some amazingly positive feedback from schools who have told us that their students have been putting the lessons learned about beach safety into practice.

"It was a highly successful year, and we hope to build upon it and make it even stronger next year."

The Beach to Bush Program is the largest and most innovative surf safety education program in Australia, having reached more than 270,000 primary school students since it began in 1994.

Regional Locations:

Tour 1	Armidale-Tamworth
Tour 2	Scone-Singleton
Tour 3	Mudgee-Dunedoo-Dubbo
Tour 4	Orange-Parkes-Forbes
Tour 5	Cowra-Young-Cootamundra
Tour 6	Yass-Tumut
Tour 7	Cooma-Jindabyne
Tour 8	Canberra/ACT

14333 
STUDENTS

 **SEVENTY ONE
SCHOOLS**

 **133**
PRESENTATIONS



YOUNG LIFESAVERS LEARNING TO LEAD

Twenty-three lifesavers aged from 18-25 recently had an opportunity to come together in Sydney to refine their leadership and lifesaving skills in an intense, fun, and rewarding three day Development Networking Program.

The participants came from branches and clubs around the State in late November to the YHA Hostel in the historic Rocks area of Sydney.

Over the course of the program the participants gained networking opportunities, participated in workshops, held high energy discussions, focussed on personal development and were treated to guest speakers.

They also had an opportunity to make a presentation to the SLSNSW Director of Member Services, an experience that they all found rewarding.

The program focused on personal development and exploring the skills and talents that they as individuals bring to Surf Life Saving in a fun and supportive environment.

Feedback from the program has been extremely positive, with the young leaders inspired to take the ideas back to their clubs and branches.



MACKSVILLE-SCOTTS HEAD LIFESAVERS WIN NATIONAL RESCUE OF THE MONTH

Lifesavers from Macksville-Scotts Head on the state's Mid North Coast have been awarded the National Rescue of the Month as well as the Surf Life Saving NSW Rescue of the Month for October 2014.

On Monday 13 October at 6:00pm, a member of the public alerted Macksville-Scotts Head president, Jason O'Donnell to a female swimmer caught in a rip approximately 150 metres offshore. Instantly, Jason grabbed a rescue board from the club house and ran down to the water.

At the same time, two other club members Peter McNally and Paul Young made the decision to launch the Inflatable Rescue Boat (IRB) to provide

additional support to Jason as the surf conditions were extremely hazardous. While the rescue was in progress, a local surfer alerted triple zero Police.

Jason paddled out in the rip while the choppy surf conditions made it extremely challenging for the lifesavers to locate the patient.

Finally Jason spotted the patient who was struggling to stay afloat. Jason was struck on his head by the board while undertaking the rescue operation, but was able to get the patient onto the rescue board and paddle to shore.

Once back on the beach, the lifesavers assisted the patient who had taken in a large amount of water and was suffering shock. The patient was placed

in the recovery position, administered oxygen therapy and kept warm until paramedics arrived on-scene.

Jason, Peter and Paul demonstrated exceptional decision-making and lifesaving skills and their quick actions no doubt saved the woman's life.

The SLSNSW Rescue of the Month aims to recognise excellence in lifesaving. Each month a 'Rescue of the Month' is awarded at state level for the most outstanding rescue. Monthly winners have the chance to win the Australian Rescue of the Month and become finalists for the SLSNSW Rescue of the Year which is presented at the annual Awards of Excellence.

NSW Country Surf Life Saving Championships 2015

Mollymook Beach | 16-18 January 2015



SURF LIFE SAVING
NEW SOUTH WALES



Surf Life Saving NSW wishes to thank the following sponsors and supporters for helping our volunteers protect lives on the beaches each year.

Government



State Sponsors



Preferred State Suppliers



National Supporters



OUR MISSION

To save lives, create great Australians and build better communities.

SUMMARY

Surf Life Saving NSW is the state's major water safety and rescue organisation, and with almost 76,000 members, is one of the largest volunteer movements in Australia.

The primary role of Surf Life Saving NSW is to save lives on our beaches, while other activities include developing our members through education, leadership and surf sports programs.

There are 129 surf clubs and 11 branches in the state which are affiliated with Surf Life Saving NSW, stretching from Fingal Rovers SLSC near Tweed Heads, to Pambula SLSC on the Far South Coast.

For contributions or suggestions for SurfLIFE please contact SLSNSW Marketing on 02 9471 8000 or marketing@surflifesaving.com.au

SURF LIFESAVING NSW

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SLSNSW endeavours to ensure all information contained in SurfLIFE is correct and true, however accepts no responsibility for any inaccuracies or mistakes contained in the publication.

Surf Life Saving New South Wales

T +61 2 9471 8000 F +61 2 9471 8001 E experts@surflifesaving.com.au

3 Narabang Way Belrose NSW 2085 | PO Box 307 Belrose NSW 2085 Australia

Fundraising Authority No. CFN11033 ABN: 93 827 748 379