

# SurfLIFE

ISSUE 30 – NOVEMBER 2015

We're Back –  
Flags Raised For 2015-16 Season  
Coogee Clubbie's Rapid Rise  
Volunteers Awarded For Stellar Season  
Inside The NSW Shark Summit  
Rookie Athlete Talent Program



SURF LIFE SAVING  
NEW SOUTH WALES

## NEWS IN BRIEF

### Wet'n'Wild Sydney Nippers Returns



**Hundreds of excited youngsters from Sydney's west will soon be learning about beach safety as the state's most unique Nipper program returns for a third season.**

The Wet'n'Wild Sydney Nippers is open to children aged between 6 and 12 with the program being held at the popular amusement park on Sundays from December.

The Nippers program follows a similar

format to the junior activities experienced by kids on the coast - they even enjoy a season-ending beach carnival which gives them the chance to have fun and experience social competition.

Over the previous two years, the program has proved to be extremely popular, with some youngsters so keen they have gone on to join surf life saving clubs on the coast.

Western Sydney has been identified as a target area for surf safety education and the exceptional facilities available at Wet'n'Wild address the challenges of not having immediate access to the beach or ocean.

The program is great fun for the whole family with parents becoming Age Managers, helping guide their children through a range of water-based activities, while lifesavers from many coastal clubs also get involved by volunteering their time to provide water safety and share their experiences of the ocean.

If the last two seasons are anything to go by, this year's Wet'n'Wild Sydney Nippers program promises to be bigger and better than ever.

### Vale Fergus Thomson OAM

**Surf Life Saving NSW was saddened to hear of the passing of Life Member and former Eurobodalla Mayor, Fergus Thomson OAM, who lost his battle with cancer in late July.**

Mr Thomson was a popular and valued member of the wider lifesaving community, but he always reserved a special love for the Far South Coast, and his club Moruya, where he volunteered for decades during his long involvement in Surf Life Saving.

He gained his Bronze Medallion at Moruya SLSC in 1962. Throughout his years at the club he sat on numerous committees, was a surf sport competitor and a keen patrol member. He served as Patrol Captain and Vice President among other positions, and was made a Life Member of the club in 1974.

At branch level he was delegate to NSW for 17 years, served as President from 1984-88 and was on the George Bass Surfboat



Councillor Fergus Thomson

Image source: Eurobodalla Council

Marathon Committee eight times. He also acted as Branch Team Manager and was made a Branch Life Member in 1989.

Mr Thomson was an advocate for country clubs and cared passionately about Surf Life Saving at both branch and club level. He was elevated to NSW Life Membership in 1994.



## Lifesavers Recognised For Water Safety Efforts



**Members of the Surf Life Saving community continue to gain recognition from other major bodies for their efforts keeping people safe at our beaches.**

Surf Life Saving NSW congratulates the following members for being honoured at the NSW Water Safety Awards held in September.

### **Most Significant Contribution to Water Safety by an Individual**

Rosemarie Taliano (North Bondi SLSC)

### **Significant Contribution to Water Safety with a Focus on Inclusive Practices**

Project 291 – (Bellambi SLSC)

*Highly Commended*

### **Community Ed Program of the Year**

Wet 'n' Wild Sydney Nippers Program

Wet'n'Wild Sydney and SLSNSW

### **Most Significant Contribution to Water Safety by an Individual**

Glenn Clarke (The Entrance SLSC) *Finalist*

### **Local Community Initiative of the Year**

Adopt-A-Nipper (The Entrance SLSC)

*Finalist*

## Rockdale Rock Fishing Workshop

**Sunday 20 September was a busy day for members of Rockdale's large Chinese community who participated in a workshop designed to increase awareness about the risks associated with rock fishing.**

Surf Life Saving NSW was pleased to support this worthwhile initiative alongside Rockdale Council, NSW Department of Primary Industries, Advance Diversity Services, and Recreational Fishing Alliance NSW.

This joint initiative was especially tailored to the Chinese community in Rockdale and surrounding areas and is aimed at multi-generations, including working professionals, those with children and elder relatives all attending.

The workshop took place at Cooks Park and at Ramsgate Beach for the practical demonstrations.

"Rock fishing while fun can be a dangerous activity, which is why we actively encourage everyone to wear lifejackets. The purpose of this workshop is to help communities who might not necessarily be familiar with the challenges unique to the Australian coastline feel more confident, which is why it is so important for multiple agencies to be involved," Surf Life Saving NSW Community Education Officer Stacey Pidgeon said.

Participants were introduced to beach safety and rock fishing tips, and provided multi-lingual resources that they can share within their community, along with the knowledge and experiences gained at this workshop.



## SharkSmart Education Campaign Kicks Off

**Surf Life Saving NSW and the Department of Primary Industries have teamed up in a new educational initiative which aims to increase the public's awareness about sharks.**

The SharkSmart campaign was rolled out in September with Surf Life Saving NSW ensuring clubs throughout the North Coast along with accommodation providers have access to the materials.

The material includes advice on how to reduce the risk of shark encounters while still enjoying the ocean.



## Leadership On Agenda At Club Conference

**Lifesavers from around NSW gathered in Sydney at a special forum in November which focused on all areas of surf club administration.**

The main topics on the agenda were leadership, governance and how to strengthen clubs at all levels including from a financial and communications perspective.

The forum provided a great opportunity for representatives from clubs throughout NSW to network and share experiences.

This exchange of ideas will help strengthen the movement as club leaders discussed how to build better and more sustainable clubs.

## FLAGS FLY PROUDLY AS NEW SEASON DAWNS



Bruce Notley-Smith (Member For Coogee) joined Matt Thistlethwaite (Member For Kingsford-Smith), Tony Haven (SLSNSW President) Mark Doepel (Coogee SLSC President) and Coogee volunteers at the 2015 Raising of the Flags ceremony at Sydney's Coogee Beach in September.

### **Not even overcast skies could put a dampener on the optimism of volunteers at the traditional Raising of the Flags ceremony at Sydney's Coogee Beach on September 18.**

The Hon Matt Thistlethwaite MP (Member for Kingsford-Smith) and Bruce Notley-Smith MP (Member for Coogee) joined Surf Life Saving NSW representatives and other dignitaries for the ceremony that all lifesavers eagerly await as it marks the beginning of the new season.

Surf Life Saving NSW President Tony Haven told the assembled crowd that it had been a challenging winter for volunteer callout teams, but believed it would be a bright season for the state's 21,500 patrolling surf lifesavers.

"I would like to thank our Duty Officers and members of callout teams who responded to coastal emergencies during the off-season. Special thanks go to those clubs and volunteers who have assisted Police and councils in the state's north over winter with the

increased shark activity," Tony Haven said.

"I am confident that all our patrolling members are prepared for whatever challenges lie ahead in what promises to be another busy season."

As always, educating people about surf safety will be a priority as the Surf Life Saving movement actively works to reduce the rate of coastal drowning experienced along the NSW coastline in 2014-15.

"As an organisation our core mission is to save lives and an important part of that is to help educate the community about the dangers. We will continue to deliver the message of surf safety to the community and our volunteers will be back on the front line every weekend and public holiday through until April," Tony Haven said.

Advice from the Bureau of Meteorology is that the El Nino effect looks likely to result in a hot, dry summer, which could





mean a particularly busy season for volunteer surf lifesavers.

The BOM's Acting NSW Regional Director, Mr Stephen Lellyett, said this would influence weather conditions over spring and into summer.

"El Nino events generally result in average to below average rainfall on the east coast, increasing our chances of clearer days. Generally we see warmer days and more heatwaves," Mr Lellyett said.

"As we head into the severe weather season, beachgoers should always be mindful of current and forecast weather, including extreme heat, severe thunderstorms and dangerous surf conditions."

*The 2015-16 Patrol Season commenced on Saturday 19 September and will run until Monday 25 April 2016.*

1. The crew of the Westpac Lifesaver Rescue Helicopter cast a watchful eye over proceedings as they prepare for their demonstration at the official Raising of the Flags.

2. A group of Coogee's finest volunteer lifesavers are all smiles moments after the flags have been raised for the 2015-16 season.

3. Bruce Notley-Smith and SLNSW President Tony Haven prepare to lend a hand as the flags proudly fly on Coogee Beach.

4. Matt Thistlethwaite and a group of dedicated Coogee clubbies.

5. Matt Thistlethwaite talks about his own background in surf life saving during the traditional season launch.

6. An Inflatable Rescue Boat surveys the scene as the crew wait to perform water rescue demonstrations.

7. The Coogee volunteers braved the damp weather before the sun finally came out as the flags were raised.

8. The Sydney Offshore Rescue Boat joins jet skis in a demonstration of support operations capabilities.



## BUSY WINTER FOR BYRON LIFEGUARDS



Australian Lifeguard Service professionals patrolling Byron Bay's Main Beach.

**It's been a busy off-season for the Australian Lifeguard Service (ALS) with a successful maiden winter patrolling Byron Bay's Main Beach and the renewal of several contracts with councils around NSW.**

Byron Bay's popularity as a premier holiday destination showed no signs of slowing with at least 200,000 people visiting Main Beach between May and September.

This was an average of around 1400 people using the beach each day, which was undoubtedly boosted by the relatively mild winter enjoyed in the Byron Bay region.

Lifeguards were stationed on the beach between 9am-5pm seven days a week with their priority to ensure the safety of all visitors.

During the winter lifeguards at Main Beach made 10 rescues, undertook 11,143 preventative actions which included identifying hazards and reminding people to swim between the flags, and administered 38 first aid treatments for everything from marine stings, fractures, to suspected spinal injuries.

ALS Northern Coordinator Scott

McCartney said the decision to have a year-round patrol on Main Beach has been well received by the community.

"Having lifeguards on the beach gave the community an additional option for where to spend some time during the cooler months and all our team were kept busy," Scott McCartney said.

"We were entering the unknown in some ways as we had never delivered a full-time winter contract in the Byron Bay area before but the community responded positively."

Meanwhile the professionalism and diligence of ALS lifeguards has been recognised with a number of councils across the state extending their service agreements with the ALS.

Shoalhaven City and Port Stephens Councils have renewed their respective contracts for another five years, while agreements with Tweed Coast Holiday Parks and Parramatta City Council to provide lifeguards for North Kingscliff Beach and Lake Parramatta have also been finalised.

ALS NSW Manager Brent Manieri sees this as a huge vote of confidence

in the skills of the state's lifeguards.

"We work hard and invest a lot of time to develop positive working relationships with councils across the state and the fact they have opted to continue their agreements with us is a testament to the quality and professionalism of our people."

"Our lifeguards are extremely well trained and are able to respond to a diverse range of coastal emergencies. They are our greatest asset and our goal is to continually grow and strengthen these relationships with councils and communities into the future."



Byron Bay lifeguard on patrol



## SHARK AWARENESS ON THE MENU AT SYDNEY SUMMIT

**International shark researchers, emergency responders and government agencies gathered in Sydney in September for a summit to discuss shark attack prevention and mitigation strategies.**

The NSW Government-initiated summit was the first of its kind and was instigated in response to a winter of shark encounters along the coast.

As a stakeholder with a particular interest in issues which impact on the safety of the beach-going public, Surf Life Saving NSW sent representatives from the Lifesaving team and the Australian Lifeguard Service to the meeting to ensure both our volunteers and professional lifeguards are at the forefront of any new developments.

Many volunteer lifesavers contributed over winter as part of Far North Coast callout teams who were called on regularly to clear the

water and conduct surveillance using jetskis and inflatable rescue boats to ensure the safety of swimmers and surfers.

These operations were conducted as part of a larger emergency response effort led by NSW Police and placed additional strain on the resources of some of the smaller clubs.

The aim of the recent conference in Sydney was to discuss eco-friendly methods of tracking sharks and reducing the risk of human and shark interactions.

Following the summit, the State Government announced it would invest an additional \$16 million dollars in shark mitigation strategies over the next few years. The funds will be used to explore world-leading technologies which would assist researchers both in tracking sharks and keeping the public better informed and educated.

NSW Lifesaving Manager Andy Kent

is looking forward to continuing the positive relationship with the NSW Department of Primary Industries.

“As lifesavers we support any initiative that the government determines could be effective surveillance or deterrent strategies going forward. We have had ongoing discussions with the DPI about ways we can work together to keep everyone safe on our beaches,” said Andy Kent.

“From our perspective we believe education and surveillance are key shark mitigation strategies and we were happy to assist with the distribution of the latest SharkSmart awareness material to surf clubs along the North Coast.

“Our aim is to ensure the public is alert but not alarmed concerning shark movements and we are happy to continue to play our part as a stakeholder in this important issue,” he concluded.



“The aim of the conference was to discuss eco-friendly methods of tracking sharks and reducing the risk of human and shark interactions.”

## LIFESAVERS CELEBRATE NIGHT OF NIGHTS



Sydney Branch recipients show off their awards

**There wasn't a rubber duckie in sight as some of the state's finest surf lifesavers swapped swimmers for formal wear to celebrate the season that was in Sydney in August.**

The Annual Awards of Excellence proudly supported by Stramit, was the biggest show in town as the Surf Life Saving community got the full A-list treatment while honouring the 2014 -15 season's finest achievements.

Champion surfer Layne Beachley AO did a great job hosting the evening while the voice of surf sport, Kurt Hanson did his best entertainment reporter impression as he mingled with the guests on the red carpet before the festivities.

Last season was certainly one worth celebrating for the movement. Our dedicated patrolling lifesavers again did an outstanding job keeping people safe on our beaches all around the state.

Surf Sports too celebrated a momentous year with 2015 marking 100 years since the hosting of the first Championships on Bondi Beach.

The awards were shared fairly evenly among the Branches, though Sydney had a stellar night ultimately collecting six awards including both Surf Lifesaver and Young Lifesaver of the Year.

And it was important to recognise the diversity of the SLSNSW membership with categories honouring educators, trainers, athletes, and officials.

Surf Life Saving NSW President Tony Haven said that the Awards of Excellence was the perfect opportunity to honour not just the award recipients but the membership as a whole.

"Now that the sand has settled for another season, I believe we can all look back with pride at the 2014 -15 season for a job well done," Mr Haven said.

"While the award ceremony honours those who achieved particularly highly throughout the year their efforts would not be possible without the contribution of every single one of our 77,000 members."



Team of the Year from Newport SLSC



Athlete of the Year, Georgia Miller



Coogee winners, Beck Mister and Craig Howie





Volunteer of the Year, Glenn Clarke



Surf Lifesaver of the Year, Rosie Taliano with President Tony Haven and the Member for Port Macquarie, Leslie Williams



Club of the Year, Cudgen Headland



Community Education program, Bellambi

## AWARD

Volunteer of the Year  
 Surf Lifesaver of the Year  
 Lifeguard of the Year  
 Young Lifesaver of the Year  
 Junior Lifesaver of the Year (F)  
 Junior Lifesaver of the Year (M)  
 Branch of the Year  
 Club of the Year  
 Initiative of the Year  
 Administrator of the Year  
 Team of the Year  
 Athlete of the Year  
 Masters Athlete of the Year  
 Young Athlete of the Year  
 Coach of the Year  
 Official of the Year  
 Rescue of the Year  
 Facilitator of the Year  
 Assessor of the Year  
 Trainer of the Year  
 Community Education Program

## WINNER

Glenn Clarke (The Entrance)  
 Rosie Taliano (North Bondi)  
 Ken Walsh (Shoalhaven)  
 Julien Vincent (Coogee)  
 Brianna Clarkson (Brunswick)  
 Reed van Huisstede (Cooks Hill)  
 Sydney Northern Beaches  
 Cudgen Headland  
 Adopt a Nipper (The Entrance)  
 Joanne Hawkins (Tacking Point)  
 Taplin Opens, U19 and U17 (Newport)  
 Georgia Miller (Newport)  
 Paul Lemmon (Terrigal)  
 Lizzie Welborn (North Bondi)  
 Trent Herring (Newport)  
 Ray McDonagh (South West Rocks)  
 Richard Garnsey (Cronulla)  
 Rod Balkin (Ballina Lighthouse & Lismore)  
 Craig Howie (Coogee)  
 Beck Mister (Coogee)  
 Bellambi Project 291 (Bellambi)

## COOGEE CLUBBIE ON THE RISE

**At just 19 years of age Coogee lifesaver Julien Vincent has a CV crammed full of different experiences within the movement.**



**This talented teen has achieved his Gold Medallion, tasted patrolling on a French beach, and was named Junior Lifesaver of the Year at the 2015 NSW Awards of Excellence.**

Intelligent and articulate, the 210cm lifesaver is a familiar presence on beaches across Sydney, and he is a shining example of how dedication, passion, and a desire to help others can really make a difference to the wider community.

**When did you join Surf Life Saving and why?**

I started nippers in Under 9s, as my parents thought my sister and I should try it out. I will be forever thankful to my parents for enrolling me in that first day of nippers in October 2004. I got my Surf Rescue Certificate in December 2009 and went on to do my Bronze Medallion in January 2012. Since then, I have gained many awards, including

First Aid, ARTC, Spinal, IRB Crew, Off Shore Rescue Boat (ORB) Crew, Silver Medallion IRB Driver, Silver Medallion Basic Beach Management and my Gold Medallion in March 2015. I am also an Instructor and a Level 1 Surf Sports official.

**Why do you volunteer as a lifesaver?**

Surf Life Saving has become a passion for me. I love to patrol with my mates on the beach and to be of assistance to the public, especially when I get to use my foreign language skills. I love to serve the community and feel that I am contributing to a great movement that helps prevent incidents, provide first aid treatment on the beach and even rescues people out at sea.

**What did it mean to you when you received the NSW Young lifesaver of the Year award for the 2014 -15 season?**

Winning the Young Lifesaver of the Year award meant the world to me, as it reflected the years of effort, dedication and long hours I have put into lifesaving, both on the beach and out of patrolling hours. I remember breaking up in tears of joy at the Awards of Excellence evening in August.

**What are your goals within Surf Life Saving?**

My journey through Surf Life Saving is going ahead with great pace, and things are getting exciting for me.

I would like to grow my role in education, by continuing to train Bronze Medallion and higher awards courses within my club and join the Sydney Branch assessors team by obtaining my Assessor Award soon.

I'd like to invest time in Support Operations. I recently obtained my ORB Crew certificate with the Randwick District Offshore Rescue Boat (Surf Rescue 30). I have been assigned to the callout team and will be involved in out-of-hours taskings this season, including night jobs. I will start training to obtain my ORB Driver Award soon. I'd like to gain my RWC certificate to operate the brach Support Jet Ski.

**You have achieved 100% patrol attendance for six consecutive years, what's it like patrolling one of Sydney's busiest beaches?**

Coogee is known to be a popular beach, as it doesn't have much surf throughout the year, and it's sheltered by Wedding Cake Island which blocks a lot of the swell. Coogee is also infamously known for its heavy shore break.

Coogee gets very busy throughout the summer and the club benefits from 15 rotating patrols, each comprised of 20 plus patrolling members, so we're never short of members! Coogee also has five rock pools (Honeybee, Wylies, McIvers, Ross Jones and Giles) within its



wide patrolling area and interesting sea life, such as the infamous blue-ringed octopus. So patrolling at Coogee is definitely different to patrolling at many other beaches!

### What is your best clubbie memory?

I have a fond memory of performing my first ever rescue at the age of 13. It was a busy summer day and a mother came running down the beach and with the little English she had, she cried out for help to my patrol captain, Gary Cheer. Her son was on a bodyboard drifting out to sea with the current, north-east of our position. Gary knew that it would take too long to launch the IRB, so he asked me to paddle over with a rescue board and see what I could do. Moments later, I reached the young boy, who had sunscreen in his eyes and who was about to go under. I reached out to him, pulled him onto my board and brought him back to the beach. He told me on the way in that he thought it'd be a good idea to try and swim in!

### Any final thoughts?

I am very blessed to have come this far in Surf Life Saving and it would not have been possible without the great support from fellow surf lifesavers from Coogee SLSC, Sydney Branch, the Surf Rescue 30 team and the wider movement.

Surf Life Saving is an incredible movement that has changed my life in so many positive ways. It has provided me the thrilling opportunity to drive an IRB, to lead a team as patrol captain and to compete at Aussies, among many other possibilities that are out there.

Just about anybody can become a surf lifesaver and I strongly recommend joining the movement!



**“Winning the Young Lifesaver of the Year award meant the world to me, as it reflected the years of effort, dedication and long hours I have put into lifesaving, both on the beach and out of patrolling hours.”**



# YOUNG ATHLETES GET GLIMPSE INTO LIFE AT THE TOP



Participants of the 2015 Junior Development Program

**While their peers enjoyed the recent school holidays, a group of emerging water athletes traded books for swimmers at an intensive camp designed to improve skills and introduce them to the lifestyle of an elite athlete.**

Over 40 competitors were selected to participate in the three day Junior Development Program at the Sydney Academy of Sport with all 11 NSW Branches represented.

Athletes travelled from as far as Cudgen Headland in the state's north and Pambula on the Far South Coast to attend.

Throughout the three-day program held on Sydney's Northern Beaches the athletes participated in training sessions under the eagle eye of top state coaches, attended discussions on nutrition, had their skills and techniques analysed and were introduced to high performance and recovery techniques.

Surf Life Saving NSW Sports Development Officer, Mikaela Mew, said the program is important to ensure the future of Surf Sports in NSW.

"The Junior Development Program is one of the most successful and longest running programs Surf Life Saving NSW offers to its members. This program exposes athletes from around the state to some of the best coaching and sport science testing around," Mrs Mew said

Warilla-Barrack Point athlete Kasey Ashburner (12) was the lone representative from the South Coast Branch and she believes that the program has given her a lot of skills that she can put to good use when she resumes training with her club.

"It was a really fun camp and the highlight for me was being able to meet new people from all around New South Wales. Some of the skills that will be really useful for me this season were learning some in-depth

knowledge about how to work your core, and how to improve your stroke," Ashburner said.

The emerging prospect said getting the chance to hear from athletes and coaches who have achieved at the highest level has motivated her to keep training hard ahead of what promises to be a busy season.

"I really want to finish in the top half at carnivals this year so I will be working towards all the major carnivals including Branch, Country and State," she said.

The class of 2015 included athletes who have already won medals at both the Country and NSW Championships held earlier this year, and with access to this type of specialist training the sky's the limit for this talented bunch.



# INCLUSION PROJECT SET FOR LAUNCH

**Representatives from the Surf Life Saving community will join Government representatives, the business community and disability advocates at a launch to mark the next stage of the Community Inclusion Project in Sydney later this month.**

The Community Inclusion Project, funded by the NSW Department of Family and Community Services, has been a major initiative for SLSNSW over the last 18 months. The project aims to improve the inclusion of people living with a disability within beaches and beach precincts in three trial sites of Pambula Beach (Bega Valley Shire), Bondi Beach (Waverley Council) and Nobbys and Newcastle Beaches (Newcastle City Council).

Over the next six months a number of initiatives will be implemented to encourage the inclusion of people with disability in a range of social and recreational activities around

beaches. The initiatives have been funded through a one off small grants program administered by SLSNSW.

The NSW Minister for Disability, The Hon John Ajaka, will formally announce the recipients of the SLSNSW Community Inclusion Grants. The diverse range of projects funded through the program highlights the innovation and commitment that many people have for making their communities more inclusive.

Many of the projects focus on improving the capacity of coastal communities to understand and address the barriers faced by people with disability on a daily basis. Other projects encourage participation by people with disability and their friends in activities that may have previously been inaccessible, or the provision of information in more accessible formats.

A full evaluation of the impact of the project will be undertaken by the University of Technology Sydney. It is hoped the learning from the trial sites will inform the development of other inclusive beach precincts along the NSW coast.

NSW Inclusion Officer Meredith Harrison believes that surf clubs can play an important role in changing attitudes towards the inclusion of people with disabilities in community life around beaches – from the water, to parks and recreational spaces, to community events and concerts that often take place near beaches, and within businesses that are a part of the coastal culture.

# ANNUAL RACE DAY HITS THE HOME STRAIGHT



**On Saturday 5 December, the iconic red and yellow of surf life saving will mix with the glitz and glamour of the Sydney racing scene when the crowds flock to the second annual race day at the Royal Randwick Racecourse.**

The race program kicks-off the Summer Series and is a major fundraiser for the surf life saving movement. The event has been made possible thanks to the generous

support of Segenhoe Stud and the Australian Turf Club.

Segenhoe Chairman Kevin Maloney believes there is scope for the event to grow into one of the highlights of the calendar throughout the five year partnership.

“Our vision in Segenhoe presenting this Race Day is to create an annual event where the entire Surf Life Saving family comes together as a celebration.

“Our racing colours of yellow and red are the same as the iconic Surf Life Saving colours and it seemed a natural synergy for us to embrace the movement and help the volunteers,” Mr Maloney said.

The inaugural race day held last November was successful, with around 9000 people coming through

the gates. Life saving demonstrations showcasing rescue equipment and a landing by the Westpac Lifesaver Rescue Helicopter were all popular.

Surf Life Saving NSW CEO Phil Vanny AM is confident that the 2015 event will build on what was a solid foundation.

“Our members who attended the race day last year really enjoyed it and the event was a wonderful opportunity for us to raise awareness about our core mission of saving lives while raising much-needed funds.

“I am delighted with the support we have received from Segenhoe and the ATC and I am confident that throughout our partnership this will become an event not to be missed on the racing calendar,” Phil Vanny concluded.



## NSW LIFESAVERS HONoured FOR TOP RESCUES



The Rescue of the Month recipients pose with Melissa King (CEO) and Graham Ford (President) of Surf Life Saving Australia. Photo Source: SLISA

**A group of dedicated lifesavers has received national recognition for recent rescue efforts. They marked their achievements in life saving at a ceremony in Canberra's Parliament House.**

Avan Christie from Evans Head-Casino SLSC took out the National Rescue of the Month award for April, while Kate Munro, Kerry McEwan, Donna Wishart (Avalon Beach) and Bev Tilbury, Jen Spencer and Russell Lamb (Warriewood) received their award for the May/June period.

The group were presented their awards at a ceremony in August attended by representatives from the Parliamentary Friends of Surf Life Saving as well as Mackellar MP Bronwyn Bishop.

Avan Christie won his awards for his efforts on Easter Monday where despite not being a patrolling member, he rescued four people in two separate incidents at Evans Head Main Beach and Airforce Beach

before getting in trouble himself.

Mr Christie's feat is made all the more significant as he is from a small club, with Evans Head only having around 25 patrolling members. After the story of his brave rescue spread and with pressure from his fellow clubbies, Avan says he has decided to do his Bronze Medallion, when he can find the time away from the club treasurer's duties.

It was extremely fortunate for one fisherman that the Avalon Beach Masters crew along with their Warriewood sweep were out for a training session in the early hours of 27 June. The team witnessed the fisherman falling six metres onto rock and roll partly into the water.

The surfboat crew realised that the fisherman had suffered significant injuries which ultimately were severe enough for him to be evacuated off the rock platform by helicopter.

Warriewood sweep Russell Lamb said

the combined Warriewood/Avalon Beach effort was the result of the right people being in the right place at the right time.

"He was lucky that there were well trained surf sports competitors there outside of patrol hours to respond. We need to encourage more participation in surf life saving at all levels for this reason, as it means more people who know what they're doing are there," Mr Lamb said.

Each month clubs from around NSW can nominate members for the prestigious Rescue of the Month Award. A selection panel determines the state winner with all winners subsequently being in contention for the national award.



## CPR PROVES TO BE A LIFESAVER

**The actions of a group of off-duty lifesavers in saving a Central Coast grandfather has been widely praised, with the incident also reinforcing the importance of knowing current CPR techniques.**

Terrigal club members Toni Jones, Roger Stimson, Annie Jones, John Deacon, Liz Hunt and Michael Gill as well as former member Jeff Smith witnessed local man Paul Malone collapse while he was walking outside the clubhouse one morning in October.

None of those present were on patrol duty that morning, but all played their part in ensuring that Mr Malone received prompt attention. Fortuitously there was a defibrillator at hand and the lifesavers battled for 20 minutes to save his life after he went into cardiac arrest on four

occasions.

To their immense credit, the group handled a difficult situation with the utmost professionalism, calling on their combined years of experience and training to ensure that the initial first aid treatment Mr Malone received was as good as it could possibly be.

The attending paramedics later praised the lifesavers saying that their actions resulted in the successful outcome.

Speaking on behalf of the group, Toni Jones modestly said they only reacted the way any trained lifesaver would.

"The defibrillator and CPR saved his life, and I would certainly encourage people to get trained, or upskill their training," she later told local media.

Club President Paul Quick said it was an alignment of circumstances that helped make this story a success.

"None of them were on patrol; it was just that everything aligned that morning," Mr Quick told reporters.

"If the man had a heart attack further down towards the rock pool, he might not have survived, given the distance from the club," he said.



Defibrillators are available for purchase at: [surflifesaving.com.au/shop](http://surflifesaving.com.au/shop)

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Photo Source: Harvpix



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### 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 over 77,000  
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  
Media on 02 9471 8000 or  
[webmaster@surflifesaving.com.au](mailto:webmaster@surflifesaving.com.au)

SURF LIFESAVING NSW

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