

SurfLIFE

ISSUE 31 – FEBRUARY 2016

Summer of Sun

Big Crowds on Beaches

Community Inclusion Project Takes Shape

South Maroubra Lifesavers

Recognised for Rescue

Secure Leases for NSW Surf Clubs



SURF LIFE SAVING
NEW SOUTH WALES



NEWS IN BRIEF



NSW CLOSE SECOND AT INTERSTATE CHAMPS

A 24-strong team made up of some of the state's most talented surf athletes made the trip south to Torquay, Victoria for the 2016 Australian Interstate Championships where they hoped to defend last year's title.

The team was boosted by the inclusion of a number of highly rated juniors in the youth team as well as senior members of the side who have had plenty of experience at this level.

Conditions were challenging, but the NSW athletes performed well to take out first place in the Open Point Score with 150 points.

In the youth division, the junior blues finished a highly creditable second -139 points behind the Queenslanders.

When the pointscores were combined to determine the overall winner it was our northern rivals who claimed the title with the slimmest of margins.

Although disappointed, the NSW team can hold their heads high and are already looking ahead to the opportunity to steal back the title when the championships move north to Queensland in 2017.

Surf sport athletes across the state are currently in the midst of preparing for the season's biggest events. The 2016 Stramit NSW Country Surf Life Saving Championships at South West Rocks in February, is followed by the NSW Championships, which will be held at Ocean Beach - Umina in March.

ROYAL RANDWICK TURNS RED & YELLOW

Without a wave in sight, Sydney's historic Royal Randwick Racecourse showed its support for our surf lifesavers at the second Surf Life Saving NSW Race Day in December.

Following on from last year's inaugural event, thousands came through the Randwick gates for the fixture that has kick-started Sydney's summer of racing and also raised some much needed funds for Surf Life Saving.

The event was made possible through the generous support of Segenhoe Stud and the Australian Turf Club with the Race Day the second event in a five-year partnership.



Photo: SLSNSW athletes Katie Williams and Kendrick Louis with the Segenhoe Cup

AFGHANI COMMUNITY TAKES TO THE WATER

They hail from a country more famous for its deserts than its oceans, and many were making their first visit to a beach, but the members of Sydney's Afghan community who took to the water under the watchful eyes of Woonona lifesavers recently handled it with aplomb.

The fun filled day was organised jointly by Surf Life Saving NSW, the Afghan Fajar Association and Woonona SLSC, and included an introduction to the basics of surf safety, rescue demonstrations, and the very popular Afghan inspired BBQ - a big hit with the Woonona surf lifesavers.

The program was made possible through Black Spots funding which targets high risk populations and locations for drowning in NSW with the aim of the day to provide an opportunity to learn about surf lifesaving and beach safety.

Woonona SLSC President, Stacey Paddon says the day was very successful with both groups learning lessons from each other - some extending beyond that of the surf.

"The day was not only a great experience for the Afghani group but it was also a special day for our members as they had never hosted anything like this before," said Stacey Paddon.





SURF SAFETY SCHOOL IN SESSION

Thousands of students living in the Greater Western Sydney region have benefited from an innovative surf education program designed to curb the incidence of drowning among this population.

The Black Spots Surf School has just completed its third year, and during that time almost 10,000 students from Western Sydney have participated in the program with 2015 marking the first year where on the beach activities complemented existing theory lessons.

Wollongong was the chosen destination – it's the gateway to the coast for much of Western Sydney, and Surf Life Saving NSW has strong relationships with Wollongong Council which supports the program and provides a lifeguard for water safety.

During the practical sessions the students were shown how to identify rip currents, learn the best way to stay safe in the sun, improve their skills and confidence in the water, and were given an introduction to basic rescue techniques.

A core aim of the program is to help the teenagers who complete this course to become community leaders and pass this knowledge and skills on to younger siblings or other members of the family.

Surf Life Saving NSW Education Manager Louise Cooke is delighted with the way the students have responded to the program, believing that the message of safety is making an impact on a vulnerable audience.

“From an educational perspective it is pleasing for us that these skills are being passed on to parents and siblings within the community ensuring that the message of surf safety is being spread wide.

“Our aim is for everyone to be able to enjoy their time in the water safely, and community education plays a key role in that.”

The program is the result of a partnership between Surf Life Saving NSW and the NSW Government through the NSW Water Safety Black Spots Fund.



SUMMER OF SUN

Traditionally the summer holidays are the busiest time of the year for the thousands of volunteer lifesavers who keep our beaches safe right across the state and this year was no exception.

Almost a million people visited a NSW beach between Christmas Day and 3 January with everyone from families, office workers, and of course international tourists all making the most of the warm weather by escaping to the beach. On Christmas Day our patrolling lifesavers carried out 94 rescues, 3767 preventative actions, and administered 120 first aid treatments.

Lifesavers welcomed in 2016 with an estimated state-wide crowd of over 370,000 visitors and performed 195 rescues and 537 first aid treatments on New Year's Day.

To quantify just how busy this day was in terms of attendance it was the 8th busiest day overall since 2010.

New Years is almost universally regarded as a day of celebration, but it was the second day of the year that kept our volunteers on their toes.

Lifesavers reported 279 rescues, over 3000 preventative actions and 1156 first aid treatments for incidents involving everything from broken

bones, suspected spinal injuries, through to marine stings and allergic reactions.

"It's been an incredibly busy period for our 21,000 patrolling members who have conducted themselves with the utmost professionalism," NSW Lifesaving Director John Restuccia said.

"I would like to thank all our lifesavers for their fantastic work over the summer holidays especially those who sacrificed time with their family and friends to ensure that people could enjoy our beaches safely during the festive season."

Throughout the year Surf Life Saving NSW has continually been at the forefront of delivering safety messages to the public through a variety of forums with a particular focus on the importance of swimming between the red and yellow flags, at a patrolled location.

At the end of January, 27 coastal drownings had occurred along the NSW coastline since July, which is slightly above the figure for the same period last year.

The 2015/16 Patrol Season continues on weekends and public holidays until Monday 25 April.



2,620
RESCUES



58,949
PREVENTATIVE
ACTIONS



2,265,521
ATTENDANCE



224
AMBULANCES
CALLED



7,715
FIRST AID'S



194
EMERGENCY
CALL OUTS

**Stats from volunteer patrols between 1 December 2015 - 31 January 2016 inclusive.*

SIGNIFICANT RESCUES

DECEMBER 2015 / JANUARY 2016

- A team of lifesavers from Bulli SLSC rescued six swimmers who were caught in a rip on 6 December
- Three Central Coast lifesavers saved a teenage swimmer after their monthly meeting at Avoca Beach at dusk on 8 December
- Lifesavers from Caves Beach SLSC successfully resuscitated a young child who had been injured while playing near the rocks on 13 December
- It was a dramatic start to the new year for patrolling members from Coogee SLSC who successfully performed CPR on a man on 1 January
- A team of lifesavers, including two teenagers, successfully performed CPR on a 49-year-old who was pulled from the water at Pambula Beach on 9 January
- Sydney's Figure 8 Rock Pools in the Royal National Park are a thing of beauty, but on the afternoon of 9 January a rogue wave struck. Lifesavers from Burning Palms SLSC were involved in a significant rescue effort which included administering first aid.

“

It is great for Davis and his family to become involved in the local community in an organisation that is regarded as a key part of the Australian summer lifestyle, Personal safety on the beach is such an important message to learn.

- Diana Proksch



Photo: Sylvia Liber for the Illawarra Mercury

THE EXTRAORDINARY JOURNEY OF A ROOKIE NIPPER

For hundreds of excited youngsters October marked a first enthusiastic foray into the world of lifesaving. Amid the splashes, cheers, and races on Bellambi Beach was one child who although he followed a very different path to become a 2015 Nipper, has an important story that is worth sharing.

Five-year-old Davis and his family are refugees from Myanmar (formerly Burma) and this water-loving youngster who was only introduced to the beach in recent months through the successful 291 Project, loved his first taste of Nippers.

Bellambi's 291 Project was initiated because there was genuine concern in the community that school-aged youngsters (primarily those between 5-18) lacked experience in the surf and weren't equipped to handle themselves if they got into difficulty in the water. Davis loved the program so much that he accepted an offer to join the club's general Nippers program.

The program has attracted significant community support and takes place several times a year. Course participants get to spend time in the local pool to be introduced to basic swimming techniques, while also spending five days at the beach during the school holidays where they are introduced to the dangers of the surf such as rips and other hazards.

Speaking through an interpreter, Davis's father said his energetic son loves the water and that the club made the family feel extremely welcome. He hopes that Davis can continue to enjoy himself each Sunday throughout the season.

Bellambi President Craig Kershaw said giving back to the community and actively promoting beach safety and awareness is an important aspect of the club's role.

"I'm very proud of the fact that we are such an inclusive club and we actively encourage anyone who wants to learn about the beach and ocean to come down and have a go," Mr Kershaw said.

"A few of our members have volunteered to help Davis's father learn English and it was such a pleasure to see Davis really enjoying himself and participating in all the activities."

The family previously lived in a refugee camp in Thailand where Davis was born after fleeing their native Myanmar before eventually settling in Australia in 2011.

Diana Proksch, a worker with Brighter Futures, which is part of CareSouth, plays a vital role in assisting and caring for people doing it tough in the Illawarra. She works closely with the family and says joining a surf life saving club is a wonderful opportunity.

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ClubsNSW

www.yourlocalclub.com.au

JOIN IN





COMMUNITY INCLUSION PROGRAM

GRANT RECIPIENTS ANNOUNCED

More than 60 people representing business groups, disability support services, and the Surf Life Saving community gathered at North Bondi SLSC in November for the announcement of the Surf Life Saving NSW Community Inclusion Small Grant recipients.

Bondi Beach proved a picture perfect backdrop for the occasion with NSW Disability Minister The Hon John Ajaka on hand for the announcement.

Funded by the NSW Department of Family and Community Services, the Community Inclusion Project has been a major initiative for Surf Life Saving NSW over the last 18 months with grants being rolled out in the three trial sites of Bondi, Pambula, and Newcastle.

As these projects are implemented in the trial sites over the next six months, it is hoped that beaches and the areas that surround them will become more inclusive and benefit families such as the Ryans.

Rosie Ryan, mother of Cormac, who at just eight years of age is the state's youngest ambassador for the "Don't Dis My Ability" campaign wants her children to experience the thrill of participating in Nippers together but knows in reality there will be a lot of challenges to overcome.

"I grew up on the beach and did Nippers and it's such a fun part of life that I really

don't want my family to miss out. We sometimes go to the pool rather than the beach as it is easier to access, but things are starting to change slowly, which is why we need to support any initiative that makes beaches more accessible," said Ms Ryan.

GRANT RECIPIENTS:

BONDI

- Blind Sporting Association of NSW – Sand in Your Eyes Project
- Centre For Disability Studies – Bondi Waves of Inclusion Project
- One Wave Limited (Bondi) – One Wave Surfing Experience
- Little Hereos Swim Academy – Mad About Inclusion Project
- The Able Movement – Tell Your Story Film Project

NEWCASTLE

- Ability Links – Beach and Precinct Access Mapping Project
- Aspect (Hunter School) – Autism Awareness and Beach Accessibility Project
- One Wave Limited – One Wave Surfing Experience Project
- Catholic Community Services – Wheelchair Purchase
- Centre For Disability Studies – Newcastle and Nobbys – Waves Of Inclusion
- Guide Dogs ACT/NSW – Touching The Breeze Project

- House With No Steps – Walking On Water Project
- Newcastle Now 1 – Nobby's Lighthouse Project
- Newcastle Now 3 – Access All Areas Project
- Nobbys SLSC – Buddy Swimming and Charge Stations
- The Northcott Society – Beach Communication and Safety Project
- Octapod – The Storm; Theatre By The Beach Project
- The Deaf Society of NSW – Deaf Friendly Surf Safety Children's Information

PAMBULA / MERIMBULA

- Adult Education (Auspice) – Communication Using iPads
- Grand Pacific Health – Flouro Friday/ Mental Health/First Aid Projects
- Pambula Rotary – Leadership and Adventure Camp
- Sapphire Support Services (Auspice) – Access Pambula/Merimbula App
- Sapphire Support Services (Auspice) – Pathways for Inclusion Project
- Tulgeen Disability Services – Beach Access Program

Left: NSW Attorney General Gabrielle Upton and Disability Minister John Ajaka at the announcement of the Community Inclusion Grants on 27 November 2015.

Right: The state's youngest Don't Dis My Ability ambassador Cormac Ryan is pictured with his family at North Bondi Beach.



WET 'N' WILD YOUNGSTERS HEAD TO THE BEACH

Ever since the program began three seasons ago the Wet'n'Wild Sydney Nippers have been learning the basics of surf safety in the unique surrounds of an amusement park. But they are beach rookies no longer after a visit to Manly Beach in January for their first ever Nippers experience with their coastal peers.

Over 100 enthusiastic youngsters from the Wet'n'Wild Sydney Nippers descended on Manly Beach on Sunday 10 January for a morning of sun, surf, and sand.

The visit hosted by North Steyne SLSC gave the Western Sydney youngsters a chance to learn new skills in the surf, while also boosting their confidence about

their ability to handle a dynamic beach environment.

Troy Champion, Wet'n'Wild Sydney Nippers Age Manager says the visit to the beach for the kids is a fantastic addition to the program.

"The beach visit was really good because it exposed the kids from Western Sydney to real beach conditions," said Mr Champion whose two children are both program participants.

It wasn't just the Wet'n'Wild Sydney volunteers who were learning new techniques about the beach, it was also a chance for them to share their experiences with the North Steyne parents.

"We learnt a lot from the Wet'n'Wild Sydney Age Managers as they have larger groups and it's interesting to see how they go about running the program," said Neils Thelosen a North Steyne Age Manager.

Reports from the day have been overwhelmingly positive. The Wet'n'Wild Nippers are keen to head to the beach again while many North Steyne youngsters are already asking their parents to make a day trip to Wet'n'Wild Sydney.

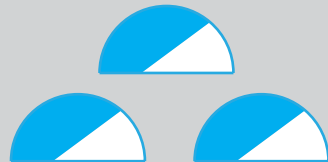
The day was made possible thanks to the tireless efforts of the North Steyne SLSC who were generous hosts with their time and their willingness to share knowledge.



“A big thank you must go to the members of both clubs who helped to make the Wet’n’Wild Sydney Nippers first beach visit possible. It was a real community effort with Sydney Northern Beaches clubs Narrabeen and Freshwater helping with water safety,” said Cheryl White, SLSNSW Wet’n’Wild Sydney Nippers Coordinator.

“Overall the day was very enjoyable for all involved – and the most pleasing thing to come out of it is some Wet’n’Wild Sydney Nippers now want to join a coastal club, which is a great outcome.”

WET ‘N’ WILD NIPPERS 2016 SEASON STATS



228

WET ‘N’ WILD NIPPERS



450

WATER SAFETY VOLUNTEERS FROM NSW SLSCs



90%

OF NIPPERS RECEIVE A SURF LIFE SAVING JUNIOR DEVELOPMENT AWARD

BEACH TO BUSH

HAILED A SUCCESS

The 22nd Beach to Bush was a trip to remember both for the thousands of rural school kids around that state who got to meet a real life lifesaver, and for those presenters who took the message on the road.

In 2015, 17 lifesavers from across NSW delivered 160 presentations to primary aged students in areas including Grafton, Griffith and Gunnedah.

The whirl-wind tour took place in late November and incorporated messages such as how to identify a rip, the role of lifesavers, and what to do if you get hurt at the beach.

Safety was a constant theme, with the lifesavers on the road keen to do their part to reduce the statistic that of all coastal drownings, almost half involve the victim living over 50 kilometres from the beach.

Surf Life Saving NSW Community Education Officer Stacey Pidgeon said the volunteers were the backbone of the project.

“The Beach to Bush program is growing bigger every year and is proving a popular and innovative program for schools and principals in the bush.

“It wouldn’t be possible without the dedication of our volunteer presenters who take our key messages of safety on the road and always deliver it with a sense of humour and a smile,” she said.

The Beach to Bush Program, supported by ClubsNSW and the NSW Cancer Institute, 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.



HISTORIC AGREEMENT PUTS SURF CLUBS ON SOLID GROUND



Top: Phil Vanny AM (SLSNSW CEO) and Niall Blair (Minister for Lands and Water) formally announce the historic agreement

Bottom: Tony Haven AM (SLSNSW President) and Niall Blair talk to a Bronte Nipper

Surf clubs located on crown land across the state will have fewer hurdles to secure their long-term future after the historic signing of a deal between Surf Life Saving NSW and the State Government.

Under the terms of the new arrangement, clubs and councils will not have to go through the extensive and at times complicated process to extend leases, and instead provides provisions for a guaranteed 20-year lease.

This means that volunteer resources are not tied up in lengthy negotiations with councils and can be concentrated where they are most needed – delivering frontline beach services.

The deal was officially launched at Manly on 25 January by NSW Minister for Lands and Water Niall Blair.

“About 80 per cent of surf clubs are located on Crown land, and this landmark agreement allows surf clubs and councils

to sign a standard lease agreement, removing the need for lengthy negotiation or drafting of complex contracts,” Minister Blair said.

“We have the best beaches in the world, which is why the NSW Government is determined to make it easier for our surf clubs and their members to get on with doing what they do best – saving lives.”

Tony Haven AM, President of Surf Life Saving NSW, believes that the new agreement will in time prove to be one of the most significant in the movement’s long history.

“This is a milestone for our organisation. For the first time in our history it will provide affordable and secure tenure for all of our surf life saving clubs on Crown land across the state,” Mr Haven said.



EXPERTS GATHER FOR DROWNING CONFERENCE

Members of the international life saving community attended an international symposium on drowning prevention in November held in Penang, Malaysia where Surf Life Saving's efforts in preventative strategies were highly regarded.

The biennale World Conference on Drowning Prevention hosted 450 delegates from 55 countries, who presented on the latest trends and strategies aimed at curbing what is a tragic global issue, and for the first time the World Health Organisation (WHO) co-sponsored the conference.

Frightening global estimates are that over 300,000 people drown annually, with the highest rate being boys aged 0 - 14. Developing nations represent a significant proportion of these deaths and these numbers underscore the need for the life saving community to gather and share potential solutions to this epidemic. The need to gather reliable data on non-fatal drownings was also highlighted. Data gleaned from this research could help life saving organisations more effectively position their assets to improve rescue rates.

"It is truly inspirational to see the work being completed around the world to reduce the global drowning burden, which accounts for almost two thirds of the deaths from malnutrition and well over half that from malaria," said Adam Weir, a member of the International Lifesaving Society Rescue Commission and Chair of the Rescue Operations Committee.

"While these major public health issues receive the attention they deserve, more needs to be done to address the global drowning problem. More than 90% of these deaths occur in low and middle-income countries. Through working alongside our counterparts in the International Life Saving Federation, SLSNSW continues to assist developing nations reduce drowning," Mr Weir concluded.

Delegates will next meet in Vancouver, Canada in 2017.



YOUNG LIFESAVERS EXCHANGE ROLES

Some of the state's most talented young lifesavers spent Australia Day weekend honing their skills on an unfamiliar beach as part of an annual exchange program.

The City/Country Exchange allows lifesavers aged 18-25 who have demonstrated potential to become leaders within their clubs or branches, the chance to travel to Northern NSW or metropolitan Sydney for an exciting program.

During their respective visits, program participants are given a tour of emergency service facilities, participate in patrolling activities at either Ballina or Bondi Beach, and have the valuable opportunity to network with other likeminded volunteers.

The program is currently in its 10th year. NSW Lifesaving Officer Shaun Hudson believes the program plays a crucial role in developing the skills of young lifesavers.

"These young lifesavers are all future leaders within the movement, and it's important to give them as many opportunities as possible to not only develop their lifesaving skills, but also to forge connections that will ultimately benefit not only them individually but also their clubs and branches.

"The program is an exciting opportunity for those selected, and we believe we have put together something that is innovative, challenging and exciting," Mr Hudson said.

Following the conclusion of the program two participants – one from each of the exchanges, will be selected to travel to New Zealand in March where they will have an opportunity to work with Surf Life Saving NZ volunteers in a series of exercises and workshops.

Photo: Participants from metropolitan surf clubs are all smiles while touring the Northern Region Westpac Life Saver Rescue Helicopter Service Base at Lismore as part of the 2016 City/Country Lifesaving Exchange Program



ALI'S GIANT STRIDES

Australian born and of Lebanese descent, lifesaving simply wasn't on Ali Najem's radar growing up – but since joining Wanda SLSC in 2012 the likeable lad fell in love with all the opportunities lifesaving has given him, and now wants to encourage youngsters from a similar background to his own to become involved.

Several years ago the now 21-year-old was at a crossroads. He clearly had some athletic ability and a passion for running, but as he entered his final years of school didn't really know what direction he was headed in.

Enter a meeting with renowned high performance coach Jock Campbell who has spent almost three decades mentoring and working with athletes of all ages and abilities including a highly successful stint on the coaching staff of the Australian cricket team.

"When I met Ali I sensed he was a guy that would enjoy the mateship of a club and being part of a team environment. Athletics is such an individualistic sport as it's you against the clock and running with your thoughts. I thought he was the type of guy whose personality would enjoy being part of the club environment," said Jock Campbell.

"He has become an extremely popular member of the club. He actually said to me recently that running and being part of a surf club has saved his life as he was heading on a path to jail and who knows what else."

Campbell feels that the thing that most stands out about Ali is his commitment and dedication, and that he's the type of person who would do anything for you; all traits that have endeared him to his fellow club members.

Encouraged by Campbell's words and despite his initial misgivings the teenaged Ali headed down to Wanda Beach not knowing anything about Surf Life Saving.

"I didn't know much about surf clubs how they worked or the opportunities they provide. So I was a kid of 17 no idea how to swim and I sat for my Bronze Medallion. I was petrified about it because I didn't think I could do it," said Najem.

"The club couldn't have been more welcoming and the guys in my squad were just so encouraging. Even a few of the iron athletes coached me on how to swim and made sure that I would pass."

And pass he did; though it was an event that would happen nearly 2 years later in



Photo: Stephen Chu



Photo: Stephen Chu

2014 that Ali cites as the moment he truly belonged to the Surf Life Saving family.

“It was late one evening about 7pm and the beach was deserted. It was just my training group there we had just finished our running session and we heard a mother crying out for help.

“Three kids had got caught in the rip out the front of the surf club which is quite strong at the best of times and were in great difficulty. Two of my training partners rushed up to get some rescue boards and they urged me to swim out and keep them afloat as long as possible,” he recounts.

“They were young Muslim kids probably around 10-12 years old and it was fortunate that I could speak Arabic. I could see so much of myself in them as that could so easily have been me.”

He believes that his role in the surf club has evolved over time and is keen to be a leader to others from his cultural background. Already he has visited both his primary and secondary school to talk to students there and has given tours of the clubhouse to family and friends.

“Being part of a club means the world to me – it’s opened up so many opportunities for me not just as a runner but as a person. I have had positive media experiences,

raced in plenty of competitions, and people have a better understanding of my cultural background and I owe that all to surf.

“

We can’t hide from the fact that there have been issues in the past, but I don’t buy into any of that. You can’t judge a nation on one group of people.

“The opportunities are endless and that’s what I try to tell them. I want to lead by example, I mean I wasn’t the best at school, I’m not the fastest, not the smartest and I struggled to swim so what I tell them is if I can pass my Bronze Medallion anyone can. I just want to let them know about all the opportunities that are available within surf life saving.”

Before joining Wanda, Ali was apprehensive about how he would be

received coming from a Middle Eastern Cultural background. He has nothing but praise for the way he has been welcomed into the movement which has extended to representative teams where his teammates have been both respectful and curious about his culture.

“We can’t hide from the fact that there have been issues in the past, but I don’t buy into any of that. You can’t judge a nation on one group of people. From my experience the club couldn’t have been more welcoming, and I hope that other people from my cultural background can have the same experience.”

While it is clear that Ali has had a remarkable impact on his club in such a short period of time, there are still plenty of goals in his other love running that he hopes to achieve.

“I’m probably going to cut back a little on competition this year and focus on my road running and marathons. I would really love to give qualifying for the Commonwealth Games on the Gold Coast in 2018 a real crack.

Regardless of where he ultimately ends up, Ali Najem’s story is already one worth telling, and like his racing career it’s clearly one on the rise.

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SOUTH MAROUBRA LIFESAVERS WIN NATIONAL RESCUE AWARD

A team of lifesavers from Sydney's South Maroubra club have received national recognition for the dramatic rescue of an injured fisherman last year.

In early December, Christopher Maloney, Michael Fernandez and Damien Woods were presented with their National Rescue of the Month Award at a ceremony in Canberra.

The prestigious award recognises outstanding rescues by volunteer surf lifesavers, and is strongly supported by the Parliamentary Friends of Surf Lifesaving.

August 9 started off as an ordinary day for the trio of lifesavers who were on the beach early for a pre-season gear inspection to make sure that all their equipment was in perfect order before the season proper commenced.

They were just about to hit the water when reports began to emerge that a fisherman had been injured while on the rocks somewhere near Malabar Headland.

As the location of the fisherman was unknown at the time, South Maroubra's IRB was launched by Christopher Maloney, Michael Fernandez and Damien Woods.

Once located, Damien and a Maroubra lifeguard who was tasked to assist the rescue entered the water and reached the fisherman via the rocks.

Once the pair had reached the rock ledge where the injured man lay, Michael and Christopher returned to shore and grabbed the first aid kit and oxy-viva, and made their way back to the fisherman on foot.

"It was lucky that we had all the gear out and ready to go this morning including a fully stocked first aid kit. There was a little swell but it wasn't too bad," rescuer and club captain Damien Woods said.

"That location is not an easy place to get too as it's quite isolated, and takes at least thirty minutes to reach by foot. It's the second incident involving a fisherman in that spot in a year and we were very pleased to be able to assist in his treatment."

Damien and the lifeguard provided initial first aid by splinting the leg and looking after the male who had gone into shock after the four metre fall, with Michael and Christopher arriving at the scene after a 15 minute trek around to the headland. They carefully made their way down to the rocks

and administered oxygen and first aid to the male.

Christopher, Damien and Michael stayed with the patient until the NSW Ambulance helicopter arrived and winched the fisherman to a nearby reserve. He was stabilised and subsequently driven by paramedics to hospital.

The three surf lifesavers demonstrated advanced skills to successfully treat the fisherman. Their prompt response and teamwork ensured the best possible outcome for the patient, and is a fine example of the training that all lifesavers undertake.





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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

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NEW SOUTH WALES

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.

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