

Surf LIFE

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SURF LIFE SAVING
NEW SOUTH WALES

CUDGEN WIN FIFTH COUNTRY TITLE IN A ROW!

Despite a solid challenge from south coast club Warilla-Barrack Point, reigning champions Cudgen Headland SLSC emerged victorious at the 2022 Oakberry Acai NSW Country Surf Life Saving Championships at Cape Hawke, Forster at the end of January.

After a huge three days on the sand and in the water under spectacular skies at One Mile Beach, the state's northern-most surf club, Cudgen Headland, retained the title by just five points over South Coast club Warilla-Barrack Point. The smaller Warilla contingent came agonisingly close to knocking the champions off the top podium position, with the team competing throughout the weekend with passion and athletes backing up in race after race.

Third place in the point score went to a very excited team from Port Macquarie SLSC, pushing Lennox-Head out into fourth spot.

The final result came down to the wire on day three, with the Taplin team relays deciding the eventual outcome and clubs fighting it out knowing that every point counted.

Warilla came within single-digit points of the lead, with wins in the U17 and U19 Female races, the Open Male Taplin and the coveted Open Mixed 6-person Taplin, the final event of the carnival.

Cudgen Headland SLSC team manager Adam Mills said he was proud of the whole team to retain the title after a hard year.

"This year we knew it was going to be pretty close. Warilla are strong in the Taplins so we knew it would be tough.

For our guys it was all about the point score, backing up in race after race and getting into it," he said at the time.

The top performing local Lower North Coast club, Black Head SLSC continued its rise through the ranks to finish 11th on the ladder, with medals to Ziggy Pickering (gold in U15 2km Beach Run), Miley Cox (bronze in U13 2km Beach Run), Ella and Ashleigh Pegrum (silver and bronze in the U12 Beach Run) and bronze to the U17 Male Taplin team (Joel Fleming, Jaime Wisemantel and Isaac Boag).

Cape Hawke president, Gary Curtis, reflected at the time on the event with joy.

"We've been really happy with the weekend, the weather and conditions have been favourable, and we've had a lot of support from the team to make it happen," he said.

"I think One Mile has turned out to be a great showcase for the event. We have a strong volunteer team, it's quite a big job, we're fortunate we have great depth in our volunteer team."





OAKBERRY



Junior Lifesaver of the Year Finalists Announced

More than 50 of the state's brightest young lifesavers will come together on the Northern Beaches in April for the Ingenia Holiday Parks Junior Lifesaver of the Year (JLOTY) Program and the Youth Opportunity Makers (YOM) Workshop – two of Surf Life Saving NSW's flagship youth development programs.

Held from 12-14 April at The Collaroy Centre, the programs assist young lifesavers to grow networks, establishing lasting connections and building knowledge through fun and interactive activities.

The JLOTY Program brings together all 22 of the Junior Lifesavers of the Year, nominated by the 11 Branches. At the end of the program, the overall NSW Junior Lifesavers of the Year (male and female) will be awarded.

Collectively, the group will further develop their skills by working with like-minded young members and the program aims to build a greater awareness of opportunities and individual abilities in the membership.

Former JLOTY program participants, Lily Gazzard from Kiama Downs SLSC and Andie Widseth from Redhead SLSC, said the class of 2022 can expect plenty of personal growth as part of the program.

"They will get to meet a lot of influential people and they'll have a lot of fun and just learn a lot," Lily said.

"They can expect a lot of advice.



"We have so many connections now, when we want to help our club, we can."

"You definitely meet a lot of different people and get to know a bit about what other clubs do and how they cater for Surf Life Saving," Andie added.

"It will help them to find new opportunities for what they can do in the future – they can get their Bronze, or Silver Medallion, join an IRB crew, stuff like that. "They're going to have lots of fun."

This year Ingenia Holiday Parks has come on board as Naming Rights

partner of the JLOTY Program, with Events and Partnerships Executive, Bec Cushing, stating the East Coast holiday park operator was proud to be supporting our future leaders.

"We're so excited to be behind the juniors, supporting the next generation of volunteer lifesavers and lifeguards and keeping our beaches and communities safe," she said.

"Especially for the young families that holiday at our parks, we love to know when they are swimming at our beaches, they're safe too.

"Building great Australians, we love it!"

The Junior Lifesavers of the Year will be awarded at a presentation on 14 April.

Can you feel it?

The best memories are still to come.

Ingenia
Holiday
Parks

REAWAKEN YOUR HOLIDAY SENSES



MANLY'S GOLDEN GIRL *enters Sport Hall of Champions*

An Australian Surf Life Saving icon and two-time Olympic kayaker, Naomi Flood became the first woman inducted into the Sport NSW Hall of Champions in January for her achievements in surf competition.

Naomi was honoured in front of a room packed full of sporting greats and finalists for the NSW Sport Awards in Sydney.

A nipper from Sydney's Northern Beaches, Naomi was a member of several clubs but it was with Manly LSC that the teenager stamped her mark in the sport she would come to dominate in NSW for almost a decade.

Her breakthrough came in 2000/01 when she won the Under 16 Ironwoman event. She first won the NSW Open Ironwoman title in 2004/05 before capturing the 2006/07 Australian Open Ironwoman title.

Naomi claimed the NSW Open Ironwoman title five times in a row from 2004, and the Open Surf Race four times in five years from 2005 to 2009. She was virtually unbeatable on NSW and Australian Championships in the single and double ski events between 2007 and 2015, along with wins in Board, Surf Belt and Taplin team relay events.

Naomi also represented Australia at International Lifesaving Federation events where she won 16 gold, six silver and 3 bronze medals between 2006 and 2014 and in 2008, she claimed the World Ironwoman title.

Flood turned her hand to kayaking in 2009 and in 2011 she picked up the bronze medal in the K1 1000m event at the World Championships in Hungary and won gold in the same event at the 2012 Sprint World Cup in Russia. She competed at the London 2012 Olympic Games in the K2 500m with Lyndsie Fogarty and represented Australia again at the 2016 Rio Olympic Games.

During her Surf Life Saving career, Naomi won over 65 NSW medals, 52 of them gold. At Aussies, she won 21 gold, 7 silver and 8 bronze medals, making her a true legend of our sport.

In 2013 Naomi became the first female life member of Manly LSC and was inducted into the SLSA Hall of Fame.

On behalf of the Board of Surf Life Saving NSW, we congratulate Naomi Flood on a truly remarkable career in surf sport and thank her for the legacy and inspiration she leaves for aspiring surf athletes, in particular our young female lifesavers.





LIFESAVERS CHALLENGED

by biggest operational period in five years

The New Year brought with it new challenges as the start of January brought about hot weather, challenging surf and large crowds at our beaches - a combination that lead to a record number of incidents, rescues and preventative actions up and down the coastline.

On Monday 3 January, the SLSNSW's State Operations Centre logged 60 incidents through its system, the most ever received in a single day. Of those logged, an unsuccessful CPR attempt at Park Beach in Coffs Harbour was among 197 rescues, 6,923 preventative actions and 24 emergency incidents.

The CPR incident on the state's north coast came after patrol was alerted that a 40-year-old woman was missing and sent an IRB out to search for her. Lifesavers found the woman face down in the water, brought her back to shore and commenced CPR for 45 minutes. She was not able to be revived.

It came after Saturday and Sunday, January 1 and 2, produced dozens of high category incidents and saw a further two fatalities – two rock fishermen at Warriewood and Windang.

The rock fisherman at Warriewood was found unconscious in the water by surfers. Once on the shore CPR was administered but attempts to save the man's life were unsuccessful.

At Windang, a 21-year-old rock fisherman was swept from the rocks and confirmed drowned after multiple surf lifesaving assets and a helicopter was dispatched to assist.

In all, for the week from Monday 27 December through to Monday 3 January, inclusive of a public holiday, 609 rescues were completed. There were also 58 ambulance callouts and 70 emergency incidents.

"What we have seen over the past three days has never been seen before on NSW beaches," Surf Life Saving NSW President, George Shales said at the time.

"The sheer volume of incidents, rescues and preventative actions has shone a light on lifeguards and volunteer lifesavers up and down the coastline and highlighted just how lucky we are to have dedicated, well-resourced individuals looking out for our safety on the beach.

"It's important, though, to remember that we also must look out for our own safety and make smart decisions when we head to the coastline. That begins with choosing to visit a patrolled beach and swimming between the red and yellow flags."

WORKPLACE TEAM BUILDING

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LIFESAVERS COME TO THE RESCUE IN FLOODS



When the callout came on Monday 28 February for volunteers and with flood waters rising around the state, more than 500 Surf Lifesavers put up their hands to help. When it all was said and done, more than 700 volunteers were involved in one of the state's biggest natural disasters.

Surf lifesavers across the state banded together, with a massive effort mounted by volunteers on the flood frontline to assist SES and Police with the unfolding disaster.

Callout teams in IRBs conducted evacuations of people and in some cases animals stranded by floodwaters, assisting with food drops and supporting other emergency services organisations with logistics.

Along with IRBs, Duty Officers were positioned in all of the Emergency Operations Centres as Liaison Officers and UAVs were deployed to provide intel on conditions and continued to assist during the recovery phase of the disaster.

More than 90 UAV operators were either on standby or in the field, giving the SES vital aerial intelligence on the extent of the disaster.

NSW Director of Lifesaving, Joel Wiseman, thanked all those involved and everyone who offered to assist, either in their local area or to travel to flood affected areas to help.

"The response to the callout for volunteers was amazing," he said.

"I'm so proud to be part of an organisation where so many people are willing to drop everything and lend a hand, including some of our members who themselves have lost their homes in this disaster."





Outstanding honoured on

Congratulations to members of Surf Life Saving in NSW who have been honoured in the Australia Day awards.

Wanda SLSC Life Member **Michael Brannock** has received an OAM for Service to Surf Life Saving. Michael has held roles including President, Deputy President, Club Captain and Boat Captain during his six decades of service as a volunteer. He is a current carnival official and he was awarded Cronulla Senior of the Year in 2016 and an Australian Sports Medal in 2000.

North Bondi President (2014-2019) **Mark Cotter OAM** has been recognised for Service to Surf Life Saving and has held many roles at the club since becoming a volunteer surf lifesaver in 1985. He is a Life Member of North Bondi, and Sydney Branch and was one of the driving forces behind establishing a pilot Bronze Medallion course for returned ADF service personnel, an initiative that won the club the SLSA Innovation of the Year Award in 2020.

Dee Why SLSC's **Adrienne Lowe** has been awarded an OAM for Service to Surf Life Saving. A highly experienced and skilled educator, Adrienne has trained countless volunteers in Lifesaving and first aid awards and has held just about every role at her club, including President from 2007-2010.

Adrienne is the Sydney Northern Beaches Branch Director of Education and has volunteered at Branch level

as a Surfcom operator, Duty Officer, Carnival Official and sits on a range of selection panels for member recognition awards at both Branch and State level. Adrienne has been a volunteer Beach to Bush surf awareness presenter since 2003.

For Service to Surf Life Saving, the late **Laurence March** has been posthumously awarded an OAM. He was a Life Member of Merewether SLSC and the Hunter Branch. He gained his Bronze Medallion in 1949 and was a founding member and crewman with the rescue helicopter service in 1976 and was a strong advocate for the introduction of power craft as rescue equipment.

Cooks Hill SLSC Life Member **John Mayo OAM** has been recognised for Service to Surf Life Saving. His passion for inclusion is demonstrated in his role as coordinator and founder of the Same Wave Nippers program and a coordinator and facilitator of immigrant/refugee and indigenous outreach programs in the Hunter. John was the Hunter Branch Lifesaver of the Year in 2018.

James Small OAM has been recognised for Service to Surf Life Saving in both NSW and Qld, having been an outstanding patrol member of Mollymook SLSC, Maroubra SLSC and Greenmount/Tweed Heads. James was the South Coast Branch Lifesaver of the Year in 2003 and received a Commendation for Brave Conduct in 2012.

g Lifesavers Australia Day

Others receiving awards on Australia Day 2022 include **Dr Denis Gordon OAM**, who was the Honorary Medical Officer at Swansea Belmont SLSC from 1965-2018 and **Brian Rudder OAM**, a former honorary member of Stockton SLSC.

For the first time, five outstanding Surf Life Saving NSW members have been awarded the Emergency Services Medal.

Stewart Bailey, Jimmy Keough, Garry Meredith, Richard Lissenden and **Tony Rettke** have been honoured.

The Emergency Services Medal recognises distinguished service by members of emergency services across Australia, and people who are involved in emergency management, training or education.

Established in 1999, all state emergency services and voluntary emergency organisations are eligible for the award.

With over four decades of voluntary service to emergency services with Surf Life Saving, including being one of the first Jet Rescue Boat drivers (JRB), an Inflatable Rescue Boat (IRB) driver and radio operator, Stewart's commitment to his community is without question.

The North Bondi SLSC volunteer boasts many years of training and assessing lifesavers including Bronze Medallion, IRB, radio and helicopter

crew, and has over 35 years of dedicated service to the Westpac Life Saver Rescue Helicopter, with over 1780 flight hours.

He has been a loyal operator, ambassador and advocate for the service in many roles, and was previously awarded a bravery medal from the Royal Humane Society for a rescue at Clovelly. Last year, he was recognised by the Rotary Districts of NSW at their annual Rotary Emergency Service Community Awards (RESCA).

His fellow volunteer, Jimmy, too, has been a loyal advocate for the Westpac Life Saver Rescue Helicopter from the Lismore base on the state's Far North Coast.

He has been at the forefront of emergency management operations with Surf Life Saving Far North Coast at a local, branch and state level. As the region's Emergency Services Officer, he has long coordinated the support operations teams, as well as response and management of incidents, among other things.

Garry has also contributed heavily to Surf Life Saving on the Far North Coast, mentor, leader assessor and facilitator and is available 24/7 to undertake emergency response duties, regularly relieving as the Emergency Services Officer.

He has been a Duty Officer in the branch for over 20 years and was the recipient of the Support Operations

Member of the Year Award at the Surf Life Saving NSW Awards of Excellence in August 2021.

In Maroubra, Richard has been an active patrolling volunteer for nearly four decades and is an integral member as the Chairperson of the Rescue Crew of the Sydney Branch Offshore Rescue Boat – Surf Rescue 30 (SR30) which is a specialist surf lifesaving volunteer rescue vessel.

He has been a member of the Surf Life Saving Branch emergency callout team for more than 30 years and has volunteered more than 4,000 hours as an emergency responder.

His contribution towards emergency management, training and education of new and existing members has been paramount to the success of the organisation.

Also integral to the success of the organisation, Tony – based on the Far South Coast as the Branch's standing President – has been a consistent and powerful advocate to Surf Life Saving.

His strength in the surf, skills and knowledge are exemplary among lifesavers and he has the rare honour of receiving two high ranking nationally recognised Meritorious Awards – the SLSA Meritorious Award with Silver Medallion Insert for the 2008 Tathra Wharf Tragedy and the SLSA Meritorious Award with Bronze Medallion Insert for the 2017 rescue of a rock fisherman off Tathra's Kianinny Bay.

SEVERE WEATHER ENDS STATE CHAMPS EARLY

Extreme rainfall and hazardous surf, combined with key volunteers travelling north as part of flood relief efforts on the NSW North Coast, unfortunately brought an early end to the 2022 NSW Surf Life Saving Championships, proudly supported by Your local club, but not before the junior lit up Manly over two action-packed days of competition.

The decision was an extremely challenging one for all involved and came as a result of the difficult set of circumstances for the Championship Committee to contend with over the last few weeks.

Surf Life Saving NSW had been hopeful that the original postponement of the Open and Masters events would allow the Championships to continue and were extremely disappointed that despite the best efforts of everyone involved in the planning and conduct of the Championships, it became clear

that the weather would not improve sufficiently, nor would the safety of the beach environment following the previous two weeks of extreme rainfall.

Additionally, the involvement of many key volunteers in the flood rescue effort put a significant strain on the ability to ensure the required level of water safety was in place for the event.

The original decision to postpone events came on Saturday 26 February, the third day of competition, and came after the Age Championships



were successfully completed on Thursday and Friday.

Titles were retained and new Champions crowned as a spread of good results for local and regional clubs alike capped an excellent two days of competition, with Coogee dethroning incumbent club winners North Curl Curl in the overall point score.

South Maroubra and North Bondi rounded out the top three, with North Curl Curl settling for fifth place behind a strong Wanda performance which

elevated them to fourth.

Later in March, the First Aid Championships were also successfully held at Queenscliff SLSC, with winners from Neport, Freshwater, Umina and Manly crowned.

Not requiring access to the beach or water, the competitors in age divisions from Under 15 to Opens were very appreciative to have been able to compete.

The First Aid competition is an extremely important part of the NSW Surf Life Saving Championships,

designed to promote and demonstrate a high standard of First Aid prowess by Surf Life Saving members in teams of two.

SLNSW would like to thank our partners for their support over what was a challenging and unprecedented few weeks, and we look forward to coming back bigger and stronger in 2023.

SURF LIFESAVERS RESPOND TO SHARK FATALITY

Volunteer Duty Officers, jetski operators and UAV pilots were called upon to assist Police in the aftermath of the first fatal shark incident in Sydney in almost 60 years.

Tragically, a man died in February after a shark encounter off rocks at Little Bay beach.

At about 4.45pm on 16 February, the SLSNSW State Operations Centre was advised by Police of a man missing after being observed by rock fishers in an encounter with a shark. SLS Duty Officers attended, along with Randwick Council lifeguards, SLS Sydney jetski and the Westpac Life Saver Rescue Helicopter.

Surf lifesavers were back on scene the next morning with two Surf Life Saving Sydney jetskis on the water and two UAVs in the air to assist Police and the Department of Primary Industries.

Randwick, Sutherland and Waverley Councils closed beaches for 24 hours after the incident occurred.

“This is a terrible tragedy and our thoughts are with the man’s family and friends,” said SLSNSW President George Shales at the time.

“While these incidents are extremely rare, it is still shocking to comprehend and I want to thank our volunteers who responded to assist Police.”



Vafe

Ray Brennan OAM & John Mills OAM



Ray Brennan OAM



John Mills OAM

It is with great sadness that we learned of the passing of two Freshwater SLSC, Surf Life Saving NSW and SLSA Life Members in Ray Brennan OAM on January 31 and John Mills OAM on February 1.

Ray, a fierce contributor to the Surf Life Saving movement, dedicated more than three quarters of his life to both Freshwater and, earlier, North Narrabeen SLSC, where he became a member in 1946 and gained his Bronze Medallion the following year.

In that time, his most undeniable impact was felt by the Nippers. Throughout the junior system, he held the roles of Assistant State Team Manager, Vice President, Deputy President and President over a 10-year period. Indeed, Ray's unquestioned commitment extended to the two most onerous positions at national level – secretary and treasurer – which he held simultaneously for a period of 13 years.

Ray was instrumental in increasing sponsorship money for the operation of the Junior Association by a factor which was tenfold over the sponsorship figure at the start of his tenure. He then proactively researched the needs of the various State operations and dispersed funding accordingly.

John, meanwhile – also a Life Member of Coffs Harbour SLSC where he grew up – was one of the areas greatest ever surf swimmers, and won many local championships before being chosen to represent Australia in 1950.

He received his Bronze Medallion in Coffs Harbour in 1945 – a dedicated volunteer – serving his communities

in Coffs Harbour and Freshwater on Sydney's Northern Beaches with continuous vigilance and service.

In competition John dominated surf race, belt, surf teams and R&R events at Branch, State and National level with both Coffs Harbour and Freshwater.

Coaching was his life, though. Even as a competitor he was also a coach, and has continued coaching, instructing and mentoring young Australian men and women over his lifetime – coaching countless Club, Branch, Regional, State and National Champions.

It is estimated he coached over 3,500 young lifesavers and swimmers – from the surf, pools and creeks around the North Coast to the Freshwater beach and rock pool – in swimming, R&R, lifesaving certificate, Bronze Medallion, instructor's certificate and on to board and ironman training – continuing to produce some great champions.

On behalf of the Board of Surf Life Saving NSW, our deepest sympathies and condolences are extended to Ray and John's family, friends and all who knew them.



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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 75,000 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.

Contact Us

For contributions or suggestions for SurfLIFE please contact SLSNSW Media on 02 9471 8000 or

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

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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.

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