



Maroochydore SLSC Surf Sports Handbook

Information for U14-Open Athletes (and Parents) - 2023-24 Season

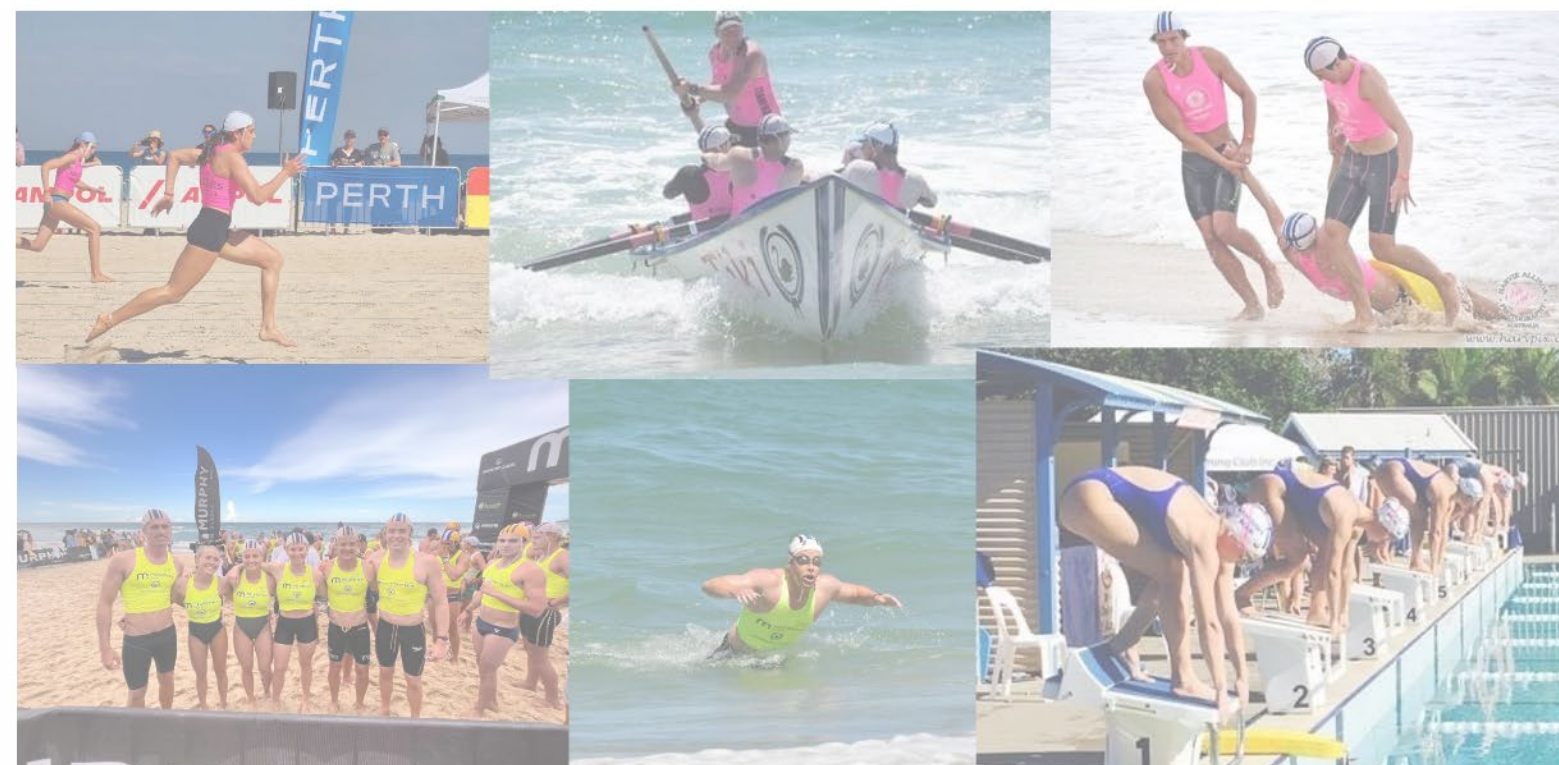




Table of Contents

Message from the DOSS	4
Team Work Makes the Dream Work!.....	5
Key Surf Sports Roles	6
Board of Surf Sports and Team Management.....	6
Coaches:	6
Surf Sports Pathways at Maroochydore	7
Lots of Surf Sports Options at Maroochydore	7
Carnival Information	9
Surf Sports Calendar.....	9
Entries	10
Team Selection Guidelines	11
General Team Selections	11
Board Rescue and Double Ski.....	11
Rescue Tube Rescue.....	11
Belt Race	11
Beach Relays.....	11
Appeals Process	11
Competition Attire	12
Helping Out at Carnivals	12
Training Etiquette	13
Surf Sports Equipment.....	13
New Adjustable Skis	13
Methods of Communication	14
Maroochydore Surf Sports Team App	14
Maroochydore Lifesaving Team App	14
Lifesaving Emails	14
Facebook Pages.....	14
Instagram.....	14
Sponsorship and Fundraising Activities	15
Athlete Fundraising Opportunities	15
Black Swan Academy – Surf Sports Scholarships.....	16
Goal 16	
Overview	16
Principles	16
Subsidy Terms and Conditions.....	16
Scholarship Levels and Guidelines.....	17
Bonus Support Payments (subject to budget availability).....	18
Black Swan Foundation – Surf Sports Assistance.....	19
Goal 19	
Overview	19



Principles	19
Terms and Conditions	19
Skills Maintenance.....	21
Patrol Information.....	22
Patrol Obligations.....	22
General Patrol Information	24
Patrol Season and Hours	24
Uniform	24
Use of Mobile Phones whilst on Patrol.....	24
Adhering to the Code of Conduct	25
SLSQ Code of Conduct.....	25
The Club Song	26

Message from the DOSS

Dear Athletes, Parents and Supporters,

Maroochydore SLSC has a long and proud history in surf sports. In terms of gold medals at the Australian Championships, we currently sit in 2nd place having gone past Manly LSC at the 2021 Aussies – which was our most successful Aussies in our 106 year history! That was of course until 2022 where we surpassed this.

We are the current World Youth Champions and have stated objectives to be the number one surf sports club in the world by 2024. We will be defending our World Title and having a crack at the Open title at the 2024 Worlds to be conducted on the Gold Coast in September 2024.

Surf Sports is the “shop front” of the surf lifesaving movement with success in the competition arena producing rescue ready lifesavers, equipped with skills and abilities to negotiate almost any conditions to save lives. At Maroochydore, we strive to provide surf sports opportunities across all disciplines. We employ the best coaches, we have access to the best volunteer coaches and provide the best environment for athletes to develop and achieve their best.

The Board of Surf Sports is particularly focussed on developing and maintaining a pathway for members from nippers through to open and masters competition. The BoSS knows that if we can provide a rewarding and enjoyable surf sports environment, then members will remain at the club over the long term.

A key ingredient of success is putting value on being part of a team. At Maroochydore, our priority is success in team events. At every level, success in team events leads to success in individual events.

For all athletes, it is your responsibility to become familiar with and meet your club obligations. If you don't know something, ask someone. Don't let the broader team down.

I encourage you to keep this handbook somewhere handy as it provides almost all the information you will need to know. Thank you to Kara Wills who has pulled the handbook together. It will prove invaluable over time.

All the best for the season ahead.

Danny Short
Director, Surf Sports
Maroochydore SLSC



Team Work Makes the Dream Work!

When a group of people share a common dream or work together to reach a common goal, their desired results can be reached or surpassed. Everyone's role may differ but every contribution will matter.

Maroochydore SLSC is proud of its reputation of being a team focussed club – it is through that mentality that we have won the World Championships twice and more recently in 2018, the Youth World Lifesaving Championships and are consistently in the top 5 clubs at the Aussies every year. That feat cannot be achieved without our athletes putting everything on the line for their teammates for the good of the team.

With our goal to be the best club in both Australia and the world by 2024, it's so important that our athletes are continually nurtured and supported. It is also critical that the environment and culture around all athletes is positive, encouraging and supportive – and that environment is created BY the athletes for the athletes. Be kind and supportive to each other and be aware of your attitude towards others. We don't want to lose team members because of a falling out, or a negative environment – with no team members, there is no opportunity to pursue your goals, our goals, or undertake team-oriented events at Nationals or Worlds.

We have a team like no other. Many of you have grown up together and been friends since you were 6 years old. That is unique, and something that is so special when you are still competing together.

Now that many of you are young adults, the following outlines how we would expect you to behave as part of any team that competes for Maroochydore to ensure success:

- **Be leaders** –have the courage to lead and stand up for your team members
- **Trust in each other and build each other up**, to do all we can to achieve our objective. When people feel like they can do anything – they will!
- **Trust in your coaches** – they know what it takes to win, and will arm you with the ability to do so
- **No single person is bigger than the team**
- **Respect for each other** is non-negotiable
- No matter what team you are in – **give it 120%!**
- Team selections might not always go your way, but **how you react to that can influence the team culture**. We encourage you to be supportive of your team-mates/ friends and take your frustration out on the water, not your peers. By all means talk it through with your coaches to understand what you need to do to be considered for the next round of selections. As Michael Jordon once said “not making the varsity team was the best thing that ever happened to me”. The rest is history on that one!



Key Surf Sports Roles

Board of Surf Sports and Team Management

Name	Role
Danny Short	Director of Surf Sports/Selector
Brad Irvine	Team Manager/Selector
Nathan McGrath	Touring Team Manager
Brad Stark	Surf Sports Selector
Kara Wills	Surf Sports Advisor – Coordination and Planning
Clint Irwin	Surf Sports Advisor – Performance and Development
Natalie Jarrott	Surf Sports Advisor – Communication and Promotion
Kylie McGrath	Lifesaving Sport Advisor
John Baxter	Swim Captain
Todd Grace	Ski Captain
Melanie (MJ) Holmes	Beach Captain
Michael Brookes	Boat Captain
Ben Ray	Board Captain
Larissa Hallam / Ian Jobson	Masters Liaisons
Paul O'Brien (Obi)	Life Member Rep and Selection Committee Ombudsman
Mick Lafferty	Ordinary Member / Official Representative

Coaches:

Name	Role
Nathan Greig (Bugsy)	Head Coach
Todd McSwann	Beach Coach
Todd Grace	Ski Coach
Clint Irwin	Board Coach
Nathan McGrath	Board Coach - Redcliffe
John Baxter, Danny Short, Sarah McGrath	Pool Rescue Coaches
Michael Brookes, Dave Lough	Boat Coaches
Cody Surawski	IRB Coach
Kylie McGrath	Champion Lifesaver Coach
Lenore Grice	First Aid Coach
Leigh Ryan	Patrol Competition Coach

Surf Sports Pathways at Maroochydore

The Maroochydore SLSC surf sports program is divided into 3 tiers with opportunities within each tier for our members to continue to grow, learn and perform as they work their way into the open ranks. The foundation (green) tier of the nippers is governed and run by the Junior Activities Committee (JAC), with input from our Head Coach and his team. The aqua tier focusses on our U14-U19 athletes and provides ample opportunity for these athletes to learn new skills and develop existing ones. Our programs cater to developing the incoming u14s on the mals, introducing ski into the U15-17 age groups, and exposure to other surf sports divisions (see below) that they might not have experienced yet.

The Open tier is our peak tier and an area the club want to continue to develop in our goal to be the best club in Australia, and the World by 2024. U19 competitors who are competitive in Open competition are included in this tier, which is designed to create an aim for those younger tier athletes. The coaching sessions are built to cater to elite athletes, and surf sports promotions and opportunities are based around this tier to ensure the continued development, support and performance of the athletes.



Lots of Surf Sports Options at Maroochydore

While a number of our members come up through the Nipper part of the club competing in iron, swim, board and beach events, Maroochydore SLSC provides lots of different competition options in a variety of lifesaving sports. The following outlines a number of great options to keep teenagers (and parents!) involved should they want to delve into the sporting options on offer.

- **Iron, Board, Ski and Swim** – Head Coach Nathan Greig (Bugsy) runs a full program of iron, board and ski through the week and on Saturdays. During holidays he also runs an “ins-and-outs” swim program. Refer to Team App for all program details. These disciplines work towards a number of key water carnivals through the season, such as Oceans 38, Summer of Surf, the Nutrigrain series, Murphy Builders Carnival, and States and Aussies.
- **Beach Program** – Todd McSwann (Swanny) has a program for all ages and abilities. His sessions include cross training, strength and conditioning, both sand and land work and water athlete transition work. Please refer to Team App for what session is running for each demographic. The beach discipline involves 100 metre



sand sprints, beach flags and relays, with training focussed on the Fastest Man on the Sand, the Beach Series carnivals, as well as States and Aussies.

- **Pool Rescue** – In around May of each year, our Pool Rescue Coaches of Bakka, Danny, Sarah and their supporting crew of volunteers will run training sessions in pool rescue to prepare for the key pool rescue events (Branch, @ June, Qld States @ July and Nationals @ August of each). Pool rescue provides another element to lifesaving sports for those who may just want to focus on the pool like some of our senior athletes, or use it as a fitness base for others who do both ocean and pool events. Pool rescue events are quite technical and challenging and are designed to simulate the rescue environment. Pool rescue is a key part of High-Performance international competition, and accounts for half the points of the World Lifesaving Competition. Having skills in this area can influence one's selection into National Teams. Maroochydore proudly has a number of Australian representatives in this speciality.
- **Surf Boats** – This is an event where you must have your bronze medallion to compete, and as such the age divisions are U19, U23, Reserve Grade and Open. The teams are made up of 4 rowers (which fits the division they are in, ie 4 x U19 women), and a sweep (who can be any age or gender), who steers and coaches the crew. The events include a short course event, where the finish is where a rower (usually bow) jumps out of the boat for a sprint finish through the flags on land, and the long course which is a much longer row, bouy turn, and a finish between 2 finishing towers/flags in the water. This discipline encourages a great team environment and work ethic, and has opportunities for representative teams (Qld and Australia) across the U19, U23 and Open divisions.
- **IRB Racing** – A great one for the motor and adrenalin junkies, including those who didn't grow up with a surf background. IRB racing is the only competition in surf lifesaving where male and female competitors can compete together in the same team (barr mixed double ski!). Competitors can compete from the age of 15 years to no limit. To compete in IRB racing you need your Bronze Medallion and a Crews Certificate. Drivers must hold a current IRB Drivers Certificate and complete at least 21 hours of training. It doesn't matter how old you are, as your success is based on your IRB skills, rather than strength or extremely high levels of fitness. Age division is U23, Opens and Masters, and events include simulated rescues, including team, mass and tube rescues (where it does help to have a good swimmer as a crewie!) IRB racing runs through winter from May. Competition starts with the "Ocean Roar Series" where Queensland teams compete in over 5 rounds of competition. Like all other Surf Lifesaving competition, IRB's also have a State and Australian Titles. Maroochydore SLSC is very keen to build on our IRB racing team, so if it interests you as a competitor or a parent, by all means give the Lifesaving Office a call!
- **Champion Lifesaver** – Champion Lifesaver is an individual event which provides competitors with the opportunity to demonstrate in a competitive manner the physical, lifesaving and knowledge skills required of a lifesaver. The competition is based around three key parts worth 40 points each, with a maximum total of 120. The competitor at the end of the day with the most points in their division wins. The three parts include a multiple choice theory paper that consists of 40 multiple choice questions that are taken from the revised 33rd edition of the SLSA Public Safety and Rescue Manual; a Resuscitation and Patient Assessment which involves a Live Patient Assessment including lateral position (20 points), and One person CPR on a manikin (20 points); and four physical events (total of 40 points), being a board race, beach sprint, surf race and rescue tube race, with points allocated to a maximum of 10 points per event (ie 1st place gets 10 points, 2nd place 9 points etc). This event has age divisions from U14 – Masters (Branch and State), although Aussies is from U15-Masters. To be eligible to compete at Qld State, you must be in the top 2 at Branch, and to be eligible to compete at the Aussies, you must again be in the top 2 of the State. Branch and States runs through January and February, with national competition part of the Aussies program. Kylie McGrath runs a training program through the spring and summer months in preparation for the first competition in January.
- **First Aid** - This competition involves 2 team members having to respond to a simulated accident scenario within a set period of time which varies depending on the age group. U15 and U17 events are staged over 8 minutes while U19 and Open are over 12 minutes. The delivery of first aid is assessed against the SLSA First Aid standards. The scenarios incorporate props and volunteers who play the part of accident victims. Teams are required to examine the victims, provide a diagnosis and then provide treatment using materials from their first aid kits. Teams are assessed against a set-criteria and awarded points depending on how they perform against the criteria. The highest score wins the event. If interested in taking part in this event, please contact our First Aid Coach, Lenore Grice.
- **Patrol Competition** - This is a team event consisting of 4 members in the U17 division and 6 in the Open. It has four separate sections incorporating physical skills (surf teams race and board/tube rescue relay), theory exam (all members), resuscitation (each worth 20 points) and a scenario (40 points). To compete in the event you must be a proficient Bronze Medallion and ARTC holder. There must also be at least one proficient IRB driver and crew member. Team members draw for positions prior to the start of competition. Positions can be both water based (e.g. tube rescuer or board rescuer) or land based (eg. CPR operator, ECC operator). Teams are judged on team work and errors made against a set criteria.

Carnival Information

Surf Sports Calendar

The following events are the club endorsed carnivals. All endorsed carnivals are considered selection events.

Date	Carnival	Location
30 Sept 2023	State Endurance (U11-Masters)	Alexandra Headland
7 Oct 2023	Branch Selection Trials (U13-U17)	Sunshine Beach
14-15 Oct 2023	Coolangatta Gold (Open)	Gold Coast (Coolangatta)
21 Oct 2023	Rainbow Beach (U8s-U15s)	Rainbow Beach
28 Oct 2023	Oceans 38 Round 1 (U15*-Open – note U14s can enter as an U15 competitor)	Tallebudgera
28 Oct 2023	Qld Beach Series (U11-Open) – Round 1	Kurrawa
4 Nov 2023	Rebel Junior Carnival (U11-U15)	Maroochydore
11-12 Nov 2023	Nutri-Grain Trials (Open)	Tugan
11 Nov 2023	Boats – Ressies Series Round 1	TBA
12 Nov 2023	Boats – QLD Cup Round 1 (U19-Open)	Bargara
18 Nov 2023	Oceans 38 – Round 2 (U15*-Open– note U14s can enter as an U15 competitor)	Dicky Beach
25-26 Nov 2023	SLSQ Interbranch Championships (U13-U17)	Broadbeach Southport (GC Aquatic Centre)
1-2 Dec 2023	Summer of Surf (U15*-Open)	Alexandra Headland (Fri&Sat) (10,000)
9 Dec 2023	Qld Beach Series – Round 2 (U15-Open)	Mooloolaba
16-17 Dec 2023	Nutri-Grain Round 1	Sydney
16 Dec 2023	Boats – ASRLQ Cup – Round 1 (U19-Open)	Sunshine Coast
6 Jan 2024	Qld Beach Series – Round 3 (U15-Open)	Kurrawa
12-14 Jan 2024	Nutri-Grain Round 2	TBA
12-14 Jan 2024	Interstate/Super Surf Team	TBA
13 Jan 2024	Boats – ASRLQ Cup – Round 2 (U19-Open)	TBA
13-14 Jan 2024	Qld Board Riding Champs (U11-Masters)	Sunshine Coast
19-20 Jan 2024	Summer of Surf (U15* - Open – note U14s can enter as an U15 competitor)	Manly (10,000)
19-21 Jan 2024	Sunshine Coast Branch Surf Rescue Championships (U11-Open)	Mooloolaba



Date	Carnival	Location
26-27 Jan 2024	Murphy Homes/Summer of Surf	Maroochydore (Fri/Sat) (7,000)
28 Jan 2024	Boats – QLD Cup Round 2 – Murphy Homes Classic	Maroochydore
28 Jan 2024	Boats – QLD State Team Selection (U19-Open)	TBA
3-4 Feb 2024	Nutri-Grain – Round 3	Gold Coast
9-10 Feb 2024	Summer of Surf (U15* - Open – note U14s can enter as an U15 competitor)	North Bondi (10,000)
9-11 Feb 2024	Qld Surf Rescue Championships	Broadbeach
23-25 Feb 2024	Summer of Surf – (Shannon Eckstein Classic – double header) – (U15* - Open – note U14s can enter as an U15 competitor)	Northcliffe (10,000 x 2)
23 Feb 2024	Beach Runs - Sunshine Coast Youth Branch Championships (U11-U15)	Mooloolaba
24-25 Feb 2024	Sunshine Coast Youth Branch Championships (U11-U15)	Mooloolaba
2 Mar 2024	Boats – Ressies (U19-Open)	Sunshine Coast
15-16 Mar 2024	Queensland Senior Championships (U17-Masters)	Kurrawa
22-24 Mar 2024	Queensland Youth Championships (U11-U15)	Burleigh Heads
13-14 Apr 2024	Youth Aussies (U14-U15)	Sunshine Coast
15-16 Apr 2024	Masters Aussies (30+)	Sunshine Coast
17-20 Apr 2024	Aussies (U17-Open)	Sunshine Coast
23 Aug-8 Sept 2024	ISL World Titles (Youth and Open) Interclub Youth and Open Teams: 2 nd -8 th Sept	Kurrawa / GC Aquatic Centre

* U14s are able to nominate and compete but will do so in the single U15 division

* Cadets (consisting of u14 and u15s) should make themselves aware of selection policy for team events at Youth Australian Championships

Entries

- All carnival entries are called for via email and Team App. If you aren't receiving these emails, please touch base with the Lifesaving Office
- To enter events, please follow the instructions when the call for entries come out – sometimes entry is via email (teammanager@maroochysurfclub.com.au) and sometimes it's via Eventbrite (depending on the event) Please ensure you are clear with your age group and event selections.
- All entries are covered by the Club. We are in a unique position where the club pays for the athlete entry costs. Not many sports do that, and put the costs back on the athlete. However it should be noted:
 - Any late entries will be at your cost
 - Maroochydore Surf Club has a no-show policy, where if entered, and the athlete doesn't compete, an invoice will be issue to the athlete to cover the cost of the entry.
- Be available for team events at all club endorsed carnivals unless otherwise discussed with the coach



Team Selection Guidelines

Maroochydhore SLSC selectors for 2023-24 are Danny Short (chair), Brad Stark and Brad Irvine with Head Coach Buggy as an advisor. Selection Ombudsman is Paul O'Brien. Junior Activities (U14-U15s) – have their own selection committee. In the event of dispute, the senior club committee will be engaged as required.

Competition for spots in teams will be high once again this season and, in addition to the existing selection policy, the selectors would like to issue guidelines early so all athletes are aware of the selection framework. The underlying principle in the selection process is to select teams that will be successful and maximise points at Queensland and Australian Championships.

General Team Selections

- Only endorsed Maroochydhore SLSC surf lifesaving carnival racing will be taken into consideration
- Larger carnivals (eg Summer of Surf) and carnivals after Christmas may carry more selection weight
- Selection in any (A) team will require regular appearances in individual **finals** throughout the season
- U17 competitors can only race up in one (team) division e.g. you can race U17 Teams + U19 **or** Open but not both. These are guidelines set by SLSA
- Athletes away at representative or elite surf lifesaving events may be afforded an element of selector discretion
- If you are an age group athlete and wish to gain selection in an Open Team, you should contest open individual events in the discipline you wish to be considered (excluding Open Beach Relay)
- There may be circumstances where teams are selected on the day of competition based on individual results of that day, or if the Coach is wanting to try certain people in certain areas. This is more likely to occur in carnivals prior to Christmas.
- Selectors will also take into account athlete commitment to the team, the value you place on being part of the team, attitude and your willingness to sometimes sacrifice individual performance for the team.

Board Rescue and Double Ski

- Combinations are an individual choice - in other words, you choose your partner
- Organise this early in season and advisably in consultation with relevant coaches
- Time should be spent training together e.g. after board sessions or in specialised double ski sessions
- You are responsible for the craft you wish to use for this event and you will need to discuss options with relevant sectional captain
- If you are having trouble finding a partner, talk to the coaches to discuss options

Rescue Tube Rescue

- Teams will be chosen by selection panel in consultation with various coaches

Belt Race

- You are responsible for organising your belt crews and reels. Team managers and coaches can also assist.

Beach Relays

Includes, all age (14&15) Mixed Relays and Age Group.

Statements relating to "ageing-up" in regards to Aussies only for 13/14, 14/15, 17/19 and 19/Open Teams.

- Athletes should race in individual and team events at as many Beach Carnivals as possible - with priority set on Selection Carnivals: **QLD Beach Series Round 2, QLD Beach Series Round 3, Junior Branch Championships U13-15, State Championships**
- Athletes racing Tuesday PM fortnightly USC Mini-meets will have further evidence for selection consideration
- Athlete selection will take into consideration the Carnival workload and program of each individual - particularly for U13-U15 athletes in close selection decisions. Selection in close calls will be weighted towards the athlete with the most suitable and reasonable schedule to best influence the result in the team's ability to perform.
- Attendance, performance and baton exchange at Relay training and carnivals is a requirement of selection
- The selected relay team will run in the order as directed by the Beach Coach. State and Aussies Relay Teams a 5th runner (shadow) may be selected.

Appeals Process

Appeals for State and Aussies teams will be managed in line with Club By-Law No 13, section 10.2. Official lodgement of an appeal must be made within 48 hours of teams being formally announced.

Competition Attire

Maroochydore competes in **black togs/jammers only**. There is no set brand that needs to be used due to the preference of the competitors. It is preferred that Maroochydore is printed on the bottom of the togs (which can be arranged via screen-printers or even directly through the swimsuit provider).

While black is preference, the previously purchased blue Maroochydore togs are also acceptable. Please avoid all other colours or fluros. We want to look like a team, just like any other team who has to race in uniform (such as the Queensland or Australian team!).

All surf competitors must have a bright pink rashie. Ensure the garment has plenty of colour so you aren't turned away from the start line because it's too pale. This is an occurrence that is happening more and more frequently.

A competition cap is also essential. For surf, it's the tie-on cap, and for pool rescue, it is the swim cap (without the Maroochydore swim cap in pool rescue, you will be disqualified by officials). **Note that all caps (surf and pool) must be on your head BEFORE you marshal.**

Surf boat competitors – you must have a helmet handy. Surf conditions will dictate whether it is worn or not, and that may change during the day depending on the call of the carnival controller/officials. Make sure helmets are brought to every carnival.

Helping Out at Carnivals

For the U17-Open competitor, you are now in the older age groups who are less likely to have your parents come to a carnival. However, we do still need parent/family help on the beach at these carnivals, so please don't discourage them! We need all the help we can get!! **We are desperate for officials in these older age groups** to ensure Maroochydore can keep racing, and there are things like putting up tents, photography, helping to take down results, arena management etc that would be great to get some extra hands on deck.

Athletes - with regards to tents, if we don't have family helpers, and you want to stay out of the sun, you will need to help with them - putting them up and taking them down.



Training Etiquette

There are a number of professional and volunteer coaches who are committed to helping you achieve your potential. To ensure maximum impact, less distractions during the sessions, and that high levels of safety are observed, please apply the following training standards:

- Be on time. If training is set at 4.30pm, then means you are entering the water at the time (or have your feet on the sand if its beach training). Every minute counts, plus this shows your respect for the coach, your peers and their time
- When you come to training, be ready to TRAIN, and not whinge. Embrace the hard work and the challenges – that's what makes you better – whinging does not! Your attitude can bring others down...so be aware of your impact...do you inspire and lift others, or do you drag others down?
- Keep an eye on Team App for any training updates. Sometimes sessions/locations do change at short notice
- Do not, under any circumstances, come to training (or competition) under the influence of alcohol or drugs. This will lead to disciplinary action
- **Only use your own equipment at training.** Please do not help yourself to other people's personal gear without their permission. If your gear is under repair, please talk to the relevant sectional captain so they can allocate club equipment for training.

Surf Sports Equipment

As per the point above, Sectional Captains can assist if you need to borrow a board/ski should your gear be out of commission. There is also the opportunity for those in the beginning throws of learning the ski in their first couple of years in U17 (and still growing!) for a ski allocation. This costs \$250, and the club ski is treated as your own for the entire season. For more information on this process, please talk to the Ski Captain, Todd Grace. (Ski Allocation Forms can be requested from the Lifesaving Office.

Under no circumstances is anyone to help themselves to club gear without the permission of the board or ski captain. In many cases, gear is allocated without your knowledge and we have already had some situations this season where athletes have turned up to paddle, and their allocated board or ski is being used without permission.

New Adjustable Skis

Due to the extended time taken (sometimes up to a year) for skis to be manufactured and repaired, Surf Sports have undertaken an initiative to ensure that our elite (BSA level) athletes are able to continuously train and compete if their gear gets damaged. This initiative has allowed for the purchase of brand new BOS and Dolphin adjustables (as the most common brands used amongst competitors) which is to be used ONLY by assigned athletes, and only under express permission of the Ski Captain. We need to keep these items as new for as long as possible, so want to avoid wear and tear, and surf damage so they are always primed for competition and optimal training when needed.

This gear is not to be used by beginners or intermediate paddlers under any circumstances, due to the heightened risk of damage.

For anyone paddling skis (beginner to elite), if your gear does get damaged and you need a back-up for training, please talk to Todd in the first instance and he will assist in providing the right solution for you.





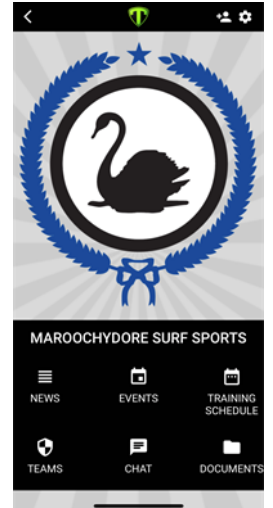
Methods of Communication

Maroochydore Surf Sports Team App

Our core communication tool for our athlete group is Team App. It is imperative that all athletes/parents of athletes have this application. If you haven't got Team App yet, look for Maroochydore Surf Sports and add.

This application provides:

- Current training schedules
- Notifications of any last minute changes to schedule (ie due to inclement weather for instance)
- Calls for all Open carnival entries (note, U14-15s for Nipper carnivals and training, please refer to the Maroochydore Junior Activities Team App page)
- All documents associated with carnivals (ie carnival info memos, timetables, team lists)
- Ability to send updates directly to your email.



Maroochydore Lifesaving Team App

Make sure you also join this page. This is how you book for skills maintenance, it contains patrol information, including the latest roster and you can join your patrol team's sub-group for instant group communications. This is the facility to use to register for patrol swaps if you can't meet your roster.

Lifesaving Emails

Our Lifesaving Office, manned by Lauren and Kat, also use email for key club related communications. Please ensure that the Lifesaving@Maroochysurfclub.com.au email is set to safe in your email system so it doesn't end up in your junk mail. If you haven't received emails from this email address yet, please check with the Lifesaving Office that they have your correct email address.

Facebook Pages

We have a number of Facebook pages as part of our social media community that can be used to connect, share information, issue reminders etc. While Team App is the key source of information, Facebook is a good way to interact, ask questions etc if you need to, especially if you can't find the information you need on Team App.

We have a number of groups, as you move up age groups, you should join as content is targeted to those groups:

- **Maroochydore Surf Lifesaving Club** – this is our broader club page for our entire clubbie community. This is one way announcements from club management to members and is also public. You can comment on posts etc, but cannot create new posts.
- **MSLSC U17-Open Athletes** – this is for all athletes from the U17 to Open division (content mainly focussed on beach/ocean/lifesaving athletes, but love to have all athletes included on the page as we share the successes of our boaties and IRB too and want to ensure a one-club feel on this page). If you are an U15 moving into U17 this season, make sure you extract from the cadet page, and add onto this page. This is a secure page accessible by approved requests, or being invited by admins of the page, but once you are in the group, you can post anything related to the Maroochydore Surf Sports community.
- **MSLSC Cadets** – for our U14-U15 athletes. Stay part of the Maroochydore Nippers page for general communications, but this page is more focussed on cadets, particularly with regards to carnivals, specialised training and Youth Aussies
- **Swans Beachies** – for our beach athletes of all ages. This will include updates from Swanny, photos, videos, and targeted information around the Beach Series competitions etc.
- **Maroochydore Volunteer Lifesavers** – this is a great page for all patrollers. If you are an SRC or Bronze award holder, and on the patrol roster, this page will help you find patrol swaps if you can't make your rostered patrols etc.

Instagram

Maroochydore Surf Sports has a public page on Instagram called **black.swanacademy**. Anyone, anywhere can follow this page, which shares photos and videos that celebrate our athletes. **Make sure you tag this page in any of your athlete celebration posts!** It's a really nice way to thank your coaches.

Sponsorship and Fundraising Activities

A goal of the BoSS is to create a self funding surf sports section. We can only do this by attracting sponsors and undertaking fund raising.

Initiatives such as the **Black Swan Academy** and the **Black Swan Foundation** are in place to support and develop our surf sports members. Our coaches are provided free of charge to athletes and our club pays our surf carnival nomination fees. If we wish to continue to grow surf sports we must look for opportunities to attract and retain sponsors and undertake high return fund raising activities.

Maroochydore can offer a broad range of benefits to sponsors. We need to get better at this and we are putting in place measures to facilitate a more professional approach.

All athletes, parents and supporters are encouraged to look for and point prospective sponsors our way. Danny is always happy to discuss opportunities which benefits all parties.

Athlete Fundraising Opportunities

- **Friday/Saturday Night Raffles** – U14-U19 Athletes are rostered on to undertake raffle sales between 6-7pm each Friday/Saturday night. Once the raffle cost is deducted from the proceeds of the ticket sales, the remaining proceeds are then split and allocated to the athletes, and held in their “athlete accounts” to redeem for anything required to assist with their training and competition. This includes using for subs, travel/accommodation, gym and swimming fees, surf equipment or training gear. To access the funds, simply request via the Lifesaving Office (in writing/email) along with the reason for using the funds and they will be deposited into your account.
- **Bunnings BBQs** – While these have been a bit trickier in recent times with COVID-19 impacting availability, Surf Sports has used the Bunnings BBQs as a way to help fundraise at certain times of the year. A call is using sent out using Team App, email and Facebook posts, resulting in a roster being set up with 2-3 hour allocations (depending on participation). This has been a really successful activity in the past with great participation. We hope that this will go back on the schedule once restrictions start to subside and availability opens up.
- **Queensland Lifesaver Appeal** – This is an annual activity in October which replaces the clubs major traditional Door-to-Door collection. Functionality to set up your own appeal page to share on social media is provided by the appeal, which is super easy, and has the potential to raise substantial funds (while you sleep!) which go directly to the Club. The challenge is that every single member attempts to raise \$100.



Black Swan Academy – Surf Sports Scholarships

1 September 2023-31 August 2024

Please note – applications for this seasons BSA scholarships have closed. This information has been provided for information purposes as there will be another call for scholarships applicants in 2024.

Goal

To develop, attract and retain high performing surf sports athletes to establish Maroochydore SLSC as Australia's premier surf sports club and contributes to the delivery of exceptional lifesaving services on Maroochydore Beach.

Overview

- The Black Swan Academy (BSA) is an integral component of the Maroochydore long term athlete development program and a key ingredient to the overall athlete retention strategy.
- Capitalises on the significant investment the club has already made in U13-U19 athletes.
- Positions the club to attract, develop and retain high calibre athletes over the long term and provides opportunities for high performing athletes to remain in surf lifesaving and to become long term members of Maroochydore
- Completes the athlete pathway by providing support for high performing athletes
- Consolidate Maroochydore as one of Australia's premier surf sports club (as stated in the clubs Strategic Plan).



Principles

- BSA scholarships represent the high-performance component of the overall athlete development and retention program – *Building the university for the high school kids to go to*
- BSA scholarships reward high performance by offsetting the high cost of competing in surf sports
- Club selectors will select BSA scholarship recipients for endorsement by the BoSS and approval by BoM
- Overall annual scholarship amount is determined through the annual budget process and included in the Surf Sports Budget.
- BSA scholarships are awarded across four performance levels – guidelines provided in the table following
- The BSA does not replace the existing *Financial Support of Elite Athlete Policy*
- Scholarships can be utilised for surf sport related costs including equipment, accommodation, travel, membership fees, support services such as physio, training fees, education.

Subsidy Terms and Conditions

1. Scholarships are awarded based on
 - a. performances at surf lifesaving and related sports (ie swimming, open water swimming, athletics, canoe, rowing) at State, Australian and International Sporting competitions including World Championships for the immediate past 24 months (or two seasons (whichever is relevant and accounting for COVID));
 - b. overall value the athlete provides to Maroochydore SLSC in terms of high performance sport, lifesaving, community, marketability and potential to contribute to the overall culture of the club; commitment to team events
2. Scholarships holders who leave the club (or cease competing for the club) within 12 months of the end of the scholarship season (ie 31st August 2024) are required to repay 100% of the scholarship amount;
3. Scholarship holders must meet their club patrol obligations as per club by-laws
4. Scholarship recipients who are part of the AIS, QAS or have other similar Australian Open Representative Team obligations and responsibilities or are part of a professional sporting team or series may be approved a relaxation to their club patrolling obligations. The relaxation will equate to performing a minimum 25 hours as required under SLSA policy 5.04 or 5 full patrols.
5. Selection in an Australian representative team does not solely meet requirements of provision (4) above.
6. Scholarship holders are to attend fundraising, JAC and sponsor events, and participate in marketing and promotion activities from time to time

7. Scholarship holders are expected to acknowledge the BSA and relevant club sponsors in their digital and social media channels / handles
8. Scholarships are to attend the club annual dinner unless otherwise agreed with DoSS
9. Athletes awarded a BSA scholarship will be required to sign an agreement setting out responsibilities and obligations
10. Scholarships may be awarded to new members (as a recruitment incentive) with an additional 12 month period applicable to that stated in provision 2 above (ie must remain in club for 24 months)
11. All BSA Scholarship holders must be available for Maroochy at Queensland, Australian, World Championships and other major surf sports (including pool rescue) events unless granted an exemption prior to the event by the Director, Surf Sports and the Board of Management
12. The Director, Surf Sports may vary these conditions on a case by case basis in consultation with the BoSS and selection panel and with BoM endorsement
13. Payment of scholarship amounts can be made at any time upon provision of receipts or in rare occasions a valid tax invoice
14. Bonus support may be awarded (subject to finance) for specific Australian Championship achievements. Bonus support will be detailed in agreed BSA agreements (See next page)
15. Scholarships must be fully acquitted by 31 August of the scholarship year with unspent amounts (unclaimed) lapsed back to the surf sports budget.

Scholarship Levels and Guidelines

Scholarship level	Indicative Criteria*
Venning (Tier 1)	<ul style="list-style-type: none"> • Olympic athlete in related sport • Kellogg's Nutri-Grain professional iron series • Aussies – surf - Open individual gold medallist • World Interclub Lifesaving Championships – pool and ocean – Open individual gold medallist • Australian Open team representative – in a Sport Australia recognised sport (including Surf Lifesaving – must be representative team)
Robinson (Tier 2)	<ul style="list-style-type: none"> • Aussies – surf - Open individual medallist; • Aussies – surf - Open team gold medallist • Aussies – pool – Open individual gold medallist; • Kellogg's Next Gen – podium result (ie 1st, 2nd, or 3rd) • World Interclub Lifesaving Championships – pool and ocean – Open individual medallist • Australian Youth team representative – in a Sport Australia recognised sport (including Surf Lifesaving – must be representative team)
Rigby (Tier 3)	<ul style="list-style-type: none"> • Aussies – Open Iron Final • Aussies – pool - Open team gold medal • Aussies – pool – Open individual medallist • Aussies – surf – Age group individual gold medallist; • Aussies – surf - Open team medallist • World Interclub Lifesaving Championships – pool and ocean – Youth individual gold medallist • Qld Cyclones Team – Open (pool and surf)
Webster (Tier 4)	<ul style="list-style-type: none"> • Aussies – pool – Age group individual medallist • Aussies – surf – Age group individual medallist; • Aussies – surf - Age group team gold medallist • World Interclub Lifesaving Championships – pool and ocean – Youth individual medallist; Youth team gold medallist • Qld Cyclones Team – Youth (u17-19)

* Amounts for each Tier will be dependant on budgets, number of applicants and additional sponsor support

* Criteria is guidance only and is at the discretion of the selection panel

* Only U17-Open athletes are eligible thereby results at Australian Youth Championships are not considered.



Bonus Support Payments (subject to budget availability)

Bonus support level	Performance level / achievement
*up to \$10,000	Qualification to the KNG professional series
\$5000	Gold – Australian Open Iron 1st – KNG iron series
\$3000	Gold – Australian Open Board Gold – Australian Open Ski Gold – Australian Open Surf Race Gold – Australian Open Beach Sprint Gold - Australian Open Beach Flags Podium – KNG iron series
\$1000	Podium – Australian Open Iron

** funding can only be utilised toward the cost of travel and accommodation to attend non-local rounds of the KNG series and will be reimbursed upon provision of tax receipts. This support recognises the fact that athletes who win a spot on the KNG series must pay their own travel and accommodation costs. This additional support recognises this and the fact surf sports athletes are not financially supported by the Australian Sports Commission (whereas QAS and AIS athletes in Olympic sports are in receipt of some financial support).*

Black Swan Foundation – Surf Sports Assistance

1 September 2023-31 August 2024

Goal

Provide financial assistance to U14 to U19 surf sports members and their families to purchase a ski or racing malibu to assist with the difficult transitional period from Nippers to Open competition.

Overview

- Many families face significant financial challenges when it comes time to purchase craft for their child(ren) in the U14 to U19 age groups (ie their first racing malibu and particularly their first ski)
- The objective of this initiative is, upon application, to provide fully repayable funding to families that reduce financial pressure and might mean our U14 to U19s get on their equipment earlier
- This initiative complements the Black Swan Academy and assists to facilitate the smooth transition of athletes from Nippers to Open competition and will position our club to be able to attract, develop and retain surf sports members over the long term
- Funding is available to all families of middle tier athletes – ie u14 to U19 age group. Black Swan Academy scholarship holders are ineligible
- Funding provided is fully repayable over a 12 month term; upon final payment within the 12 month term, a 10% discount will be applied and is payable to recipient
- Once fully established, the Black Swan Foundation (BSF) will be supplemented from proceeds from fund raising and sponsorships thereby increasing the level of support (discount) available to members
- Assistance available: maximum funding available is - 50% of the purchase cost, or \$1500 for a ski and \$750 for a board – whichever is lower. For example, maximum assistance available for the purchase of \$2000 ski would be \$1000
- Applications for assistance will be called for annually (ideally by July each year). Applications can be submitted at anytime however it should be noted there are limited funds available. Applications should be made prior to purchase of equipment
- Assistance will be provided on a “first in” basis with applicants assessed on their surf sports results, long term potential and overall character including their track record in meeting their club obligations.

Principles

- BSF assistance represent the transitional phase of the overall athlete development and retention program – Building the university for the high school kids to go to
- BSF assistance will reward high calibre surf sports members by reducing the financial pressure on their family during the transition from Nippers to Open surf sports competition
- Applications for assistance will be assessed by the Board of Surf Sports and approved by the Board of Management
- BSF assistance does not replace the existing Financial Support of Elite Athlete Policy that provides assistance to Australian representatives.

Terms and Conditions

1. Assistance is assessed taking into account:
 - a. performances at surf lifesaving and related sports (ie swimming, open water swimming, athletics, canoe, rowing) at State, Australian and International Sporting competitions including World Championships for the immediate past 24 months or season (whichever is relevant and accounting for COVID);
 - b. long term potential of the athlete in terms of high performance sport, lifesaving, community, marketability and potential to contribute positively to the overall culture of the club
2. Assistance recipients who leave the club (or cease competing for the club) within 12 months of being in receipt of assistance are required to repay any discount received
3. Maroochydore SLSC retains its equity share of any board or ski purchased under this initiative until the assistance is fully repaid
4. BSF recipients must meet their patrolling & club related obligations

5. BSF recipients are to attend fundraising, JAC and sponsor events, and participate in marketing and promotion activities where possible and as requested by the Director, Surf Sports
6. BSF recipients will be expected to acknowledge club sponsors in their digital and social media channels / handles and attend the club annual dinner
7. Athletes awarded BSF assistance will sign an agreement setting out responsibilities and obligations
8. Assistance may be awarded to new members with an additional 12 month period applicable to that stated in provision 2 above (ie must remain in club for 24 months)
9. BSF recipients must make themselves available for Maroochydore at Queensland, Australian, World Championships and other major surf sports events unless granted an exemption prior to the event by the Director, Surf Sports.
10. Assistance is payable upon provision of tax invoice/receipt.

Please see the Lifesaving Office for the Black Swan Foundation Application form should this be an option you wish to explore.





Skills Maintenance

Every year, SRC and Bronze certified members must undergo a Skills Maintenance which is a mix of a pre-completed theory paper and a physical skills proficiency on the Skills Maintenance Day. The only exceptions are if you completed the SRC and Bronze course in the current season.

2023 Skills Maintenance Dates and Times:

- Sunday 17th September – 7am, 8am and 9am
- Saturday 21st October – 7am, 8am and 9am
- Sunday 5th November – 7am, 8am and 9am
- Sun 26th November - 7am, 8am and 9am

To book, sign up/head into to the Maroochydore Lifesaving Team App go to Events and click RSVP to the event you are attending and answer the questions specific to your awards to help us with planning.

NOTE: YOU MUST BOOK TO BE ABLE TO ATTEND THESE SESSIONS

If your preferred session is full, and you are unable to attend any of the other sessions offered, please email lifesaving@maroochysurfclub.com.au

If you can't make your booked session, please remove your acceptance to allow for others to join. No booking, No entry! Members who do not book through the process and don't communicate with the Lifesaving Office may not be assessed!

All sessions will commence at the Training Room, 84 Sixth Ave Maroochydore - sessions will begin promptly at the advertised time so please arrive 15 minutes early.

On each day three sessions will be held commencing at 7am, 8am and 9am - each session will be capped at 30 members.

Once the dry session is completed you will move to Maroochydore Beach for the wet assessment component. Both dry and wet session have to be completed to be marked proficient.

Member's online theory assessment must be completed by the Wednesday 11pm prior to attending otherwise we are unable to complete your proficiency.

To access the theory assessment, follow these steps:

- Log into your Members Area Portal - <https://members.sls.com.au/>
- Click the e-learning tab and log into e-learning
- Click on the Training Library tab
- Click View Courses on SLS-Skills Maintenance
- Click Enrol on Skills Maintenance Bronze Medallion Theory, or Skills Maintenance Surf Rescue Certificate Theory and/or Skills Maintenance Resuscitation (Resus), depending on your current level of certification.

If you are having difficulty completing your assessment, please contact lifesaving@maroochysurfclub.com.au for assistance. This does not mean it will be done for you however, help will be provided. Once issues are resolved, you will need to complete the online theory assessment by the set deadline.

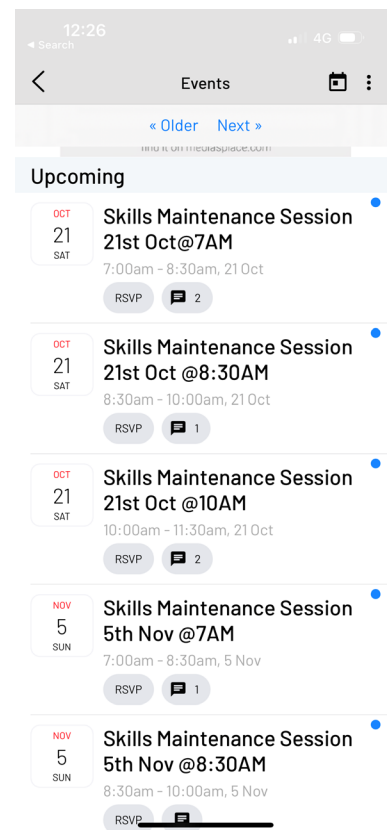
IMPORTANT! You must complete your online theory assessment prior to attending on the Sunday you nominate. Your proficiency will not be processed unless this is completed.

Anyone who has not completed Skills Maintenance and who is not proficient by 31 December 2023 will not be permitted to:

- Perform patrols
- Participate as water safety
- Operate rescue craft or
- Compete in surf lifesaving competition for that season.

The tip is to do it as early as you possible can. COVID, or injury/illness, work, competition clashes etc could impact any later dates, so highly recommend getting it done and dusted before November to ensure you are good to be able to compete in 2024.

Please note that you must be financial for the 2023-24 season before attending a skills maintenance day. You can renew your membership via <https://members.sls.com.au/>.





Patrol Information

Patrol Obligations

There is a little bit of confusion about what patrol obligations mean. You will often hear that to be entered into surf sports competition (which the club pays your entry for), you must do the following as a minimum:

- **Nationally** – as an ongoing member and wanting to compete in any U15 or up events you are to do NO LESS than 25 patrol hours per calendar year (Jan 1 – Dec 31) to be accepted into Sunshine Coast, Queensland and National competitions. There is zero way out of this as a minimum, unless you are a long service member. This is more than attainable if completing the club patrol obligations.
- **Locally** – Like all other clubs in Queensland, there is also a club patrol requirement, especially when the club is paying for coaching, equipment, scholarships and entry fees for their athletes. This means is fulfilling the requirements and patrolling on all of the dates set out in your roster (or other dates determined by swaps if other commitments such as competition, work etc prevent attending). Note the minimum requirement for Maroochydore Surf Lifesaving is one patrol per month and equating to nine ½ day patrols over the season. This applies to all award members (including SRC members). In the past it has been thought that SRCs don't need to do their patrols until U15s, but this only applies to the national competition obligation. The club obligation is that if you are on a roster, you need to fulfil those obligations. Will also save a lot of SRC athletes from getting caught short in the 2nd part of the year when they enter U15 trying to squeeze in all the competition hours, because they missed their patrols between Jan-May, thinking they didn't have to do them.

Please don't assume that because you have done your 25 hours, it is okay to not do any more. The local requirement is just as important to ensure entry into competitions. Each month reports are reviewed to ensure coverage has occurred.

For new award members (ie the mid-year qualified SRCs), or returning members who didn't renew in the previous season, the minimum 25-hour competition requirement is prorated depending on the month in which your qualification or proficiency is processed. Note that returning or new members must do a minimum of 4 hours patrol prior to competing in any event (this is also relevant if joining in the new year, prior to States, Aussies).

Award Gained/Returning member proficiency date	Active and Under 15 QLD/NSW	Reserve Active QLD/NSW	Active and Under 15 VIC, SA WA & NT	Reserve Active VIC, TAS, SA, WA & NT	Active and Under 15 TAS
January	25	12	16	8	16
February	24	12	15	8	15
March	20	12	12	8	12
April – September	16	8	8	4	4
October	12	8	8	4	4
November	8	4	8	4	4
December	4	4	4	4	4

The minimum patrol hour requirement for a new member, a member rejoining a club (was not a member of SLSA between 1 October to 30 September of the previous season), or a member returning after a leave of absence must not be less than 4 hours before the close of entries for the competition the member wishes to enter. Refer to Table 1 above.

Your patrol is detailed in the **Maroochydore Lifesaving Team App**. This is where you need to do everything patrol related! If you haven't yet joined, please do so asap. Please diarise your dates of patrol so there are no surprises. **Check the competition calendar IMMEDIATELY** and work out if any of your patrols are on comp days, if so, start the process of finding a replacement asap.

If you cannot attend a rostered patrol please do the following steps (refer also to the Patrol Etiquette figure on the next page):

- **Contact your patrol captain as soon as you know you cannot attend out of courtesy** – this gives them information early. In most case, your patrol captains phone number is listed in Team App when you click into the patrol information for your patrol team. Let them know you will try and find a swap. This should be done at least 2 weeks prior to that rostered patrol.
- **Register your need to swap** and that you can't do that patrol by RSVPing it on the Lifesaving Team App and go into the CHAT function to request a swap
- **You must find a substitute with the equal or higher award than yourself to fill your shift and advise your Patrol Captain of the name of the person and the award they hold.** (ie if you are down as a Bronze



member on the Patrol Roster, then please find another Bronze member. If you are down as ART on the roster, then your replacement needs to also have that award as there needs to be at least one member on patrol with an ART award). Please exhaust all avenues to find replacements before coming back to your patrol captain to request help. Swaps can be found by:

- o Going into the chat function on the Lifesaving Team app.
- o Use the Facebook pages (Cadets, U17-Open, Lifesaving etc) to ask if anyone can do your patrol.

No shows of patrols will be issued with a letter, and the opportunity to make up that patrol over the following weeks.

Patrol participation is jointly managed by the Director of Lifesaving, the Director of Surf Sports, the Director of JAC and club coaches on a monthly basis.

Patrol Etiquette – 2 way communication is key!

Patrol Captain to make contact with all patrolling members to ensure attendance

Rostered Patrol

Attend Patrol

Rostered Hours Recorded

Log into your Members portal to check your hours have been registered*

REMEMBER:
To compete you need to complete 25 hours min of patrol, AND fulfill all patrol obligations – which means finding subs if you can't make your rostered patrols

Can't attend patrol?

Let your Patrol Captain know asap!

Request a sub through the Lifesaving Team App (so your absence is "officially" Reported)

Request a sub via your Surf Club contacts, and on the Volunteer Facebook Page.

Found a swap?
Let your Patrol Captain know their name, & record it via the Lifesaving Team App chat

Haven't found a swap?
Still let your Patrol Captain know and negotiate an outcome

After the scheduled patrol, log into your members portal and ensure you haven't been registered as a "no-show"

Oh oh....
Missed your patrol without advising Patrol Captain/ Team App?

"No-Show" hours are recorded. This means there has been no communication or attempt to find a sub.

Please undertake a make-up patrol prior to your next rostered patrol to negate the no-show.

WARNING:
If 3 no-shows are recorded without make-up patrols or reason, suspension from Club Training, Competition and use of Club Facilities could occur.

Members portal: <https://members.sls.com.au>.
If you can't get hold of Patrol Captain, request Lifesaving Office to pass on contact details

General Patrol Information

Patrol Season and Hours

Patrols typically commence on the first weekend of the September school holidays and finish on the Monday of the May long week-end. Members are assigned to a team with whom they patrol all season.

- Patrols work in shifts from 6:45am – 12:15pm (AM Shift) and 12pm – 5:15pm (PM Shift) on Saturdays, Sundays and all Public Holidays throughout the season.
- During the Christmas period until the end of the January school holidays, patrols work 6:45am – 12:30pm (AM Shift) and 12:30pm – 6:00pm (PM Shift).

Patrol Set-up and Pack-down

Patrol set up/pack down takes approximately 15 minutes, so you are required to arrive approximately 15 minutes before the commencement of your patrol and speak to your Patrol Captain about what duties you are required to fulfil. Many hands make light work, so please don't show up after the rest of the team have already set up. The same applies to the pack down. Don't take off as soon as you think patrol is over, leaving a big job to just a handful of people. Everyone is tired, but teamwork ensures everything can be done in the fastest possible time

Uniform

Appropriate Club swimwear, patrol shorts and patrol shirt must be worn and a patrol quarter cap secured on the head at all times. A red surf lifesaving hat is provided and sunglasses are highly recommended. Generic caps are not part of the uniform. If you prefer a cap you can purchase a red surf lifesaving peaked cap from admin. Your patrol uniform can only be worn while on patrol or at an SLSA approved activity; no exceptions.

You are expected to take good care of your uniform and will be charged for a replacement item if you lose something. Uniform items that have suffered wear and tear should be given to administration so a replacement can be issued.

Use of Mobile Phones whilst on Patrol

The Club recognises that smartphones and other electronic devices have become an integral part of everyday life. They may be a great asset if used correctly. However, smartphones and devices may also cause problems when used imprudently or excessively. Public expectation is that lifesavers are dedicated to protecting members of the public and are ever vigilant on patrol. Our number one complaint from members of the public is when they witness patrolling members with their heads down in phones, and not watching the beach.

As a rule of thumb, members on patrol should be able to use their electronic devices to access relevant information (weather updates, Beach Safe or SLSQ App searches), to make calls to SurfCom or emergency service organisations or for urgent personal calls. The use of devices on patrol is discouraged. Members are asked to leave their devices in their bag unless necessary.

If you need to check your phone, then it is up to the patrol captain to allocate time for you to do so out of sight of the public.



Adhering to the Code of Conduct

Just a reminder that by being on the team at this international event, all team members must abide by SLSQ's and International Life Saving Codes of Conduct as follows:

SLSQ Code of Conduct



QUEENSLAND

CODE OF CONDUCT FOR MEMBERS

Members and all people involved in any way with SLS will:

- a) Respect the rights, dignity and worth of others—treat others as you would like to be treated yourself
- b) Be ethical, considerate, fair, courteous and honest in all dealings with other people and organisations
- c) Be professional in, and accept responsibility for your actions
- d) Be aware of and follow—at all times—SLS' standards, rules, policies and procedures and promote those standards, rules, policies and procedures to others
- e) Operate within the rules and spirit of the sport, including the national and international guidelines that govern SLS
- f) Understand the possible consequences of breaching the codes and/or this policy
- g) Report any breaches of the codes or this policy to the appropriate PPA
- h) Refrain from any form of abuse, harassment, discrimination and victimisation towards others
- i) Raise concerns regarding decisions of PPA through the appropriate channels and in a timely manner
- j) Provide a safe environment for the conduct of activities in accordance with any relevant SLSA policy
- k) Show concern, empathy and caution towards others that may be sick or injured
- l) Be a positive role model to all
- m) Respect and protect confidential information obtained through SLS activities or services; whether individuals and/or organisational information
- n) Maintain the required standard of accreditation and/or licensing of professional competencies, as applicable to the role(s)
- o) Ensure that any physical contact with others is appropriate to the situation and necessary for the person's skill development
- p) Refrain from intimate relations with persons over whom you have a position of authority
- q) Agree to abide by the codes
- r) Maintain a duty of care towards others
- s) Be impartial and accept the responsibility for all actions taken

Person in Position of Authority (PPA):

PPA include everyone who holds a position of authority in SLS, whether paid or unpaid, and includes, but is not limited to, all SLS Entity Individual Members. For the avoidance of doubt, PPA also includes Child or Young Person (CYP) who may hold a position of authority in SLS over other CYP.



The Club Song

MAROOCHYDORE CLUB SONG



*(Composed in 1980 by Freshwater SLSC)
Sung to the Tune "Singing in the Rain"*

CHANT: Maroochydore, Maroochydore, Maroochydore - dore
Maroochydore, Maroochydore, Maroochydore - dore
We're singin' in the rain,
Just singin' in the rain,
What a glorious feelin',
We're hap-hap-happy again.

All in! Arms out *(each command repeated by crowd)*

CHANT (with arms outstretched)

All in! Arms out! Wrists together

CHANT (with arms out and wrists together)

All in! Arms out! Wrists together! Thumbs up!

CHANT (with arms out, wrists, thumbs, etc)

All in! Arms out! Wrists together! Thumbs up! Elbows in!

CHANT

All in! Arms out! Wrists together! Thumbs up! Elbows in!
Chest out!

CHANT

All in! Arms out! Wrists together! Thumbs up! Elbows in!
Chest out! Bums out!

CHANT

All in! Arms out! Wrists together! Thumbs up! Elbows in!
Chest out! Bums out! Knees together!

CHANT

All in! Arms out! Wrists together! Thumbs up! Elbows in!
Chest out! Bums out! Knees together! Feet
together!

CHANT

All in! Arms out! Wrists together! Thumbs up! Elbows in!
Chest out! Bums out! Knees together! Feet
together! Tongues out!

CHANT (with tongues out and looking as stupid as possible)

All in! Arms out!
Wrists together!
Thumbs up!
Elbows in!
Chest out!
Bums out!
Knees together!
Feet together!
Tongues out!!!!