



## A note from the committee

It's October already and that means Patrols are underway and we are into another season. This also means all our members should now have registered and be financial for the current season, if you have not completed your registration and paid the membership fees, please jump on-line and complete this as soon as possible.

The first proficiency day was held in late September for the trainers and Patrol Captains. Our Chief Training Officer (CTO), Mike is scheduling further proficiency days over the next couple of months so please take note and ensure you get up to date as we must have this completed by the end of the year.

## Local Tragedy

Last month the local community was rocked by the tragic accident that took place in the Blue Mountains involving a number of young men from the Northern Beaches. Some of those involved both directly and indirectly are part of the South Curl family and the committee on behalf of all members would like to express our support for all those effected. The clubs primary role is to provide support and service to the wider community and our members do an exceptional job in this. Occasionally those who need our support are among our ranks and warrant special attention as a result, to this end the club has been in contact with Lifeline and can assist in providing access to this service. If you believe anyone may need assistance at this time do not hesitate in offering assistance or contacting the club.

Our annual Golf Day fundraiser not only raises funds for the club but a portion of our money raised

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.....goes to beyond blue. This year the Golf Day has been postponed as the accident impacted members of our organising committee. The event has been rescheduled for April 2016. Further details will be provided closer to the time - our apologies to anyone inconvenienced by this deferral.

### **Building Works**

Another busy off-season of building and refurbishment around the club has seen some modifications to the office and storage areas downstairs in the club. This will result in providing a better environment for our admin staff along with additional space for our members to use as they enter the club from the beach. There has also been an upgrade of the women's toilets downstairs which was well overdue.

The external stairwell in the centre of the club will be out of action for a few weeks as we complete the construction of a disabled access ramp from the Carrington Parade foot path to the centre viewing deck. This work should be completed in October.

### **Our Shrinking Beach!**

You may have noticed that the beach in front of the club house is looking somewhat rocky! Don't worry, the sand might be in short supply at the moment, but it will come back as the currents shift around into their summer pattern. In the meantime, we will adapt and/or move further down the beach where needed for Nippers etc.

Spud Murphy took these photos when on patrol recently.....



### **Sinkhole**

While not quite as large as the Fraser island sinkhole, our local version did manage to gain media attention in the News Limited press. The exceptionally high level of sand migration this winter has resulted in the complete exposure of the sea wall in front of the IRB shed. As a result the material behind the wall has been washing out and the road/path above undermined. Council is moving on this as quickly as they can and will have a temporary repair in place very soon, until then the affected area and the ramp will be portioned off.

Longer term the secondary sea wall currently exposed in front of the club will be extended to the end of the ramp to avoid future problems. Our club Captains plans for deep water frontage have been foiled again!



## Vale Jim Hall

All past and present members are invited to attend the scattering of ashes of Jim 'Humpty' Hall out the back of his beloved South Curly on Saturday 31 October, commencing at 4:00pm and followed by a drink and a feed in the clubhouse.



### Revised date for 2016 Ocean Swim

Our biggest SCCSLSC fundraiser, the annual Ocean Swim, relies on our amazing volunteers to provide an excellent standard of water safety, a smooth and friendly registration process.

Traditionally the swim is held on the last Sunday in April, which is also the last day of patrol. However next year, this date will not work for us because it will clash with the Aussies and many of our volunteers will still be away.

So please put in your diaries the revised date for the 2016 Ocean Swim: **Sunday 1st May, 2016**. This revised date has already updated in the [oceanswims.com](http://oceanswims.com) calendar.

We hope that with your help our 2016 ocean swim will be bigger and better than ever, and continue to raise much needed funds for the SCCSLSC community.

Many thanks,

The Oceanswim Committee

# Upcoming Training Courses

We will be running the following courses at South Curly pre-Christmas:

Course	Commences	Training times	Contacts
Surf Rescue Certificate (SRC ) (age 13+)	Tuesday 13 <sup>th</sup> October	Tuesday evenings 6.30pm – 8pm <b>and</b> Sunday mornings 9am -10.30am	Michael Berry (Chuck) / Al Saunders
Bronze Medallion (age 15+)	Thursday 15 <sup>th</sup> October	Thursday evenings 7pm – 8.45pm <b>and</b> Saturday mornings 9.30am – 11.30am	Jay Turner / Mike Le Geyt
IRB Crew	TBC	TBC	Kevin Moffat (Spook)
IRB Driver	TBC	TBC	Kevin Moffat (Spook)

The Bronze Medallion Course is a great way to get involved in surf lifesaving and the Club (as well improving your fitness and confidence in the surf). At South Curly we run the Bronze course over around 9 weeks, and actively encourage and support Nipper Parents who wish to gain their Bronze Medallion. If you are interested, please speak to one of the Trainers – don't be shy!!

Spinal Management, Basic Beach Management and Training Officer courses are run by Branch, Advanced Resuscitation and Provide First Aid by SLS NSW. If you are interested in any of these courses, please contact express interest via the TeamApp Chat Room.

## Skills Maintenance Checks (aka proficiencies)

With over 250 members that need to complete proficiencies for various awards, this is huge commitment for the Training Team.

Please help everyone involved by:

- completing you proficiencies as early as possible in the season;
- signing in at each of the proficiency stations/ sessions – we need to retain records of when you completed each proficiency activity and the Assessors/Authorised Delegates that signed you off for each of these activities; and
- being realistic about the time that proficiencies take to complete, especially if we have large numbers at each session.

The main proficiency dates for the season (Bronze, ARTC, IRBC, IRBD) are:

- Sunday 15<sup>th</sup> November AM
- Sunday 29<sup>th</sup> November AM
- Sunday 13<sup>th</sup> December AM

Dates will for Spinal Management will be advised separately (probably Sunday mornings after the Club Swim).

Dry proficiencies will be conducted in the Hall as per the current season proficiency guidelines. For Bronze dry proficiencies you need to **demonstrate** resuscitation (live patient, manikins and multiple operator), signals and radio. If time permits we can also provide some refresher training and cover recently introduced equipment (eg. epi pens).

Wet proficiencies are subject to conditions being suitable on the day (a risk assessment needs to be conducted prior to commencing any water based activities and we are not permitted to conduct certain activities when the beach is closed). Please bring your hi vis vest/water safety shirts with you.

Please remember that:

- You must be a financial member **and** proficient to patrol, compete, participate in club activities or operate club equipment. You can check this information for yourself via the Members Portal. Proficiencies will be rejected by SurfGuard if members are non financial for the current season.
- Proficiencies must be completed 31 December. After that date, permission to conduct proficiencies must be obtained from State (competitors) or Branch, and Assessors are appointed by the State or Branch (not the Club) to complete the proficiencies.
- When you are on patrol you can be asked to demonstrate proficiency at any time by a Branch or Club Official (for example, during Patrol Audits).

## Upcoming Training Courses continued

- This season Patrol Captains are being encouraged to run scenarios with their patrol teams- a good way to keep skills current and improve teamwork.

If there any updates for Patrolling Members during the season, these will be posted in the Patrol Room and in TeamApp ("Updates for Patrolling Members" Chat Room).

Mike Le Geyt (Chief Instructor) & Kevin Moffat (Club Captain)

### First Aid & Patrol Competitions

Did you know that there are First Aid & Patrol Competitions that Members can compete in? If you would like to find out more, the Sydney Northern Beaches is running the following workshops for new and experienced competitors:

#### First Aid Competition Workshop – Tuesday 20<sup>th</sup> October – North Narrabeen SLSC

6.30pm – 7.30pm Introduction to First Aid Competition – What's involved?  
Target - New & Inexperienced Teams  
All Clubs welcome

7.30pm - 8.30pm First Aid Scenario practice for all – advice from Experienced Competitors and Judges.  
2 person Teams – U/15's, U/17, U/19 & Open

#### Patrol Competition Workshop – Wednesday 28<sup>th</sup> October – Dee Why SLSC

6.30pm – 7.30pm Introduction to Patrol Competition – What's involved?

7.30pm – 8.30pm Practice Resuscitation as per competition Judging sheets  
Patrol Competition – U/17 – 4 person team, (All ARTC award)  
Open - 6 person team (All ARTC Award plus 1- IRBD + 1- IRBC)

**ALL WELCOME – TAKE THE CHALLENGE – IMPROVE THE SKILLS**

Branch contact is Steve Haggett - BOSS Lifesaving Advisor, Email: [shaggett1@optusnet.com.au](mailto:shaggett1@optusnet.com.au), Mobile: **0432 582 084**

### Dates for Your Calendar

#### Sippers

**Sunday Oct. 25<sup>th</sup>** – 5-9 pm

- all welcome, new members come along and meet everyone!

**Sunday Nov. 29<sup>th</sup>** – 5-9 pm

easy dinner after the Shelley Beach Cadet Camp 😊

**South Curly Christmas Party** - Saturday Dec. 19<sup>th</sup> – doors open at 6 pm, buffet-style dinner

More details to follow.....

## Rippers & Far West Programs

We are very proud to have programs running during our season at South Curly to help kids who may not have the opportunity to participate in our regular Sunday nippers program.

We have our fabulous Rippers Nippers Group that run each Sunday morning from 10am for children and youth with a disability. This season we are commencing a new surf activity and awareness initiative run with the Royal Far West School on a Wednesday afternoon 3.45 to 5pm. In this program kids from outback NSW will be engaged in nippers style activities as part of their visit to the Far West School. The program is being co-ordinated by SCC member Lisa Sakashita.

To ensure these programs run smoothly we need some help from our bronze medallion holders so if you can lend a hand with either program please contact the below.

Far West Program: Bob Buckingham on 0425 292 292 or [bobbuckingham@allanhall.com.au](mailto:bobbuckingham@allanhall.com.au)  
Rippers Group: Kim Buckingham on 0411 649 656

Thanks everyone



# U13 - U17s TRIP AWAY.....SUN VALLEY TOURIST PARK NOVEMBER 27<sup>th</sup> to November 29<sup>th</sup>



For the past seven years at South Curly, the club has organised a weekend away for members in age groups U13 - U17.

The purpose of the trip is to recognise the graduation of these juniors from Nippers to the senior club and for many it is reward for many years of South Curly Nippers. The weekend away gives them access to senior club equipment at a relatively sheltered beach so they can progress onto larger rescue equipment with confidence. It also allows the younger members an opportunity to get to know the other cadets and juniors in the club and vice-versa.



Sun Valley Tourist Park is on the Central Coast, just a stones throw from beautiful Shelly

Beach which is fully patrolled. Located in the Tuggerah Lakes/ Bateau Bay area of the Central Coast, it means we can enjoy a whole weekend of fun and surf time without too much travel time. We also make use of Toowoona Bay if needed which is completely sheltered from the swell. For more information on the location visit:

[www.shellybeachcabins.com.au](http://www.shellybeachcabins.com.au)



A number of Shelly Beach Cabins have been booked and we are now allocating beds/ cabins as confirmation of attendance is received. The expected cost per person is \$120.00 for the two nights, Friday November 27<sup>th</sup> and Saturday November 28<sup>th</sup>. Clothes and beach towels are all that is required, as food will be provided by the club, except for Friday night dinner at the Shelly Beach Surf Club where adults pay for themselves (the kids are covered).

Cabins will be divided by age and gender or can be taken by a family group. Each child

attending is required to be accompanied by a supervising adult. We would prefer to see no more than 2 or 3 children per adult attending the trip to ensure adequate supervision can be provided. We expect to be able to cover transport for all the kids among the parents who are attending, and we will have one twenty seater bus departing on the Friday morning (courtesy of Balgowlah Boys High) from the surf club for kids who would like to come early with parent/ guardian joining us on the Friday night.

If you and/or your child would like to come along, please contact your Age Manager (U13s and U14s), myself or Darrin Stoker.

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