



Nth Qld Branch Surf Life Saving Newsletter – Oct 09

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DATES TO REMEMBER

- 3rd-4th Oct 09 - NQB Surf Rescue Champs
- 6th Oct 09 – Brothers Grant closes
- 7th, 14th, 21st Oct 09 – ARC / Defib course
- 10th-11th Oct – Branch Champs ETTY Bay
- 17th Oct 09 – Fastest Man on Sand – Round 1
- 18th Oct 09 – 2009 Junior Coolangatta Gold at Surfers Paradise
- 21st Oct 09 – Marine Stinger Info Evening
- 24th Oct 09 – 2009 Qld State Endurance Championships
- 30th Oct 09 – IRB Competition Seminar & Coaching Clinic
- 30th Oct–1st Nov 09 – Nth Aussies
- 1st Nov 09 – Gillette Champions grant closes
- Sat 7th Nov 09 – Cairns SLSC Ball
- Fri 18th Dec 09 – SLSA Hall of Fame Nominations close

ELLIS BEACH CARNIVAL

19th -20th Sep 09. Overall points are as follows:

Overall – All Events:

1st. Ellis Beach	1975.5
2nd. Cairns	1721.0
3rd. Port Douglas	671.5
4th. ETTY Bay	230.0
5th. Mission Beach	70.0

Overall – Junior Events:

1st. Ellis Beach	922.0
2nd. Cairns	698.0
3rd. Port Douglas	273.0
4th. ETTY Bay	162.0
5th. Mission Beach	58.0

Overall – Senior Events:

1st. Ellis Beach	718.5
2nd. Cairns	573.0
3rd. Port Douglas	186.5
4th. ETTY Bay	20.0
5th. Mission Beach	1.0

Overall – Master Events:

1st. Cairns	450.0
2nd. Ellis Beach	335.0
3rd. Port Douglas	212.0
4th. ETTY Bay	48.0
5th. Mission Beach	11.0

Overall points as per the handicap system are as follows:

Overall – All Events:

1st. Ellis Beach	3969.0
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2nd. Cairns	3569.5
3rd. Port Douglas	3315.5
4th. Mission Beach	3258.5
5th. ETTY Bay	3158.0

TRAINING COURSES

All information is supplied by Jessica Dunnett, Lifesaving Development Officer, Nth Qld Branch.

Please contact Jessica on 0408 068 763 or jdunnett@lifesaving.com.au for any further information on anything published in the Lifesaving Services section unless otherwise advised.



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ARC/Defib

Required to attend all 3 sessions

To be held over 3 Wednesday evenings:
7th, 14th & 21st October 09

Prerequisites: hold a proficient Bronze Medallion or Op FA.

Note: This is not a proficiency.

MARINE STINGER INFORMATION EVENING



You are invited to a Marine Stinger Information evening in preparation for a high risk marine stinger season. Speaker will be Associate Professor Jamie Seymour.

This is definitely worth attending as you will learn something new about marine stingers specifically about the box jellyfish & Irukandji while being entertained. Everyone is welcome.

When: Wed 21st Oct 09

Time: 6.30pm

Where: JCU Smithfield campus

Please RSVP to Ebony Keating on ekeating@lifesaving.com.au



CMF 12 FORMS AND PROCESSES

Taken from email received for a post on the ALAQ Portal by Ben Whibley, Academy Manager on 10th Sep 09

QUESTION:

When does a Surf Club / Member / Licensed Provider need to submit the 'Vocational Education and Training Enrolment Form' (NEW CMF 12 form) to ALAQ State Centre?

ANSWER:

The completed 'Vocational Education and Training Enrolment Form' needs to be received by 6th November 2009 at ALAQ State Centre to ensure the form will be lodged by us at Department of Education and Training in time for processing.

PLEASE NOTE: We did originally advertise the forms had to be to us by 10th September 2009 however Department of Education and Training have since changed the date.

SLSQ PHOTOGRAPHY POLICY

SLSQ has a very strict policy in place in relation to club photographers. Each year a maximum of 4 passes per club are allowed after application from clubs. These members are then provided with an official photographers accreditation to be used at all events they attend.

For any further information please refer to your Club or Branch administrator.

MEDIA DURING THE 2009/2010 SEASON

Message from Christina Ongley, SLSQ Media & Communications Executive.

With the volunteer patrol season upon us again, the media interest in surf lifesaving will be at its peak, especially as we enter the school holidays and the beaches will be busy in this hot weather.

For this reason, we thought it was a good time to ask you to keep SLSQ's media unit in the loop, especially when your patrolling members perform rescues, resuscitations or first-aid treatments that are worthy of a mention – whether it happens on or off the beach. You may all think the deeds you do are quite ordinary and commonplace, but much of the public and the media may disagree!

SLSQ's media unit is responsible for maintaining a positive profile of the organisation and its members, and one of the ways we can do this is to have good communications with our clubs and branches, so we can promote your great work. A positive and regular media presence can have all sorts of good spin-offs, such as increased membership and sponsorship, which ultimately leads back to having safer Queensland beaches.

So whenever incidents occur on your beaches that you think could be newsworthy, inform your weekend duty officer or call SLSQ's media phone (0419 201 246), which will always be manned. We can advise the relevant media and help you decide who should be the best spokesperson for the incident.

Likewise, if an incident occurs that you think might have a negative impact on your club or the movement as a whole, be sure to inform us so we can prepare and respond appropriately – often this may mean appointing a spokesperson from SLSQ if the matter has statewide ramifications. **When in doubt, just give us a call!** We're always happy to help.

We wish you all the best for 2009/10 and look forward to working with you all, as we aim for our best season ever.

Christina Ongley and Jessica Strudwick.

Christina can be contacted on 3846 8035 or congley@lifesaving.com.au

Jessica can be contacted on 3846 8044 or jstrudwick@lifesaving.com.au

Media phone is 0419 201 246

SLSQ ANNUAL REPORT

The annual report for SLSQ for Season 2008/2009 has been released. It can be viewed/downloaded from the SLSQ website.

<http://public.lifesaving.com.au/>

TELSTRA & SLSC NTH QLD – ANSWER THE CALL PROGRAM

Telstra has been a proud supporter of Surf Life Saving for many years and the success of last year's campaign resulted in more than \$250,000 being contributed by Telstra amongst individual surf life saving clubs across Australia.

This season, Telstra has again allocated \$250,000 for contributions amongst participating surf life saving clubs. With customers able to nominate their preferred participating club, it's time to start spreading the word to all club members and community supporters to 'answer the call'.

How You Can Help

All you have to do is visit your local participating T[life]TM, Telstra Shop or dealer, purchase an eligible Next GTM mobile or BigPond[®] Broadband service (ADSL or Wireless Broadband) and, if you mention this offer, Telstra will contribute \$30 to the participating surf life saving club of your choice when you nominate that club online.

When you make your purchase, you'll be given a redemption card. Simply follow the



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instructions on the card to nominate a club online.

FREE Surf Life Saving beach sun shelter! And not only will Telstra contribute \$30 to the club you nominate, you'll also receive an official Surf Life Saving beach sun shelter (RRP \$30.00) absolutely FREE, while stocks last.

Offer Period / Duration

Stats on 5th Oct 09 and ends on 30th Jun 2010 or until the contribution cap is reached.

Beach sun shelter offer ends 30th Jun 2010 or while stocks last.

More Info

For more information and to find your local participating retailer as mentioned above, please visit:

<http://www.answerthecall.beinvolved.com.au/home.aspx>

GRANTS

Brothers Community Sports Development Program

Closes: Tue 6th Oct 09

Brothers Community Sport Development Program has SIXTY \$1000 sports equipment grants available to any school, sports group or community group conducting a regular sporting activity that promotes a healthy lifestyle.

Applications are open and applying is easy, just download the form

<http://www.brotherscairns.com.au/assets/BCSDPFormTC.pdf>

Young Athlete Assistance Program

Closes: ongoing

Financial assistance of \$200 is available to assist with the cost of travel and accommodation for the eligible championship.

A list of the eligible championships, as nominated by Queensland School Sport Unit or the relevant State or National Sporting Organisation, is published under the "Eligibility" section provided within the link below.

Athletes are only eligible to receive financial assistance **once every two years** from the date the application was received by the Department of Communities.

Lodging an application does not guarantee funding.

Applications will not be considered before the start of a championship. As the funding is provided retrospectively, applicants are required to use their own resources to travel to championships.

How to Apply, Eligibility, forms and other info is provide on the Qld Gov Sport & Rec website

<http://www.sportrec.qld.gov.au/Funding/Ourfundingprograms/YoungAthleteAssistanceProgram.aspx>

Gillette Champions Grants

Closes: 1st Nov 09

This grant is to give men [aged 18-34] across Australia a chance to be champions in their own right. Through the Champion grants, 4 people will get the extra boost they need to fulfil their dream in the areas of:

- Innovation & Design
- Sport & Adventure
- Entrepreneurship
- Local Community

For more information and to register your name please go to:

<http://www.gillette.com.au/en-au/index.shtml#/home/championsgrants/en-AU/index.shtml/>

JUNIOR DEVELOPMENT RESOURCE KIT 2ND EDITION

Memo from Sue Duncan, State Membership Services Officer, SLSQ.

FOR THE ATTENTION OF JUNIOR ACTIVITIES:

There has been some confusion in relation to obtaining the Junior Development Resource Kit for the 2009/2010 season.

Last season hard copies of the Junior Age Guides were sent out to all Clubs. These copies were compliments of SLSQ as it was the launch of the new development kit. As well as hard copies a CD was also sent which included: Age Guides; Worksheets; Record Sheets; Age Managers Guide; a

Passport and Instructions on how to use the kit. This CD included High Resolution files so that Clubs could get them professionally printed if need be.

As SLSQ does not hold stock supplies of the resource kit at Surf House it is therefore up to Clubs to print their own using the CD provided. If you do not have a CD copy of the kit or have misplaced it please contact Johnathon Fife.

Alternatively, the Junior Development Resource Kit is also available from SLSA's Secure Resource Library. Each Club has been provided with login details. Please follow the link below:

<http://secure.slsa.com.au/default.aspx?s=secureresourcelibrarylogin>

Should you require any further information or assistance, please feel free to contact Brenda Lofthouse, Membership Services Manager, or Johnathon Fife, Membership Development Officer, at Surf Rescue House.

Brenda can be contacted on 3846 8111 or blofthouse@lifesaving.com.au

Johnathon can be contacted on 3846 8023 or jfife@lifesaving.com.au

OPERATING RESCUE BOAT — ORB

The Offshore Rescue Boat has been operating within Surf Life Saving Queensland since 2000. The Primary role of the ORB, used in Nth Qld, is to provide back up to patrolled an unguarded beaches throughout the marine stinger season.

The Offshore Rescue Boat is a Gemini 6 metre inflatable with a fibreglass rigid hull. The ORB is driven by twin 90hp Yamaha outboard motors. The craft is approximately 6 metres in length, 2.5m wide and weighs approximately 1800kg.

The ORB is involved with special events, community awareness programs, multi agency searches and rescue operations with external marine rescue agencies.

ORB Operator Prerequisites

Crew

- Be a minimum of 16 years old on the date of final assessment
- Hold a current SLSA Bronze Medallion
- Hold a current SLSA Advanced Resuscitation Certificate



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Driver

- Be a minimum of 18 years old on the final date of assessment
- Hold a current SLSA ORB Crew Certificate
- Hold a vehicle licence to operate a tow vehicle

Skipper

- Be a minimum of 18 years old on the final date of assessment
- Hold a current SLSA ORB Driver Certificate
- Hold the Communication Restricted Operators Certificate for VHF Radio Marine Telephones
- Have attended a recognised Train Small Groups course
- Hold a State/Territory Boat Licence where applicable
- Have a vehicle licence to operate a tow vehicle
- Have successfully completed a recognised coastal navigation course

How to become an ORB Operator

For members wishing to join the ORB Service, you must complete an Operations Support Application Form and be a proficient surf lifesaver and a current member of a SLS Club.

For more info and the application form please go to the following

<http://public.lifesaving.com.au/index.cfm?objectid=3A7C30D4-FF32-BE82-8AA68FC14DD32A73>

Applicants are welcome to apply all year round. On successful application, you will receive the necessary training and qualifications to fulfil your role with the Offshore Boat Rescue Service.

FASTEST MAN ON SAND - ROUND 1

When: Saturday 17th October 2009

Where: Surfers Paradise

Entries Close: Mon 5th Oct 09

Entries are open for the Fastest Man on Sand, Round 1.

Club Entries

Entries are invited from all Clubs throughout Australia and the World for the events as listed under Item 4. The method of entry is via the Surf mate Carnival Program for all Queensland Clubs. The name of the event is

“Fastest Man on Sand” – with Round 1, 2, 3 or 4 after

Entry Fees

Under 11 to Under 14 Age groups - \$10.00 per person (unlimited events per round of series)

NB: If an Under 14 athlete is eligible to compete in Under 15 events he/she will only pay their Under 14 entry fee.

Under 15 to Open Age groups - \$20.00 per person (unlimited events per round of series).

Entries Close:

Round 1 – Midnight Mon 5th Oct 2009

Round 2 – Midnight Mon 2nd Nov 2009

Round 3 – Midnight Mon 7th Dec 2009

Round 4 – Midnight Mon 8th Feb 2010

Late Entries

Nominations which are received at Sunshine Coast Branch or Surf Life Saving Queensland after each round/s closing date of entries will incur a late entry fee of \$50.00 (inc GST) per person plus their relevant age group entry fee. Late entries will not be accepted after the Monday of the week of the event.

Further Information — Contact

Chris Harris, SLSQ SS Manager on charris@lifesaving.com.au or 3846 8000

This information is also available on the SLSQ website:

<http://members.lifesaving.com.au/index.cfm?objectid=96C38013-5056-973B-36203C7850B08C24>

The re-introduction of the Fastest Man on Sand as a four round series has been done for a few reasons –

- Lack of beach at our normal domestic carnival competitions.
- To give our beach athletes their own stream of discipline specific competitions that will “in time” raise the profile of the sport/discipline and its athletes.
- To encourage members (and potential new members) to embrace the beach event/s side of Surf Sports competition.
- Limit the amount of clashes for athletes who cross from water based events to beach events.

- Ensure that the lowest of costs are incurred by our members (athletes, officials and supporters) by only conducting the FMOS series on one day over four rounds.

2009 QLD STATE ENDURANCE

CHAMPIONSHIPS

Taken from entry bulletin 14.09.09, dated 9th Sep 09.

When: Saturday 24th October 2009

Where: Mooloolaba Beach

Entries Close: Midnight Wed 14th Oct 09

Club Entries

Entries are invited from all Clubs throughout Australia and the World for the events as listed under Item 4. The method of entry is via the Surf mate Carnival Program for all Queensland Clubs. The name of the event is 2009 Qld Endurance Championships.

Endurance racing for male and female athletes in age groups Under 11 to Masters 70+ will take place in the disciplines of – Beach Run, Surf Swim, Board Paddle and Single Ski for all relevant age groups.

In Surf Boats Age categories will be Open (Male & Female), Reserve Grade, Under 23 (Male & Female) and Under 19.

Entry Fees

Under 11 to Under 14 Age groups - \$10.00 per person (unlimited events on the day).

Note: If an Under 14 athlete is eligible to compete in Under 15 events he/she will only pay their Under 14 entry fee.

Under 15 to Masters Age groups - \$20.00 per person (unlimited events on the day).

Late Entries

Nominations which are received at Surf Life Saving Queensland after the closing date (as above) of entries will incur a late entry fee of \$50.00 (inc GST) per person plus their relevant age group entry fee. Late entries will not be accepted after Wednesday 21st October 2009.

Further Information — Contact

Chris Harris, SLSQ SS Manager on charris@lifesaving.com.au or 3846 8000



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This information is also available on the SLSQ website:

<http://members.lifesaving.com.au/index.cfm?objectId=BC2938B2-5056-973B-36767438D168D9A2>

IRB COMPETITION SEMINAR & COACHING CLINIC

Email from Craig Holden, Regional Manager, Wide Bay Capricorn Region.

When: Fri 30th Oct 09, 8.30am to 2.30pm.

Cost: FREE

This year at the North Australian Championships, there will be an IRB Competition Seminar & Coaching Clinic for any Club Members, Competitors, Team Managers, Coaches and Officials to attend that are interested in being involved in IRB Competition. The Clinic will feature a mix of Theory and Practical activities/sessions, with Clubs involved encouraged to bring along an IRB and Motor as well if possible.

The Clinic will be coordinated by North Barrier Branch IRB Competition Officer, Rob Shillam, and will be delivered by top level IRB competitors and coaches, Tony Carle, Jeff Hutchison and Andy Kelchhoven.

All attendees are to register their interest in attending by emailing Rob Shillam – rob_bert@tpg.com.au.

Lvl 1 Coach Upgrade

Cost involved....

Also, as part of the ongoing development of Coaches within Regional Queensland, we will also be offering a chance for any current Level 1 Surf Coaches (any discipline) to upgrade their Level 1 Surf Coach accreditation to include IRB Coaching by attending the IRB Racing Seminar & Coaching Clinic.

There will be a cost involved in doing this and any interested coaches are invited to refer to SLSQ Circular No. 88.09.09 which can be found here

<http://members.lifesaving.com.au/index.cfm?objectId=AD3BF18A-C298-99DD-CA053846D3EF2B6D>

or to contact SLSQ Surf Sports Development Coordinator, Ryan Bennett on 3846 8024 or email rbennett@lifesaving.com.au.

Contacts

For further information pertaining to the Seminar/Coaching Clinic, please feel free to liaise with either Craig Holden or Rob Shillam. For information pertaining to the Level 1 IRB Accreditation process, please direct all enquiries to Ryan Bennett.

Ryan Bennett –

- rbennett@lifesaving.com.au or
- 3846 8024

Rob Shillam –

- rob_bert@tpg.com.au

Craig Holden –

- cholden@lifesaving.com.au or
- 0403 577 646

NTH AUSTRALIAN CHAMPIONSHIPS



When: 30th Oct to 1st Nov 09

Where: Harbour Beach, Mackay

Entries Close: Wed 21st Oct 09

The North Australian Championships will this year be conducted at Harbour Beach, Mackay, from Fri 30th Oct to Sun 1st Nov 2009.

The program of events will be based on the Surf Life Saving Queensland State Championships, with some slight modification made to some events to encourage maximum participation and to compress the program.

The age of competitors will range from Under 11 to Masters.

Events will be conducted in accordance with the SLSA Surf Sports Manual, 33rd Edition, as well as any subsequent Bulletins or Circulars issued from Surf Life Saving Australia and/or Surf Life Saving Queensland.

Please refer to circular 89.09.09 for all the details and nomination forms.

<http://members.lifesaving.com.au/index.cfm?objectId=AD3BF18A-C298-99DD-CA053846D3EF2B6D>

Bulletin:

Email received from Rebecca Marshallsay, SLSQ Administration Officer.

Please take note of the follow important information pertaining to the North Australian Championships Entry Circular 89.09.09 distributed on Friday 18th.

- **Please be aware that Section 1. Introduction and Important Information should read**

“Events will be conducted in accordance with the **SLSA Surf Sports Manual, 33rd Edition**, as well as any subsequent Bulletins or Circulars issued from Surf Life Saving Australia and/or Surf Life Saving Queensland.”

The 32nd Edition **will not** be used, the Carnival will be conducted in accordance with the 33rd Edition.

- **As per the Entry Circular (Section 1.3)**

Entries for the Pool Rescue Competition Events will need to be done separately to other entries for the North Australian Championships. Pool rescue competition entries are to be done via the 'team manager lite' program and entries system (**not** via Carnival Manager).

If Clubs are having difficulty with the Pool Rescue Competition Entries and/or the Team Manager Lite entries system, please liaise directly with VAL CONNELL – valcon@bigpond.net.au or (07) 5572 4085 or 0414 424 085.

With the exception of Pool Rescue Entry queries, all queries should be directed to the Event Manager, Craig Holden cholden@lifesaving.com.au or 4151 8431 or 0403 577 646.

WANTED

Old IRB's

The Johnstone River Catchment Management Authority in Innisfail has asked me about purchasing an old IRB from any of the clubs. Does anyone have one for sale or know of one for sale? Thanks for your help.

Bill Horsford – billandlou@westnet.com.au or 0400 663 907



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SLSQ PELERMAN EXCELLENCE PROGRAMS

Take from SLSQ Circular 92.09.09

To ensure that our members continue to grow into our future leaders, SLSQ will deliver development programs tailored for specific age groups to educate and foster leadership development, personal growth, goal setting, and team work whilst encouraging positive self-esteem.

SLSQ will conduct two Pelerman Excellence Programs throughout the 2009/2010 Surf Life Saving season. The program dates will be as follows so make sure that you save them in your calendars.

- 22nd – 24th Jan 2010
Pelerman Youth Excellence Program (15-17 years)
- 9th – 11th April 2010
Pelerman Leadership Excellence Program (18-25 years)

More information regarding both Excellence Programs will be sent during the coming months. Should you have any questions in the meantime please feel free to contact Johnathon Fife, Membership Development Officer at SLSQ on jfife@lifesaving.com.au or 3846 8023.

GUARDIAN OF THE SURF

Taken from SLSQ website

Grant Hackett has become the patron of the Guardian of the Surf program, a regular giving initiative run by the Surf Life Saving Foundation.

Now in its Tenth year, the Guardian of the Surf program has gone from strength to strength, with more than 8,000 members in Queensland who provide generous, regular donations to support our volunteers on the beach.

By becoming a Guardian, not only are you helping surf lifesavers by providing training and equipment, but you are also helping your friends and their families stay safe at the beach

For more information on this

<http://www.lifesavingfoundation.com.au/guardians-information.aspx>

SLSQ AND NIGHT OWL PARTNERSHIP

Taken from SLSQ website

NightOwl and SLSQ have joined forces to help provide safer beaches and swimming areas in 2009. The partnership includes a variety of fundraising and marketing initiatives.

NightOwl has pledged to donate 15 cents from every bottle of NightOwl and SLSQ branded water sold across their 53 stores to the organisation. In addition, NightOwl will conduct fundraising activities throughout the year, from which all proceeds will be donated to SLSQ.

NightOwl is also the major sponsor of the NightOwl Beach Safe Program in Schools, designed to educate children about vital aquatic and beach safety information. The program will take place in more than 100 Queensland schools, teaching around 25,000 school children about surf safety and how to stay safe on Queensland beaches.

NightOwl Marketing Manager Grant Peck said it was fitting that the franchise was partnering with such an iconic Australian brand.



SLSA HALL OF FAME

Taken from SLSA Circular 30/09-10

Nominations are now being called for past and present surf lifesaving members to be recognised in the SLSA Hall of Fame. Successful nominees will be inducted into the SLSA Hall of Fame at the 2010 SLSA Awards of Excellence.

Nominations close at SLSA on Fri 18th Dec 09 at 5pm EST.

The SLSA Hall of Fame is an integral part of recognising the achievements and efforts of members in the Surf Life Saving movement. SLSA has set up an interpretive area located at the 'Surf House' that has been dedicated to preserving surf lifesaving's special place in Australian history and to honour surf lifesaving's rich and proud heritage.

The Hall of Fame permanently displays, commemorates and recognises members and teams who have achieved outstanding accomplishments and exceptional contributions to the development of surf lifesaving in Australia. The achievements are not restricted in relation to the area of their contribution but must have been inspirational in application to surf lifesaving activities and have been separated into categories explained below in the criteria section.

Initial inductions into the Surf Life Saving Australia Hall of Fame were conducted at the inaugural SLSA Awards of Excellence in March 2004

For more information please visit:

<http://www.slsa.com.au/site/content/resource/00003056-docsource.pdf>

STATE EVENTS PHOTOS – VIEW OR BUY

Taken from SLSQ website

View or buy your favourite action shots from the Surf Sports season – State Events.

Harvie Allison, Surf Life Saving's Official photographer has been down on the beach all season capturing the best moments in surf sports action. Head to his website, and you can view and purchase the beach shots from the E toll Ocean Assault series, Westpac Queensland Junior Championships and Crazy John's Queensland Championships.

For all the best shots of the season, visit <http://www.harvix.com/photocat.asp>.

INTERACTIVE SURF SAFETY WEBSITE

<http://public.lifesaving.com.au/index.cfm?objectid=B7FC6325-C298-99DD-CBD798187D3ED5FE>

Here in the Interactive Surf Safety Education site, you can view some excellent safety tips for the beach and swimming. These modules have been designed and developed from an original concept by Griffith University Bachelor of Multimedia students and Surf Life Saving Queensland as a way of showing you the right and wrong things to do for your own safety and for others around you.



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LIFEGUARDS

Taken from the SLSQ Website

SLSQ is always seeking highly motivated, experienced, and appropriately qualified persons to fill casual positions in the following locations:

- Cairns
- Townsville
- Airlie Beach
- Mackay
- South East QLD

Successful candidates shall:

- Demonstrate a high level of customer service and good public relations skills
- Be available to work flexible shifts
- Hold or be able to obtain the SLSA Bronze Medallion, Advanced Resuscitation Certificate, and Senior First Aid Certificate
- Able to complete a 800m pool swim in 14 minutes
- Demonstrate a high level of physical fitness

Applicants to obtain a copy of job description from Greg Cahill on 3846 8000 or lifeguard@lifesaving.com.au.

SLSQ currently has lifeguard contracts at 48 beaches/lagoons. We are always looking for dedicated people to fill roles ranging from casual lifeguards to lifeguard supervisors. To view the lifeguard employment application form visit

<http://public.lifesaving.com.au/index.cfm?objid=94E885B3-C298-99DD-CA5FE3C836771998>

also visit the following Lifeguard website for any further information

<http://www.lifeguards.com.au/>

ALCOHOL & SWIMMING

Taken from SLSQ Fact Sheet 5

Common sense tells us not to drink and either swim, surf, fish from rocks, operate a boat or drive - water and alcohol do not mix!

Drinking alcohol impairs your senses, encouraging risk-taking behaviour, meaning you are more likely to get into trouble. If you drink and get into the water, tired muscles and confusion from being under the influence of alcohol, makes it harder to get out of trouble.

There is a range of physical changes which occur when an individual consumes alcohol and then engages in aquatic activity. These include (but are not limited to):

Disturbance Of The Inner Ear

Fluid in the ear is responsible for balance. Alcohol and a sudden change in temperature can lead to disorientation. Diving into the water is a perfect opportunity for this: all of a sudden, up becomes down.

Hypothermia

Alcohol increases blood flow to the arms and legs, even when the body would normally try to stop this action to save from heat loss. If you fall into cold water under the influence of alcohol, hypothermia could potentially occur.

Spasm Of The Vocal Chords

Water in the windpipe triggers a reflex closure of the windpipe. Alcohol increases the chance that a spasm of the vocal chords will occur, snapping the airway closed. The combination of water and alcohol can lock the airway closed, making breathing difficult.

Lack Of Coordination

Alcohol numbs the senses particularly sight, sound and touch. When these senses fail, the stumbles and stutters kick in and swimming abilities may be altered.

Impaired Reaction Time

As a depressant, alcohol reduces the rate the brain processes information. Ordinary reactions simply take longer. On the water, a quick response is vital.

Impaired Judgement

Alcohol distorts your perception of risk, and your own abilities. With less accurate information pouring into the brain, you're not as well equipped to make the right decisions.

MONEY SAVING HINTS & TIPS

Here are some banking money saving hints and tips from Vanessa-Nolan Woods, Head of Community Markets at Westpac..

Taken from Our Community Matters Sep 09 Newsletter.

Make sure your organisation's everyday transaction account is free of monthly or annual fees

As a community organisation, you may be eligible to have your monthly account

keeping fees waived. If you're paying monthly fees, talk to your bank. Try Westpac's Community Solutions Account with no monthly account keeping fee for community groups.

Make sure you have access to phone and internet banking

These are brilliant ways to view your balance and transactions at a time that suits you. Internet and phone banking are available 24 hours a day, even when your local branch is closed, and by checking your balance every few days you can ensure you always have sufficient cleared funds in your transactional accounts to cover any direct debits, periodical payments or any cheques you have written.

Make a calendar of direct debits and periodical payments that automatically come out of your accounts.

This is a way of making money. By knowing exactly when a deduction will be made, you can keep your money in high-interest savings accounts right up until the last minute before transferring the billable amount to your transactional account. This will make sure the money you have in the bank is working as hard as it possibly can for your organisation!

Schedule payments in advance.

By using the 'schedule payments' function in internet banking for BPAY and payee transfers you will save time by paying all your bills at once, and you will better be able to keep track of money in and money out of your account. This is one of the best ways to know exactly what's getting paid, thereby avoiding nasty late payment fees.

Know your fee structure.

With some products, fees are waived when balances exceed a certain amount or when the account is used often enough. Bonus interest is sometimes awarded for high balances. If you understand your account's fee and interest structure you can ensure you make the most of your organisation's finances and avoid unnecessary fees and charges.

Regularly review your banking needs.

Banks are often releasing new products, product packages, or reviewing fees and charges on existing accounts. You'll often get notification of this in the mail with your statement but most people take little notice of



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how their banking products are evolving. Make sure you regularly check with your local business banker, branch staff, or the relationship manager assigned to your accounts about whether your products are still appropriate for you. You may find that as your organisation grows and evolves you require different products to get the best out of your banking!

BLOGS

Taken from weekly column of Rhonda Galbally, CEO of ourcommunity.com.au.

Tips on how community groups can use blogs to further their cause.

The internet age has brought with it a number of new opportunities for organisations keen to lift their profile in the community.

Blogs present one such opportunity. Blogs – short for weblogs – might be best compared to a type of online diary or journal, where either an individual or small group of people write regular entries (called “posts”) on a particular topic, and others can comment.

Blogs are often based around a single topic, or around the writing style of the bloggers themselves. If the blog is interesting or entertaining enough, it’s likely to build up a loyal following.

With a bit of work almost any group can establish and maintain a good quality blog to attract a community of like-minded people and harness their support for your benefit. You can use it to promote your group’s message.

The first thing you need to do before you start blogging is to decide who will look after the blog. Some groups might decide to have a single person in charge; others might have a small group share the responsibilities.

Those overseeing the process should have a solid knowledge of the web, a general understanding of blogs, good writing skills, and an excellent understanding of the topic that will form the central theme of the blog. It helps, too, if they have an entertaining (though not too risqué) writing style.

Next you should establish some policies. Spell out who from your group can post to the blog, what process posts need to go through before they’re put up, and the topics and language considered appropriate for inclusion.

You should also establish some policies on what will be considered acceptable and unacceptable comments from those reading your blog, and who will be in charge of monitoring and moderating them.

Set policies too to govern the use of photos and video featuring people from your group. Always err on the side of caution when using images (and names, for that matter). Make sure you get informed permission and that people know exactly what they’re being used for and what the implications of them going on the internet might be.

Next, start experimenting with content; you may even have existing articles that you can adapt. Road test the content with a few people to see if they think your articles are interesting enough to engage an online audience.

Getting your blog up and running is relatively easy. The easiest way to go about it is to use a blogging service like WordPress (www.wordpress.com) or Blogger (www.blogger.com).

Most blogging programs are free if you only use the basic features, allowing you to get started in only a few minutes.

Once you’ve got your first entry in place, send the link to all your members and supporters and invite them to pay a visit.

SPONSORSHIP POLICIES AND TIPS

Taken from SLSQ Website

Some key sponsorship tips for Surf Life Saving Clubs:

Avoid conflicting sponsors

If a conflicting sponsor approaches your Club, liaise with SLSQ to help source another potential sponsor.

Build a relationship with state sponsors at a local level

For example, invite local sponsor representatives to Club functions.

Protect sponsor property

Protect your current sponsors and the sponsorship rights they are entitled to.

Recognise yours and SLSQ sponsors in your Annual Report

In addition to recognising your Club sponsors, consider including a section for Surf Life Saving Queensland sponsors.

Liaise with SLSQ to obtain sponsorship opportunities

If your club is seeking sponsorship for a project, and are unsure of which organisations to approach in your local area, please contact Menique Voeten on 07 3846 8001 to discuss sponsorship options or for sponsorship advice

Sponsorship is generally recognised as the purchase of the, usually intangible, exploitable potential (rights and benefits), associated with an entrant, event or organisation which results in tangible benefits for the sponsoring company (image/profile enhancement).

Sponsorship support can be of; an event, organisation, individual, team, object, venue etc, and the benefits offered to the sponsee by the sponsor can include:

- Exclusivity
- Image association
- Hospitality for client entertainment
- Product sampling at venues
- Signage rights
- Merchandising
- Networking with people of importance
- Media coverage
- Publicity opportunities
- Use of personalities for advertising and promotions
- Retail or trade incentives to encourage your members to purchase the sponsors product

The difference between Sponsorship and Donation

Please note that there is a vast difference between sponsorship and a donation. Sponsorship is a business tool it is NOT a donation!

Donations are either goods or money given with no return expected. A Donation is ‘free money’ with no strings attached and no favours or benefits expected in return.

Sponsorship offers monetary support to an individual, team or organisation in return for an agreed benefit or list of benefits from that organisation.



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Carefully manage your sponsorship relationship

Manage the relationship for the longer term. The benefits that will accrue from your sponsorship will take some time to build. Most sponsorship agreements are commonly signed using a three year contract with the option to renew.

Make sure the relationship is outcomes based and report results to your sponsor. It is essential to quantify these results eg. if your sponsor is looking to increase brand awareness within your Club you could report that xyz thousand products were sampled by members, or xyz thousand members and beach goers were exposed to the sponsor's signage.

Build the sponsor relationships over time. Sponsors can do more than make a direct financial contribution, they can also provide in-kind support (other non-monetary support provided by the sponsor) such as product to be used at a carnival or Club event, or including their staff/customers in Club activities.

Protect your sponsors

Provide your sponsors with exclusivity. Don't clutter your Club with sponsors

MINUTES OF MEETINGS

Taken from weekly column of Rhonda Galbally, CEO of ourcommunity.com.au.

Tips on minute taking.

It's sometimes reassuring for the poor community group secretary to know that even the big kids stuff up sometimes.

You might have heard that a major political party made it into the news recently because nobody could apparently remember exactly what the party room discussions had agreed to on the important issue of environmental legislation.

It brought to mind all those many times that I have heard community group members complaining that the minutes haven't been written, or haven't been circulated, or aren't clear, or don't say what the decision was, or have even been lost. Too many times, too many times.

It all underlines the importance of getting the decisions down. That's what minutes are for. Putting down the arguments is a bonus, giving people's speeches in detail is probably over the top, but the absolute bottom line of any record of meeting is that any time the committee makes a decision the minutes should set it in stone for later inspection.

If there's a motion, get the mover to write it down and read it out so everyone is absolutely sure what's being proposed.

If there are amendments, make sure that the final motion is written down in its final form.

If there are general discussions that don't seem to be getting close to a conclusion, the Chair should ask if anybody wants to move a motion.

If the motion is unclear or ambiguous or open to interpretation, that doesn't help either. The

Chair needs to take a role in identifying the points at issue and making sure that any motion takes a clear position on one side or the other. If the Chair doesn't raise this, the minute-taker should.

That's not to dump everything on the shoulders of the poor secretary (though that's what committee members often tend to do).

If the minutes don't record that a decision was made, that should be evidence that a decision wasn't made.

The minutes are sometimes approved without much thought, or even having not been read by committee members. This is dangerous because they may be referred to as the official record days and weeks and even years after a decision has been made.

If you're on a community board or committee of management, make sure you take the task of taking and checking the minutes seriously.

Importantly, the minutes should indicate who has agreed to do what before the next meeting or by when.

And they should be written and circulated while the meeting details are still fresh in people's minds, preferably within a week of the meeting being held.

An attached table summarising the action resulting from the agenda and detailing people's responsibilities and timelines can also be very useful for busy board and committee members.



The life of the beach.



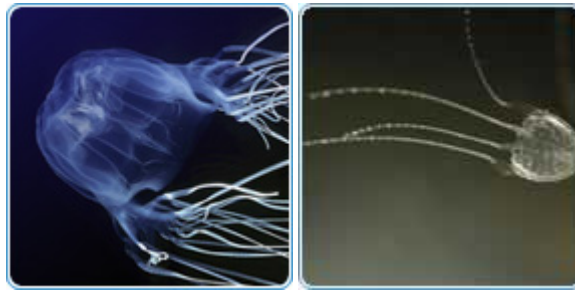
You are invited to:

MARINE STINGER

INFORMATION EVENING

In preparation for high risk marine stinger season.

This is definitely worth attending as you will learn something new about marine stingers specifically about the box jellyfish & Irukandji while being entertained.



Date: Wednesday 21st October 2009

Time: 6.30pm

Location: To be advised
JCU Smithfield campus,
McGregor Road, Smithfield, CAIRNS

Speaker: Associate Professor Jamie Seymour

Contact: Everyone welcome.
Please RSVP to ekeating@lifesaving.com.au



North Queensland Branch - Surf Life Saving Queensland Expressions of Interest Form

- Advanced Resuscitation Certificate
 - Defibrillator Certificate

I would like to attend the Advanced Resuscitation Certificate/Defibrillator Certificate course on Wednesday 7th, 14th & 21st of October
I understand that I am required to attend all 3 sessions.

Prerequisites for ARC/Defib are to hold a proficient Bronze Medallion OR current Operational First Aid certificate.

**Please send back to the North Queensland Branch by
COB Tuesday October 6th.**

Candidate Name _____

Club Name _____

Phone _____

Fax _____

Email _____

Please return signed form to NQ Branch Office

Fax: (07) 4032 2399

Mail: P.O. Box 1670, Cairns, 4870

Email: jdunnett@lifesaving.com.au