



## Surf Life Saving Sydney Inc.

Established October 1907

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**TO: Clubs, Surf Sorts Coordinators, Club Captains  
Presidents, Secretaries**

**FROM: Director of Lifesaving**

**CC: SLSS Management, BoL & BOSS Committees**

**SUBJECT: Branch Information Session on Lifesaving Events 2014-2015**

As Clubs are aware, Sydney Branch conducts Lifesaving Event Championships each year and these are held at the annual Coogee Carnival which this season will be held on 7<sup>th</sup> February 2015.

**An invitation is extended to interested members to attend a  
Branch Information Session on Lifesaving Events**

**Information Session:  
4.00pm – 5.00pm November 15<sup>th</sup> 2014  
Coogee SLSC - downstairs**

As many of you are aware within Surf Sports there exists a range of events which focus on Lifesaving Skills.

These events give those club members whose focus is lifesaving, a great opportunity to compete on behalf of their club with their club mates.

Points are given within the overall Branch Championship.

These events definitely test the skills and fitness of the competitors, with the Champion Lifesaver being a combination of seven different events and the Patrol Comp certainly testing the responsiveness of those on the beach:

These events also include U15's, and can include those with their SRC from Nippers, which is a great way to encourage those younger members to join in with the club competition.

A number of SLS Sydney Clubs have done very well in these events, over the last few seasons at Branch, State and National level. However, these events should have as many Sydney clubs as able competing in them, as ALL clubs have high quality lifesavers whose skills would certainly do well in these events.

This briefing session is to be held to encourage as many clubs as able to attend, and get the information required so they can commence training in readiness for the event in February next year.

Those who should attend are the Nipper Chair or Nipper Surf Sports Director, Patrolling lifesavers interested in competing, Club Surf Sports Coordinators, Club Captains or anyone in the club who would be interested in competing in these lifesaving events.

#### Affiliated Clubs

Garie Era Burning Palms  
Wanda Elouera North Cronulla Cronulla  
Clovelly Coogee Maroubra South Maroubra  
North Bondi Bondi Tamarama Bronte



Documents will be available on the day outlining the events and information needed to compete.

As stated above this event is a fantastic way to get your patrolling lifesavers showing off their lifesaving skills, while at the same time competing under your club colours.

This is also a great way to engage with your Youth members the U15-U18's who can compete within the U15's, U17' and U19's categories.

These are many of the skills these young lifesavers already have as they will be in the water on the sand, and in the training room, showing the judges how good their Resus, CPR and patient care really is..

A number of Sydney clubs have focused on engaging their Club Youth teams via these lifesaving events, and this has been quite successful in retention training and overall inclusion.

### **These Lifesaving events cover the following:**

**Champion lifesaver** – this event provides an individual the opportunity to demonstrate their physical and mental skills required to be a lifesaver. The skills include a lifesaving questionnaire, resuscitation, live patient assessment, surf swim race, surf board race, beach sprint and a rescue tube race. A point score based on the overall results achieved determines the winner.

**Patrol competition** – the aim of the patrol competition is to demonstrate how surf lifesavers work as a team in performing some or all skills associated with surf rescue patrol work. Team members in the patrol competition must be from the same club. The patrol competition includes a number of physical skills, practical and theory tasks involving racing, rescue and/or first aid situations.

**First aid competition** – the first aid competition is a team event, and is conducted with a set simulated accident scenario and a time limit for each team. The time limit is advised prior to the commencement of competition. Judging is based on SLS First Aid standards.

For any further information regarding the above please contact Doug Hawkins  
[nippers@surflifesavingsydney.com.au](mailto:nippers@surflifesavingsydney.com.au)

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*Images from previous Branch and State Lifesaving Championships*



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