



Welcome to Freshwater

On behalf of the Executive and all club members we welcome new members to the Freshie family.

Freshwater SLSC was officially formed in December 1908. For several years prior to this, a group of people who camped out regularly in the dunes behind the beach and around the local creek over weekends, had performed rescues and assisted non-swimmers who got into difficulty. Swimming in daylight hours was a fairly new social phenomenon!! Over the years there have been many milestones, many long days on patrol and some wonderful achievements.

As volunteers, our commitment to providing the public with a first class lifesaving service never waivers. Our focus on education to provide members with the necessary skills and confidence is essential and our strong competitive edge encourages all members to operate at a high level of fitness and skill on land and in the water.

Our Goals

- Provision of volunteer beach patrol and life saving services at Freshwater beach and surrounding environs, including the rendering of first aid, medical, life saving and emergency care for members of the public who use the beach for recreational activities
- Training and education of personnel in first aid, emergency care and efficient life saving practices with a particular emphasis on the surf environment
- Encouragement, development, education and instruction of junior activity members (nippers) in the elements of surf safety and awareness so that they may recognize and negotiate dangers within the surf environment
- Participation as a member of SLSA in the conduct, encouragement, promotion, advancement and administration of activities directed to life saving practices and the preservation of life in the aquatic environment

Organisation

Freshwater SLSC (www.freshwaterslsc.com) is a member of our governing body – **Surf Life Saving Australia** (www.slsa.com.au). The other levels of administration are **Surf Life Saving NSW** (State) (www.surflifesavingnsw.com.au) and **Surf Life Saving Sydney Northern Beaches** (Branch) (www.surflifesaving.net.au)

Policies, Standard Operating Procedures (SOPs), Circulars and Bulletins and calendars of events may be found on the websites of each of these, together with a wide range of information. You can also subscribe to email newsletters issued regularly to update members

Freshwater SLSC is governed by its Constitution and By Laws. At the Annual General Meeting, eligible members vote for an Executive Committee to lead the club. The Executive Committee meets formally on a monthly basis and at other times as required. (Please refer to the attached organisational chart for an outline of the positions, their roles and the current incumbent.)

Your Executive is committed to providing the most up-to-date equipment for patrols, education and competition. Every member is encouraged to take advantage of the personal development opportunities available through surf life saving, no matter what your interest or level of ability.

Obligations

In becoming an active patrolling member of Freshwater you commit to undertaking your rostered patrols and maintaining your proficiency.

Patrols

On average there are 9 patrols per year. This means half a day per patrol approximately every 3/4 weeks, between September and April, on Saturdays, Sundays and Public Holidays. Times vary with daylight saving but are generally 8.45 to 1.15pm (morning patrols) and 1.15pm to 6.00pm at the latest (afternoon patrols). Our Club Captain and your fellow patrol members rely on having all patrol members turn up – it's a team effort! You will be introduced to our web-based intranet – Freshnet - that allows you to swap patrols and keep you in contact with your Patrol Captain and other team members, as well keep up to date on club activities.

Training and Education

The first step in becoming a voluntary patrolling member of Freshwater is to obtain the Bronze Medallion (age 15+) or Surf Rescue Certificate (age 13+).

Training for these awards takes place over approximately six to seven (6 - 7) weeks, with two sessions per week – one in the evening for “dry skills” and one on the weekend for “wet skills”. New members are encouraged to do additional training as required including swim sessions at your local pool and extra board rescue training. Assessment is skills based.

Members are encouraged to undertake further awards such as IRB Crewman, First Aid, Spinal Management, Advanced Resuscitation Techniques and IRB Driver.

Competition

Freshwater has a long history in the competition arena. Active members of all ages (7 to 70+) are encouraged to participate in competition. Competition covers a wide range of disciplines including beach, swim, board, ski, surf boats, IRB racing, R&R, March Past and Lifesaving events. Members compete as both individuals and in team events. A strong program of training is offered to all interested members – whether you are a serious contender or keep fit/have fun/socialise person or somewhere in between.

Junior Activities (Under 7 to Under 14)

Our ‘nippers’ are an integral part of Freshwater SLSC. Activities generally take place on Sunday mornings, with training at other times. The Junior Activities committee organise all activities for this group. From age 13 members commence transition to becoming fully-fledged lifesavers through patrolling duties and participation in competition at Open carnivals.

Other Activities

A number of other activities are part of the social fabric at Freshwater. Throughout the season a Sunday surf race is conducted at Freshie, various social functions are held and we conduct a number of carnivals and a Ocean swim.

Sunday Surf Race

A handicap surf race is held almost every Sunday from October to March at 11.00am. Members of every ability from World Champions to everyday swimmers. Make friends with the handicapper!

Freshie Masters Carnival

Conducted annually in November

Australia Day Surf and Boat Carnival

Conducted annually over the Australia Day weekend. Our chance to show off!

Barney Mullins Surf Swim

An ocean swim conducted annually in March

Social Events

A variety of social events are conducted including Freshies on Friday, a cocktail party and Christmas party as well as several [fun]draisers during the year.

Administrative Matters

- **Membership**

All members must complete and sign a membership form, pay the appropriate fee, and those over eighteen (18) must complete a “prohibited person/working with children” declaration form. It is essential that membership obligations (form and fees) are met, as this is directly related to insurance whilst participating in lifesaving activities.

- **Membership Fees – New Members**

Active Seniors (Over 18) - \$375.00

Includes: One season's membership (current season), training manual, examination fee and training costs and gear on completion.

Cadets and Active Juniors (13-18yrs) - \$275.00

Includes: One season's membership (current season), training manual, examination fee and training costs and gear on completion.

- **Security**

Our club has a security system. Members who wish to access the club outside regular activity times such as Sunday mornings during the season will need to purchase an access fob. Access to particular parts of the club may also be restricted when the club is being hired out for functions.

Cost: Keyring Fob \$20.00, Silicon Wristband Waterproof Fob \$20.00, Replacements \$20.00 (One fob is included in the cost of the new membership fee when doing the BM or SRC).

- **Parking**

Active financial patrolling members, who live outside of the Northern Beaches Council, or would not otherwise be entitled to a Council Car Park sticker, **may be entitled** to be issued with a sticker via the club. Applications in writing to the Executive Officer at exo@freshwaterslsc.com are required before a sticker can be issued. You will be eligible to apply on completion of your award.

- **Communications**

Our website has some information for members and the general public. The club also has a secure internal website – “Freshnet” – for active financial patrolling members to communicate internally regarding patrols, training courses and competition. Newsletters are issued via email and are available for download on a regular basis.

- **Grievance Procedure**

Freshwater SLSC has in place a number of procedures to deal with disputes or grievances. Any matter requiring mediation should be addressed in the first instance to the Executive Officer.

- **Risk Management, Work Health and Safety and Incident Reporting,**

Managing risk in our ‘workplace’, minimising risk and considering OH&S issues and reporting any matters is of the highest priority to our Club.

Safety is everyone’s responsibility.

It is imperative that any perceived risk, safety concern or incident or injury to either a club member or a member of the public is reported immediately and the appropriate steps be taken to deal with any matter arising. This may be through the Executive Officer, Club Captain, any other member of the Executive or your Patrol Captain.

More information on this vital part of our organization will be covered during your training.

Attendance at the Induction Day is imperative to ensure you have all the information needed to proceed with your course training and to understand the workings of the club and the training procedure that you and your fellow trainees and trainers will be undertaking during the training period. (NOTE: The prerequisite pool swim is generally completed on the Induction Day.)

Key Positions at Freshwater

PRESIDENT	EXECUTIVE OFFICER	TREASURER	CLUB CAPTAIN	CHIEF INSTRUCTOR
Alan Burns president@freshwaterslsc.com	Wayne Freakley exo@freshwaterslsc.com	Chris Tyrrell treasurer@freshwaterslsc.com	Deandra Godoy captain@freshwaterslsc.com	John Goldrick education@freshwaterslsc.com
Represent the Club at all official functions Chairperson of EC Meetings	Receive all correspondence and memberships.	Manage the financial transactions of the club.	Manage all matters relating to Lifesaving. Lead and direct patrols.	Manage all matters relating to Education, Assessment and Proficiencies.
COMPETITION DIRECTOR	FACILITIES MANAGEMENT	SPONSORSHIP & MARKETING	MEMBER SERVICES (Co-Directors)	GENERAL COMMITTEE DIRECTOR
Kevin Crow competition@freshwaterslsc.com	Phil Fagan facilities@freshwaterslsc.com	Luke MacRae sponsorship@freshwaterslsc.com	Claire DePaoli member.services@freshwaterslsc.com	Garth Callender gcallender@live.com
Manage all matters relating to Surf Sports.	Oversee the maintenance and development of the building and make recommendations for its use and improvement.	Develop relationships with sponsors and assist in identifying opportunities for sponsorship, marketing and fundraising.	Liaise with members on environmental matters. Assist with integration to the club. Social events.	
ADMINISTRATIVE OFFICER (part time)	HALL HIRE	CLUB CARETAKER (on site)	PATROL CAPTAINS	CHAIRMAN – JUNIOR ACTIVITIES (or a delegate)
Gayle Taylor exo@freshwaterslsc.com	Gayle Taylor functions@freshwaterslsc.com	George & Michelle Vella	16 at present	Hamish Mclean nippers@freshwaterslsc.com
Provide admin support to the Executive Committee.	Manage Hall Hire activity.	General club maintenance and security.	Lead each patrol in exercising its function.	Lead the activities of Under 7's to Under 14's.

Working behind the scenes are a number of sub-committees, who support the above key stakeholders.