



CAVES SURF CLUB NEWS



www.cavesslsc.com.au

January 2010

Whats On

See the web site for this and much more at:

www.cavesslsc.com.au

Club Meetings are held the 3rd **Monday** of each month at 7 pm

- **Jazz under the Pines – Sunday 28th March**

Leading News & Announcements

Happy New Year!

I hope all our members had a Merry Christmas and a Happy New Year.

I just thought I would give a quick wrap up of where we are to date for the 1st half of this season. I thank all of you who have contributed to the progress of this club.

1. As you are aware we are to receive a new disabled lift and entry foyer courtesy of LMCC. This was part of our club facilities redevelopment plan that was set many years ago for the benefit of all members. We recently had a meeting with the LMCC people involved in its development. All is on track and progressing. At this stage the completion date required by LMCC is 30.6.10. Many would know that we lose on average 6 - 10 functions a year because of the lack of disability access. Not to mention we have Life members who do not attend club functions because of their inability to freely gain access to the club. The lift was not planned until a later stage of development, however when the LMCC offer you \$150,000.00 you cannot knock it back. If we did knock it back then we would have to wait several more years for this opportunity, so we took it.

2. We applied for and have been successful in gaining a disability toilet grant for the hall auditorium. This is a grant for \$36,000.00. This will mean that the hall toilets both men's and women's will be upgraded

and a disability toilet fitted as part of the renovation.

Please note that these two items are required under OH&S regulations, so we will shortly comply. The LMCC has many, many buildings under their control in Lake Macquarie that need disability upgrades so for us to have been granted this shows:

- They can see the definite need for the facility upgrade
- They can see the hard work and many hours of planning that members of the committee of the last few years have applied to improving your club.
- The LMCC have remarked at the planning and professionalism of the committee involved in this projects.

3. The water grant for \$45,000.00 was completed and signed off in the early part of the year. The council also obliged with some security gates around the water collection tanks, which was a process in itself.

4. We were fortunate to have heavy-duty security gates placed on the IRB shed at no cost to us by the LMCC.

5. We were successful in gaining a grant for \$7,600 to purchase a new ATV. The ordering process to replace the existing is in progress and by early 2010 this vehicle will be operational on Caves Beach.

6. The golf day was a huge success. Thanks to Kel for a huge effort and thanks to his team. Early figures show it may produce twice the expected income and budgeted amount.

7. The Aquatic Facility "boat shed" is in limbo at the moment. This is not by CBSLSC hands but by LMCC processes and red tape. Basically nothing has moved on this front for some time. We had gained \$75,000.00 in grants as part of our proposal, had gained land on Black Neds Bay and had concept drawings supplied by LMCC. However LMCC has changed tact and we are awaiting an outcome and we are waiting to be advised of the next step. I was boat captain in 1991 when this first rose on the council books and was involved in the process; again the LMCC pulled the plug then. We have progressed much further this time but are still in the hands of the LMCC planning processes and protocol.

8. We are in the process of reviewing and applying for another grant for \$10,000.00 for modification and enhancements to our environmental water system. More information will follow on this.

9. We have applied to the SLSNSW under the Surf Club Facility Development programme for a grant of \$103,000.00. This has been submitted and will encompass:

- Patrol equipment storage area enlargement
- Nippers equipment storage area enlargement
- IRB rescue equipment storage area enlargement
- Construction of the training and education room
- Upgrades to the downstairs facade and existing club room.

Some other subsidiary improvement will be applied if successful.

The down stairs development is pivotal for other areas to be improved, mainly the men's and women's toilets. From this you can see that there is a need to improve our patrol and rescue equipment storage and enhance our training and education facilities. Many people forget that our primary role is to patrol the beach and maintain

a safe aquatic environment. To do this we need to have excellent storage facilities to house and maintain this equipment. Subsequent to this if we do not have educated and qualified lifesavers on the beach we do not have a club. Again many people think surf life saving is about nippers, partying at the beach and competition. WRONG, they are good and we need these activities but only serve to support our primary role of beach patrols.

10. The committee has recognised the need to upgrade the downstairs club amenities for men and women. This is one of the next stages of the club development. We will be focusing our attention on this area in the **very near future**. However it is hard to justify when you hear stories of the vandalism and lack of respect of the club's own property. The committee is working very hard to improve all facilities for all members but planning, negotiations and grants and indeed raising funds is a lengthy and time-consuming process.

Most members would not appreciate the cost of running a surf club. For example even before we put a person on the beach we are up for well over \$20,000.00 in insurance and fees just to support and protect our members and facilities. The wishes of all sections in relation to budgets and the monies required to run each section of the club was met with some minor adjustments and allowances. Believe me this is a thankless task to satisfy everyone and make everyone happy.

10. Celso and David are gradually coming up to speed with the catering for the club. I believe Celso confirmed another 4 bookings last weekend, so this is good news. David is doing well in the kiosk and has employed several young club members as his support staff. I must mention for the first time in memory we received a full 12 months rent up front, so this shows the commitment by David and Celso to our club and area. We have embarked on upgrading the kitchen upstairs in a partnership with Celso and David. This partnership has seen us



upgrade the ventilation and fume management system, which is a must to comply to the OH&S legislation, while Celso and David have invested many thousands of their dollars in restaurant, cooking and catering equipment. Again commitment from Celso to a long-term partnership and alliance. We are behind where we wanted to be in terms of the restaurant facilities and operations due to the kitchen work and some other minor tactical problems. This has been delayed and Ross Brogden is working through this process. Our plan is to "go live" with the full infrastructure in place. This is preferential to starting "half cooked" so to speak and not allowing it to achieve its full potential. It can be successful and will be as we proved last summer, the trick now is to progress forward and improve, improve.....improve.

11. This season has seen Tracey Dawkings, Di Fleming and their support trainers train arguably our largest ever amount of awards in a single season and it is a fantastic job. We have reached this milestone with the second half of the season still to be completed. This area of the club is a massive success and critical to our operations as surf lifesavers. I look forward to the final analysis of the training and education regime.

12. Our beach patrols are moving along nicely thanks to Richard and Ben. The lads are currently rolling out new patrol uniforms supplied by SLSA. Our two most recent patrol inspections performed by HSLs gained 100% compliant, so good work to all our beach patrols.

13. Our club membership is up by approx. 5-10% already only half way through the season. This shows confidence in the style and way the entire club is being managed which means we have a good product that the community wants to be part of and contribute to.

14. To this date our club management is working through approx. \$268,000.00 in grants under our control. This is a lot of work for the ones closest to the action and I thank them for their efforts. Grant money is hard to get in a very competitive market. Grants are awarded on merit, need, presentation and confidence in the way the club is advancing and being managed. Grant money is not awarded to hap hazard clubs and pie in the sky organisations.

15. On the competition front our members are again leading the way. Our nippers continue to progress and of course we are always strong in the boats, masters skis and march past/beach events. Our march past are again in operation for the season and

our best wishes go with them.

16. I have been fortunate to obtain a sponsorship for our ski team from club member Barry Roberts and his company HITC. This for the development of youth ski paddlers to try and build that section of the club. This shows that our own members have a vision and wish to help in our future. This is living proof that boat rowers do direct sponsorship they organised into another section of the club that is much more needy than their own, and can see the advantages of developing the youth in that area!

WHO SAYS, BOAT ROWERS SHOULDN'T BE PRESIDENT?

17. We are in a tough world both competition and financially. As you can see from the brief report above, we are in a financially strong position with much advancement to be made. The advantages are plenty and the gains are huge for Caves Beach SLSC and you the member. People just need to be patient and understanding of the time and effort that goes into running a surf club. The management sees priorities on a needs basis, not a personal bias, with the vision of self-sustainability and maximum returns for members. From the report above you can plainly see your club is heading forwards faster than many of its larger competitors. It is moving along in a controlled and professional manner showing why many clubs look to us and approach us for infrastructure and management techniques.

18. Since July 2009 we have averaged roughly 21 major action items a month for a total of 107. These are major items that are designated at monthly meetings to be completed to advance the club and keep it moving forward. There are of course many other items that flow from the meetings. At the December 2009 meeting, all but 6 of these actions had been completed. For me, I thank everyone involved and this shows just how effective our committee is.



As you can see Caves Beach SLSC is in good hands and we look to the 2nd half of this season and beyond for exciting times. So to finish, thank you again for your assistance, keep up the good work, and let's assist each other.

Thank you one and all.

Brett Main
President

Gordon Richardson

Congratulations to Gordon Richardson who is celebrating 50 years of service with Caves Beach Surf Life Saving Club. He is proudly the sweep for a young group which includes his grandson Bradley Richardson.

Benefit Night Update

The benefit night held for Rick Boertje's young son on 28th November was bigger than Ben Hur and raised over \$21,000 with all the money going into a trust fund for young Ethan. Thanks to all those members and friends who supported the night.

Congratulations

Congratulations to 7 of our club members who were selected in and represented the Hunter Branch at the NSW Inter-branch Championships held in December 2009.

Our team members were:

Georgia McConville
Ian Keenan
Shaun Osborn
Cheyne-Leigh Wardrop
Zac Moore
Justin McMorland
Paris Wright (*withdrew from the team and did not compete*)

Congratulations to you all once again.

Beach Training

Beach Training resumes on the 7th of January and Flags training continues on the 12th of January



Competitors please remember that this season **SLSA will not allow** members to compete if they have accumulated no-show hours (ie. did not attend their patrols or got a substitute), so to avoid a massive disappointment, ensure that you attend your rostered patrols.

NSW State Championship Entries for 2010

The time is upon us again for submitting our NSW titles entries for 2010. This is a costly and time-consuming part of the season. Your cooperation is much appreciated here to ensure that all entries are submitted in a timely and correct manner.

The closing date for you to submit your event and categories to CBSLSC is the 18.1.10 and has to be submitted to your sectional competition captain or Louise Osborn (*nippers only*) or Alan Wallace.

As in the past we will be asking those members competing at the NSW state titles and AUSTRALIAN titles to pay half of their entry fees. This has been a long time policy of the club and is in place for the following reasons.

- It costs Caves Beach SLSC approx. \$12,000.00+ a season to enter and enable our competitors to compete.
- CBSLSC is one of very few clubs that cover 100% of rep. team fees.
- CBSLSC **does not** charge a "competitors levy" as part of your membership as many clubs do.



- Entry fees can vary from approx. \$10 - \$48 per competitor, per event over the season.
- CBSLSC covers 100% of all entry fees in surf life saving carnivals except NSW and Aussie champs.
- Most other sports you pay membership fees and then have to continue to pay other fees. CBSLSC does not ask for this.

As you can see CBSLSC is a very generous club and supports and desires to give back to its members and competitors. A quick calculation will show that you only need to compete in 4 - 6 surf carnivals and you have received your membership fees back in entry fees.

The entry fees for the 2010 NSW state titles are:

OPEN and MASTERS state titles

Masters	-	\$32.00 each person
Open	-	\$32.00 each person
Masters/Open	-	\$48.00 each person
March Past	-	\$16.00 each person

JA state Age championships
\$22.00 each person

As mentioned above you will only be required to pay HALF of the cost above.

If you have not paid your fee and submitted your name and event category to CBSLSC by the 18.1.10 you Will be required to pay the FULL amount. You will not be entered until all the information is supplied and fees are paid!

This was voted and passed at the recent December 2009 meeting by the member's eligible to vote that were present.

Why you may ask. Firstly to assist the club financially and secondly to ensure people pay up and deliver the correct information in plenty of time for the entries to be entered. The committee members work tirelessly to run the club and do not wish to chase members for information and fees that has been politely asked for. Entering the entries is a time consuming and mentally exhausting process. Entries close at SLSNSW on 1.2.10 so this does not leave very much time to collate and enter the data. Remember every other NSW club will be entering the system at the same time and the system can become overloaded, slow and cumbersome.

Please assist us and follow the basic instructions above and all will be well.

NSW State Championship Officials for 2010

Our club is required to have in attendance a pro rata amount of OFFICIALS per number of competitors. We submit large teams therefore we require an extensive amount of officials.

If we do not deliver the required amount your club will be fined a hefty amount per official we are short.

We have many officials in the club and have indeed paid for the training and education of many this season.

Please contact Alan Wallace to assist. You do not need to spend the entire titles as an official, simply chip in with any time that you can afford.

Is your house a dumpster? No well nor is CBSLSC!

Yes.....well..... a lot of good news this year, what a shame I have to report on this.

The club Christmas party was attended and enjoyed by many club members. It is an annual event we hold high on our social calendar. It is an event that we should be proud of and promote. However many club members were disgusted and repulsed with the mess that was left in and around the club lawn area after the event, refuse, bottles, food stuffs all left laying around.

Members must be reminded that this is YOUR front lawn, this is your area to enjoy, this is your club and this is your responsibility to treat it with respect and the care it deserves.

Its time for some reminders to ALL members attending club functions at your club:



- **The council does not clean that area; it is your responsibility to remove your refuse and club refuse after an event, after all we are all members!**
- **It is a simple task to pick up your refuse before you leave place it in the bin.**
- **If you see a bin full, take the initiative to empty it into the council bins or the large dump bin. BE THOUGHTFUL and PROACTIVE.**

I would expect that committee people in attendance would and should at least lead by example to begin a mini clean up. I would expect that club members in attendance would and should at least lead by example to begin a mini clean up. Members will assist you, if you ask them.

I cannot understand as a proud club member why other members would just walk away and leave your club and surrounds in such a state.

It's not good enough that members who enjoy the club the next day walk face first in rotting, stale and stinking refuse. What if teenage thugs, and there in the are by the way, got hold of all the left over beer and wine bottles laying on tables and the grass?.....they would be trashed and smashed all over our club and the area that our nippers use daily.

To finish and I hope the point has got across.....I pose this question: ***would you leave refuse laying around your personal property thinking someone else will clean it up and think its not my problem?"***

The club, that is CBSLSC is your property as well!

As always feel free to contact me to discuss/debate this issue.

Thankyou
Brett Main
President


Download your free CPR guide


If you faced an emergency, would you know what to do? You can now download your free CPR Guide to your mobile phone today and learn to save a life!


Text the word "CPR" to 0458 728357 (*standard SMS and data charges apply*)


Club Captain's Update




 100% Patrol Attendance – if you are an active members and complete **all** your rostered patrol hours (or get a substitute and then complete a make-up patrol) and have zero no-shows **you will be rewarded** at presentation night with a 100% Patrol Attendance award. I must thank everyone for their willingness to do subs for your club mates, think karma... what goes around comes around!


 New Patrol Rosters for 2010 – the roster for the 2010 part of this season was placed on the club's website early December. Also, there are colour A3 printed copies down at the canteen, please ask the friendly staff for your own copy the next time you are down the beach.


 Year To Date Statistics – As at the end of December 2009 there have been 619 preventative actions, First Aid has been rendered to 25 people. So far there have been **4 rescues in total**. 3 rescues were completed in the 2009 part of the season using the IRB (Mick Mottley and Gary Fleming did 2, Rich Pembroke and Ben Den the other one). The most recent one was a fine combined effort with Andrew Kolokolow first reaching the patient using a rescue board and Scott Bryant and Ben Dean returning the giant of a man to shore using the IRB.


 3 of the 4 rescues were as a result of **a flash rip on a falling tide**, which is the number one problem that we have at Caves. Did you know that one?


 Patrol at the Waters Edge – a requirement of each patrol, is to have at least two (2) members patrolling at the waters edge equipped with a rescue tube and a whistle each. Patrol Captains; please ensure that you have this requirement covered.





 Rescue Boards – while we strongly encourage our members to hone their skills on the rescue board, I must stress that it's not OK to take one of the two boards that we have on the beach for patrol rescue purposes. Instead, take one from the gear shed (and wash and return it when you are finished). This said, there are now 4 boards out of service with dings, rest assured that we'll get them repaired and back in service ASAP.

 NEW Uniforms – All members of SLSA will this season be given a new look uniform. Your Club Captain has been distributing a new uniform to each member over the past few weeks. If you DO NOT have a new uniform yet, please contact Richard and let him know what size you need.


 Uniform Rules – A requirement of SLSA is that members DO NOT wear their patrol uniforms at anytime other than while they are on patrol at the beach. Ideally, they don't even want you to wear your uniform to and from the beach or while training.


 4WD ATV – the club has ordered and will soon be taking delivery of a brand spanking new Yamaha Rhino 4WD ATV. We will be inducting eligible patrol members per patrol in its use. To drive the ATV you must hold a valid current drivers license (no L's) and must have been through a club induction in its use. The plan is to first induct all Patrol Captains who will in turn induct their patrol teams. Richard, Ben, a designated Patrol Captain or our Senior LMCC Lifeguard Mark Scully will induct Saturday patrols. Breaches of the ATV Policy will be considered to be a serious offence and will not be tolerated!


 Red & Yellow Patrol Quarter Caps – Can all members please check and see if they more than one patrol quarter cap at home? If so, please bring any extras down to the beach and put them in the bag in the patrol trailer. Usually people just forget to chuck it in their bag when they grab their shirt and shorts, so grab another when they are at the beach. Last year the club went through over 100 caps (at a cost of more than \$1,000). This year we've already gone about 50 caps for another \$500 and we have had to order more as we have no caps left. Look... I fully realize that they are a hot fashion item on the streets and everyone wants to look cool walking around with their patrol cap and ipod right, but strewth... it's money down the drain that we could use to purchase valuable equipment with.

 The size of Saturday patrol teams – A number of members have asked why we have rostered on larger numbers of members for Saturday patrols than in prior seasons. Well, the unfortunate reason is that no-shows on Saturdays are still a problem. Your Club Captain had to commit to a Service Level Agreement with SLSNSW that stipulates that we will provide a minimum

of 3 bronze medallion holders on each and every patrol. So to cater for the regular no-shows we have had to roster extra members on to Saturday patrols, so that we are covered.

 What happens if we breach our service level agreement? – If we do not provide the minimum number of bronzies, or do not have members with the required award mixes, the club will be exposed to penalties that include suspension from competition (this includes nippers, seniors and masters) & cessation of funding. The very worst thing that could occur... is that due to a lack of vigilance and service, someone could lose their life!

 Radio Communications – At the start of this season, Hunter Branch SLS (with the assistance of Central Coast SLS) introduced a radio SURFCOM (which is a centralised command center for surf lifesaving). This is a great step forward that will deliver a one-stop shop to request assistance, guidance, and recording of statistics. Unfortunately...SLS NSW still have not installed the promised repeater station at Redhead that is supposed to alleviate the problems Caves are experiencing with intermittent and unreliable, until SLSNSW fix the situation please try the radio, but if you cannot get through please continue to contact SURFCOM using the phone in the tower. All the numbers and organisations or individuals you will ever need to contact whilst on patrol are listed in the tower. ***Please ensure that you sign on and off each patrol, this is very important and it is an area where we have not performed as well as we should have.***

 Many thanks to the following members who were able to make time to attend the beach and patrol for part of Christmas Day – Warren Thomson, Rob Sharp, Don Wardrop, Don and Sue Begg, John Gifford. As a club, we believe that it is unfair to roster anyone on Christmas Day, so on behalf of all members, thanks to these six outstanding members for covering us!



96% of Australians unable to spot the number one killer on our beaches

A Newspoll survey has revealed that **96 percent of Australians could not identify a rip current** and alarmingly only 15 percent could correctly explain the most effective way to save themselves if caught in a rip current and therefore prevent themselves from drowning.

This follows the 2009 National Coastal Safety Report which identified that rip currents are the most prominent hazard on Australian beaches.

Up to 89 percent of rescues by surf lifesavers and lifeguards on Australian beaches are caused by beachgoers caught in rip currents.

On Sunday 29 November, Surf Life Saving (SLS) launched a public safety campaign, to educate Australians about rip currents and how to survive them. The message is simple: "To escape a rip, swim parallel to the beach".

To view the new rip currents website go to www.ripcurrents.com.au

Peter George AM, National Director of Lifesaving at Surf Life Saving Australia says, "Our key surf safety message remains 'Swim Between the Red and Yellow Flags', however our data shows that the majority of people who drown in rip currents are swimming away from patrolled areas and outside of patrol times".

At any given time it is estimated that 17,000 rips exist on Australia's 11,748 beaches.

With only four percent of Australian beaches patrolled, being able to identify a rip current and how to survive being caught in a rip current is critical to reduce fatalities on Australian beaches.

"To put it into perspective, last year there were 94 coastal drownings and one fatal shark attack. This shows that beach drowning deaths get far less attention than shark attacks. It is critical that we bring attention to rip currents on Australian beaches and educate beachgoers to drastically reduce the fatalities each year," said Mr George.

"Our biggest concern is young men, aged 25-34 who are over-represented in our drowning data. They are a large contingent of the beach going population, they are

confident and often do not listen to safety advice, and herein lies the challenge."

Mr George said that "The new campaign aims to provide people, especially this male demographic, with the simplest and safest way to escape a rip current".

The Newspoll study also reveals that since 2004 there has been a six percent increase in the proportion of Australians who swim in the surf during summer, up from 47 percent to 53 percent.

"The increase in the numbers of people swimming at Australian beaches, coupled with the lack of knowledge about rip currents is a lethal combination, making it even more important to educate beachgoers on the most dangerous hazard at our beaches," said Mr George.

Lachlan Holbery-Morgan, 2009 Australian Surf Lifesaver and Lifeguard of the Year regularly sees the life threatening consequences of beachgoers not understanding rip currents.

"It is essential that every Australian knows what a rip current is, how to avoid one and how to escape one," said Holbery-Morgan.



Dye release at Tamarama Beach shows a rip

"The rip current campaign message is a very simple one, "To escape a rip, swim parallel to the beach". If people can remember this very simple instruction when they find themselves in a rip current, they will have a very good chance of escaping it," he said.

"The reality is there are too many coastal drowning deaths on Australian beaches; they are preventable with education, and we are committed to drastically reducing







these tragic fatalities on Australia's beaches this summer," concluded Mr George.

The campaign has been funded by the Australian Government, through the Department of Health and Ageing and will include television, press, radio and outdoor advertising as well as a new website www.ripcurrents.com.au.



** This Newspoll study was conducted by telephone in October 2009 among a representative sample of n=1201 adults aged 18+ nationally. Previous waves of the study were conducted in December 2000 (n=1200) and November 2004 (n=1200).*

For further information, please visit: www.ripcurrents.com.au.

THE FACTS:

-  4% of Australians are able to correctly describe what a rip looks like.
-  43% of Australian surf beach goers say they check surf conditions with a surf lifesaver all or some of the time - a decrease compared to 2004 (54%).
-  20% of Australians are able to provide a partially correct response on what a rip looks like, or how to visually identify a rip. This includes mentioning darker colour water, murky or brown water, sand stirred up or sandy water; water is calmer / flatter / smooth / no waves / calm / not broken waves / no foam.
-  73% of Australian surf beach goers say they always swim between the flags, which means the remainder do not do so (27% - representing 2.3 million Australians), and are risking their lives by their actions combined with their lack of knowledge.

From the 2009 National Coastal Report:

-  Up to 89% of surf lifesavers and lifeguards rescues are caused by rip currents.
-  At any given time it is estimated that 17,000 rips exist on Australian beaches.



The dark water indicates a rip at this beach

A new "can do" initiative from Surf Life Saving

You our members, have a unique and important view of Surf Life Saving. A view from the sand, of what works, what doesn't, what should and what could. A view that can change the way we operate.

Your role as the active and public face of this movement means you have both great responsibility and opportunity. You are closer to the community at a local level. You are the eyes, ears and importantly the voice of Surf Life Saving. And we want to listen to you.

Below is a link to a new member's site, where we share with you our new direction and focus. We hope you take the time to watch it, and find inspiration in it.

You will also find a section for you to have a say; to get involved and have an opinion. Please take the time to read what other people are saying, agree or disagree with their views. Be open and honest, but be constructive. This is an opportunity to help guide Surf Life Saving forward, to improve and better our movement and ourselves.

Please visit www.slscando.com.au

Your password to access this site is: **Cando**

Thank you again for your ongoing commitment and support. Enjoy the site.

On behalf of Brett Williamson OAM & the CEO's of Surf Life Saving Australia, NSW, QLD, WA, SA, NT, TAS and Live Saving Victoria.



Are you interested in keeping up with all the Surf Life Saving News, Events and Stuff?

- The website is part of a national rock-fishing safety campaign. The website has rock fishing safety tips and a video.

Caves Beach SLSC (Club) www.cavesslsc.com.au

- For all club related information including newsletters, news and event information, patrol rosters and teams, juniors (nippers), education and training courses, proficiency dates, sponsors, etc.

SLS Hunter (Branch) www.huntersurflifesaving.asn.au

- If you would like to join the e-newsletter mail out from Hunter Surf Lifesaving, please email to info@hsls.org.au with the subject title of 'PLACE ME ON THE MAILING LIST'. This e-newsletter keeps you up to date with everything in our branch including Lifesaving, Surf Sports (carnivals), Education & Training courses, and much more.

SLS NSW (State) www.surflifesaving.com.au

- For the weekly news and information go to this website then take the links to *Members > Club Mail*
- A comprehensive collection of surf life saving information and material is available here. Includes Lifesaving, Surf Sports (carnivals), Education & Training courses, Coastal Watch (SURFCAMS; Surf, Beach & Weather Reports), SOP's.

SLS Australia (National) www.slsa.asn.au

Similar to State but targeted at a National level. Includes Fact Sheets, Circulars, Bulletins, changes to Surf Sports rules and regulations, stacks of stuff.

NEW SLS Websites

Unpatrolled beaches, rips currents and rock fishing account for most drownings on the NSW coast. The following websites are part of targeted campaigns to tackle these issues.

1) www.beachsafe.org.au

- Displays safety information on every beach in Australia, listing the patrol times of those beaches patrolled.

2) www.ripscurrent.com.au

- The website is part of a national rips campaign. It focuses on rip education for the public.

3) www.ripscurrent.com.au



Supporters of Caves Beach SLSC

Please support those who support us

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Caves website produced & maintained compliments of Barry & Annette, Hamilton IT Consulting

**If you would like to become a sponsor of the club please contact
Garry Lunn on 0409453064.**



