



MAROOCHYDORE
SURF LIFE SAVING CLUB

MEMBERS' HANDBOOK



MAROOCHYDORE SLSC

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INTRODUCTION

By joining Maroochydore Surf Life Saving Club (established 1916) you have chosen to donate some of your personal time to the humanitarian activity of providing water safety for our area.

Congratulations for making that choice, it is one you will not regret.

You have become a part of the most respected and recognised Volunteer organisations in Australia. There are more than 30,000 members of Surf Lifesaving in Queensland and 150,000 of us throughout Australia. Queensland has approximately 60 Surf Life Saving Clubs, from Port Douglas near Cairns to Coolangatta on the Gold Coast.

There are many other parts of Lifesaving in Queensland, apart from the Surf Club's, that you can qualify to be a part of - the SLSQ Jet Ski Rescue Service, the Westpac Helicopter Rescue Service, specialist First Aid Services, SLSQ and Sunshine Coast Branch Radio Communications, IRB ('Rubber Duck') Services, Disaster Management Services and Education Services to name some of the main areas.

While our Volunteers work at weekends during the summer (September to May), our professional Lifeguard Service guards our beaches during the week and during the winter months. Many of our best Lifesavers have chosen this path for their employment.

So, you can see that our organisation at Club level has many aspects which draw upon the many skills and passions of our members, and at the Sunshine Coast Branch and State levels these opportunities are even wider.

But most importantly you have become part of a volunteer service and a network which can help you develop as a person in so many ways - making lifelong friendships, developing personal life and leadership skills, improving your fitness and learning teamwork among women and men aged from 8 to 80.

The information in this Handbook for Maroochydore SLSC hopefully provides insight into our Club and the wider Association.

Enjoy your journey.

HISTORY OF SURF LIFESAVING

Surf Life Saving in Australia came about through the efforts of people who defied the law! To explain, at the start of the last century, people had the view that the human body in a bathing costume was indecent. Hence the law stipulated that bathing was prohibited during daylight. Also, genders were segregated whilst bathing.

The origin of Surf Life Saving can be traced back to the actions of Mr William Gocher, at Manly Beach in September 1902. Similar actions by others who defied the law by bathing during the prohibited time (daylight hours) forced the laws to be changed. The now very popular recreational and sporting pastime, surfing, began to grow into what it is today – part of the Australian way of life.

As surf bathing grew rapidly in popularity, its dangers equally rapidly became apparent. Therefore, small groups of experienced and regular surfers, who were concerned with the rising incidence of drowning in the surf, formed lifesaving clubs to assist those who needed rescuing from an unfamiliar environment.

As these clubs grew in size and number, the need arose for collaboration to raise funds and to improve lifesaving techniques. This resulted in the formation of the New South Wales Surf Bathing Association in 1907. This was later renamed Surf Life Saving Australia.

Surf Life Saving in Queensland began on Coolangatta Beach on 21st February 1909. From these humble beginnings of a fragmented voluntary surf rescue service, Surf Life Saving Australia has now achieved recognition throughout the world for the outstanding courage and service of its members.

Surf Life Saving on the Sunshine Coast began on 1 January 1916 with the establishment of 'Maroochydore Swimming and Life Saving Club'. Coolool Beach SLSC followed in 1919 (briefly), followed by Mooloolaba SLSC (1922) and Alexandra Headland SLSC (1924).

Today the Sunshine Coast Branch is the largest of 6 Branches (Regions) in Queensland, with 14 Clubs from Redcliffe to Rainbow Beach near Gympie.

HISTORY OF THE RED AND YELLOW

The red and yellow flag was initially used with great success in World War I, particularly by ships. When flying at full mast this flag indicated “man overboard” and all friendly ships in the vicinity immediately commenced search procedures.

On 25th April 1915, the red and yellow flag was hoisted to symbolise mateship on the shores of Gallipoli. In order to ensure that the ANZACS could easily recognise friend from foe, the red and yellow flag was used to signal a safe haven for their own.

Upon returning from overseas service, Australian soldiers saw the need, in the early 1920s, to establish a universal sign to indicate safe swimming areas on Australian beaches. The red and yellow was adopted as that sign on Australian beaches at the instigation of these men who saw the flag as a representation of the years of mateship, service and above all, a duty to protect others.

The red and yellow flags have become an Australian icon, representing a culture founded on the need to be a true mate and put others first.

The red and yellow cap derives from the red and yellow flag and ensures that Lifesavers are easily identifiable by the public, thereby providing beach goers with the same security they enjoy when they see the flags flying.

HISTORY OF MAROOCHYDORE SURF LIFE SAVING CLUB

The 'Maroochy Heads' received its first holidaymakers in about 1895 at Cotton Tree Camping Ground. The Salvation Army from Nambour provided a camp for the local 'Kanaka' (South Sea Islander) farm workers for Christmas and Easter holidays. The Camping Ground rapidly grew in popularity until in 1914 it was saved from subdivision by developers through a concerted and vocal public campaign!

Between 1903 - when the local newspaper first began to publish - and 1916 there had regularly been fatalities and near-misses particularly on the treacherous Maroochy River Bar. In 1908 there had even been a triple fatality when a sloop capsized.

A failed attempt by Royal Life Saving to start a surf club at Noosa in 1915 inspired a new campaign by the Nambour Chamber of Commerce for a volunteer brigade at 'The Heads'. By December 1915 a 'Royal' instructional team was up from Brisbane. Eleven local lads gained their qualifications by New Year's Day 1916. Many interested citizens came down from Nambour (no buildings in Maroochydoore Beach/Cotton Tree then!) to formally constitute the new Club under a Salvos tent.

During our first patrol on 2 January 1916 five bathers were rescued, one requiring resuscitation. These rescues, in boiling surf, earned Royal Life Saving Awards from Head Centre in London. What a beginning!

Between 1916 and 1918 eleven surf club members enlisted to serve in the Great War. All survived, though some returned seriously wounded. Maroochydoore's first clubhouse was built for £300 in 1924 and opened by the Governor of Queensland. Maroochydoore was 'Royal' Champion Club of Queensland in Lifesaving competition from 1923 to 1930. Axel Suosaari was Champion Beltman of Queensland for 4 years and Australian 100 yards freestyle Champion and record holder, 1930 and 1931.

In 1931 the 'Royal' Clubs of the 'North Coast' led the move to form Surf Life Saving Queensland with the 'South Coast' and country clubs.

In 1932 Maroochydoore SLSC, now flying the 'Black Swan' flag, was crowned the inaugural Champion Surf Club of Queensland.

Fifty Maroochydoore SLSC Members enlisted for World War II 1939-45. Six men paid the supreme sacrifice. Lest We Forget

The 1950s and 1960s saw a spectacular revival in the Club's fortunes. Olympic swimmer John Rigby was the club's first Gold Medallist in Australian Surf competition in 1959. By 2017 the club could claim 201 Australian Gold Medallists.

In 1956 a new state of the art clubhouse was erected but in 1957 was nearly destroyed in a cyclone. A huge group saved it with hundreds of sandbags.

Throughout the 50s, 60s and 70s our Lifesavers made many heroic rescues using reel, line and belt as well as boards, skis and surf boats.

MAROOCHYDORE NIPPERS were founded in December 1967, the first Nipper club in Queensland. They have been Champion Club of Queensland on 8 occasions between 1983 and 2016. Half of our Australian Surf Champions are former Nippers.

In 1980 Maroochydore SLSC hosted the Australian Surf Life Saving Championships. They came back to the Region in 2016, marking the Club's Centenary Year.

The 1980s brought profound change: in 1982 the first 3 women Lifesavers were admitted to membership - Connie Nixon, Julie Randall and Delwyn Winston. Today women make up 50% of our active strength. And along came the most significant advance in Rescue weaponry - the 'Rubber Duck'. Now rescues could be successfully completed in minutes. The surf belt was reduced to a ceremonial role in March Past and in the traditional Belt Race.

In 1992 Clint Robinson OAM became our first Olympic Champion in Kayaks at the tender age of 18 years. Clint is our most successful Australian Surf Champion, with 36 gold medals.

2001 saw Mike Dwyer as our first Australian Life Saver of the Year. In 2003 our third clubhouse was opened by the Governor of Queensland. Maroochydore SLSC has won the Sunshine Coast Branch Patrol Competition twice, in 1989 and 2007.

Maroochydore SLSC was World Champion Surf Club in 2000 (Sydney) and 2002 (Florida USA). It boasts 28 World Champions and 5 World Record holders.

In 1996 Maroochydore SLSC established a sister-club relationship with Shimoda Club Japan, near Osaka. Each summer a large contingent of Shimoda Lifesavers visit our club. Every August a contingent of about 8 Maroochydore Lifesavers go on exchange to Shimoda. Ours is an enduring relationship. Shimoda has risen in prominence since 1996, to be crowned Champion Club of Japan.

In 2016 Maroochydore SLSC celebrated its Centenary, the second-oldest surf club in Queensland, formed by the local community in response to serious concerns with water safety.

Today the 'Black Swan' is renowned throughout the Lifesaving World.



The original Club House, constructed TO BE CONFIRMED

THE ORGANISATION

Surf Life Saving Australia (SLSA) is a foundation member of the International Lifesaving Federation (ILS), through which it maintains contacts with other 'lifesaving nations', and develops lifesaving expertise around the globe. This is part of SLSA's broader international humanitarian efforts as a non-government organisation.

SLSA is a highly federated and geographically dispersed corporate body with several organisational layers incorporating 305 local Surf Life Saving Clubs, 17 regional branches in NSW and Queensland and 7 state and territory centres.

Surf Life Saving Queensland (SLSQ) is the Queensland state body and is situated at Surf Rescue House in South Brisbane. Queensland has 59 clubs and 6 branches servicing the coastal areas from Port Douglas in the north, to Rainbow Bay on the NSW border. Maroochydore Surf Life Saving Club (SLSC) is affiliated to SLSQ and the Sunshine Coast Branch, and is one of 15 clubs on the Sunshine Coast.

THE ORGANISATION'S AIM

From its earliest days, SLSA's motto has not changed:

“VIGILANCE AND SERVICE”

SLSA is recognised as a world leader in rescue and resuscitation techniques. The mixture of community service, competition, sport and Club fellowship is an attractive one that will ensure the growth of the movement for many years.

MEMBERSHIP

MEMBERSHIP CATEGORIES

The following Membership Categories are used by Maroochydore SLSC. These categories are fully explained in the Club's Constitution and By-Laws:

- Junior Activities (Nippers) – 7 to 14 years
- Active Cadet – 13 to 15 years
- Active Junior – 15 to 18 years
- Active Senior – 18 years and over
- Reserve Active
- Long Service
- Life Member
- Past Active
- Award Member / Nipper Parent Insured
- Associate

ANNUAL MEMBERSHIP AND FEES

Maroochydore SLSC membership year is from 1st May to 30th April. Membership Fees are reviewed and endorsed at each Annual General Meeting.

MEMBER SECURITY (FOBS)

The Club security system is made up of a network of security cameras that monitor access to club premises, and a series of gates or doors that restrict entry unless activated by a FOB. Financial members can purchase their FOB from the Lifesaving Administrator.

Active patrol members will be given standard access to club areas relevant to patrol duties. Non-active members can access the lifesaving club toilet and shower facilities that are provided for senior members.

Junior Activity members (U6 to U13) have a designated JA toilet and shower facilities at the northern end of the club for their exclusive use. The Junior Activity toilet facilities and club room will be locked except during sanctioned Junior Club training sessions and events.

AWARDS

To be an active patrolling member of Maroochydore Surf Life Saving Club, each member (if 15 years and over) is required to successfully complete the Bronze Medallion, which is the basic requirement to become a lifesaver. Other Members may also play a support role on patrol should they hold one of the following awards: Surf Rescue Certificate, Radio Operator, Resuscitation, Advanced Resuscitation or First Aid. These are called Award Members.

Cadets (13-15 years) are required to perform patrol duties (under supervision) once they have obtained their Surf Rescue Certificate. Bronze Medallion and the Surf Rescue Certificate require many skills associated with and included in rescues such as:

- Run-Swim-Run
- Surf Awareness
- Radio Communication Procedures
- Knowledge of Patrol Operations
- Resuscitation procedures
- First-Aid knowledge
- Workplace health and safety knowledge

The completion of the Bronze Medallion also provides students with the possibility of gaining points towards their Queensland Certificate of Education.

There are also many other opportunities to gain additional lifesaving awards and to undertake additional training and roles. The Club's Chief Training Officer can provide you with further information.

MEMBER PRIVILEGES

Being a financial, active member of Maroochydore SLSC gives members access to Club facilities and approved equipment. Members over the age of 18 years receive automatic membership to the Maroochydore Supporters Club.

Please ensure you respect the Club facilities and ensure you comply with the relevant guidelines listed on the Club's web site and noticeboard which detail the conditions of use of these facilities.

Financial non-active members are eligible to use the Lifesaving Club facilities; however, are not eligible to access all active member benefits.

There are endless other opportunities to assist in supporting Maroochydore SLSC from helping with a BBQ, raffle, social activity, equipment maintenance and many more. Ask your Club President, Club

Secretary, Director of Surf Life Saving, Director of Surf Sports, Chief Training Officer or Lifesaving Administrator how you can help.

MEMBER DEVELOPMENT

A variety of member development programs are offered by Maroochydore Surf Life Saving Club. These programs provide the opportunity for members to be exposed to the many elements of Surf Life Saving. Additionally, the programs encompass team building, personal development and leadership based elements, which also aim to retain Junior Activities members and assist in their transition to the senior club.

Information on these programs can be found on the Club website

MEMBER OPPORTUNITIES

Maroochydore Surf Life Saving Club has something for everyone regardless of age, gender or swimming strength. Some of these opportunities to become involved include:

- Patrolling the beach as a Bronze Medallion or Surf Rescue Certificate holder
- Assisting beach patrols or other services as a holder of awards such as First Aid, Resuscitation and Radio
- Award training, facilitating and assessing
- Surf sports coaches, officials, team managers, chaperones etc.
- Junior activities (nippers) coordinator and/or age manager
- Club administration
- Club Board or various sub-Committees as required

MEMBER FITNESS (GYMNASIUM & STRETCHING CLASSES)

Regular exercise helps with stress relief, improves your stamina and boosts your energy to tackle daily chores – all of which are conducive to be a healthy, happy surf life saver. Exactly the type of member Maroochydore SLSC encourage you to be. To assist our members' gain and maintain their fitness, the Club offers gym training facilities and regularly stretch classes.

An annual fee applies for Gym membership and is available to Active and Award Members who hold a relevant Patrolling Award and have satisfied all their rostered patrol obligations for the Club.

Revitalising Stretch Classes are offered twice a week during the competition season. These free, 1-hour classes are run by health care professionals who cover a range of motions to help prevent joint disease, pain and posture issues and improve athlete performance.

For more information on Member Fitness Programs contact the Lifesaving Administration Office.

LIFESAVING

BECOMING A LIFESAVER

Maroochydore SLSC has its own qualified volunteer trainers who conduct regular Bronze Medallion and Surf Rescue Certificate (SRC) courses. Each course lasts approximately 8-10 weeks. Course length may vary according to how many candidates are in the group, as well as the learning capability of the individuals. Courses involve 2 - 3 hours one evening per week, plus 3 to 4 hours on either a Saturday or a Sunday. Typically, training course content is delivered on the beach, at the club and online.

Note: The club does not teach you how to swim. You do need to be able to swim 400m in 9 minutes when you commence training for your Bronze Medallion and 200m in 5 minutes when you commence training for your SRC.

ADVANCED AWARDS

There is a large variety of awards that you can gain through Surf Life Saving, and many have nationally recognized units of competency linked to them. These awards are not only important in a lifesaving sense but can also assist you with study and employment. For more information regarding award availability and course information please contact the Club's Chief Training Officer.

BEACH PATROLS

Patrols are the most important component of Club activities. Patrols are the reason Surf Life Saving exists – to prevent drowning. Without patrols, surf clubs as we know them, would cease to exist. All Active Members (Cadets, Juniors, and Seniors) are included in the patrol roster. Some Award and Reserve Active Members may also be included in the patrol roster. As an Active Member you are expected to attend each of your 'Rostered Patrols'. These will normally be once every three to four weeks and each patrol lasts half a day. You will be contacted within a fortnight of obtaining your Bronze Medallion, Surf Rescue Certificate or joining Maroochydore SLSC, and allocated to a patrol group. Should you not hear from us, please contact the Director of Surf Life Saving immediately who will allocate you to a patrol.

If you are unable to attend your allocated patrol, you **MUST** contact your Patrol Captain and advise them of the situation. **You must also arrange a swap with another member.**

Remember: It only takes one phone call or email to communicate your intentions to your Patrol Captain.

PATROL UNIFORMS

On gaining any award that qualifies you to patrol, Maroochydore SLSC will supply you with a patrol uniform at no cost. You will be required to purchase your own Club togs. Togs must be worn under your uniform when on patrol – females may wear a two-piece Club swimming costume. Bikinis are not authorised for patrol duty. As role models to the community generally and children specifically, it is vitally important all patrol members adhere to SLSA's Sun Awareness Policy, by wearing either a red broad-brimmed hat or peaked cap (with the SURF RESCUE clearly displayed) whilst on patrol. Sun protection and hydration is critical to performance therefore the use of sunscreen & adequate water consumption are recommended.

LIFESAVING TRAINING

Maroochydore SLSC provides training on behalf of Surf Life Saving Queensland (SLSQ). SLSQ is a nationally registered training organisation and all courses are delivered to meet government training regulations. Training courses at Maroochydore SLSC are delivered by a fully qualified team of motivated volunteer trainers and assessors.

The Maroochydore SLSC training program is designed to provide lifesavers at Maroochydore SLSC with all the skills required to safely patrol the beach, provide effective first aid and save lives through current resuscitation methods. Maroochydore SLSC encourages patrolling members to obtain additional awards to improve their level of competency which in turn increases the level of service the Club can offer the public.

All upcoming courses will be advertised on the Club notice board, Club website and also communicated to members via email.

SKILLS MAINTENANCE

Skills maintenance checks are to be completed annually to ensure all lifesaving and rescue skills remain current. The process normally includes a pool swim (BM and SRC only) written paper, demonstration of resuscitation techniques, surf skills (BM and SRC only). The majority of lifesaving awards will require you to complete an annual skill check to ensure currency.

Failure to successfully complete the skills maintenance requirements will result in your awards being deemed 'not yet proficient' and you will be unable to perform patrol duties until rectified. All award skills maintenance checks must be completed annually, prior to the 31st December. The Club will arrange skills maintenance dates at the start of the season and all dates will be advertised on the Club notice board, Club website and emailed to members.

ELECTRONIC DEVICES ON PATROL (SMART DEVICES)

The Club recognizes that smartphones and other electronic devices have become an integral part of everyday life. They may be a great asset if used correctly. But, smartphones and devices may also cause problems when used imprudently or excessively. Public expectation is that lifesavers are dedicated to protecting members of the public, and are ever vigilant on patrol.

As a rule of thumb, members on patrol should be able to use their electronic devices to access relevant information (weather updates, Beach Safe or SLSQ App searches), to make calls to SurfCom or emergency service organisations or for urgent personal calls.

Use of smartphones on patrol is discouraged. Members are asked to leave their devices in their bag unless necessary.

AFTER HOURS EMERGENCY CALL OUTS

The Club operates an Emergency Response Group made up of group of volunteers who commit to be part of an after-hours callout service to complement and support emergency services.

Members interested in joining this service can contact the Director of Surf Life Saving for more detail.

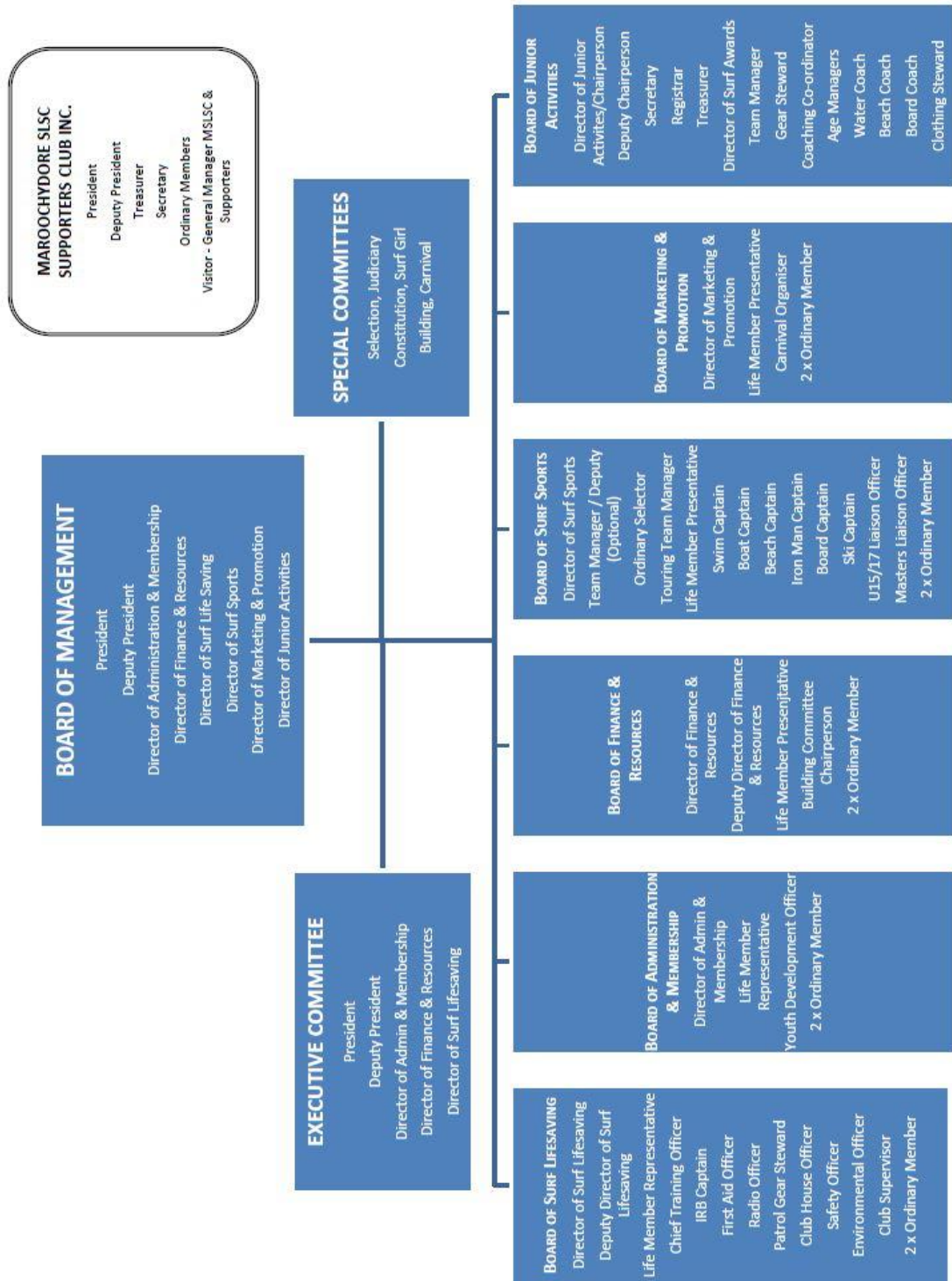
GENERAL INFORMATION

CLUB MANAGEMENT

The Board of Management is responsible for the management of the lifesaving activities, day-to-day operations and functions of the club in accordance with the club's Constitution and Surf Life Saving Queensland and Surf Life Saving Australia policies.



ORGANISATION CHART



CLUB COMMUNICATIONS

Informing Club Members on day-to-day matters is mostly sent via the Maroochydore Clubbies Facebook page. **This is the only public social media application used by the Club.**

Closed Facebook groups – Maroochy Masters, Maroochydore Volunteer Lifesavers, Maroochydore 2017/18 Summer Surf Girl Nikki Chapman, Maroochydore Nippers, Maroochy Surf Club Champion Lifesavers - are managed by the Lifesaving Administration officers. Current financial members can request access to these groups.

A bi-monthly newsletter is published and loaded to Maroochydore Clubbies Facebook page, and emailed to active members. The newsletter highlights important events passed and give detail on upcoming events.

Two club noticeboards are erected in the club's breezeway. The noticeboards give information on coaching and training programs offered, patrol rosters and training course availability and some upcoming club events.

CLUB POLICIES

As an affiliated club to Surf Life Saving Queensland and Surf Life Saving Australia, Maroochydore SLSC adopts the policies of these two organisations. However; the Club's Constitution allows for the Club to develop and adopt policies to cover club specific activities. Policies that have been ratified by the Board of Management are published on the Surf Club's website for membership to view.

MEMBERS PORTAL

On joining the Club, the member is strongly recommended to create an account in the SLSA Members Portal. The Portal is a self-management system where members can complete online training, renew and update membership, search their record of achievement and history of membership and much more. All Surf Life Saving Australia and Surf Life Saving Queensland policies are located on the Members Portal. To obtain a login, please contact SLSA.

WORKING WITH CHILDREN (Blue Card)

Maroochydore SLSC, like all other Queensland clubs, must follow the policy as outlined by SLSQ. SLSQ is in turn following the guidelines of the "Commission for Children and Young People and Child Guardians". For more detail, please refer to SLSQ's policy on 'Blue Card Screening'. Maroochydore SLSC members over the age of 18 and hold one of the following positions must obtain a Blue Card.

Committee Members, Junior Activities Chairperson and Committee Members, Junior Activities Team Managers, Junior Activities Assistant Team Managers, Junior Activities Chaperones, Age Managers and Assistant Age Managers, Junior Activities Coaches, Junior Activities Assistant Coaches, Cadet / Youth Officers, Chief Training Officer and Training Officers, Assessors, Patrol Captains, Patrol Members, Coaches, Assistant Coaches, Chaperones, Senior Team Managers, Officials, Water Safety Personnel (including IRB Crew), Photographers, Peer Support Officers, all leaders, instructors and chaperones involved in a "live-in" situation, Administrators, Caretakers (including Live-in) and all Surf Lifesaving Paid Employees (including under 18's).

A person can apply for a blue card at the age of 17.5 years in readiness to begin and/or continue volunteering at the age of 18.

Application forms are available at the Lifesaving Administration Office.

BLUE CARD RENEWALS

Blue Cards are current for a 3 year period. Existing "Blue Card" holders will be notified by the Commission approximately 8 weeks before the card expires. It is the responsibility of the member to ensure the renewal application form is completed on the Surf Life Saving specific form and forwarded to the Club Secretary/Administrator for recording. The Club will forward this to SLSQ.

Members must submit their renewal form at least 30 days before their blue card expires in order to continue their volunteer activities after the expiry of their blue card.

BLUE CARD EXEMPTIONS

Exemption cards have no expiry date and remain valid as long as the person is a registered teacher or police officer.

WORKCOVER INSURANCE

Volunteer lifesavers are covered against injury under the *Worker's Compensation Act 1990* which is coordinated by SLSQ on behalf of all Queensland clubs. A volunteer lifesaver is both

- Minimum of 14 years of age
- A registered member of an affiliated Club of SLSQ, irrespective of being a Bronze Medallion holder

This includes members (14 years of age and over) in Active Cadet, Active Junior, Active Senior, Active Reserve, Long Service, Life Members, Award Members, Past Active, Honorary, and Associate Member categories, undertaking approved duties.

IT IS IMPORTANT TO NOTE THIS COVER DOES NOT OPERATE 24 HOURS.

It only provides cover to volunteer lifesavers, either in Queensland or temporarily anywhere else in Australia, who are injured while engaged in any approved activity associated with being a volunteer lifesaver including

- Undertaking approved duties as a volunteer lifesaver
- Undertaking approved training and competitive activities as a volunteer lifesaver
- Engaged in travel to and from the place at which approved duties or training activities are to be performed

Each year, SLSQ liaises with WorkCover Queensland regarding the number of members to be insured. A premium is then calculated which is then forwarded to SLSQ for payment. SLSQ then calculates a payment due to individual clubs.

Note: Non SLSQ individual training is not covered by WorkCover.

It is the member's responsibility to contact the Club Secretary or a Club Officer (Director of Surf Life Saving) immediately following and **no later than seven days**, after an injury occurs.

If the treating doctor issues a QComp Medical Certificate, the member will need to

- Complete the Application for Compensation Form (Available from the Lifesaving Administrator or the Club Secretary) – information given to WorkCover must be true and accurate at all times
- Give the completed Form, with the QComp Medical Certificate to the Club Secretary
- The Club Secretary then confirms membership status and lifesaving activity (where injury occurred), and then forwards the claim to Branch.

WorkCover must make a decision to accept or reject an application within 20 business day of receiving the application for compensation. If the claim is accepted WorkCover will contact the member to establish treatment and rehabilitation programs.

The claim must be submitted to WorkCover within 6 months of first seeing a doctor. Claims lodged after 6 months could result in a rejection from WorkCover Queensland.

If the claim is accepted by WorkCover Queensland, the member will be contacted directly by WorkCover. A complete WorkCover booklet is available from the Club Office.

COMPETITORS & COMPETITION

PATROL REQUIREMENTS FOR COMPETITORS

Members who wish to compete in carnivals must be current, proficient and financial members of the Club they wish to compete for and must also have satisfied their patrol obligations as defined by Surf Life Saving Queensland. Those competitors who do not meet their minimum patrol obligations will be excluded from entering competitions.

To be eligible to compete, a member shall have completed their allocated patrols which may be up to 45 hours within the particular calendar year from the 1st of January to the 31st of December. Those members who do not complete the minimum required patrol hours during this period will not be eligible for competition rights and any subsidies and Club benefits may be reviewed.

TRAINING TIMES AND VENUES

Times and venues for all training disciplines are listed on the Club's website, notice boards and broadcast via Club announcements. These sessions may be modified by the individual coaches from time to time to meet competition and surf condition safety requirements.

CARNIVAL NOMINATIONS

The following criteria must be met to be eligible for nominations

- Pass Skills Maintenance every season before 31st December. The Club arranges Skills Maintenance tests between the start of the season and December.
- To compete at State and National Championships, the member must have completed the following minimum patrol hours in the Calendar Year preceding
 - Active Members (including SRCs) - 25 hours
 - Reserve Active – 12 hours
 - Long Service & Life Members (Masters) - 8 hours

For new members, the number of patrol hours required is on a pro-rata basis of 4 hours per month up to the 31st December.

NOMINATION PROCESS

It is your responsibility to nominate for a carnival. All information pertaining to carnivals, including closing dates and events is located on the website or on the notice board. Nominations are made to the Team Manager or Lifesaving Administrator prior to the carnival closing date. Prior to nominating please examine the events program and then complete the nomination form.

Competition events include:

- Swimming (Surf Races, Tube Races, Ironman/Ironwoman, Board Rescue, Taplin Relay and Cameron Relay)
- Craft (Board Races, Board Relay, Ski Races, Ski Relay, Double Ski, Surf Boats and Board Riding)
- Beach (Sprints, Sprint Relay, Flags and March Past)
- Rescue and Resuscitation (R&R)
- First-Aid, Patrol Competition and Champion Lifesaver.

If you have nominated for a carnival, you must attend. You **will be** charged any costs incurred by the Club if you fail to attend although exemption from this may be granted by the Board of Management in extenuating circumstances.

If you have been nominated in a team event, you will be expected to compete in that event unless exempted by the Team Manager.

CONDUCT AT CARNIVALS

As a Member of Maroochydore Surf Life Saving Club, when you are touring or competing at carnivals you are representing your Club, and must behave accordingly. The Team Manager must sign a declaration form for each carnival, guaranteeing that the conduct of members will not breach the SLSQ or SLSA Code of Conduct Policy. If a breach does occur, not only does the Team Manager face disciplinary action but also the competitor and Club may be penalised.

The following basic rules MUST be observed and a breach of the Club "Code of Conduct" will be dealt with severely

- At all carnivals and whilst on tour, the competitor must conduct themselves in a professional manner
- Competitors who are representing Maroochydore SLSC must wear sanctioned club swim wear whilst participating at the event
- The competitor is required to compete to the best of their ability
- Underage drinking will NOT be tolerated and members breaching this policy will be sent home at the parents cost and may face the Judiciary Committee
- Any legal age member or parent supplying alcohol to underage members will face severe disciplinary action
- Under 18 members will be required to abide by any curfews set by the Team Manager
- Under age Male and Female members are not permitted in each-others' rooms. Please remember the Team Manager has the overall responsibility

- ALL members must assist with the loading and unloading of trailers, the packing up of the team tent and gear from the carnival and offer assistance to the Team Manager when required.

GEAR AND EQUIPMENT

Please remember when you are using equipment that is the property of the Club, you have responsibility for maintaining it at the highest level.

Support will be withdrawn if a competitor does not satisfy this responsibility.

Every year the cost of repairs and maintenance for careless use of equipment runs into thousands of dollars and it is in everyone's best interest to respect the Club equipment.

ALL DAMAGE MUST BE REPORTED IMMEDIATELY

CARNIVAL OFFICIALS

At all surf lifesaving carnivals clubs must provide Carnival Officials at a ratio of 1 Official per 10 competitors. As a Carnival Official, you can specialise in water events, beach events, Boats and/or Surf Rescue and R&R events. Carnival Official courses are conducted by the Sunshine Coast Branch, normally at least twice during the season – Level 1 is the minimum requirement to officiate at senior carnivals. A member who holds the Junior Surf Sports Official (Level 0) can participate in limited roles at Junior carnivals and at Senior carnivals under the supervision of a mentor.

Should you require any further information, you should contact Maroochydore SLSC Officials Coordinator or the Lifesaving Administrator.

WATER SAFETY (IRB and Crewing)

Carnivals require the support of all clubs to provide IRB Drivers and Crew during carnivals. An additional skill that may be required by some club IRB Drivers is to attend and pass a 'Can Laying Course'. This is required for both Junior and Senior Carnivals.

WATER SAFETY (Junior Carnivals)

Water Safety is a mandatory requirement for all Junior Carnivals – minimum requirement for those providing water safety is either Bronze Medallion or SRC. Water safety shall be supplied for Junior Carnivals at the ratio of 1 water safety officer to 15 competitors. The Club actively encourages all

members with Bronze or SRC qualifications to assist with water safety when they have a competitor entered.

CLUB SUBSIDY POLICY

Maroochydore SLSC offers members support through subsidising the purchase of equipment and offering subsidy payments swimming fees. To be eligible for such subsidies there are some basic pre-requisites. The member must

- Be a registered member of the Club for 1 year prior to when application is made
- Be a member of the senior Club (i.e. Cadet and above)
- Train regularly
- Compete in most carnivals (including Branch, State and Nationals)
- Carry out their patrol duties (as rostered)
- Attend fundraising activities.

CLUB CHAMPIONSHIPS

Club Championships will be scheduled by the Board of Management in conjunction with the Team Manager. Where practicable the Championships will be conducted annually. The format for Club Championship is designed so ALL Club members have an opportunity to 'have a go' and is not exclusively for the more experienced Surf Sports Competitor.

PARENTS OF JUNIORS

Maroochydore SLSC is a family oriented Club and encourages families to participate in the many and varied activities that make ours a great Club. Parent involvement is essential to our success. This involvement may take the form of a support role in a junior team environment, or as a patrolling member at our wonderful beach. A significant number of the parents of children who are involved in the Club, and its activities, have been, or still are, nipper, cadet and youth parents. This is a wonderful way to stay healthy, happy and in touch with your family and make new and lasting friends whilst enjoying our beach and its environs.

FUNDRAISING

Maroochydore Surf Club relies heavily on its members throughout the year to optimise its fund-raising opportunities. All funds generated from fund raising events throughout the year, are channelled back to the Club for the purchase of vital lifesaving equipment. It is highly desirable that all members assist in Club organised fundraising events. If you would like to assist, please contact the Lifesaving Administration Office on 5443 1298.

VOLUNTEERING AT CLUB CARNIVALS

Carnivals held on Maroochydore Beach offer a significant opportunity for the Club to raise funds. The success of such events depends on members banding together and offering their volunteer time to help with set-up and pull-down of the carnival arena/s, working in the canteen or BBQ area, transporting gear and catering to the Carnival Officials, or manning first aid services.

If you would like to assist at any Club Carnival, please contact the Club's, Director of Surf Sport, Carnival Co-ordinator or Lifesaving Administration office on 5443 1298.

SPONSORSHIP

There is not a community club in the world that does not rely on sponsorship and your Surf Club is no exception.

The club offers two levels of sponsorship. Corporate Sponsorship such as Cricks Vehicles and Murphy Homes and Private Sponsorship which comes from its members, and Private sponsorship. There are three levels of private sponsorship - Platinum, Gold and Silver and each level has a number of benefits.

All the money raised by the club under sponsorship agreements goes back into providing gear and equipment to ensure the Club offers the highest standard in its efforts to continue saving lives.

You can assist your Club by taking up these private sponsorship packages.

CODE OF CONDUCT



QUEENSLAND

CODE OF CONDUCT FOR MEMBERS

Members and all people involved in any way with SLS will:

- a) Respect the rights, dignity and worth of others—treat others as you would like to be treated yourself
- b) Be ethical, considerate, fair, courteous and honest in all dealings with other people and organisations
- c) Be professional in, and accept responsibility for your actions
- d) Be aware of and follow—at all times—SLS' standards, rules, policies and procedures and promote those standards, rules, policies and procedures to others
- e) Operate within the rules and spirit of the sport, including the national and international guidelines that govern SLS
- f) Understand the possible consequences of breaching the codes and/or this policy
- g) Report any breaches of the codes or this policy to the appropriate PPA
- h) Refrain from any form of abuse, harassment, discrimination and victimisation towards others
- i) Raise concerns regarding decisions of PPA through the appropriate channels and in a timely manner
- j) Provide a safe environment for the conduct of activities in accordance with any relevant SLSA policy
- k) Show concern, empathy and caution towards others that may be sick or injured
- l) Be a positive role model to all
- m) Respect and protect confidential information obtained through SLS activities or services; whether individuals and/or organisational information
- n) Maintain the required standard of accreditation and/or licensing of professional competencies, as applicable to the role(s)
- o) Ensure that any physical contact with others is appropriate to the situation and necessary for the person's skill development
- p) Refrain from intimate relations with persons over whom you have a position of authority
- q) Agree to abide by the codes
- r) Maintain a duty of care towards others
- s) Be impartial and accept the responsibility for all actions taken

Person in Position of Authority (PPA):

PPA include everyone who holds a position of authority in SLS, whether paid or unpaid, and includes, but is not limited to, all SLS Entity Individual Members. For the avoidance of doubt, PPA also includes Child or Young Person (CYP) who may hold a position of authority in SLS over other CYP.

USEFUL REFERENCES

Maroochydore Surf Life Saving Club

Postal Address: 34-36 Alexandra Parade, Maroochydore QLD 4558

Phone: 07 5443 1298

Fax: 07 5443 8963

Website: www.maroochysurfclub.com.au

Email: lifesaving@maroochysurfclub.com.au

Sunshine Coast Branch

Postal Address: PO Box 85, Mooloolaba QLD 4557

Phone: 07 5414 1600

Fax: 07 54141650

Website: www.rescuesunshinecoast.com.au

Email: ssbranch@lifesaving.com.au

Surf Life Saving Queensland

Postal Address: PO 3747, South Brisbane QLD 4001

Phone: 07 3846 8000

Fax: 07 3846 8008

Website: www.lifesaving.com.au

Surf Life Saving Australia

Postal Address: Locked Bag 1010 Rosebery, NSW 2018

Phone: (02) 9215 8000

Fax: (02) 9215 8180

Website: info@slsa.asn.au

CLUB CONTACTS

President

Name _____ president@maroochysurfclub.com.au Mob _____

Director of Surf Life Saving

Name _____ dols@maroochysurfclub.com.au Mob _____

Director of Administration and Membership

Name _____ secretary@maroochysurfclub.com.au Mob _____

Director of Surf Sports

Name _____ doss@maroochysurfclub.com.au Mob _____

Director of Marketing and Promotion

Name _____ marketing@maroochysurfclub.com.au Mob _____

Director of Junior Activities

Name _____ doja@maroochysurfclub.com.au Mob _____

Add your own relevant club contacts here (e.g. Patrol Captain, Team Manager etc.)

Name: _____

Position: _____

Email Address: _____

Phone: _____

Name: _____

Position: _____

Email Address: _____

Phone: _____

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www.maroochysurfclub.com.au**

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