

Mermaid Beach AEME Surf Life Saving Club



MEMBER'S HANDBOOK Season 2009 - 2010

Postal Address:	PO Box 367 Mermaid Beach Qld 4218
Phone:	07 5575 3668
Fax:	07 5575 5011
E-mail:	admin@mermaidslsc.org.au
Web Address	www.mermaidslsc.org.au

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Membership Categories

To clarify who fits into different membership categories, below is a brief description of each category:

Junior Activities (Junior Lifesavers Program - Nippers)

The age group for the junior lifesavers is a minimum age of 5 years and up to a maximum age of 13 years (age for a season is calculated as of midnight 30 September).

Active Cadets (13-15 years)

Cadets shall be a minimum age of 13 years and up to 15 years of age on a seasonal basis. Cadet members begin with the training of the Surf Rescue Certificate. The Surf Rescue Certificate is the minimum requirement to become a surf lifesaver.

Active Juniors (15 – 18 years)

Active juniors are those members between the age of 15 and 18 years who hold the Bronze Medallion Award.

Active Seniors

Active seniors are those members over the age of 18 years who hold the minimum requirement of the Bronze Medallion.

Active Reserve

Active Reserve members are those members who have completed eight years of voluntary service. Members at this level perform a minimum number of patrol hours.

Long Service

A long service member is one who has completed ten years of active service or eight years of active service plus four years of reserve active service. Members in this category shall be exempt from all patrol obligations.

Award Member

Award members are those members who are proficient holders of one of the following awards: Radio Operators, Resuscitation Certificate, Advanced Resuscitation, First Aid or Surf Rescue Certificate. Members who have these qualifications can also assist with patrol operations. This category is perfect for members who are keen to help out but do not have the ability to perform the full active requirements.

Associate

An Associate member may or may not hold an Association award. Associate members shall not have affiliated club voting rights unless elected to office or position.

Life Membership

Life Membership may be granted by Clubs and /or Branches to members that have rendered distinguished or special services over a period of time. Each club differs in their level of service.

Probationary

Any person for the time period between applying for membership and the gaining of an award and/or granting of a formal category of membership

Patrol Obligations and Duties

The Club is to adhere to its Patrol Services Agreement as submitted to and endorsed by the Branch Board of Lifesaving and Surf Lifesaving Queensland each year.

This Patrol Services Agreement is also a requirement of Surf Lifesaving Queensland's whitewater accreditation with the Department of Emergency Services and as such, is a major performance indicator for the club in obtaining the Department of Emergency Services annual subsidy payment.

The club shall be responsible for patrolling the beach in accordance with the 2005/2006 SLSQ Patrol Operations Manual and the Patrol Service Agreement

A copy of the Patrol Operations Manual and Patrol Services Agreement is kept in the office and member's area at all times

Patrol Attendance

Patrol Times and Strengths

SLSQ minimum standards state that the club patrol team shall comprise of a minimum three Bronze Medallion holders, one of whom shall be designated as the Patrol Captain and hold the Silver Medallion Basic Beach Management award. The patrol team shall also hold the following qualifications – 1 x Advanced Resuscitation Certificate; 1 x Senior First Aid; 1 x IRB Crew; 1 x IRB Driver and Defibrillation award. Any exemptions to this standard will require a formal submission to the State Lifesaving Officer. Clubs are encouraged to utilise the Lifesaving Services Calculator to determine the minimum standard service for their beach/beaches. (Refer Section 4 – Patrol Strength in the 2009/2010 Patrol Operations Manual)

Substitutes

- **If you are unable to attend your rostered patrol you must find a suitable substitute**
- If you need assistance in finding a substitute, contact your patrol captain
- Organise a substitute as early as possible and don't leave it until the last minute
- Confirm with your substitute within the week prior to your rostered patrol that they will be attending on your behalf
- If you arrange a substitute you should notify your Patrol Captain and the Club Captain. Once this is done the onus is on the person substituting the patrol to perform the patrol. If they are subsequently unable to do so they must seek a substitute or incur a missed patrol penalty (as outlined below)

Special / Roving Patrols

- This type of patrol is designed for those members who cannot be rostered onto a regular patrol because of work or other commitments
- A special / roving patrol person must perform a minimum of 7 patrols before 31st December 2009 and 6 patrols from 1st January 2010 until the end of the season. A total of 13 patrols.
- To be considered for this type of patrol you must apply in writing to the Club Captain

Make-up and Penalty Patrols

- If you miss a rostered patrol and don't organise a suitable substitute you must do a make-up **and** penalty patrol within 21 days of the original rostered patrol that was missed
- Failure to complete both the make-up and penalty patrols within 21 days will result in another penalty patrol having to be performed within 21 days of second breach (ie. within 42 days from the original rostered patrol that was missed)
- if failure to complete rostered patrols has occurred, entry to carnivals shall be suspended until patrol obligations have been satisfied
- Should you miss 3 or more patrols without finding a substitute, your membership will be reviewed

Leave of absence from patrols

- If there are special circumstances, a leave of absence may be granted if you submit your reasons in writing to the Club Captain. This should be done at least 7 days prior to your patrol.

Patrol Duties

Patrol Members are to:

1. At all times be under the direction of the Patrol Captain. In the absence of the Patrol Captain the Patrol Vice Captain shall have like power and authority
2. Ensure their name is marked on the patrol log book and you sign the log prior to the commencement of patrol. If you are substituting, doing a voluntary, make or penalty patrol ensure this information is also entered into the log
3. Practice the basic principles of PREVENTION, RECOGNITION, and RESCUE whilst on patrol.
4. Ensure swimmers swim in between the red and yellow flags.
5. Ensure swimmers entering the water outside of the flagged area are warned of the danger or hazards and advised to swim between the red and yellow flags.
6. Be polite and courteous when advising swimmers to swim in between the red and yellow flags.
7. Ensure board riders do not impose on the swimming area.
8. Remove their patrol uniform at the completion of their rostered patrol.
9. Not leave the patrol area unless authorised by the Patrol Captain.
10. Always carry a rescue tube and whistle when patrolling the water's edge.
11. Avoid undertaking too many patrol duties on any one day (maximum 5 hours).
12. Maintain their fluid intake during patrol duties, especially on hot days.
13. Practice the basic principles of Sun Safety (Slip, Slop, Slap).
14. Always be polite and courteous when dealing with the public.
15. Where allocated by the Patrol Captain wear the personal packs (bum bags).
16. Ensure all patrol equipment is erected in a secure and safe manner.
17. Advise the Patrol Captain if feeling fatigued, ill or tired.
18. Check rescue equipment for damage or breakages and report such to the Patrol Captain.
19. Advise members of the public that the beach is closed or is closing i.e. at the end of the patrol day and/or due to dangerous conditions etc.

Beach Patrols General

1. Patrol members shall ensure the patrol area is located in the safest area for swimming.
2. The patrol area should be opened as wide as possible where conditions and resources allow.
3. Patrol members shall ensure the beach is in a safe and clean condition prior to setting up of the patrol area. Particular attention should be made to hazardous items such as broken glass, bottles, needle sticks, branches, floating debris, etc.
4. Patrol members shall not congregate in the central patrol arena.
5. Patrol members shall be assigned patrol duties, e.g., patrol waters edge, standby at IRB, perform public relations duties etc.
6. Patrol members shall be rotated on a regular basis, i.e. every 20 minutes, to minimise fatigue or boredom and increase patrol member efficiency.
7. Non members are not permitted in the patrol arena except in an emergency.
8. Remote/outpost patrols should be equipped with a basic first aid kit (as per Section 11) and handheld radio as well as minimum rescue equipment.
9. A patrol member shall be stationed in an elevated position at all times during patrol when swimmers are in the water and have the beach area under observation at all times.
10. A beach patrol member (preferably Captain) shall be in close proximity of the radio (handheld) at all times during patrol.
11. Patrol flags and rescue equipment shall be positioned as close to the waters edge as possible.
12. Patrol members shall continue to move the patrol flags and equipment with the rise and fall of the tide.
13. All patrols shall ensure members patrol the waters edge (i.e. water line patrol activity whilst swimmers are in the water).
14. All active members in attendance at a surf club may be called on to assist in beach patrol work or in a rescue situation.
15. All members are to promote an image of professionalism, vigilance and service at all times.
16. Where required, patrol members shall erect Council ordinance signage for that respective area i.e. no dogs permitted, dogs on leash, etc.

The **Patrol Captain** shall:-

1. Prior to the commencement of patrol, check all previous log entries and liaise with the previous Patrol Captain to identify any issues or hazards present.
2. Ensure all lifesaving equipment is checked before patrol with the assistance of his/her patrol team.
3. Select the safest area of beach to erect the red and yellow flags, from an elevated observation point and physical test of the area.
4. Dependant on conditions, shall be responsible for the opening and closing of patrol areas and/or beaches
5. Allocate patrol member's positions in case of emergency and/or rescue.
6. Ensure the positioning of patrol equipment inside/outside of the patrol area is in a manner that will not become harmful to the public.
7. Designate suitable areas for surfboard riders and/or boogie board riders.
8. Ensure a proper buffer zone exists between the surf craft area and the patrol swimming area (minimum 30 metres approximately).
9. Ensure that all patrol members take a pro-active approach to preventative measures i.e. warning the public of dangers, maintaining swimmers between the flags, etc.
10. Be in close proximity of a hand held radio at all times.
11. Control any search and rescue situation that may occur on his/her patrol.
12. Be aware of and abide by the Local Authorities Bathing Local Laws.
13. Ensure Council ordinance signage for respective Council is erected.
14. Be identified by displaying the words "Patrol Captain" on patrol shirt or cap.
15. Ensure the correct recording of information in log books, report forms etc.
16. Allocate the appropriate patrol members to wear the personal pack (bum bag) i.e. roving patrol, first aider.
17. Make themselves easily accessible to the general public to answer any general enquiries.
18. Obtain the Silver Medallion Patrol Captain award.

PATROL UNIFORMS

1. All Patrol members are to wear the current SLSA DHL supplied uniform, consisting of shirt and shorts, **at all times** whilst on duty, with their patrol cap **secured** on the head.
2. Patrol members are to remove their patrol uniform on the completion of their patrol duties.
3. Members patrolling at extremities of the patrol area and in shallow water may discard the patrol shorts provided that they are carrying a rescue tube.
4. All members operating the designated patrol IRB are to wear the red and yellow patrol cap and DHL patrol shirt or wet shirt at all times whilst in the boat.
5. Outdated, faded, torn or ripped patrol uniforms shall be removed from service and replaced to maintain consistency and standards, so they are easily recognised by the public and promote a professional image.
6. Patrol broad brimmed hats and eye protection are also strongly recommended to help avoid the possibility of skin cancer and long term eye damage.
7. Award members are not permitted to wear the red and yellow patrol cap, however shall wear a read peak cap or wide brimmed hat. Their relevant award shall be identified on their patrol shirt or hat.
8. Two piece ladies costumes have been approved for patrol use however clubs are reminded that costumes must be practical and of racing/sporting design, 'NOT BIKINIS'.
9. Patrol members at all times shall strive for neatness and pride in the patrol uniform to promote a positive/professional image to the public.

Christmas Day Patrol

- Christmas Day patrol is also a voluntary patrol; however it is important that we have as many members on patrol as possible throughout the day as this is possibly the busiest day of the year on the beach.
- So join in the Christmas spirit by lending a hand and doing just a couple of hours patrol each to make the day an enjoyable one for all those who visit Mermaid on Christmas Day.
- Please place your name on your preferred times on the voluntary roster to be placed on the notice board so we can ensure that the entire day has sufficient members on patrol.

First Aid

PATROLS

At the start of each patrol, the Patrol Captain and the patrol's First Aid Officer should:

- Familiarise themselves with the Emergency Contact Numbers located in the first aid room and in the patrol trailer
- Identify Proficient First Aid award holders on the patrol (a list is on the back of the first aid room door.)
- Insure all first aid equipment is ready and correctly located including:
 - All Oxy-vivas, checked and operational, marked with chalk (date, initials and status of oxygen tank)
 - Basic requirements are in cupboard as per list on back of door.

FIRST AID GENERAL

Anyone using the first aid room and or administering first aid must always:

- Ensure that the garbage bin has been emptied and a clean bag inserted
- Sweep the floor and ensure that it is free of sand and spills
- Ensure the sink is clean
- Ensure that the pillowcase, sheet and blankets are clean and tidy
- Ensure clear access to first aid room
- Ensure supplies used and needing replacement are marked on white board in first aid room.

NB: If there is insufficient ice in the freezer located in the first aid room additional ice can be obtained from the bar manager upstairs

INCIDENT REPORTING

An incident report form must be completed for all of the following:

- All Major first aids
- Minor first aids (optional)
- All Major rescues
- All Search and Retrievals
- **All Member injuries (eg around club, at carnivals, on patrol)**
- All Drownings
- All Near Drownings
- All Complaints (eg from the public about a patrol)
- All Resuscitation's

These forms can be located in the incident log book found in the First Aid Room and in the Patrol Trailer.

If you have any questions or concerns please contact the Club First Aid Officer.

Proficiencies

All active patrol members are required to complete annual proficiency tests in the Bronze Medallion and other relevant awards to:

- Ensure ongoing competency
- Maintain standards of knowledge and expertise
- Satisfy legal and statutory requirements
- Reinforce and maintain our service and commitment to the community

All patrolling members must have completed the relevant proficiency test on or before **31 December**

Any member who is not proficient, or has not completed appropriate awards shall not be allowed to perform patrols, operate rescue craft or compete in surf life saving competitions

Proficiency Testing

On the Friday night before Proficiency Testing days, members are to meet at the club house at 6pm for brief resuscitation refreshment training followed by the assessment. On the day of the Proficiency Testing, members are to meet at Miami High School Pool, at 8am for pool swim proficiency. Following this, members are to meet at the club house for beach assessment.

The work book will need to be down loaded from the website, completed in your own time and **MUST** be bought along to the Friday night session. **NO PAPERWORK, NO PROFICIENCY**

September:	Sunday 20th	October:	Saturday 31st	December:	Sunday 6th
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For Bronze Medallion Proficiencies, tests will include:

- Pool Swim – Bronze 400 m within 9 minutes / SRC 200 m within 5 minutes
- Run Swim Run – 200 m / 200 m / 200 m
- Resuscitation – EAR/CPR 1 and 2 person
- Rescues – Board and Tube
- Carries and Supports
- Theory Paper – all the relevant paperwork for the proficiency paper is available on the surf club website.

Away Proficiencies

If you are unable to attend one of the three Mermaid proficiency days you must notify the Chief Training Officer. An 'away' proficiency may then be requested at another club on a different date.

Training and General Fitness

Mermaid Beach AEME SLSC provides a wide range of training sessions through two professional coaches Stuart Keay and Jason Baker with the assistance of a number of voluntary coaches. These sessions cater for **ALL** active members, juniors (nippers), and those training for either their Bronze Medallion or Surf Rescue Certificate.

The training timetable for the season can be found on the Surf Club Home page.

Competition and Patrol Hour Requirements

To be eligible to compete at any association senior championships (Branch, State, Aussies, Worlds) (Under 15 years to Masters age groups) for Mermaid Beach AEME SLSC a member must:

1. Must have completed patrol obligation and duties and if any penalties are due, these must be completed.
2. Be of the membership categories of either:
 - Active Senior
 - Active Junior
 - Active Cadet
 - Active Reserve
 - Long Service
 - Life

2. Be a current financial member of Mermaid Beach AEME SLSC

3. Be a proficient Bronze Medallion holder or Surf Rescue Certificate holder (Under 15 years)

NB: The cut-off date for proficiencies for members wishing to compete is 31st December 2009

4. Have completed a minimum number of personal patrol hours as follows:

- Active Senior, Active Junior and Active Cadet – **25 hours** for the preceding calendar year – 1st January 2009 to 31st December 2009
- Active Reserve – **12 hours** for the preceding calendar year – 1st January 2009 to 31st December 2009

NB: Regardless of patrol hours completed, if failure to complete rostered patrols has occurred, entry to carnivals shall be suspended until patrol obligations have been satisfied.

- Long Service and Life Members are exempted from any patrol hour obligations
- New members, members rejoining or members returning after a leave of absence are required to do **4 hours of patrol per month before competing**

Patrol hours will only be calculated on the following terms:

- Rostered patrols
- Substitute for another member (these hours will be credited to the member who is actually doing the patrol)
- Voluntary patrols
- Water safety for Junior Activities at Club level
- Specialist services (eg. Helicopter, jet boats etc.)

If you are unsure of your membership category and how many patrol hours you are required to have completed, please check with the Club Captain.

Notes:

- **It is your own responsibility to ensure that you have signed the patrol log book and your patrol hours are recorded correctly.**
- **Water Safety Hours at any carnival WILL NOT be accepted**
- **These are absolute minimum requirements and minor shortfalls WILL NOT be accepted**
- **Patrol hours to NOT transfer with a member when they transfer clubs**
- **All membership fees need to be paid and transfers of membership from other clubs completed prior to the club's cut-off date (as advertised on the club's surf sports notice board) for entries to each particular carnival.**

Patrol Competition

To determine this season's overall champion patrol a points system will be used as follows:

Section	Points	Explanation														
Patrol Inspections x 2	120	2 patrol inspections will be conducted randomly and will be worth 60 points each. These will be similar to the branch patrol inspections. Be prepared!!!!														
Attendance	120	<p>Calculated as an overall total percentage of patrols attended for the whole season and scored as follows:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 80%;">Less than 70% attendance</td> <td style="text-align: right;">0 Points</td> </tr> <tr> <td>70% - 75% attendance</td> <td style="text-align: right;">20 Points</td> </tr> <tr> <td>75% - 80% attendance</td> <td style="text-align: right;">40 Points</td> </tr> <tr> <td>80% - 85% attendance</td> <td style="text-align: right;">60 Points</td> </tr> <tr> <td>85% - 90% attendance</td> <td style="text-align: right;">80 Points</td> </tr> <tr> <td>90% - 95% attendance</td> <td style="text-align: right;">100 Points</td> </tr> <tr> <td>95% - 100% attendance</td> <td style="text-align: right;">120 Points</td> </tr> </table> <p>Bonus points for 100% attendance: 50 Points</p>	Less than 70% attendance	0 Points	70% - 75% attendance	20 Points	75% - 80% attendance	40 Points	80% - 85% attendance	60 Points	85% - 90% attendance	80 Points	90% - 95% attendance	100 Points	95% - 100% attendance	120 Points
Less than 70% attendance	0 Points															
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85% - 90% attendance	80 Points															
90% - 95% attendance	100 Points															
95% - 100% attendance	120 Points															
Handicap Surf Swim	36	Aggregate score for each patrols handicap surf swim points for each member. First place patrol: 36 points, second place patrol: 33 points etc. Last place patrol: 3 points.														
Awards Gained	36	Calculated on the average number of awards gained per person for each patrol. First place patrol: 36 points, second place patrol: 33 points etc. Last place patrol: 3 points.														
Annual Door Knock	12	Calculated on the average amount collected per person for each patrol at the annual surf lifesaving door knock appeal. First place patrol: 12 points, second place patrol: 11 points etc. Last place patrol: 1 point.														
TOTAL	324	Plus 50 bonus points for 100% patrol attendance														

- In the event of equal points at the completion of the competition, the winner will be decided by a count back system in this order: Patrol Inspections, attendance, handicap surf swim, awards gained, annual door knock.

Boards and Skis

Throughout each season a number of craft are damaged for a variety of reasons. Misuse & poor handling when lifting or carrying are the greatest contributors to the damage.

There has to be a few simple guidelines for the use of the equipment to ensure the boards & skis remain serviceable for all members for the entire season.

- Members are requested to abide by the board usage symbols on display beside the board racks.

G: General Use

T: Training Use

C: Competition Use

☆ Star symbol indicates a club member's personally owned board and must not be used without their permission.

- Members wishing to use club equipment must be active members of the surf club in the current season and participate in club activities
- Craft may be allocated to active members for the season if they regularly attend club training and represent the club at carnivals. A security deposit of \$250 will be required for each board.
- Please complete a **Craft Allocation Form** if you wish to be allocated a club board and/or ski for the season. To obtain one of these forms contact the craft captain
- Allocation will be based on the active members craft skills & participation in club training and other club activities.
- If you use a take out a board or ski, it is your responsibility to ensure that it is returned
- Craft must be washed and put away in the storage racks after use.
- Only active and long service members can store their personal craft on the storage racks at the club.
- Carry the board & ski – **DO NOT DRAG** in the sand, as it will strip the gel coat & allow water to penetrate under the fibreglass.

Remember it is not the craft but the operator who selects the wrong wave to catch.

Club House Rules

Bunk Rooms

- Please sign attendance book when staying at the club house (You must be a member of Mermaid SLSC to use and stay in Bunk Rooms.)
- Patrolling members for that weekend have priority.
- No wet clothes to be left in Bunk Rooms.
- Sheets or a cover must be used on mattresses.
- Bunk Rooms toilets & showers to be left clean & tidy.
- Cleaning equipment will be supplied by the club. Please make use of it!
- Make yourself aware of location of fire extinguishers and exits.
- If fire alarms sound please vacate building quickly through the nearest exit.
- Enjoy your stay.
- Please report any problems or concerns to Club House Director.

Members Room

- When using the kitchen & Members Room please leave them clean & tidy.
- Wash any sand off yourself before entering the clubhouse
- Cleaning equipment will be supplied by the club. Please make use of it!
- Please report any problems or concerns to the Club House Director.
- Enjoy the facilities

Grievance Procedures

The first step to resolution in any grievance situation is to approach the other person yourself [if possible] with the goal of resolution [rather than winning]. The second step is to involve me as the Grievance Officer. My role is to gather relevant information from those involved in the form of written statements and work towards a fair and impartial outcome.

At times I may consult with a fellow grievance officer or Officials of the relevant group [i.e. age managers, Nipper president etc]. Whilst the aim is to restore harmony, at times, because of the nature of human beings, this will not be possible. However, the core and non negotiable values of human dignity and worth and respect which will be expected no matter the outcome.

Sandy Penman

Official SLSA and SLSQ policies can be found in the green folders in the office as well as on the web.

SLSQ – ADM06 – Workplace Harassment Prevention Policy. Go to www.lifesaving.com.au click on **Members Site** then **SLSQ Policies** then open up **Administration Policies**

SLSA – 6.6 – Grievance Procedure. Go to www.slsa.asn.au click on **Admin & Resources** then on **SLSA Policies**

Sunday Morning Handicap Surf Race

The Handicap Surf Race is a great Mermaid tradition and is **held each Sunday morning of the patrolling season at 8:00am**. The swim is a **fun club activity** that is open to all able members – Seniors, Juniors & Associates – and participation in a minimum of one swim per month is compulsory if you wish to utilize club facilities and equipment i.e. boards, skis, boats, bunk rooms etc.

The rules for the race competition are listed below. Generally the race should extend to about 12 to 14 minutes maximum from 'GO' therefore covering a distance of 400 to 600 metres.

The Rules:

1. The Handicap Surf Race is run each Sunday morning of the patrolling season - Sunday 20th September through to Sunday 25th April. **Note:** there will be no official Handicap Surf Race on the 20 Sept, due to the fact that it is the 1st day of proficiency but there will be a swim.

Please note that there are two Sundays of the patrolling season that the Handicap Surf Race is not run:

- a. Club Championship
- b. Byron Bay Ocean Swim

As members are encouraged to participate in both.

2. The event can consist of a run/swim/run or swim/run/swim or depending on surf conditions, a longer swim and distances determined so that the event will last between 12 & 14 minutes.
3. Swim start time is 8:15am. This is to ensure the swim is finished prior to 9am and participants can attend other club activities that follow eg Water Safety, Junior Activities
4. To participate, you must **arrive by 8:00am** to register and be given your handicap time.
5. Places are assigned down to fifteenth position and points are allocated as follows:
 - a. Every member who participates in the surf swim receives a point irrespective if they complete the course.
 - b. Members on patrol on the morning of the swim are also assigned a point as they have to provide water safety for the participants as well as maintain their patrol duties for the public.
 - c. Members who cannot participate because of SLSC commitments in sanctioned events also receive a point. This is done via written notification to the Surf Swim Co-

ordinator with supporting documentation. This includes doing any proficiencies or awards.

- d. The swimmer who places first is assigned 16 points (15 for winning + 1 point for participating) and so on to the swimmer who places 15th who is assigned 2 points (1 point for 15th place + 1 point for participation).
 - e. Please note that points for placing in the top 15 are only awarded to proficient members; non-proficient members will only receive time penalties and a point for participation. All members proficient from the 2008/09 season will be deemed proficient until the last Club proficiency on Sunday 6th December.
6. Handicap times are determined at the start of each season and are at the discretion of the Surf Swim Co-ordinator.
- Each week, Handicap times are adjusted according to placing as follows:
- | | | |
|-------------------------------------|---|---------------|
| 1 st – 3 rd | - | 1:00 increase |
| 4 th – 6 th | - | 0:45 increase |
| 7 th – 9 th | - | 0:30 increase |
| 10 th – 12 th | - | 0:15 increase |
| 13 th – 15 th | - | 0:00 increase |
| 16 th and on | - | 0:15 decrease |
7. Power Play is a strategic bonus system implemented in the 2008/09 season and will continue this season with one alteration.
- a. The bonus for regularly competing has taken the form of a strategy that swimmers may use at their discretion. The swimmer can have their handicap reduced dependent on the number of races competed in.
 - b. Every 4 races swum equals a 15 second reduction in the handicap.
 - c. The new handicap is the handicap for the day and the new base for the calculation of future handicaps.
 - d. The competitor must notify the Surf Swim Co-ordinator 15 minutes prior to the start of the race.
 - e. Please note this Power Play can only be taken once during the season.
8. Due to the requirement of Active members to compete in 1 swim every 4 weeks, there will now be a time penalty of 15 seconds for each swimmer who hasn't competed in the last 4 weeks and for each subsequent 4 weeks.
9. Weekly Prizes
- | | |
|-----------------|---------------------------------------|
| 1 st | Breakfast at Mermaid Beach SLSC |
| 2 nd | Coffee and Cake at Mermaid Beach SLSC |
| 3 rd | Coffee at Mermaid Beach SLSC |
10. Season Prize & Categories – *To Be Confirmed*

The Structure of Surf Lifesaving

Surf Life Saving in Australia is run by **Surf Lifesaving Australia (SLSA)**

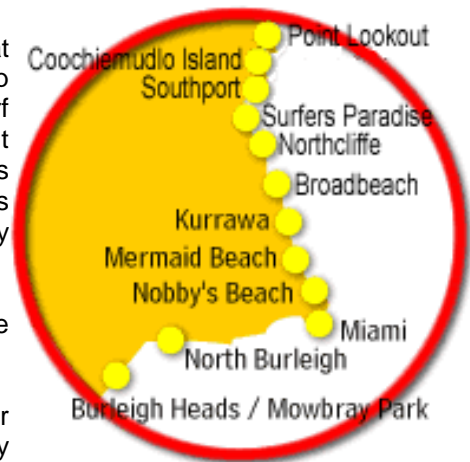
SLSA looks after all areas creating policies and procedures to be followed on a national basis.

SLSA provide support for Lifesaving (volunteer) and Lifeguard service (Paid) with the provision of awards and training. Beach safety is also promoted by SLSA with various public awareness and training programs.

In the field of competition SLSA is responsible for creating the rules under which all competition is conducted. It also maintains accreditation records of all competition officials and coaches.

Our State Centre –**Surf Life Saving Queensland (SLSQ)** works in conjunction with SLSA with responsibilities at a state level. Management of state activities is in the hands of SLSQ, who maintain Awards and provide training and education for Queensland members. The many committees in SLSQ make recommendations to SLSA on all matters that are governed by the national body. SLSQ also runs a funding body (Lifesaving Foundation) which runs art unions, and coordinates the annual door knock, duck race etc.

Queensland and New South Wales have so many clubs, that to effectively run the state, these clubs have been divided up into branches. Our branch is the **South Coast Branch Surf Life Saving Queensland (SCBSLSQ)**. It consists of Point Lookout, Coochiemudlo Island, Southport, Northcliffe, Surfers Paradise, Broadbeach, Kurrawa, Mermaid Beach, Nobbys Beach, Miami, North Burleigh, and Burleigh Heads Mowbray Park surf lifesaving clubs.



To the north we have Sunshine Coast Branch, and to the south Point Danger Branch.

The branches manage the day to day activities within their area, and act as a communication link to SLSQ. Many committees and Branch Officers make recommendations to SLSQ. On matters relating to their members, Clubs are represented on branch committees by club officers such as the Junior Activities officer, Club Captain and the Chief Instructor. Assessors and Competition Officials are members of the board of lifesaving/surfsports. The Club President is a councilor and represents the club at Branch Council Meetings.

All communication from members must be through the club, who may then refer it to Branch, who in turn may send it on to SLSQ, should the matter need to go higher it would be sent to SLSA. To preserve communication model, it is included in each organisations constitution.

