



Reef Recorder

October, 2011 – Summer is back! (Well Almost)

Sydney Northern Beaches Branch, 'Most Outstanding Club'

Important dates for your diary

- 10th, 11th, 12th & 13th 5pm – Nippers Proficiency Swim,
- Saturday 15th October, Shore and Abbotsleigh commence
- Sunday 16th October, 2011 – Nippers Commence.
- Sunday 16th October, 2011 – ARTC Course @ Long Reef
- 17th, 18th, 19th & 20th 5pm – Nippers Proficiency Swim
- 9am Sunday 23rd October, 2011 – IRB Proficiency
- 10am Sunday 23rd October, 2011- SRC, BM, & ARTC Proficiency
- 9am Sunday 6th November, 2011 – IRB Proficiency
- 10am Sunday 6th November, 2011- SRC, BM, & ARTC Proficiency



Message from the President.

Summer is trying hard to break through but the first few weekends of patrol have been rather wet and cold. The silver lining has been that patrols have done some much needed spring cleaning and maintenance around the club. Such work has included Adam Kent building cupboards in the patrol hut and also under the lifeguard observation tower, the outstanding efforts of patrol 6 for cleaning out the old shark tower, scrubbing and water blasting the courtyard and brickwork and patrol 8 for cleaning out the training room and giving the kitchen a good clean. This sort of work is imperative and we can't encourage patrols and club members enough to start lending more of a hand and doing their bit around the place to keep the clubhouse in good order. Even 15 minutes such as sweeping the hall is greatly appreciated. That's all from me. The first few weeks are traditionally always slow as activities begin to commence. But we are just winding up to what promises to be a great summer.

Director of Lifesaving – Jeremy Keating



Thanks to all those who have helped out on patrols during the first few weeks. There have been a number of changes as previously mentioned and in the coming weeks we will continue to update all members during proficiencies and chats to patrols. A reminder for a couple of key points,

Minimum patrol awards requirements.

The patrol roster has been set to ensure that each patrol has the minimum requirement of awards including IRB driver and crewman, ARTC holders, spinal management, beach management awards etc. As patrollers if you cannot make a patrol you are required to arrange a substitute with those required qualifications. Patrollers leaving the patrol without an operational IRB could place the public at risk. Those who don't arrange subs and leave their patrol short will be contacted by the Board of management to explain their actions. This has happened already a couple of times this season and is not acceptable.

Patrol uniforms

With the cool weather we understand patrollers are trying to keep warm but as the weather improves please ensure that you wear your patrol uniform including skull cap, shorts, shirt and now the red

It's always hard to get information for the Reef Recorder - Anybody with any news, information, photos or stories happening around the club please email it through to longreef@longreef.com

peaked cap. We don't get as many uniforms issued like we did in the past however if you are missing parts of the uniform please contact me so I can arrange for a replacement.

New award to drive the ATV

This season as a requirement to drive the ATV you must have completed an operators certificate and workbook. In the coming weeks / month we will conduct this course with those that need to drive the bike.

Proficiencies

As per normal we will run a number of large proficiency days the first being on Sunday 23rd October, 2011 followed by another one on the 6th November, 2011. All IRB Drivers and Crewman are required to attend at 9am followed by the SRC, BM and ARTC proficiency starting at 10am. Remember it is your responsibility to remain proficient each year. This is not an exam it is a refresher and chance to ask any questions. You must however be financial before you will be allowed to do your proficiency so if you still have not paid your fees better get in quick smart. Go to www.longreef.com

Wanted – Vice Captains.

The core of our organisation is that of patrolling and we are looking to rebuild a previously strong Beach Management Team and continue as one of the leaders in patrols and beach management on the Northern Beaches. Jeremy needs help in setting the standards and ensuring that our patrols have sufficient numbers; correct beach set up and required award holders on patrol. It also assists in looking at succession planning. The Vice Captains official role in the constitution is to:

'He/She must be a holder of the Certificate II (Public Safety) Aquatic Rescue, Advanced Resuscitation Certificate and should hold or be working towards holding silver Medallion IRB Drivers.

He/She Shall assist the Captain in all his duties and in the absence of the Captain exercise his functions and have his authority.'

We are currently attempting to up skill our members and to do this we need more assistance in running the beach. If the role of being a Vice Captain interests you and you thrive on having a little extra responsibility please contact Jeremy as I know he would appreciate some additional help. He is also I know looking for new Patrol Captains so if this role interests you as well have a chat.

Urgently needed – Instructors / Helpers for the Abbotsleigh Program

Last season Long Reef SLSC welcomed a large number of new Abbotsleigh Girls to the club. Over 70 girls obtaining either their Bronze Medallion or SRC. We will be again running the program starting on 15th October, 2011 for around 40 girls, however we need a larger number of members assistance. Have you ever thought about gaining your instructors certificate. (This is something that you need should you wish to become an active reserve or long service member in the future)

We need at least 8 club members to assist on Tuesday afternoons at Abbotsleigh School (around 3pm till 4.30pm) and on Saturday mornings from around 8.40am till 12.30. If you are interested in assisting (you don't need your instructors to assist) but can obtain it should you desire through the 8 week program. Interested persons should contact Ian Wallace, Director of Education.



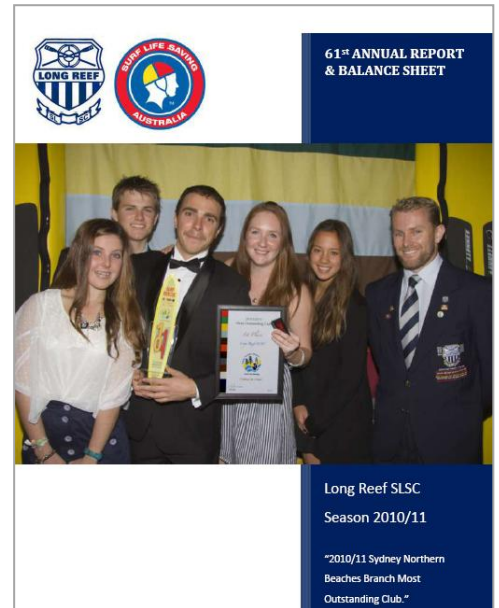
2010/11 Annual Report.

For those who have not seen it yet the 2010/11 Annual Report is on the website. Limited numbers of printed copies are available upon request. The report can be downloaded at your leisure at www.longreef.com. Several copies are also available for reading in the patrol hut along with several copies of the 2010/11 Sydney Northern Beaches Branch Annual Report.

Sincere apologies for the delay and not having it for distribution at the AGM.



Lachlan Gadd & Greg Dawson, patrol 6 making good use of time when the beach was closed.



61st ANNUAL REPORT
& BALANCE SHEET

Long Reef SLSC
Season 2010/11

"2010/11 Sydney Northern
Beaches Branch Most
Outstanding Club"

That's certainly quiet a growing pile of rubbish.



David Robson helping dad Andrew do some water blasting around the BBQ.

From the Director of Education

This season we will again see both our school Shore and Abbotsleigh engaged in their educational programs in addition to the normal club education programs. The focus this year will be on up-skilling our members including ARTC, First Aid refreshers and Spinal Management. SLISA have also made a number of changes to IRB training and ATV usage which will affect the club patrols.

We have started training already with a squad of 8 IRB Drivers commencing training last Sunday morning and an ARTC course starting next weekend.

For those wishing to do any awards this season please contact:

Ian Wallace – Education_longreefslsc@hotmail.com

Below - IRB driver training – Pete Selosse tips on starting an engine and getting the air out of the fuel bags.

1. To stop air going through the engine &
2. So the air does not expand and split the fuel tanks



ATV REMINDER – TURN THE RADIO OFF

Twice in 3 weekends now patrollers have forgotten to turn the ATV radio off. This has meant that the AM patrol have not had the use of the ATV to get equipment on and off the beach. Please remember to turn the radio off which is still in the same place it has been for the past 3 seasons. Please lets keep Jim from becoming cranky having to constantly charge the bike.



Resuscitation Chart

D		Danger Check for Danger to Yourself, the Patient and Bystanders.
R		Response Check for Response by talk and touch.
S		Send If unresponsive, Send for help by calling Triple Zero (000).
A		Airway Open Airway and ensure it is clear. If not, roll patient onto their side and clear the airway.
B		Breathing Check Breathing. If patient is not breathing or breathing is not normal, commence CPR.
C		CPR (30:2)* Start CPR* Give 30 Chest Compressions followed by 2 rescue breaths. If unwilling or unable to perform rescue breaths continue chest compressions. *For drowning, give 2 Initial rescue breaths before starting compressions. Ensure adequate backward head tilt when giving rescue breaths. Compressions should be at a rate of 100-120 per minute in the centre of the chest and be 1/3 of the patient's chest depth. For infants do not tilt head when administering breaths. Use 2 fingers to compress chest.
D		Defibrillation  Attach an Automated External Defibrillator (AED) as soon as it is available and follow its prompts.

Continue CPR until:

- The patient responds or begins breathing normally
- It is impossible to continue (e.g. exhaustion)
- A health care professional arrives and takes over CPR
- A health care professional directs that CPR be ceased

To get involved and learn to save a life, enrol at sls.com.au or call 1300 766 257

This information is not a substitute for first aid training. Surf Life Saving recommends that everyone be trained in first aid.

Australian for life 

Patrol Hut is ready for patrolling.



After years of trying it has finally come. The Patrol Hut is designed for inclement weather and having an elevated position to patrol over the beach. It is not for the entire patrol to sit in and only two-three patrol members should use the hut at the discretion of the patrol captain. The remainder of the patrol should be on the beach accessible to the general public or in poor weather in the clubhouse with a radio.

The hut has all patrolling equipment including first aid, oxygen, ice, radios, patrol books, binoculars and computer to allow direct access to Surfguard and patrol information. Please keep the room clean and give it a wipe down at the end of each day.

When using the hut consider your neighbours. Council lifeguards are directly next to us and the noise travel's straight through the wall so please be thoughtful and keep the noise down.

Change to Patrol Channel on the Radio – Channel 3.

A reminder that a new radio network has been installed over the winter. Patrols will now operate on Channel 3 to talk with Surfcom. You will now be able to here each of the clubs from Manly to Palm Beach going through a new repeater. Should patrollers wish to talk between the IRB and patrol or roving patrols DON'T use channel 3. You are requested to use CHANNEL 2. Channel 3 should only be used for emergencies, rescues and signing on and off patrol.

CHANNEL 3 = Talk with Surfcom and Rescue's

CHANNEL 2 = Talk between the patrol, IRB, ATV etc.



Removal of the Patrol Equipment Trailer from patrols – Based on the increasing dune and the requirement to now store a new council Quad Bike in the clubhouse we have retired the patrol trailer that previously carried the tent as we don't have room. Adam Kent has built a storage facility underneath the public observation platform. This area now stores the patrol plastic chairs, patrol tent, swim cans and patrol tubes. It is locked with the same patrol key and is hoped that this will make patrol set up easier for all concerned.

Director of Youth – Rhonda FERGUSON

We have seen a large number of nippers and their families again join the club this season. Nippers will commence this coming Sunday 16th October, 2011 with the 6s and 7s at 8.45am and the remainder of age groups starting at 9am. The nippers committee is looking for lots of helpers to assist with the successful running of the program. Such roles may include being an Age Manager, conducting water safety, helping organise the weekly BBQ, officiating or coaching. If you are interested and have some free time during the week or on Sunday mornings we would love to hear from you. The kids certainly get a lot more from the program with a strong family involvement. What other activities can the entire family have so much fun together. There is something for everybody so let's get involved and have a great season. For those still needing clothing this will be available to purchase over the next few Sunday's in the hall.

NIPPER PROFICIENCY TEST

The pool swim section of the Proficiency Test must be completed before the start of the season. The open water swim will be completed on the first day of Nippers.

Age Group	Proficiency Requirements
Under 8	Nil
Under 9	150m open water swim
Under 10	150m open water swim
Under 11	288m open water swim
Under 12	288m open water swim
Under 13	288m open water swim

The Under 6's and Under 7's are not required to do a proficiency swim. The dates and venue for the proficiency swim and preliminary evaluations are as follows:

Dates: Monday 10th, Tuesday 11th, Wednesday 12th & Thursday 13th October 2011
Monday 17th, Tuesday 18th, Wednesday 19th & Thursday 20th October 2011

Where: Pittwater House School Pool
South Creek Road, Dee Why

Time: 5.00pm – 5.45pm

Please note Pittwater House School pool charges \$3.00 per person swimming. This charge is payable to the Proficiency Officer, Bernadette, before the swim.

Parents and nippers are to assemble on the grass area beside the pool and not at the ends of the pool, this is to avoid disruption to squads which will be in progress at the same time. The front of the queue will be at the diving block end. Staying in an orderly queue will enable Officials to get nippers through the proficiency swims as efficiently as possible. Please bring your swimming goggles and swimming caps for long hair. Alternative times for proficiency swims are to be made by arrangement with Bernadette McAlinden on 0422 500050. If your child participates in swim squads a letter may be provided from their swim coach to attest to their proficiency that must state the coaches name, qualifications (ie ASCTA Licence Number, LEVEL of qualifications and coaches complete contact details). When the child is 'proficient' they may compete in Club competition and Surf Carnivals. If you have any questions regarding the preliminary evaluation or proficiency swims, please contact Bernadette McAlinden 0422 500050.

Star amongst us!



Last season Matt Sears from Long Reef's U13 had a great season on the beach gaining 1st in the U13 male sprint and 1st in the U13 male beach flags at the SNB Branch Championships. Matt followed this up with a 3rd in the U13 sprint at the State Championships held at Kingscliff. As a result of Matt's efforts he was recently selected to attend as one of 4 from the Sydney Northern Beaches the SLSNSW Talented Athletes Program. The program was composed of athletes aged 13-15 who

have shown promising results in surf sports. The kids learnt nutrition, improved techniques and training programs, sports science whilst having a bit of fun away as a group. This year's program was



run at the NSW Institute of Sport. From all accounts Matt had a great time and has returned to try his luck and gain selection in the SNB Branch Interbranch Team held this weekend. Unfortunately this week Matt has had the flu and was a little under his best coming 3rd in the selection trials. Regardless Matt is still really positive and looking forward to this season and joining mates the cadet program. Top effort Matt!

Nipper Calendar of Events 2011

DATE	DAY	TIME	EVENT
10th/11th/12 th /13 th October	Monday Tuesday Wednesday Thursday	5.00 pm to 5.45pm	Proficiency swim U8-U14 see booklet for details Pittwater House School Pool \$3.00 entry/person
16.10.11	Sunday	8.45am(6&7) 9.00am(8-13)	Nippers season commences. Intro to club (6 – 7) Meet your Age Group Managers & parents in your age group. Welcome BBQ after nippers.
17th/18th/19 th /20 th October	Monday Tuesday Wednesday Thursday	5.00 pm to 5.45pm	Proficiency swim U8-U14 see booklet for details Pittwater House School Pool \$3.00 entry/person
23.10.11	Sunday	8.45am(6&7) 9.00am(8-13)	Nippers . Open Water Swim for all nippers who are going to compete at carnivals (U/9 – U/13). BBQ roster under 12 girls and boys
30.10.11	Sunday	8.45am(6&7) 9.00am(8-13)	Nippers BBQ roster under 11 girls
30.10.11	Sunday	TBA	Bennett Junior Board Classic – Dee Why
06.11.11	Sunday	8.45am(6&7) 9.00am(8-13)	Nippers – Club Championship Round 1, Surf Ed U/6, U/7 BBQ roster under 11 boys
12.11.11	Saturday	3.00pm	Twilight Nippers & BBQ, Surf Ed U/8, U/9, U/10 BBQ roster under 10 girls
13.11.11	Sunday	7.30am	Junior Carnival – Manly U8's – U14's (No Nippers)
20.11.11	Sunday	8.45am(6&7) 9.00am(8-13)	Nippers – Handicap Pointscore, Surf Ed U/11, U/12, U/13 BBQ roster under 10 boys
20.11.11	Sunday	TBA	Bennett Junior Board Classic –Freshwater
27.11.11	Sunday	8.45am(6&7) 9.00am(8-13)	Nippers – Club Championship Round 2 BBQ roster under 9 girls
04.12.11	Sunday	7.30am	Junior Carnival – Queenscliff U8's - U14's (No Nippers)
11.12.11	Sunday	8.45am(6&7) 9.00am(8-13)	Nippers – Handicap Pointscore BBQ roster under 9 boys
18.12.11	Sunday	8.45am(6&7) 9.00am(8-13)	Nippers – Xmas Party
25.12.11	Sunday		NO NIPPERS – Xmas break

*Long Reef SLSC
2010/11 Sydney Northern Beaches
Most Outstanding Club of the Year*