



# Reef Recorder

## September, 2011 – Summer is back!

### *Important dates for your diary*

- Saturday 24<sup>th</sup> September, 2011 – Patrols commence.
- Saturday 24<sup>th</sup> September, 2011 – Gear Inspection  
AM – All Patrol Captains, PM – Patrol 6 (Doug Lucas & Stella Watson)
- Sunday 25<sup>th</sup> September, 2011
- AM – Patrol 12 (David Watson) PM – Patrol 8 (Dave Badlan)
- Sunday 15<sup>th</sup> October, 2011 – Nippers Commence.
- Sunday 15<sup>th</sup> October, 2011 – ARTC Course @ Long Reef
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### *Message from the President.*

On Sunday 21<sup>st</sup> August, 2011 we saw the club's largest ever AGM with over 100 members attending the club to have their say on the club's management and discuss other pertinent issues. It is great to see that we have a strong management team for the up-coming season and I thank those people nominating for positions this season. We have had a few changes on the Board but over all we have a good balance of experience and enthusiasm which promises to make for a very positive season.

There have been a number of changes over the winter by SLSA to several policies and education. Our Instructors and Assessors will bring everybody up to speed in the coming weeks once patrols commence.

So here's to a great and positive season.



Doug Lucas  
President

### **Your Management Team for 2011/12 consists of:**

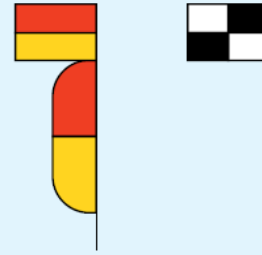
<b>Position</b>	<b>Club Member</b>
President	Doug Lucas
Vice President	Jim Selosse
Director of Administration	Seamus Redmond
Director of Finance	Michelle Limana
Director of Lifesaving	Jeremy Keating
Director of Education	Ian Wallace
Director of Surf Sports	Peter Selosse
Director of Youth	Rhonda Ferguson
Director of Sponsorship & Marketing	Nathan Charles
Executive Director (2 <sup>nd</sup> year)	Peter Chaney
Executive Director (1 <sup>st</sup> year)	Peter Selosse

## **Director of Lifesaving – Jeremy Keating**

Here are a few quick updates for all patrollers to be aware of.

This year there are a few key changes on the beach. The first is the new patrol tower as advertised in the previous Reef Recorder. This will be a great resource for a higher view, storage for a lot of gear, and also some protection when the weather is less than ideal. There will be new patrol flags seen on our beach this year with the feathered flags now being mandatory on all beaches around Australia. We will also see the replacement of the blue surfboard craft signs being replaced with a black and white checked flag.

- The replacement of the blue flag with the black and white quartered flag to indicate a surfboard and other water craft zone or boundary and the inclusion of a beach flag augmentation in appendix ZZ2.



Examples of beach flag augmentation (as shown in A/NZS 2416:2010.2)

The gear trailer will hopefully be phased out over the coming weeks, with the tent, pegs and chairs stored under the existing wooden lookout point, and other gear in the patrol room. Also, there will be stricter requirements for the use of the ATV, as a workbook must now be completed before use. This training will initially be provided to Patrol Captains and will be rolled out over the summer to other select members.

Uniforms this season includes mandatory sun protection, which means you should wear either the Woodside wide brim hats, or the Surf Rescue caps. These will be provided on patrols (if you do not have one already), so please be sure to wear these on the beach over the top of your red and yellow caps.

The first patrol of the season, this Saturday 24<sup>th</sup> September, will be lead off by the 2011/12 Long Reef Patrol Captains. Even if you aren't one of these members, you are more than welcome to come along (Vice Captains are particularly encouraged).

### **Patrol Roster**

Attached on this email along with the Annual Report is the patrol roster. Please familiarise yourself with your patrols and your dates. Approach your Patrol Captain if you have any issues, and please be aware Jeremy Keating (Club Captain) is also contactable if need be. If you are on the roster but do not intend to patrol this season (or are not on the roster and want to be put on a patrol), please let Jeremy know as soon as possible. Also if you identify any information that needs updating or correcting please email [captain\\_longreefslsc@hotmail.com](mailto:captain_longreefslsc@hotmail.com)

### **Sunday Swim/Club Championships**

This season will see the returns of the club Sunday Swim, a leisurely social 200m swim at 11am over the summer months. More details will be posted in the next Reef Recorder, but there will be prizes for members who are involved, and this will be based on participation not results. Get to a pool and start training.

Club Championships will be run later in the season, be sure to look out for more information in the next Reef Recorder.

### **Parking Sticker application process 2011/12**

As many of you are likely well aware, the blue council parking stickers expire on the 31st of August, 2011. Don't expect the lovely council rangers to give you any leeway with these.

Jeremy is in the process of getting new stickers from council, but you must firstly apply. Don't wait we want to make this as fast and simply as possible!



#### **Step 1.**

Please Pay Online at:

[https://pnpnet.qvalent.com/OnlinePaymentServlet?cd\\_community=SLSA&cd\\_currency=AUD](https://pnpnet.qvalent.com/OnlinePaymentServlet?cd_community=SLSA&cd_currency=AUD)

and include your name in the payment field

ie *"Membership Fee - Active 2011/2012 – Joe Bloggs"*

Please also update your personal registration details at:

<https://www.lifesavingonline.com.au/SLSA Online/modules/home/index.php>

#### **Step 2**

Complete the survey below before 9am on Monday 15<sup>th</sup> August, 2011. Only patrollers are to apply. By completing this survey you are agreeing to patrol for season 2011/12 and your name will be placed on the patrol roster.

[https://www.surveymonkey.com/s/longreefslsc\\_parkingstickers](https://www.surveymonkey.com/s/longreefslsc_parkingstickers)

#### **Step 3**

See me. Jeremy and I will give you the sticker.

### ***2010/11 Annual Report.***

At this year's AGM the club membership did an unprecedented thing by not approving the 2010/11 Annual Report that had been prepared by the Director of Administration. As such printed copies that had been ordered were not distributed as they did not reflect all activities of the club for season 2010/11. Since the AGM held on 21<sup>st</sup> August, 2011 a new copy of the report has been completed. I am pleased to say that this report is now ready for our membership and accurately reflects all areas of club activities for season 2010/11 and recognises each of those members that made contributions during the past 12 months.

The report is now being printed and limited copies will be available in the coming weeks for your enjoyment. In the interim you are able to download and review the report at your leisure on the Long Reef website [www.longreef.com](http://www.longreef.com)

Sincere apologies for the delay.

## 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. SLSA have also made a number of changes to IRB training and ATV usage which will affect the club patrols.

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

Ian Wallace – Education\_longreefslsc@hotmail.com



## Two new concept 2 rowers for the gym.

After many years of service we have retired to well used Concept 2 rowers this week and the Board approved the purchase of 2 new machines to ensure our rowers and members have no excuses not to be fit for this coming summer. Both machines come with covers so please let's look after this new equipment so that it can be used for many years to come. Both machines will arrive in several weeks.

## From the Boat Captain.










The Longy Boaties are looking forward to another fantastic season! Everything is looking good for around 6 to 8 boat crews on the water and we welcome any current Longy members or their friends to join in!

Recently the **ArtHouse Hotel** continued their generous sponsorship which is greatly appreciated. We could however do with an extra sponsor of 2 so if you have any ideas or contacts please let us know!

So far this season the Longy "Mongrels" Reserve Grade Crew has already had a successful outing winning the inaugural Reef to Reef ocean race by giving the 2 highly favoured Newport crews a rowing lesson! Adam now has a record which will be hard to hang onto with 1 win from 1 outing this season!

A big event for the Longy boaties this season will be the George Bass Marathon – 190 km from Batemans Bay to Eden in the first week of January! We have entered 2 teams of 8 rowers and 1 sweep per team and are hoping to expand this to a third team if we can capture a few more oarsmen and oars women.

## Resuscitation Chart

<b>D</b>		<b>Danger</b> Check for <b>Danger</b> to Yourself, the Patient and Bystanders.
<b>R</b>		<b>Response</b> Check for <b>Response</b> by talk and touch.
<b>S</b>		<b>Send</b>  If unresponsive, Send for help by calling Triple Zero (000).
<b>A</b>		<b>Airway</b> Open Airway and ensure it is clear. If not, roll patient onto their side and clear the airway.
<b>B</b>		<b>Breathing</b> Check <b>Breathing</b> . If patient is not breathing or breathing is not normal, commence CPR.
<b>C</b>		<b>CPR (30:2)*</b> <b>Start CPR*</b> 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.
<b>D</b>		<b>Defibrillation</b>  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](http://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. 

The 'Ladies' have been regular visitors in the Longy gym over winter and are promising to fly the Longy flag well in the open Open Women's division along with the Chicks, who are yet to hit the gym... uh oh! The mighty "Swords" are rumoured to be back and keen in u23's to keep the Ikunas honest. Add to this contingent every chance of 2 competitive Reserve grade crews, the Vets, and the possibility of some new younger crews so we are looking good!

A very big thank you to all our sweeps Adam, Bruce, Matt, Ross, Rob, Will, & Charlie who contribute lots of time and enthusiasm to keep the boats and crews on the water. And it is great to also see some new sweeps booked in to do their SLSA Level 1 Surf Coach Course. And a big congratulations to all the boaties who recently completed their Surf Official course – thank you for offering to help out!

If you'd like to come for a social row one sunny weekend or want any information regarding surfboats at Long Reef please contact me!

Alice Clarke, Boat Captain



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