**Avoca Beach Surf Lifesaving Club 2022/2023 Pre-Season Circular**

**Our Focus - Rescue Ready**

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| ***What we will do*:** | ***What success looks like*:** |
| 1. Beach safety core business 2. Maintain 14 patrols throughout the season, equipped and qualified 3. Safety operations are sound – implement clear policies and procedures 4. Conduct junior beach safety | 1. Zero preventable deaths 2. Patrols – members all trained and qualified 3. No short-notice requests to fill Patrol numbers 4. Policies and procedures validated and working 5. Equipment – all patrol equipment is fully functional, maintained/cleaned and always available 6. Nippers and Sharkies – programs supported. |

**Covid Policy**

* Surf Life Saving NSW has revised its current policy of mandatory vaccination for all frontline volunteers, to now be a policy position of *strongly recommending and encouraging* full vaccination and booster status.
* If you feel unwell, please do not attend your Patrol. If you are anxious about attending Patrol because of Covid concerns then please discuss with your Patrol Captain - You will not be asked to Patrol if you have personal concerns. If you live with someone who has Covid then you must self-isolate for 7 days from the day the person tested positive. If you test positive self-isolate for 5 days from the day you test positive and if you continue to display symptoms after that then continue to isolate for another 2 days.
* We will provide a Patrol Personal Protection Safety Box with masks, hand sanitiser and sunscreen to be located at the IRB tent for use by patrol members as they see fit.

**Training**

* Silver Medallion (Beach Management) award holders and in particular patrol captains are required to complete the online ‘Supplementary Learning for Patrol Captains’. Vice patrol captains are encouraged to complete this training also.
* Minor updates have been made to the Surf Rescue Certificate, Bronze Medallion and Advanced Resuscitation Techniques course resources following member feedback. The Radio Operator resources have been redesigned but no content changes have been made.
* Priority to qualify more IRB Drivers and crew. Plan to follow.

**Skills Maintenance – to be completed by 31 Dec 22.**

* **On-line** **Theory component -** Each year there is a theory component to assess knowledge required for awards including industry updates that have occurred within the previous 12 months. Jump on the NSW SLS Member site – elearning and complete the on-line training and assessment which includes watching a video announcement from SLSA and answer two questions relating to the content of the video.
* **Practical component -** The practical components are managed by the Patrol Captain - (Run/Swim/Run) proficiency, Board and Tube rescue, IRB Driver/Crew practical crew, CPR, Tourniquet and Spinal care.
* **Training Videos** There are a number of SLS training videos that are available on the SLS Members Area Document Library for everyone to view in preparation for skills maintenance and general refresher training.
* **Covid CPR status** – we can nowdeliver ventilations to the manikins during CPR assessments, along with working in a group for your Defib and rotations scenario. Hygiene measures are in place to reduce your risk of any cross contamination, but if you are uncomfortable then you will only be required to mimic the ventilations.
* **Child Safe Awareness On-line course -** Patrol Captains and Vice Patrol Captains

**Other Points:**

* Please ensure you renew your membership. This is important in ensuring insurance coverage while patrolling.
* Patrol swaps remains a personal responsibility and the Facebook Patrol Swap groupo remains a useful tool. We will be looking to include a patrol swap function on the ABSLC website in due course.
* Static management – those identified as Static are allocated to Patrols and will receive next patrol updates which do not require patrol swap action.
* Parking Pass – still coordinating with Council
* Lifesaving Social activities the subject of discussion.
* Patrol Facilities have been cleaned and, in some cases, reorganised. Please keep the rooms clean and tidy and look after the patrol equipment we use. Some additional points as follows:
  1. *Equipment Room* (IRB/ATV/Boards etc) now includes a Patrol training aid and general stores cupboard at the back right hand corner of the room (near IRB lifejackets).
  2. *Captain’s Office* (Radios/Patrol Box/IPAD/Clothing) – access by Capt/VCapt and to remain locked if unattended.
  3. *First Aid Room* - First Aid qualified and patrol member access. 1 radio permanently positioned in a charging cradle near the RWC cabinet for use out of Lifesaving hours in emergencies.
  4. *Patrol front room* for patrol personal clothing and equipment. Oxy/Defib/First Aid in cupboard. 1 radio permanently positioned in a charging cradle near PA system for use out of Lifesaving hours in emergencies.
  5. *Patrol App* – Phone/IPAD – reporting and acknowledgement – rescues of the month
  6. *New Observation Tower* use and guidelines being finalised – managed by Patrol Captains: Maximum 2 Bronze qualified with radio and binoculars.

I will be away from 19 Sep heading to Italy to compete in the World Masters Lifesaving Titles, returning 2 November. Brett Beswick has kindly agreed to hold the fort while I am away. See you on the beach on my return.

Nick

**Nick Welch**

**Director Lifesaving**

**15 September 2022**