



# **CRONULLA SLSC.**

**2019/20**

**Lifesaving  
Information.**

**Version 2019/08/26**





## SEASON 2019-20 LIFESAVING INFORMATION

### MESSAGE FROM THE LIFESAVING COMMITTEE.

#### PLEASE READ THIS INFORMATION IT IS OF HIGH IMPORTANCE.

Welcome to the 2019-20 Surf Life Saving Season.

I hope everyone has had a good break over the winter months and that you are all ready for the surf lifesaving season ahead.

Following is the Patrol Roster, The Patrol Rules and the Patrol Competition Rules for the season, as approved by the club Management Committee.

This season is once again a long patrol season, please remember, it's important you know **when your patrols are** and plan accordingly for **replacements or substitutions** for those patrols you know you can't attend. If we all follow this philosophy it makes the season much more enjoyable for all members.

Remember, your patrol commitment is rewarded with an end of season ski trip for the **100%ers** and the **Patrol Competition winning team**. The **Outstanding Patrol Attendance (OPA) Award** recipients may also be eligible if space is available, so ensure you all set your goals nice and early!

**100% Attendance** means that you attend every rostered patrol from beginning to end – no changes, not arriving late or leaving early.

**OPA Award** will be attained by any member who misses only one patrol, arranges a sub for that patrol and then completes a full make-up patrol during the season as either a substitute, or on the 2 Voluntary Patrol weekends (State and Australian Titles).

Cronulla SLSC Management, and the Life Saving Committee recognise that modern lifestyles make it difficult for our volunteers to commit so much time to keeping our beach safe, and we sincerely thank you for volunteering. The Life Saving Committee works with the club's Management Committee to bring forward initiatives that encourage and reward members to perform their patrol obligations in accordance with the roster, and through that to reduce the obligations on all members.

The Club signs an agreement with the SLSNSW, SLSS and Sutherland Council to meet certain guidelines and minimum patrol requirements, and as such must ensure that adequate volunteer numbers are available for each patrol.

In advance, we'd like to thank you all for the great work I know you'll all do to protect our beaches and the public once again this season. I hope you and your fellow patrollers enjoy the season ahead. Your safety is extremely important to the club also, so always remember your training, be vigilant and stay safe.

## Patrol Guidelines

Please refer to the guidelines below;

1. Please **be punctual and arrive approximately 15 minutes prior to your patrol start time**, to sign on and be briefed by the Patrol Captain; otherwise you may not be able to sign on. You will be credited with this time. **Please DO NOT** leave the following patrol short of its minimum required patrol members.

2. If you aren't able to attend your rostered patrol, you are obliged to try and organise a patrol **swap/substitution** to cover your missed shift and advise your Patrol Captain. The easiest and most effective way to do this is by posting on the Cronulla Surf Lifesaving Club (Closed) Facebook group.

If you aren't able to find a sub, you should advise your Patrol Captain well in advance. If you do advise your PC in advance, your absence is recorded as 'excused' rather than 'no-show'.

3. If you wish to undertake a **voluntary patrol** outside of your rostered patrols, you must sign on for a **minimum 3 hours of active patrolling**, and if it is on a Sunday morning, you **can not participate in the Sunday races**. See the Patrol Rules document included here for details.

4. **You must wear full patrol gear at all times** while patrolling, including IRB Driver and Crew whilst in the IRB. Patrol uniform is patrol shorts, long sleeve patrol shirt, patrol skull cap and approved patrol sun hat/peaked cap – no third party peaked caps or hats can be worn as these now a part of the official sponsored patrol uniform.

The Patrol Captain should not allow you to sign on if you fail to wear the full patrol uniform.

5. We encourage members to take time whilst on Patrol to practice the skills that are important to our Lifesaving activities, including water skills, in the Patrol Captain's agreement. Whilst on patrol, **you must not join formal training for competition**.

Failing to obey this rule will result in your name being deleted from the days patrol log by the Patrol Captain.

6. Please **endeavour to complete the full patrol**. At the start of Patrol, you must make yourself know to the Patrol Captain, and you should always seek the Patrol Captain's agreement before leaving early.

Signing the logbook and **leaving your duties without advising the Patrol Captain is unacceptable** and may result in disciplinary action beyond being signed off by the Patrol Captain.

7. During the season, there are many opportunities to **undertake additional training and the increase your skills**. We encourage every patrol member, to have a chat to your Patrol Captain and discuss what and how you can improve your lifesaving award status. This is to both help the club provide a robust lifesaving service to the community, and help you individually. These skills go a long way in helping with your working careers as well.

8. The **most up-to-date version** of the patrol roster and patrol members list is the version available online, either through the documents section of the **club website**, or through your **Life Saving Online Members Portal**. You can also check all of your award status and membership details in the Life Saving Online Members Portal, [members.sls.com.au](http://members.sls.com.au)

Enjoy Your Season.

