

# Lifesaving

## UPDATE

Spring 2011

Issue 17



## Welcome

To the new look Lifesaving Update. This is an operational newsletter for Patrol Captains and Club Captains. I hope you enjoy this issue which contains vital information on the Patrol Operations Manual, updates to our flags and much more.

**John Restuccia**  
Director, Lifesaving

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## Patrol Captain FAQ

- Do you lead by example by wearing the full patrol uniform?
- Does your club have a specific plan of how you manage your beach and personnel?
- Does your patrol roster ensure a good spread of experience & succession planning across all patrols?
- Do you have a process to ensure all members complete the required proficiencies?
- Are all new patrol members inducted into their patrol?
- Does your club have a designated team for after-hour callouts?
- Is your club using the new black/white surf craft boundary flags?
- Does your patrol understand the Coastal Radio Network and expectations?

## Social Media

The official Surf Life Saving NSW Facebook and Twitter pages are now up and running. As well as acting as an enhanced general communication tool for members, they will also prove effective in the event of notifying members/ general public of dangerous surf warnings and tsunami warning updates.

Please encourage club members to check out our pages and promote these where possible.



[facebook.com/surflifesavingnsw](https://facebook.com/surflifesavingnsw)



[twitter.com/slsnsw](https://twitter.com/slsnsw)

# Club Captain Tips

An annual Patrol Captains briefing should include:

## 1. ADMINISTRATION

- Key club/patrol contact information
- Patrol roster management (Surf Guard rosters/SMS options)
- Lifesaving Service Agreements (obligations/expectations)
- Uniform / resource needs
- Training needs / options
- Proficiency requirements

## 2. OPERATIONS

- Equipment care/ reporting
- Patrol Operations Manual (how the beach is patrolled & contingency plans)
- Patrol briefing/debriefing
- Professionalism/ public image
- Powercraft code of conduct
- Communications/ SurfCom
- Paperwork, logs/ forms
- Media policy
- Patrol Inspections/ audits
- Member recognition
- Lifeguard/ Lifesaver interaction (if appropriate)
- Critical Incident Debriefing/ Peer Support
- Support Operations (Duty Officers, Club Callout Team Members, RWC, Helicopters)

## 3. SKILL DEVELOPMENT SESSIONS

- Patrol member management – role rotations, OHS
- Scanning / surveillance methods/best-practice
- Resuscitation management
- Missing swimmer management



OUT WITH THE OLD  
IN WITH THE NEW  
WE'VE MADE SOME CHANGES TO THE  
**RED YELLOW AND BLUE**

Blue patrol flags have been replaced with black and white flags and 'feathered' patrol flags have been added.

# Patrol Operations Manual (POM)

A written 'plan' which sets out how each beach is managed is important for every club to have. A local plan that documents specific hazards / expectations / contingencies will add significant value to a clubs planning / preparation, response and recovery operations.

By the start of the 2012-13 season all SLSNSW clubs should have a Patrol Operations Manual (POM) – which is updated and provided to all Patrol Captains and patrol members annually.

For more information on the Patrol Operations Manual, please contact Luke Stigter, Lifesaving Officer, [lstigter@surflifesaving.com.au](mailto:lstigter@surflifesaving.com.au) or go to [www.surflifesaving.com.au/](http://www.surflifesaving.com.au/).



**EXAMPLE  
PATROL EQUIPMENT  
SETUP**



**EXAMPLE  
BEACH MANAGEMENT  
(POM)**

# Did you know?

## LIFESAVING EXCHANGE PROGRAM

The Lifesaving Exchange Program targets Patrol Captains, Vice Patrol Captains and 'upcoming' Patrol Captains between the ages of 18 and 30 years, and aims to:

- Broaden the lifesaving experience of participants
- Promote the development of lifesaving skills
- Provide development opportunities for our members
- Increase lifesaving standards across New South Wales

The program, now in its fourth year, will provide an exciting opportunity for delegates to challenge their skills by participating in surf lifesaving activities in a new environment and identify initiatives/ methods that can be implemented in their own clubs.

**Country to City Exchange (Sydney)**  
25 Saturday to 28 January 2012

**City to Country Exchange (Byron)**  
3 February to 5 February 2012

More information on how to apply can be found at

[www.surflifesaving.com.au/circulars-memos/w1/i1004097/](http://www.surflifesaving.com.au/circulars-memos/w1/i1004097/)

Applications close at branch on **25 November 2011.**



## State Operations Centre Established

State-wide lifesaving operations have been taken up a notch with the establishment of a dedicated State Operations Centre (SOC).

### What is the SOC?

The SOC is a single state-wide communications and coordination entity which can link all surf rescue services in NSW through internet-based communications technology.

### Where is the SOC?

The SOC operates from SLSNSW HQ in Belrose, Sydney.

### Who staffs the SOC?

Staffed by a full time Duty Operations Officer and complemented over summer by three SurfCom Operators, the SOC will act as the SurfCom Base for the Australian Lifeguard Service (15 NSW Councils) and coordinate all 13SURF calls during business hours.

### How does the SOC work?

The SOC is equipped with the latest Omnitronics touch-screen communications systems, voice recording, digital mapping, vessel/aircraft tracking systems and an internet based incident/service management program.

### Does the SOC operate on weekends / Public Holidays?

The SOC does not operate on weekends and public holidays. SurfCom coverage is provided by 4 regional SurfCom's (Ballina, Avoca, Sydney, Kiama). These SurfComs are outfitted with the same technology as the SOC and provide SurfCom support to the 4 regions (North, Central, Sydney, and South). Sydney Northern Beaches (SNB) currently operates a SNB SurfCom for its beaches.



# Did you know?

## SLSA AWARDS OF EXCELLENCE

Surf Life Saving's finest were honoured at the 2011 Awards of Excellence held in Sydney on Saturday 8 October.

Congratulations to Katie Dixon, Ocean Beach SLSC, from the Central Coast Branch for winning the DHL Surf Lifesaver of the Year.

Katie holds a number of key positions at all levels of the organisation, including Manager Rescue Services at Ocean Beach SLSC, Surfcom Manager for Central Coast Branch and was the SLSNSW Sir Adrian Curlewis Scholar for 2010/11.



## IMPORTANT MEMO'S & CIRCULARS

The following recent documents will be useful for all lifesaving services and can be found at the below link:

- Emergency Management Training (Memo)
- Lifesaving Exchange Program (Circular)
- Patrol Flag Changes (Memo)
- Pre Season Information Pack (Memo)
- Club Patrol Operations Manual (Memo)

[www.surflifesaving.com.au/circulars-memos/w1/i1004097/](http://www.surflifesaving.com.au/circulars-memos/w1/i1004097/)

# Rescue of the Winter MAY-SEPTEMBER

**CLUB** Ocean Beach SLSC      **LIFESAVER INVOLVED** Sharon Byrant

On Monday 12th September 2011 Sharon Bryant was on her postal run when she heard cries for help coming from the house to which she was delivering mail.

Sharon immediately made her way to the front of the house to find a young woman bent over and clutching at her left wrist which was covered in blood. Sharon grabbed her leather gloves and mobile phone from her motorbike.

Sharon quickly gathered a full explanation of what had occurred from the patient. The patient had from Sharon's observation lost a lot of blood already and action needed to be immediately taken to stem the blood flow.

Sharon dialled 000 and requested an Ambulance then took an old curtain from inside the house so she could apply direct pressure to the open wound. The patient at this stage became uncooperative and Sharon was forced to calm the patient to stop her from causing any further harm to herself.

Sharon remained with the patient and kept pressure on the wound until the Ambulance arrived. The Ambulance Officers were full of praise for Sharon stating that without her intervention the patient would not have survived.

Sharon's quick thinking, excellent first aid skills and calmness in the face of a very difficult situation saved the patient's life on this day.



## RESCUE OF THE MONTH PROMOTION

SLSNSW encourages Clubs to put forward nominations for any outstanding rescues made by their members this season.

### Rewards / Recognition:

- Award recipients will be announced by the Branch for the monthly Branch award and by SLSNSW for the monthly State award
- Branch monthly winners will be recognised via a framed citation for the club and any additional methods as determined by the Branch
- State monthly winners will be recognised by a framed citation for the club and additional rewards (sponsorship dependant)

For further information on the Rescue of the Month program please find the memo at [www.surflifesaving.com.au/circulars-memos/w1/i1004097/](http://www.surflifesaving.com.au/circulars-memos/w1/i1004097/).

## COASTAL RADIO NETWORK TIPS

Radio communications are essential to all lifesaving services.

### Radio Channels

Channel 1 (simplex): Helicopter communications  
Channel 2 (simplex): General patrol communications  
Channel 3 (primary repeater): SurfCom communications  
Channel 4 (backup/alternate repeater): SurfCom communications

### Radio Tips

- Hold the radio approximately 5cm from your mouth in front of you, do not use like a phone
- Have the antenna of the radio as vertical as possible when using or monitoring to get the best transmission
- Press the transmit button for 2 seconds before talking. Complete your transmission then take your finger off the transmit button 2 seconds later

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