

2019/
2020

Eimeo Surf Life Saving Club Members Handbook



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OFFICE BEARERS FOR 2019/2020 SEASON

President:	Ross Gee
Vice President:	Bill Lansbury
Club Captain:	Barry Stanieg
Vice Club Captain:	Damien Watts
Secretary:	Cynthia Hegerty
Treasurer:	Colleen Harris
Junior Activities Chairperson:	Marti Harris
Assistant JAC:	Lauren Armstrong
Training Officer:	Vacant
Youth Development Officer:	Ashleigh Haines
Registrar:	Cynthia Hegerty
Surf Sports Director:	Cathy McKinnon
Carnival Nominations:	Cathy McKinnon
Clubhouse Director:	Andrew Baker
First Aid Officer:	Kim Baker
Surf Boat Captain:	Damien Watts
IRB Captain:	Duncan Sandford
Water Safety Officer:	Yvette Watts
Board & Ski Captain:	Vacant
Gear Steward:	Ross Armstrong
Senior Team Manager:	tba
Junior Team Manager:	Cathy McKinnon
Safety Officer (WHS):	Bill Lansbury
Radio/Communications Officer:	Barry Stanieg
Publicity/Media Officer:	Cynthia Hegerty
BBQ Coordinator:	Kim Baker
Uniform Officer:	Nicole Reseck
Assistant Uniform Officer:	Colleen Harris
Club Doctor:	Dr Ursula Nicholson
Disciplinary/Grievance Officer:	Ross Gee

FOREWORD

No one is a born surf lifesaver. Surf lifesaving is a learned skill. It takes a committed individual to undertake the theoretical and practical study needed to gain the basic award of the Bronze Medallion. But the rewards of this investment are truly worthwhile – knowing that you have the expertise to help others and maybe save a life!

Alan Whelpton (AM) Past President, Surf Life Saving Australia

OUR VISION

To be recognised and respected for meeting our participation and patrol targets, for providing public safety, community involvement and leadership, youth development, family friendly environment and fostering a competitive, yet enjoyable atmosphere.

OUR MEASURE OF SUCCESS

- Preservation of life
- Community service
- Team playing/camaraderie
- Looking to the future and planning ahead
- Emphasizing discipline and good conduct at all times
- Is financially sound and professionally managed

A BRIEF HISTORY OF SURF LIFE SAVING AUSTRALIA

Surf bathing became popular around 1902 but as popularity increased the inherent dangers of the surf became more apparent and experienced surfers were frequently called upon to help rescue the unsuspecting public. So began the first lifesaving groups. As a result the NSW Surf Bathing Association was formed on 18th October 1907 and in 1991 it was renamed to become Surf Life Saving Australia. Surf Life Saving Australia has evolved into an organisation known throughout the world for its voluntary humanitarian service.

VIGILANCE AND SERVICE

MEMBERSHIP

Lifesaving membership includes affiliation with both Surf Life Saving Queensland and Surf Life Saving Australia. Please contact administration to confirm fees for the current season.

The lifesaving membership term runs from July 1 until June 30 each year. Membership forms are available from administration and on our website www.eimeslsclub.com.au.

Categories

Most newcomers commence their membership as an Associate (such as parents of junior members) or a Probationary member who becomes an “active” when they have completed the appropriate training. The term “active” generally refers to all those who have attained an SLSA award and participate in patrol duties.

There's been a massive reduction in membership fees for patrolling members – a drop of \$85 making the fee \$25. This follows through to family memberships if a parent or child gains his/her BM or SRC and commits to patrolling at least once a month.

The chart below continues over to the next page.

2019-2020 Season Fees

Category	Details	Patrol Duties	Fees (includes all insurance/levies)	Forms
Nipper	5-14 years	No	See family fees below	Membership & Parent Consent Forms
Active Junior	13-17 years SRC	Yes	SRC \$25	Membership & Parent Consent Forms
Cadet	Bronze Medallion	Yes	BM \$25	Membership Form & Blue Card
Active Senior/ Award Member	18 years + SRC/Bronze Medallion/1 st Aid/ART/ROC	Yes	\$25	Membership Form & Blue Card
Active Reserve/ Long Service	Bronze Medallion: must have Management Committee approval	Yes	\$110	Membership Form & Blue Card
Life Member	Invitation only after minimum of 10 years exemplary service	Vol	n/a	Membership Form & Blue Card

Associate	No SLSA qualifications necessary	No	\$110	Membership Form & Blue Card
	Without a patrolling family member		With a patrolling family member (plus another \$85 discount for additional patrolling members)	
Family 1A & 1C	\$190		\$105	Membership & Parent Consent Forms & Blue Card
Family 1A & 2C	\$270		\$185	Membership & Parent Consent Forms & Blue Card
Family 1A & 3C	\$300		\$215	Membership & Parent Consent Forms & Blue Card
Family 1A & 4C	\$330		\$245	Membership & Parent Consent Forms & Blue Card
Family 2A & 1C	\$280		\$195	Membership & Parent Consent Forms & Blue Card
Family 2A & 2C	\$300		\$215	Membership & Parent Consent Forms & Blue Card
Family 2A & 3C	\$330		\$245	Membership & Parent Consent Forms & Blue Card
Family 2A & 4C	\$360		\$275	Membership & Parent Consent Forms & Blue Card

Transfers

If you are, or have previously been, a member of another club you will need to complete a membership form and which, when your details are entered onto SurfGuard, a transfer request is initiated. NB: Active Reserve and Long Service status is not automatically transferred and must be applied for in writing. Please address your correspondence to the Lifesaving Committee.

FACILITIES

- Active members have a variety of facilities available to them:
- Showers, change room
- Kitchen - please keep it clean and respect the equipment
- Bi-monthly newsletter via email (contact admin to confirm your details)
- Boards and surf skis - please confirm which ones you can use with the Board and Ski Captains (this is only for Bronze holders)
- Participation in surf sports carnivals and training with qualified coaches
- Reciprocal rights with other clubs
- Membership to the Supporters Club

CLUB HOURS

- Life Saving Club areas (including the gear shed) are for active members only.
- Administration is open Monday to Friday (excluding Wednesdays), 9am-4pm, & Sunday mornings during Season.

TRAINING COURSES

Bronze Medallion

Prerequisites - Must be 15 years of age and must be able to swim 400m freestyle in a pool in under 9 minutes. A pool swim form is available from administration or on our website. Please have a qualified coach assess your swim before you commit to training and submit the completed form with your membership application when you join the club.

The bronze components include:

Surf Awareness	Surf skills	Resuscitation CPR
Board rescue	Tube rescue	Radio operations
General fitness	Basic First Aid	Carries and supports Patrols

Training: please check the calendar on our website.

This is a very practical course and candidates are expected to attend and actively participate in every session. Each session targets a different area of training and missing sessions will cause delays for the whole squad. Consequently, candidates who miss more than two sessions may not be permitted to continue.

Surf Rescue Certificate (SRC)

The surf rescue certificate is the minimum requirement for patrol duties. It is also required for water safety duties for junior activities (Nippers).

Prerequisites - Must be 13 years of age and must be able to swim 200m freestyle in a pool in less than 5 minutes. A pool swim form is available from administration or our website. Please have a qualified coach assess your swim before you commit to training and submit the completed form with your membership when you join the club.

Training - You will be trained in the following:

Surf awareness
Resuscitation

Surf skills
Tube & Board rescues

Emergency care
Patrols

SRC courses are run throughout the patrolling season. Check website for course dates and times. This is a very practical course and candidates are expected to attend and actively participate in every session. Each session targets a different area of training and missing sessions will cause delays for the whole squad. Consequently, candidates who miss more than two sessions may not be permitted to continue.

Other Awards

There are many other awards available that allow you to patrol the beach in varying capacities such as Beach Management, Operational First Aid, Power Craft Awards and Training Officer & Assessor Certificates. Please talk to one of our trainers or administration if you would like more information regarding training. Please also check the website.

PATROL ROSTER

- Eimeo SLSC has a number of patrols of volunteer lifesavers which patrol the beaches of Eimeo from the start of the September school holidays until the beginning of May. Three patrols work

each weekend, that is, PM shift on Saturdays and AM & PM on Sundays.

- Each patrol works through a rotating roster of these shifts which means everyone patrols once every 3-4 weeks.
- A roster is issued via email at the start of the season and updated regularly. A copy can also be found in the secured area of the club website. New members are assigned to a patrol team upon transfer or completion of their course. Any concerns regarding the roster should be addressed to the Club Captain via administration.

MEMBERSHIP OBLIGATIONS

Patrolling the beach is the underpinning priority for members in any Surf Life Saving Club. Patrols have priority over and above all other club activities including surf sports events. All active bronze medallion holders and SRC's must fulfill their patrolling duties as per the patrol roster. If you cannot attend a rostered patrol you must find a substitute (someone who is willing to swap a shift with you) and contact your Patrol Captain.

Patrol Obligations Policy

Competition Hours Policy

All rostered and voluntary patrol hours performed by members at Eimeo Beach shall be eligible and contribute to personal competition hours as detailed in the POM. All patrol hours shall be recorded in the Patrol Attendance Log as outlined in the POM and endorsed by the relevant Patrol Captain for entry into SurfGuard.

All patrolling members shall be eligible and are encouraged to perform water safety as defined above. The procedure will be that members shall converse with the Patrol Captain on duty at Eimeo Beach at the time or in the event no patrol is in place the relevant coach or Water Safety Officer supervising the water activities prior to commencing water safety.

Each member performing water safety shall ensure they record their name, award, time on & off together with a signature in the prescribed Patrol Attendance Log for Water Safety. Water safety hours will only contribute to personal competition hours in the month they are accumulated where the patrolling member has undertaken their rostered patrols during that month or as otherwise agreed with the Club Captain.

Notes – Members may undertake voluntary patrols as agreed with the relevant Patrol Captains. – Rostered patrols still need to be performed by members.
- The relevant Patrol Captain, Water Safety Officer or Coach shall ensure the water safety records are complete for each event prior to endorsing them in line with the normal procedure.

Active Members

1. Must attend full rostered patrols or arrange a substitute.
2. One default – Must do one makeup patrol.

Active/Reserve Members

1. Must complete a minimum of 25 hours, arriving at start of patrol and staying until finish including set up and packing up times.
2. Patrol obligations must be completed by 1st January of the current season to be able to compete.
3. Defaults same as Active Members.
4. Patrols must be completed prior to any competition.
5. If any Active Reserves fails to complete patrol obligations during any one season, a recommendation will be made to the Management Committee to cancel their Active Reserve status.
6. For all Active/Reserve Members failing to do their 12 hours of patrol prior to 1st January of the current season, a notice will be sent to the Management Committee and Director of Surf Sports recommending revoking of competition rights.

Finding a Substitute

Your substitute should hold similar awards as you to ensure your patrol is not left short of skilled lifesavers. If you really have trouble finding a sub

make sure you contact your Patrol Captain with enough time for them to help you locate someone. If you are unable to attend a patrol at the last moment you must let your PC know; if you are sick or have an emergency you don't want to be penalised.

Attendance Log

Your attendance on patrol must be recorded in the Lifesaving Patrol Attendance Log. All patrol members must sign in before commencing patrol and sign off after patrol.

Do not sign for another person – this is legally classed as fraud and will not be tolerated by the club.

Substitutes should sign for themselves and indicate who they are subbing for.

There are codes on the bottom of the page in the attendance log that make it easy for you to enter the correct details. Please read the log book carefully and write legibly. This log book is a legal document.

The Lifesaving Patrol Attendance Log is also used to determine missed hours and qualifying hours for competition. You will find the Attendance Log in the 1st Aid room.

Patrol Hours

Patrol set up takes about 15 minutes so you will need to arrive 15 minutes prior to the actual start time.

Morning (AM) patrols start with a surveillance patrol between 8am and 9am requiring a minimum of one patrolling member monitoring the beach in this pre-patrol hour. The standard morning (AM) patrol then starts at 9am and finishes at 1pm and the afternoon (PM) patrol starts at 1pm and finishes at 5.00pm.

During the summer school holiday period the Saturday patrols start at 1pm as this is when the Lifeguard shift finishes. Sunday patrols during school holidays are surveillance hour 8am-9am, then 9am to 1.30pm and 1.30pm to 6pm.

Uniform

Club swimwear, patrol shorts and patrol shirt must be worn and a patrol cap secured on the head at all times.

Generic caps are not part of the uniform. If you prefer a cap you can purchase a red surf lifesaving one from admin for \$15.00. The uniform projects an image of professionalism and one the public looks to for

assistance. It must be neat, clean and highly visible. Old or damaged uniform items should be given to administration so a replacement can be issued. Your patrol uniform can only be worn while on patrol or at an SLSA approved activity; no exceptions.

Patrol Duties - Prevention, Recognition, Rescue, Recovery

The Patrol Captain is in charge of all beach operations, their instructions should be followed promptly. Whilst on patrol let your PC know if you need to leave the beach and ask permission if you wish to go for a swim or take a rescue board out, to hone your skills, so your PC knows where to find you and workloads can be redistributed. Plan a mock rescue, the public love to watch. Surveillance of the water and beach is mandatory at all times.

Water's edge: While there is anyone in the water between the flags a patrol member must be on the water's edge with a tube. If you are at the water's edge it is recommended that you wear a bum bag. A bum bag contains: pocket mask; sun block; pad and pen; whistle; gloves.

Tower: No reading of newspapers, magazines, etc while in the towers.

Arena: The arena is usually set up between the flagged areas with first aid, oxygen, defib, water, ice, etc.

ATV: The ATV can only be driven by a licensed driver who has completed an ATV induction and should only be used for patrol purposes. The speed limit is 5km per hour between the flags and 10km per hour in unpopulated areas. All beach goers have right of way. No more than 2 people are permitted in the ATV except in emergency circumstances and only with extreme care.

IRB: The IRB can only be driven by a qualified driver and the crew should also be qualified. Joy riding is not permitted. IRB training on patrol is permitted, but only under the guidance of a qualified trainer and provided your PC approves. Patrol members using the IRB must keep an eye on all swimmers and stay in radio contact.

Set up & Pack up

Patrol gear including boards, tubes and flags are carried to and from the beach. Please be mindful of beachgoers when transporting larger

items especially at pack up time when the beach can be crowded. Ask your PC for a job and if you are not sure where things go ask a seasoned member.

Set up check list

- Sign-on correctly in the Lifesaving Patrol Attendance Log book
- Check all gear is operational – boards, tubes & fins, flags, water, ice, first aid, oxygen, defib, spinal board, stiff-neck collars, sun block, blackboards, signal flags and radios.
- Sink the flag pyramids all the way into the sand and ensure all arrows are pointing the right way. Black/white flags should be about 30m out from the red and yellow flags. Make sure there is a condition flag in an obvious position and fill in the details required on the blackboard to help keep the public safe. Put boards and tubes at the waters' edge on either side of the patrol flags.
- The first people to open need to take first aid, oxygen, ice, cold water, binoculars and a radio. This equipment can be transported using the ATV. A board and tube should be set up nearby, ready to use in a rescue. Display a condition flag and fill in the details on the blackboard.
- Each area should give a status report to the PC about 5 minutes after set up. Advise of any non-functioning equipment and all gear that is operational.
- IRB on the beach – check fuel, radio and fill out the IRB Log book (found in 1st Aid room) – mark with 8 witches hats and powercraft launch sign. Remove the IRB trailer from the beach.
- First Aid Room – clean and tidy, oxygen available. Defib operational - know the location of each one.
- ATV – check fuel and all equipment – radio, rescue board, tube, spinal board, first aid, defib and oxygen in soft pack.
- Check spare signage – in ATV e.g.: beach closed, stingers, etc.
- Test emergency evacuation alarm – make sure the public know it is a test only.

Pack up check list

- Remove all equipment from the beach. Everything needs to be brushed down or hosed off before it is stored away. Check with a seasoned member if you are not sure where things go.
- Empty rubbish bins.
- Turn off radios, place on charge, hang bags and harnesses to dry, record any damage in the log book. Your PC should give a status report to Lifeguard Supervisor when the patrol has logged off (at the correct time).
- Wash down the IRB and leave it ready for an out of hour's emergency – fueled ready to go. Complete the IRB log book.

- Tidy the First Aid room. Make sure everything is in the correct place and lock the doors.
- Thoroughly clean the ATV. Re-fuel. Return oxygen and defib to the First Aid room.
- Check that the member's area of the club house is left clean and tidy.
- Sign off correctly in the Lifesaving Patrol Attendance Log. Let your PC know you are leaving.

FIRST AID ROOM

The First Aid Room must be kept clean at all times. Everything is neatly labeled so you should have no trouble locating the appropriate item. Please do not open packaging unless you intend to use the product.

Always use gloves and remember sharps, swabs and any waste containing bodily fluids must be disposed of in the appropriate container.

All first aid treatments must be recorded in LIMSOC (electronic statistical reporting) regardless of how minor the treatment is.

PUBLIC RELATIONS

Your patrol uniform stands out on the beach making you highly visible and the public will watch your every move. Many will ask a variety of questions: What are the orange buoys out there? Are there any sharks or stingers here? You will be surprised at what they expect you to know. If you don't know the answers just say so.

One of your key jobs is to help educate people about safety at the beach. If someone is doing something unsafe talk to them politely, explain that what they are doing is not safe and try to educate them in the correct way. Try not to gather in groups of more than 3 people as a group can be intimidating to approach for assistance.

A lot of club fundraising comes from the general public; they will put their hands in their pockets if they see a job well done. Lifesavers have a high profile and must be seen to be doing the right thing. The public like to see lifesavers training, especially rescues and resuscitation scenarios, this kind of training is highly recommended.

Dealing with Media

Any dealings with the media should be directed to the Patrol Captain. Lifesavers are only to make comment if approval is given by both Eimeo SLSC and SLSQ. Media can be persistent; please be considerate and polite – even if they are hassling you for a comment. Avoid saying “no comment” as this will make them more determined. Simply introduce them to your PC who will then direct them to the appropriate person.

CODES OF CONDUCT FOR MEMBERS

- Respect the rights, dignity and worth of others;
- Be fair, equitable, considerate and honest in all dealings with others;
- Be aware of, and maintain an uncompromising adherence to, SLSA standards, rules, regulations and policies;
- Be professional in, and accept responsibility for actions;
- Make a commitment to providing quality service;
- Use facilities and equipment for their proper purposes, and care for and maintain such facilities and equipment correctly;
- Refrain from anything which may abuse, intimidate or harass others;
- Preserve and protect the standing and reputation of the Association;
- Understand the consequences of any breach of SLSA's Member Protection Policy or Codes of Conduct.

A copy of the club constitution and by-laws is available from administration upon request.

PROFICIENCIES

The “proficiency” is an annual assessment of competency. If you hold one or more of these awards; BM, SRC, ARC, Defib, IRBC you will need to attend a proficiency. You will be required to do a pool swim first and complete a workbook. You will also have to demonstrate a range of skills related to each of the awards that you hold. An award gained after June 30 does not require a proficiency in the year that it was attained. Proficiencies are held monthly from September until December each year. Details are advertised in the Club newsletter or on the website. Bronze medallion and SRC awardees who do not complete their

proficiency by December 31 are not permitted to participate in any further patrol or surf sports activities for the season.

FITNESS

Active members (BMs & SRCs) are encouraged to make use of the club training equipment and attend swim sessions to help maintain fitness for lifesaving. No member under the age of 16 is permitted to use the training equipment unless supervised by an adult.

SURF SPORTS

Surf Life Saving hosts a wide range of sporting activities aimed at all ages from U8 Nippers to Masters. Events range from flags and sprints, through to board, ski and surf boat races. There are also competitions in first aid, patrol team work and lifesaving skills.

Surf sports information is included in the club newsletter and on the website and members are encouraged to get involved. Racing boards and skis are available for members who would like to try paddling before they commit to their own gear and some storage room is available for competitors who have their own gear.

Training times for board, surf ski and surf boats will be available on the club web site.

NB: SLSA requires you to complete a minimum number of patrol hours per calendar year to be eligible to compete. Active Cadet, Active Junior and Active Senior must complete 25 hours. Reserve Active must complete 12 hours. New members need to complete 4 hours per month from the month they gain their active award.

As a member of Eimeo Surf Life Saving Club you are expected to attend all your rostered patrols (or find a substitute); patrol obligations take priority over a carnival.

SCREENING POLICY (Blue Card)

Surf Life Saving at all levels is committed to the health, safety and well-being of all its members and is dedicated to providing a safe and enjoyable environment for participants in surf lifesaving activities. In order to protect all members from all forms of physical or mental violence, injury, exploitations and abuse, a policy relating to the screening of volunteers has been in place since May 2002. All existing and new members are required to meet this requirement through the attainment of a Blue Card (Working with Children check). Blue card

applications and renewal forms are available from administration or via our website. You will need to show two forms of identification for this application; a driver's licence, passport or birth certificate and a credit card, Centrelink card, student card (with photo), Medicare card or current Positive Notice Blue Card.

CLUB UNIFORM/CLOTHING

- Club colours are Navy Blue, Mid Blue and White. The Club emblem/logo is a dolphin. Our Logo and Colours and Competition Cap are registered with SLA.
- For Clothing Sales: See Nicole Reseck or Colleen Harris on **Sunday from 8.30am otherwise you can contact Louise Maxfield during office hours on 4969 6680.**
- Lycra protection suits, hi-viz fluro pink rash vests and club caps are compulsory. The club also sells a range of long sleeve and short sleeve club shirts, club togs and club hats.
- All of the above items are available for sale at the clubhouse.
- Cash, cheque, credit card or eftpos. Nippers are required to wear stinger suits/hi-viz vests and club caps for all club beach and water activities, training and at carnivals.
- After purchasing your clothing please ensure that all items are clearly marked with your child's name. This makes identification easier if clothing is misplaced. To prolong the life of your Lycra protection suits, be sure to wash in cold water (no detergent) and do not use in chlorinated pools.

CLOTHING PRICES

ITEM	DESCRIPTION	PRICE
Togs	Men's/boys	\$35.00
Togs	Ladies/girls - one & two piece	\$60.00
Skins	Men's/boys	\$40.00
Stinger Suits	Adults	\$100.00
	Children	\$85.00
Rashies	Children – sizes 2 – 16	\$45.00
	Adults – sizes small – XXXL	\$55.00
Shirts	Long Sleeved Polos – adults	\$35.00
	Children	\$30.00

Polo shirts	Ladies/Men's – short sleeved	\$25.00
T-shirts	Navy Blue/white – kids	\$12.00
T-shirts	Navy blue/white – adults	\$15.00
Cap	Single sided competition	\$18.00
	Double sided/Patrol	\$20.00
Baseball Cap	Eimeo	\$15.00
Bucket Hat		\$20.00
Hi Viz Singlet	Fluro singlet	\$22.00

Patrol Gear	Wide Brim Hats	\$20.00
	Baseball Caps	\$15.00

PRICES SUBJECT TO CHANGE

MEMBERS RECOGNITION AWARDS

SLSQ, North Barrier Branch and our Club have a range of awards that are available for our Club to recognise the efforts and achievements of our members. SLSQ, the Branch and our Club encourage everyone to apply for these awards throughout the year to recognise our members.

Communication of the awards will be circulated through the Club's email or monthly newsletter. If you require further information or the criteria for the awards, please contact our Club Administrator.

Below is a list of awards at the various levels:

- SLSQ**
- Breaka Under 14 Junior Lifesaver of the Year
 - Under 18 Young Lifesaver of the Year
 - 18-25 Young Lifesaver of the Year
 - Youth Development Club of the Year
 - Andy Frizzell OBE OAM Award – Service to Jnr Activities
 - Sir Adrian Curlewis Scholarship
 - Surf Lifesaver of the Year
 - Volunteer of the Year
 - Club of the Year
 - Lifeguard of the Year
 - Trainer of the Year
 - Assessor of the Year

Lifesaving Service Award
 Lifesaving Excellence Award
 Frontline Leadership Service Award
 Administration Service Award
 SLSQ Life Member
 Athlete of the Year
 Junior Athlete of the Year
 Masters Athlete of the Year
 Coach of the Year
 Surf Sports Rookie Coach of the Year
 Official of the Year
 Surf Sports Rookie Official of the Year
 Surf Sports Team of the Year
 Surf Sports Team Manager of the Year

Branch Branch Scholarship Award
 Junior of the Year
 Senior of the Year
 Club of the Year

Club Club Person/s of the Year
 Callan Family Water Safety Trophy
 Johnny Farming Junior Encouragement Trophy
 Best Patrol Team Trophy
 The Galea Trophy for Most Patrol Hours
 Junior Sportsperson of the Year
 Senior Sportsperson of the Year

EIMEO SURF LIFE SAVING CLUB CALENDAR OF EVENTS

DATE	CARNIVAL/EVENT	PLACE
7.9.19	Pool Proficiencies	Pioneer Pool
8.9.19	Come & Try Day	Eimeo
14.9.19	Pool Proficiencies	Pioneer Pool
15.9.19	Mackay Inflatable Boat Race	Eimeo
6.10.19	Nippers starts	Eimeo
21.9.19	pm Patrols start	Eimeo
13-14.10.10	U8-Masters Carnival	Forrest Beach
20.10.19	Tri-Series	Eimeo
25-27.10.18	North Aussies Champs	Mackay
10.11.19	Tri-Series	Sarina SLSC
17.11.19	NBB Surf Rescue Champs	Eimeo

24.11.19	Tri-Series	Mackay
24.11.19	Whitehaven Swim	Whitehaven Beach
8.12.19	NBB Branch Champs	Mackay
15.12.19	Nippers Xmas Break-up Party	Eimeo
19.1.20	Nippers re-starts	Eimeo
26.1.20	Australia Day Nippers	Eimeo
15.3.20	Club Champs Points Day	Eimeo
20-22.3.20	State Youth Champs	Alex Headlands
22-29.3.20	Qld Champs	Alex Headlands
29.3.20	Nippers End of Season Party	Eimeo
4.5.20	Last Patrol Day	Eimeo
16.5.20	Annual Dinner & Presentation Night	Eimeo
21.6.20	AGM	Eimeo

Competitor Entry Fees

Under 8 – Masters Carnival (1 day)	\$11 per competitor
Under 8 – Masters Carnival (2 day)	\$18.00 per competitor
Branch Champs – Under 8 – Masters	\$27.50 per competitor

Club General Meetings are held regularly starting September until the end of season, usually on a Friday, 6.00pm at the clubhouse. Please feel free to attend any or all of these meetings as your input is invaluable. You & your family are very welcome.

Supporters Club - being a member of Eimeo Surf Life Saving Club entitles you to automatic Supporters Club membership. Pub Night is every Friday evening from 4.30pm. The grassed area and the Training Room can be hired for private functions.

References

Surf Lifesaving Australia [SLSA] website www.slsa.com.au
 Surf Lifesaving Queensland [SLSQ] website www.lifesaving.com.au

CONTACT DETAILS

Eimeo Surf Life Saving Club
 P O Box 8563, Mount Pleasant, Mackay, QLD 4740
 P: (07) 49696680
 Email: eimeosclub@bigpond.com
 Find the information you need on our website: www.eimeosclub.com.au

We would like to thank our major sponsors
Australian & Queensland Governments
 SLSA, SLSQ



Northern Beaches
Seaview Lions



Rotary Club of Mackay North



Proudly supporting



GLENCORE

Chunk Ice

Without the continued support of these sponsors we would not be able to continue to provide new equipment for our nippers and or continue to improve our clubhouse facilities