

West Beach Patrolling Members 2011/2012 INDUCTION GUIDE

Welcome to West Beach Surf Life Saving Patrol.

Thank-you for volunteering your time and skills to help keep people safe on our beach.



Now that you are a Bronze Holder or have a First Aid Certificate, an Advanced Resuscitation Certificate, an IRB driver or crew certification or a spinal management certificate, through the Surf Club,

you will be rostered on patrols for West Beach. Junior Members who have attained their SRC will also be rostered onto patrols.

Every year you will be asked to undergo a proficiency test to ensure that you retain your eligibility to do patrols. You will also have to ensure that you maintain your financial registration at the club each year. Only members who are classified as 'proficient' and registered' are eligible to perform patrol duties.

DURATION OF THE SEASON

Patrol commence 5 November 2011 and conclude Monday 9th April.

PATROL TIMES

Traditional Patrols: 4 Bronze Medallion Holders
Surveillance Patrols: 2 Bronze Medallion Holders

Month	Saturday	Sunday	Public Holidays
November	1pm – 5pm	1pm – 5pm	
December	1pm – 5pm Saturday 25th December: Surveillance Patrol 2pm – 5pm	1pm – 5pm	Monday 26 th Dec 2011 (Boxing Day, Christmas Day Public Holiday) Tuesday 27 th Dec 2011 (Boxing Day)
January	1pm – 5pm	1pm – 5pm	Monday, 2 nd January 2012 (New Years Day) Thursday 26 th January 2012 (Australia Day)
February	1pm – 5pm	1pm – 5pm	
March	1pm – 5pm	1pm – 5pm	Monday 12 March 2012 (Adelaide Cup)
April	1pm – 5pm	1pm – 5pm	Friday 6 April (Good Friday) Sunday 8 April (Easter) Monday 9 April (Easter)

PATROL FREQUENCY

You will rostered onto a patrol 6 – 8 times a season. If you cannot attend your rostered patrol, you must arrange a suitably qualified member to attend in your absence.

LOGGING ON FOR PATROL

Every time you arrive for a Patrol, report to the Patrol room and put your name and Patrol start time in the Log Book.

This Log Book is used to update Surf Guard on a regular basis to ensure that your patrol hours are tracked over the season.

TYPE OF PATROLS

General Patrol

General Patrol are Saturday Patrols from 1pm until 5pm. All patrol members must be at the club in uniform by 12.30pm to prepare for patrol which starts at 1pm.

Non Rostered Patrolling Members

Some members have not been rostered due to family, employment and/or personal reasons. You are still expected to complete a minimum of 6 full patrols but on dates that are convenient to you.

Junior Water Cover

Some members have not been rostered on due to their heavy commitments in the junior division. These people have been rostered for two hours every Saturday. These people must make sure they log on to their patrols each Saturday in the book called "Saturday Junior Water Cover".

PROFICIENCY

To maintain safety and life saving standards, Patrolling Members must achieve proficiency standards before being able to participate in voluntary patrols.

Proficiency is tested at the beach in the surf. Members must successfully complete the run-swim-run, demonstrate their ability to perform both a board and tube rescue, perform 2 recognised carries, and show they are competent at resuscitation, radio and signals.



The run-swim-run component for the Bronze Medallion is 200m run - 200m swim - 200m run and needs to be completed within 8 minutes.

The swimming must be a continuous effort of running, swimming (overarm) and running.

The Surf Rescue Certificate Proficiency will be 100m run – 100m swim – 100m run to be completed within 5 minutes. These proficiencies need to be completed before 31 December each year for the awards to remain current and allow members to continue patrolling and competing.

UNIFORMS

SLSA Policy requires Patrolling members to wear the designated uniform. This consists of the currently approved yellow long sleeved shirt and red shorts. It is also mandatory to wear the yellow and red quartered cap at all times, along with sunscreen and hat as required.



Optional clothing

Wetsuits and or rash tops, thermals underneath.

Shoes and socks that are readily removed in an emergency.

Incllement Weather

If the weather is inclement and the patrol has signed on with surf com, warm outer

clothing may be worn. Members should preferably wear club track suit. Zip up pants, e.g. jeans are not to be worn.

EQUIPMENT

West Beach has an ongoing commitment to upgrade equipment available for our Patrol members. However, it does not come cheaply so rules are in place to ensure the equipment is maintained in excellent condition so that it can last us for some time.

Gear and equipment Rules

- Look after it and respect it.
- Put it back **CLEAN** (hose all sand off).
- Put it back in its proper place.
- Boards set aside as competition boards are to be used **ONLY** for competition or for authorised competition training, authorised by the Board and Ski Captain.
- Non-competitive boards may be used at the discretion of the Gear Steward/ Patrol Captain.
- If you damage a board, report it to a member of the committee straight away. This will allow us to have repairs carried out quickly and have it ready for the next weekend.



The All Terrain Vehicle (ATV) is only ever to be driven by members who have completed the induction course, have been signed off by the relevant Club Official and entered into Surfguard as an endorsed operator.

- Ensure the ATV is hosed out after each afternoon patrol.
- Please ensure if you are the IRB member that the boat is always stood vertically against the wall outside the shed and hosed out thoroughly including under the floorboard.

PATROL STRENGTHS AND OBLIGATIONS

To ensure that patrols are adequately resourced, it is requested that members who are unable to attend their rostered patrol organise to swap with a member from another patrol, and inform both Patrol Captains of the change. It is requested that members try to swap with someone with similar qualifications if possible – eg IRB driver or ARTC. If you are substituting for another member please ensure you list the rostered member's name first and then your name in the second column of the Patrol Log as the substitute. This ensures the hours are entered correctly and you receive the hours you are entitled to.

Please ensure you legibly print and sign your name in the Patrol Log. This is a legal requirement as these entries could be used in a Coroners Case if necessary. Your entry needs to list any awards you hold in the far left hand column plus your sign on and sign off times. These entries will also be audited during a Patrol Competition Inspection so it is important they are correct. If you are not proficient do not list that particular award.

Each afternoon Patrol needs to ensure that the First Aid Room and lower level of the Surf Club are swept out and clean prior to the end of their Patrol. This area must be securely locked prior to leaving the beach

AVOIDING DEFAULT HOURS

If, after making reasonable attempts, you are unable to find a substitute, you must advise the patrol captain at least 24 hours prior to the patrol so that it can be correctly recorded in the patrol book as 'excused' instead of 'did not attend'.

You are still obliged to perform a makeup patrol within 4 weeks or make alternative arrangements with the Director of Surf Life Saving. Members in default will risk disqualification from competition regardless of whether they have achieved the minimum requirements. Employees in default will risk not being rostered for shifts due to the non-fulfilment of their club duties.

FIRST AID ROOM

West Beach has some expensive first aid equipment that needs to be looked after. Oxyvivas need to be checked by the ARTC holder prior to each patrol and the oxygen bottle labelled as to the remaining volume. If the cylinder is less than half full please remove it from the cradle and replace it with a full one from the cabinet. The empty cylinder should be labelled as empty and placed on the floor under the desk.

Please make sure the oxyvivas and defibrillator stay as sand free as possible. A plastic container has been provided for this equipment so it can be accessible on the beach. Please make sure that unless they are in use they stay in these containers. Most items within the oxyviva such as masks and OP airway are required to be sterile for use with patients. Please do not open any packaging unless it is for use on a patient.

PATROL HOURS FOR COMPETITION

In order for members to compete at Carnivals it is mandatory to complete 20 hours of patrol hours each season. It is the competitor's responsibility to ensure they complete all their rostered patrols.

COMPETITION

Carnivals are held on several weekends during the season.



It is the Competitors responsibility to ensure that they have done proficiency and the relevant patrol hours required to compete.

Nominations for events that competitors wish to enter must be in to the Competition Organiser no later than 10 days prior to the Carnival otherwise the competitor will be liable for late entry fees.

Competitors must wear the West Beach skull cap (light blue with 2 dark blue stripes) and West Beach Bathing caps. Caps must be kept on for the duration of all events. If both these rules are not followed, the competitor could be disqualified. A full Calendar of Carnivals is available on the Surf Life Saving SA website:

www.surfrescue.com.au

GYM MEMBERSHIP

West Beach is fortunate enough to have a well equipped gym available for the use of our patrolling members. Please make sure it is well looked after and able to service our members for many years to come. Last one to use the gym each day is responsible for sweeping it out to ensure it remains clean for the next day and ensuring the building is secure.