

# Hampton Life Saving Club

Clubhouse 'Foreshore' Beach Road Hampton  
(400 meters north Small Street)  
Phone : 9598 0600

# Hampton

## LIFESAVING CLUB

[www.hlsc.org.au](http://www.hlsc.org.au)

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### Membership Information 2007-2008



## BACKGROUND

The Hampton Life Saving Club is situated on Beach Road, Hampton on Port Phillip Bay in Melbourne, Australia. The Hampton beach is patrolled by volunteer lifesavers every Saturday, Sunday and Public Holiday from the last weekend in November to Easter Monday. The club has over two hundred members, mostly living in the Melbourne suburbs of Hampton, Sandringham, Moorabbin and Brighton.

The club was established in 1909 as a swimming club to cater for the holiday crowds arriving by car and train from the City of Melbourne, 20km away. A double storey, wooden clubhouse was built in 1923 and served the club until 1997.

A new brick and steel clubhouse was built in 1998 as part of a \$3 million beach renourishment project funded by the Victorian State Government. The new clubhouse is double storey, and includes an air-conditioned and centrally heated upstairs function room, commercial kitchen and communication centre. Downstairs are the boat and board storage areas, kiosk, members gym, first aid room and patrol room.

The main purpose of the Hampton Life Saving Club is to ensure the safety of the bathing public. Patrolling commences the last weekend in November, and finishes Easter Monday the following year. Volunteer lifesavers patrol at Hampton every Saturday, Sunday and Public Holiday between these dates. Being a totally volunteer organisation, we rely on membership fees, fundraising, donations and the like to keep our club going. We hold regular social evenings and fundraising events such as Sausage Sizzles, Barbeques and Family Feasts. Not everyone has to be a lifesaver though. We have many people helping out in the background with our fundraisers, holding a position on the committee or merely supporting our events by being there!

## MEMBERSHIP

Hampton Life Saving Club is a great organisation to join, whether you want to help make Victoria's beaches safer, keep fit, compete or just come down and spend time with some great company.

We currently have over 200 members, but only half of that are active, and we do appreciate a hand every now and then from everyone, especially on big days such as our Point to Point Swim, or when we host inter-club Beach Carnivals.

It's a great social scene at Hampton and everyone's friendly, so why not come down and join?

### Membership Fee Structure – 2007/08

Family (Social):	\$120	Family (Active / Patrolling):	\$80
Senior (Social):	\$70	Senior (Active / Patrolling):	\$50
Junior (U15):	\$40		

## COMMITTEE OF MANAGEMENT

POSITION	NAME	EMAIL	PHONE
President	<i>VACANT</i>	<a href="mailto:president@hpsc.org.au">president@hpsc.org.au</a>	
Vice President	Paul HARDING	<a href="mailto:info@hpsc.org.au">info@hpsc.org.au</a>	0411 191 158
Vice President	Simon CARTWRIGHT	<a href="mailto:info@hpsc.org.au">info@hpsc.org.au</a>	0418 149 923
Secretary	Vanessa WITCOMBE	<a href="mailto:secretary@hpsc.org.au">secretary@hpsc.org.au</a>	0412 484 815
Treasurer	Ross MALONEY	<a href="mailto:info@hpsc.org.au">info@hpsc.org.au</a>	0407 838 072
Club Captain	Nick FORBES	<a href="mailto:patrol@hpsc.org.au">patrol@hpsc.org.au</a>	0405 547 890
Delegate to LSV	Simon CARTWRIGHT	<a href="mailto:info@hpsc.org.au">info@hpsc.org.au</a>	0418 149 923
Chief Instructor	David BARNES	<a href="mailto:patrol@hpsc.org.au">patrol@hpsc.org.au</a>	0407 437 974
First Aid Officer	Nick FORBES	<a href="mailto:patrol@hpsc.org.au">patrol@hpsc.org.au</a>	0405 547 890
Radio Officer	Darren McLEOD	<a href="mailto:patrol@hpsc.org.au">patrol@hpsc.org.au</a>	0412 201 152
Power Craft Officer	James COSTA	<a href="mailto:patrol@hpsc.org.au">patrol@hpsc.org.au</a>	0403 073 736
Gear Steward	Chris EASTMAN	<a href="mailto:info@hpsc.org.au">info@hpsc.org.au</a>	0419 898 007
Junior Activities Coordinator	Helen BARNES	<a href="mailto:ylid@hpsc.org.au">ylid@hpsc.org.au</a>	0407 412 465
Winter Activities Coordinator	Norm COOMBS	<a href="mailto:info@hpsc.org.au">info@hpsc.org.au</a>	0400 655 302
Membership Officer	Paul HARDING	<a href="mailto:info@hpsc.org.au">info@hpsc.org.au</a>	0411 191 158
Kiosk Manager	<i>VACANT</i>	<a href="mailto:info@hpsc.org.au">info@hpsc.org.au</a>	
Hall Hire Manager	<i>VACANT</i>	<a href="mailto:hallhire@hpsc.org.au">hallhire@hpsc.org.au</a>	
Social Representative	Cath COSTA	<a href="mailto:info@hpsc.org.au">info@hpsc.org.au</a>	0403 311 684
Youth Development	<i>VACANT</i>	<a href="mailto:info@hpsc.org.au">info@hpsc.org.au</a>	
General Committee Members	Bernie BLACKALL Jenny HEAT Donna MALONEY John NEVILLE Sharon TRAPANI	<a href="mailto:info@hpsc.org.au">info@hpsc.org.au</a>	0425 713 596

# ACTIVITIES

We at the Hampton Life Saving Club have many activities happening year long, not just patrolling the beaches in Summer. We run a (very well conducted) Nipper's program, weekly club swim events, we encourage our active members to participate in inter-club carnivals, should they have a competitive bone or two in their body, and for those that like to socialise, then there's our 'Bottles' events each Saturday evening during the patrolling season, as well as other regular social functions aimed at bringing the general membership closer together and forming (for some), lifelong bonds.

Below is a brief summary of our main activities at the Hampton Life Saving Club.

## BEACH PATROLS

This year, the life saving 'season' runs from 24<sup>th</sup> November 2007 until Easter Monday – 24<sup>th</sup> March 2008. The beach is patrolled during the following times:

<p style="text-align: center;"><b>HLSC PATROL SERVICE</b></p> <p style="text-align: center;"><b>24<sup>th</sup> November 2007 – 16<sup>th</sup> March 2008</b> Saturdays, Sundays &amp; Public Holidays: 1.00pm – 5.00pm</p> <p style="text-align: center;"><b>Good Friday (21<sup>st</sup> March 2008) – Easter Monday (24<sup>th</sup> March 2008)</b> As above if estimated temperature is above 22 degrees</p> <p style="text-align: center;"><b>If the estimated temperature is above 28 degrees then patrols will also operate later on Saturday, Sunday and Friday evenings: 5.30pm – 7.30pm</b></p>
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## SENIOR TRAINING (15yr old and above)

Training and education is a vital aspect of lifesaving, especially for all new and current lifesavers. Each and every one of us has a duty of care to members of the public and to our fellow lifesavers to maintain and regularly update our skills.

Training and education at Hampton LSC is tasked to the Chief Instructor who leads a highly motivated team of instructors. Tasks include training of new and current members in various SLSA awards, annual proficiency checks of active lifesavers, and attending local, state and national courses and lectures to maintain currency and keep abreast of the latest trends in lifesaving education.

HLSC runs regular senior training on Monday evenings during the patrolling season. For more information, keep an eye on the website: [www.hlsc.org.au](http://www.hlsc.org.au)

## **YOUTH INVOLVEMENT PROGRAM & CADET TRAINING (13-18yr old)**

HLSC will be running a cadet training program for 13-15 yr old members in conjunction with the weekly Nippers program. This is aimed at bridging the gap between Nippers and senior training. The Cadets will be involved in regular training patrols and will work towards gaining various SLSA awards.

HLSC will introduce a Youth Involvement Program aimed at rewarding our Youth members (14-18 yr olds) for their involvement in the club.

The HLSC Committee is still looking for a volunteer to manage this program.

HLSC will also be providing up to 3 scholarships for Junior / Youth members to attend LSV Leadership & Development Camps as follows:

- a. 12-13 Year Old – attendance at one of the two State U13 Development Camps (Feb & Mar)
- b. 14-15 Year Old – attendance at the State U15 Leadership & Development Camp (Apr)
- c. 16-17 Year Old – attendance at the U17 Leadership & Development Camp (May)

WRT the U13 Development Camp, we are eligible to submit up to 4 Nippers for attendance at each camp. Junior members are encouraged to participate – with the most outstanding being awarded the scholarship.

WRT the U15 Camp – we are eligible to nominate 1 member – who will be our champion Junior Lifesaver Nominee.

WRT the U17 Camp – attendance is determined by LSV but HLSC will nominate an enrolled members of the Youth Involvement Program.

## **NIPPER TRAINING (5 – 13 yr old)**

HLSC will conduct a 16 week Nippers Program for Under 6 through to Under 14. Successful completion of the Nippers Program will lead to SLSA awards as follows:

- a. **Under 6 / Under 7:** Surf Play (new awards)
- b. **Under 8 / Under 9:** Surf Awareness
- c. **Under 10 / Under 11:** Surf Safety
- d. **Under 12 / Under 13:** Surf Smart
- e. **Under 14:** Surf Rescue Certificate.

This will involve successful S-badge qualification, completion of a mandated surf education package plus 80% attendance throughout the Nippers Program. At the end of the program each successful participant will be presented with a certificate from LSV.

S Badge Qualifications will be programmed as part of the first week of Nippers – with subsequent qualification available each Saturday prior to Nippers (upon individual arrangement with JAC).

The Club Carnival Format will continue – however, S Badge Qualifications will be required to be eligible to compete for Club Trophies and Awards. In addition, there will be points awarded for attendance throughout the Nippers program – with 80% to 100% attendance attracting a sliding scale of points.

Each Age Group will be limited to a maximum of 25 children. A waiting list will be maintained should enrolled children drop out of the program in the first few weeks. Priority registration will be given as follows:

- a. Children with parents who patrol at HLSC on a regular basis (ie on more than 6 occasions).
- b. Children with parents who act as Age Group Managers.
- c. Children with parents who act as Water Safety Officers.
- d. Children with parents who are active in the Club in other ways (ie committee positions).
- e. Children enrolled in Nippers in the 2006/07 season.
- f. Siblings of above.
- g. Remaining Children.

All Parents will be required to provide assistance during the Nippers Program as assistants to Age Managers and in the Kiosk or BBQ.

The Nippers Program will commence on Saturday 24<sup>th</sup> November 2007 at 3.00pm. The season will conclude on Saturday 15<sup>th</sup> March 2008 with a presentation ceremony and celebration. There will be no Nippers conducted on Saturday 29<sup>th</sup> December 2007.

## CLUB SWIMS

Last year HLSC started a weekly ocean swim on Saturday afternoons. It was a popular event and there was a lot of interest from some Nippers to get involved, plus a lot of people who seemed keen to have a go but may have been a little nervous about joining in. So to encourage as many members as possible to join in, get the ocean swimming bug and get fit, the Club will be continuing the swim this season with a few changes.

- The swim is pretty informal with a course set each week with differing lengths and styles. The different courses are designed to challenge the better swimmers while offering an alternate course for newer or less confident swimmers that better suits them and enables participation for all levels. This year we will include a Nipper length course for parents and/or Nippers who might want to swim together.
- There is **no** handicapping system or race format as the aim is to have fun.
- The swim is still currently open only to Club members because of insurance issues but if you know people who love their ocean swimming encourage them to come down and join the Club.
- The swim will be held **every** Saturday afternoon at 1645hrs (4.45pm) after Nippers. As there will be no Nippers conducted on 29<sup>th</sup> December, there will also be no swim that week.

The Club is going to try and use the weekly swim as the nucleus to identify people who might be keen in joining a Club Ocean Swimming Team that will train and participate together in selected ocean swim events over the season.

Remember, the swim does not have a higher purpose – the aim is just to have fun, get a bit of exercise and to participate in an activity the Club offers as an incentive to members. The first Club swim will be on Saturday 24 November 2007 at 1645hrs (4.45pm) so, pull out the speedos and see you on the beach!

## **SOCIAL ACTIVITIES**

Whilst the Seasons Social Calendar is still being determined, the Club will continue to support the 'Bottles' functions each Saturday evening. 'Bottles' is essentially an informal gathering in the club rooms and on the verandah at the end of Nippers each Saturday evening. Generally, 'Bottles' will be a BYO function – with the club BBQ's and kitchen being available to prepare your own meals. 'Bottles' proved to be very popular last season, and it is hoped that all members will take the time to be involved.



<b>Training Officer</b>												
Training Officer												•
<b>Assessor</b>												
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## CLUB FACILITIES

### THE CLUB HOUSE

Our club house facilities are available to all financial members when the club is open during the season (at a minimum this is during patrol hours). Most Saturday evenings, club members are encouraged to relax on the balcony or in the club house and enjoy the social atmosphere of 'Bottles' with other members.

The club has excellent kitchen and BBQ facilities for members' use – but members are asked to keep these facilities clean and tidy at all times.

### SHOWERS

Showers and Change Rooms are available for use by all members. Members are asked to keep these facilities clean and keep showers to less than 4 minutes.

### LOCKERS

Lockers are available to patrolling members only.

### GYM

The club boasts a small gym. All members are able to use the gym when the club is open. Children must be supervised at all times in the Gym. Members are reminded to keep the gym clean and tidy.

### EQUIPMENT

Boards and Skis are allocated for competition and recreational use. Members should check with the Patrol Captain prior to borrowing any equipment.