

**From our president – Darren McLeod**

Welcome to the September Newsletter, As the Life Saving season approaches VERY fast - the Club is getting into full swing - there is a lot happening, please keep an eye on the Club website and Newsletters for the latest information.

We are asking all our members to help out in a number of areas - if you are able to assist in any way, please let us know !!

Without assistance from our membership the club would cease to exist.

**Your Help is Needed !!!**

Like any Club, Hampton Lifesaving Club relies on the efforts of its volunteers. Members spend many valuable hours Patrolling and Training but there are many other areas that require YOUR help.

A form will be sent out shortly with the Membership Renewal forms seeking your assistance. If you can assist in any way, whether patrolling, helping with the Open Day, a Family Feast or one of the many other activities undertaken by Hampton LSC please complete the form and return it with your membership renewal.

Please feel free to call me on 0412 201 152 or [president@hlsc.org.au](mailto:president@hlsc.org.au) to discuss.

Look forward to hearing from you and seeing you at the Club.

Darren

**Life Saving Re-qualification date**

The requal for our club is

***Saturday 11 November, 2006 at 9:30am at Hampton LSC.***

Brighton – 3 November 2006 at 6pm (TBC)

Beumaris – 12 November 2006 at 10am

Black Rock – 18 November 2006 at 10am

Half Moon Bay – 19 November 2006 at 10am

EVERY ENDEAVOUR MUST BE MADE TO ATTEND THE REQUAL AT HAMPTON, HOWEVER IF CIRCUMSTANCE DON'T PERMIT AND YOU ARE ABLE TO ATTEND ONE OF THE ABOVE DATES, you ***MUST*** let me know at least one week prior to the date so that I can make all necessary arrangements.

Bree - 0424 661 984

## **TRAINING**

***The first night of training will be held on Tuesday October 3<sup>rd</sup> commencing at 7pm***

*For those that are not aware there has been a significant change in **RESUSCITATION** this year, attached is a copy of the new flow chart. Further information can be found on the National SLSA website :-*

[http://www.slsa.com.au/site\\_content/resource/00000601-docsource.pdf](http://www.slsa.com.au/site_content/resource/00000601-docsource.pdf)

**WATER SAFETY OFFICERS – YOU NEED TO ATTEND TRAINING TO ‘UP-SKILL’ YOUR RESUSCITATION AND PREPARE FOR REQUALIFICATION.**

<b>Date:</b>	<b>Time:</b>	<b>Topic:</b>
Tuesday 3 October, 2006	7pm	Welcome to the 2006-07 season
Tuesday 10 October, 2006	7pm	New resuscitation rates
Tuesday 17 October, 2006	7pm	Patient assessment & first aid
Tuesday 24 October, 2006	7pm	Signals & practice assessment
Saturday 28 October, 2006	1pm	Water based training
Tuesday 31 October, 2006	7pm	Water based training (including run swim run)
Saturday 4 November, 2006		No training due to Melbourne Cup
Tuesday 7 November, 2006		No training due to Melbourne Cup
Saturday 11 November, 2006	9:30am	<b>Requal</b>
Tuesday 14 November, 2006	7pm	Resuscitation & secondary body checks
Saturday 18 November, 2006	1pm	Water based training (including run swim run)
Tuesday 21 November, 2006	7pm	TBA

If there are certain awards that you are wanting to gain for this year's patrol season, please feel free to email me at [bree\\_monique\\_84@hotmail.com](mailto:bree_monique_84@hotmail.com) or phone me on 0424 661 984, and we can discuss training options

## **Gear Inspection**

Will be held on Saturday 28<sup>th</sup> October at 12.00 noon at the Clubrooms.

## **FIRST DAY OF PATROL**

Saturday 25<sup>th</sup> November 2006

## **NEW MEMBERSHIP FEES FOR 2006/07**

### **Membership Fees** as determined at the **Annual General Meeting 21/7/2006**

- Family - Social - \$120
- Senior/Junior - Social - \$70
- Family - Active/Patrolling - \$80
- Junior - Under 15 – Active/Patrolling - \$40
- Senior - Active/Patrolling - \$50

Note :- Social Membership includes Nipper Membership

### **DEFINITION OF ACTIVE MEMBERSHIP**

A Committee Member – as elected at the annual general meeting of the Association each year.

- *must attend a minimum of five (5) scheduled committee meetings including the AGM.*

Water safety and Nipper Age Managers will be offered active membership at the request of the Nipper Manager to the committee (after a 12 month qualifying period) - Recommendation must be made by the **MAY Committee meeting** for active membership for the following season, a letter will be sent to those members indicating active membership for the following season.

Other members may be offered active membership at the request of and approval by the Committee.

### **PATROLLING MEMBERSHIP**

#### **Reimbursement of Membership Fees**

- **For patrolling members ONLY**
- Patrolling members who patrol for 40 hrs or more are entitled to refund of membership at season end.
- For Senior and Junior active members - 100% reimbursement to be given at the end of season.
- For Active family – reimbursement of respective Senior or Junior active membership and up to the value of total family membership.

## **MEMBERSHIP PROTECTION POLICY**

Hampton Life Saving Club Committee of Management reinforce our adherence to Surf Life Saving Australia's National policy regarding Membership protection. A copy of Club policy and guidelines is available on our website at :-

<http://www.hlsc.org.au/protection.php>

All Hampton Committee of Management, Trainers and Patrol Captains are required to complete the “Working With Children Checks”

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## **2006-07 NIPPER PROGRAM**

*Significant changes, improvements and Parent requirements for the 2006-07 Nipper program will be emailed and posted within the next week.*

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### **Club Swimming Competition**

“This year the Club will be recommencing an old favorite in a Club Swimming Competition over the entire summer season. Every Saturday, commencing 25<sup>th</sup> November at 5:45 pm (straight after Nippers) the Club will hold an ocean swim. The swim will be held every week out front of the Club house over a simple course – typically an out-around-across and back to the beach event. Distances will vary but are designed to be easily completed by all – the aim is to stay fit and have some fun. Swimmers will be handicapped so that even the slowest swimmer will be competitive and the fastest swimmers will need to work hard for a win! Handicapping will be reviewed weekly based on results so that the competition stays fierce – and our handicapper stewards will be on the look out for jockeys who pull up short to enhance their handicapping! Competing costs nothing and everyone is welcome to compete, Club members will be awarded points for 1<sup>st</sup> to 5<sup>th</sup> and these will accumulate over the entire season towards a Club Trophy so even if you miss a week or two you are still in there with a chance. So don't miss out and make sure you either become a member and pay those membership subs. Trophies will be awarded at season end to Open Men and Women (15 and up), Junior Boy and Girl and a Most Improved and your name will go up in lights on a new Club Honour Board.

The aim is to get in the water in a fun competitive event to get or stay fit and is purposely designed to keep competition for the coveted trophies and the honour of being Club Swimming Champion fair and even. The event is being held every Saturday, starting the first day of patrol 25<sup>th</sup> November 2006, after the finish of patrols and Nippers to allow as many Club members and prospective new members to participate and to also give swimmers the chance to roll straight on to the Club weekly Saturday BBQ and drinks and gain valuable brag points about their dolphin like prowess. It's also a great way to train if you're thinking of competing in ocean swimming racing events like the Hampton LSC Point-to-Point Race.

**So get involved, get swimming and see you on the beach”**

David Barnes

## **YOUR 2006-07 COMMITTEE MEMBERS**

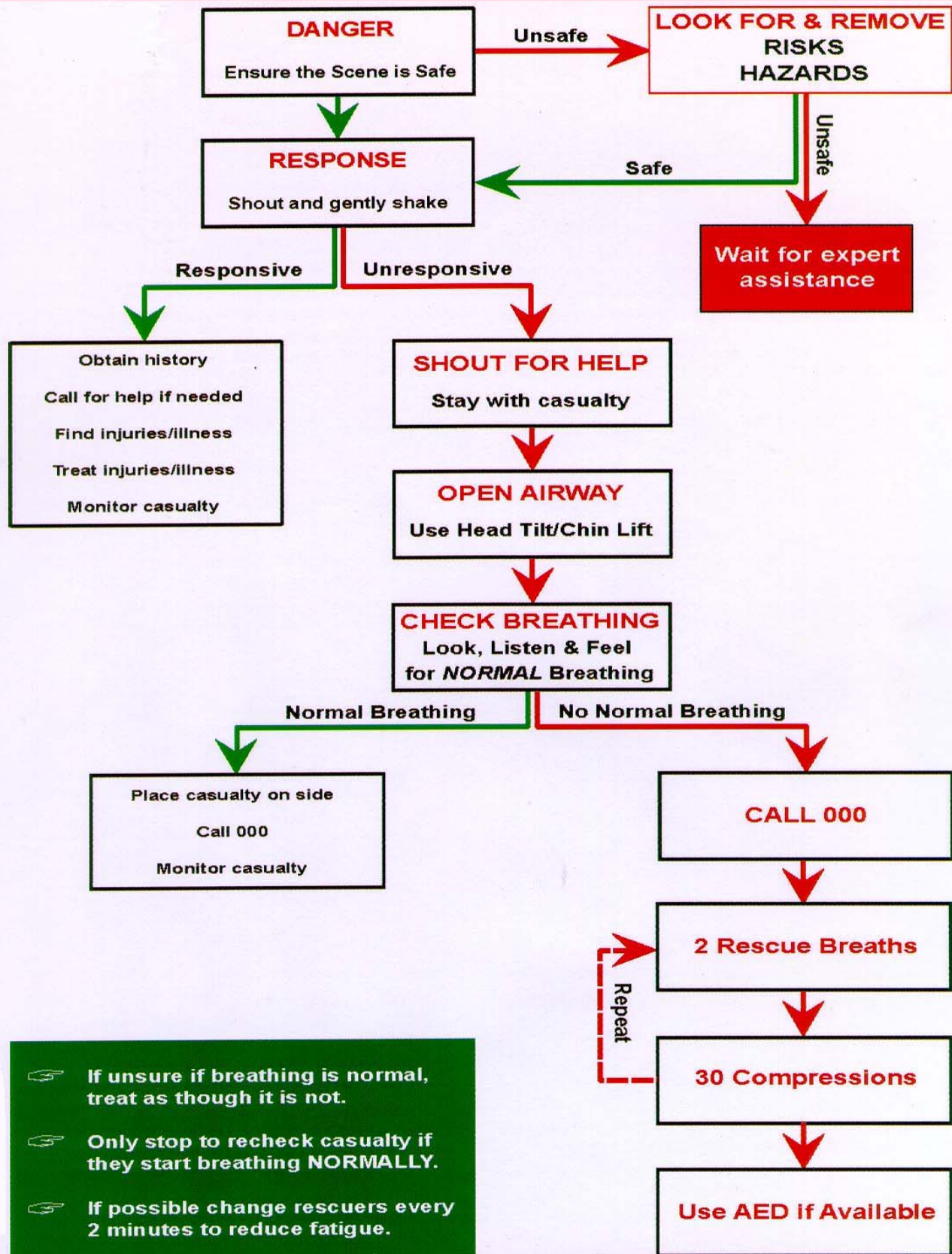
President	Darren McLeod
Vice President – Operations	Paul Harding
Vice President – Corporate	Donna Maloney
Secretary	Vanessa Witcombe
Treasurer	Ross Maloney
Club Captain	Cath Costa
Delegate to LSV Councils	Darren McLeod
Chief Instructor	Bree Ambry
First Aid Officer	Bree Ambry
Radio Officer	Brad Wooding
Powercraft Officer	James Costa
Gear Steward	Norm Coombs
Junior Activities Manager	Anna Harding
Winter Activities Manager	David Barnes
Membership Officer	Paul Harding
Kiosk Manager	Vacant
Hall Hire Manager	Sharon Trapani
Social Committee Representative	Helen Barnes
Emergency Management	Simon Cartwright
General Committee Member	Peter Lewis
General Committee Member	Chris Eastman
General Committee Member	Bernie Blackall

### **Hall Hire**

The Hampton Clubrooms are available for Hire at competitive rates. Great amenities and a fabulous location make it a perfect venue for weddings, birthdays, family and class reunions and similar functions. Any inquiries please contact Sharon on 9598 9041.

President	Darren McLeod	0412 201 152	Clubhouse	9598 0600
Secretary	Vanessa Witcombe	0412 484 815		

# Basic Life Support Flow Chart



If unsure if breathing is normal, treat as though it is not.



Only stop to recheck casualty if they start breathing **NORMALLY**.



If possible change rescuers every 2 minutes to reduce fatigue.