BRONTE

SURF LIFE SAVING CLUB

Surf Sports & Skills Competition Handbook



2026/2027 v1.0

SURF SPORTS ARE THE SKILLS WE USE ON EVERY PATROL TO CONDUCT RESCUES ON OUR BEAUTIFUL BEACH WHEN VISITORS ARE IN TROUBLE.

AS A CLUB, WE HAVE A STRONG FOUNDATION IN SURF SPORTS THANKS TO LONG-STANDING INITIATIVES IN BOARD PADDLING, OCEAN SWIMMING, SURF RACING AND SAND RUNNING.

TRAINING ON SAND AND IN THE WATER MAKES US BETTER PATROLLERS, AS WELL AS KEEPING US FIT AND CONNECTED AS A GROUP;

"TRAIN HARD, RESCUE EASY".

THE TEAM SPIRIT AND CAMARADERIE ARE WHAT MAKE IT MEANINGFUL AND,
MOST IMPORTANTLY, FUN!



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WHAT ARE SURF SPORTS?

Surf sports include several disciplines, including surf swimming, board paddling, ski paddling, sand running, sand flags, surf boat racing, and more.
At Bronte, we are not shy about trying new things; have a read-through and see if anything interests you.

SUMMER OCEAN EVENTS - INDIVIDUAL

SURF RACE

Surf swim races test endurance, speed, and surf awareness.
Competitors start from the beach, swim around the “string of 9” buoys beyond the break, and return to shore, often catching waves to finish over the line on the sand.
The race is typically 300-400m in length.

BOARD PADDLING

Board paddling combines strength, balance, and surf skills. Using a racing board, competitors paddle from the beach, around 2 buoys, and back through the surf to cross over the finish line in the sand with their craft in hand.

SURF SKI

Surf ski racing tests power, endurance, and ocean knowledge. Competitors paddle surf skis from the beach, around a course marked by several buoys, and back through the surf.

IRON PERSON

Multi-discipline endurance race combines swimming, board paddling, ski paddling, and beach running in a continuous course. The order of the legs may vary and is decided by a draw before the event.
Competitors compete individually, testing versatility, fitness, and strategy.

TUBE RESCUE

A string of buoys are set beyond the break, competitors start on the sand with their backs to the water and tube touching the lane tag. At the blow of a whistle, competitors pick up their tube, turn and race out to their buoy and raise their hand to signal they’ve reached the buoy.

SURF BOARD RIDING

Competitors ride waves on a surfboard, judged on wave selection, ride length, and the quality and difficulty of manoeuvres. Events are run in age and gender divisions with individual scoring. Board Riding reflects the deep connection between lifesavers and the ocean, blending competition with core surf culture.

SUMMER OCEAN EVENTS - TEAMS

BOARD & SKI RELAY

A team consists of 3 paddlers. Using racing boards or surf skis, the first competitor paddles from the beach, around the course, and back through the surf to the gate on the sand.
Once back on the sand, the competitor runs along the sand to the start line, tags the next paddler on the body (not the craft), and the next competitor sets off around the course repeating the process.

BOARD RESCUE RACE

A simulated rescue event where the "patient" swims out to their nominated buoy, places one arm over the buoy and raises their other arm vertically, signalling to the paddler, then releases the buoy and swim seaward to wait for their rescuer.
The "rescuer" races to their "patient", place them on a board and bring them back to shore.
The "rescuer" needs to paddle on the *right* side of the buoy.
Both patient and rescuer must be on the board before crossing over the string of buoys and must cross over the line whilst on their feet holding the board.
This race highlights lifesaving skills, speed, and technique.

TAPLIN

Teams generally consist of a swimmer, board paddler and ski paddler, competing together as a team relay over an Ironman course.
The order of the legs may vary and is decided by a draw before the event.

The Taplin Relay event may be conducted in three variations: three-person (one swimmer, one board, and one ski paddler), six-person (two competitors for each water leg), or four-person (one competitor per water leg plus a beach sprinter to complete the race).

SURF BOAT

A surf boat crew consists of four rowers and a sweep.
On the start signal, crews jump into the boat, row around their assigned turning buoy & return to the beach.
There are men's, women's, and mixed divisions, racing highlights teamwork and skill.

Bronte SLSC has a long and successful history of Surf boats, including the first purpose built surf boat "Surf King" in 1906 by Bronte member Walter Biddell. It was a catamaran-like boat. Walter then made a more conventional double-ended boat, "The Albatross", in 1907.

SUMMER BEACH EVENTS

BEACH RUNS

Long-distance 1km and 2km races along sand, held individually or in teams, testing endurance and pacing.

BEACH FLAGS

Beach flags are elimination events where competitors sprint from a prone position to capture flags.
There are less flags than competitors, those who capture a flag move in to the next round.

BEACH SPRINTS & RELAYS

Beach sprints are 70-90m explosive races that test speed, run individually or in relays.
There are 4 runners in a relay.

MARCH PAST

A ceremonial parade event where teams march in full club uniform with a surf reel, judged on timing, formation, and presentation, celebrating Surf Life Saving tradition.
Bronte has not had a March past team in a while, but if you have an interest please reach out to the Director of Surf Sports.

WINTER EVENTS

IRB RACING

Inflatable Rescue Boat (IRB) racing is a high-speed team event simulating rescues.
Teams of a driver and crew-person navigate surf, retrieve a “patient,” and return to shore.
Events include IRB Rescue, Mass Rescue, Tube Rescue and Teams Rescue, each emphasising speed, coordination, and surf knowledge.
Bronte traditionally hasn’t had an IRB racing team, but if you have an interest please reach out to the Director of Surf Sports.

POOL RESCUE EVENTS

Pool rescue events test lifesaving skills in a controlled swimming pool environment. Competitors use manikins, rescue tubes, and fins to simulate rescues, combining swimming speed with accurate rescue technique. Events include manikin carry, obstacle swim, and simulated victim rescue relays, conducted individually or in teams.

WHAT SKILLS TRAINING SESSIONS ARE THERE?

Our Club, over recent years, has become very capable board paddlers and surf swimmers; we strive to participate in all disciplines we engage in. In more recent times, we have been getting involved in more fun things, with surf boat rowing growing.

We have several training sessions on offer for all members who are proficient Bronze Medallion and SRC holders, even if you're not competing at carnivals.
It's a great way to meet other club members whilst maintaining fitness.
Always participate within your own level of comfort and engage the experienced members for support if you're looking to extend yourself.

Each of the sessions has a WhatsApp group in the Bronte Community you can join or alternatively reach out to surfsports@brontesurfclub.com.au

TUESDAY BOARD PADDLING - 6:00-7:00AM @ BRONTE BEACH

Paddle sessions to the Bondi shark buoy, Clovelly, or Bronte board circuits, led by experienced members. Conditions are reported the day before & boards can be borrowed on arrival. Arrive 5:50am for a Club board and briefing, in the water by 6:00am.
Fluro rashie required.

6AM WEDNESDAYS WITH GARRY - 6:00-7:00AM @ NORTH BONDI

Garry Luscombe leads this group, meeting at North Bondi SLSC (beachside) for a 6:00am start on the sand. There is a 1.6km buddy swim across Bondi Bay or Ins & Outs.
Fill in this form here prior to your 1st swim. A fluro pink Garry cap is required ($10 cash on your first swim); goggles are recommended, and some participants wear fins. The swim guidelines are here.

THURSDAYS SAND RUNNING - 6:00- 7:00AM @ BONDI BEACH

Year-round soft sand drills with Bondi BSLSC, suited to all levels, covering 5km in a mix of sprint and conversational pace. Bring swimmers and a towel for the post-run dip, all levels welcome.

THURSDAY SURF SWIMS WITH APPLES - 6:00-7:00AM @ BRONTE BEACH

Conditions dependant surf swimming at Bronte, meet at the club around 6am to check the conditions and breifing with Peter "Apples" Appleyard. Fluro rashie required

SUNDAY SOCIAL PADDLE - 3:00-4:00PM @ BRONTE BEACH

A Sunday paddle led by experienced Club members, open to all abilities. Conditions are reported during the day, and boards can be borrowed on arrival. Fluro rashie required.

WOMEN ON WAVES - VARIED TIMES & LOCATIONS

Experienced Club members lead this female focused board-paddling group, offering a supportive space to build confidence on boards.
Wetsuits recommended, Fluro rashie required. All levels welcome.

LONG-DISTANCE PADDLING - VARIED TIMES & LOCATIONS

These longer-distance paddles (5km+), from Bronte Beach or further afield (Sydney Harbour, La Perouse, Malabar). Club boards can be borrowed by posting a photo in the "Bronte Distance Paddlers" WhatsApp group at pick-up & drop-off. Fluro rashie required.

SUNDAY SURF RACE - 11:00AM-12:00PM, BRONTE BEACH

A handicapped surf race (300-400m) open to all Bronze Medallion holders, run during the patrolling season. First-timers get a time trial & then their handicap is set for future races. Sign on at **11am** to start a few minutes later. All abilities welcome & is a fun way to meet Cadets, Nipper Water Safety Parents, Patrollers, and Long Service members.

SURF BOAT ROWING - VARIED TIMES & LOCATIONS

Separate male and female crews train at varying times and locations.
If you're interested, please email the Director of Surf Sports for the Boat Captain's details, or alternatively add yourself to the WhatsApp group from the Bronte Community.
Fluro, swimmers and a hat are required.

EXTERNAL PROVIDER SESSIONS

SYDNEY HARBOUR SURF CLUB - SKI PADDLING SESSIONS @ ROSE BAY MARINA, BERTH 32

Sydney Harbour Surf Club provides a great facility & coaching set up to improve your technique and fitness. Download the app (Apple or Android), choose the Intro offer (3 group classes @ $35), and book your session.

NORTH BONDI SLSC INS & OUTS SURF SESSION - MONDAYS & THURSDAYS - 6:00AM-7:00AM @ NORTH BONDI

Hosted by North Bondi SLSC and Talbot Henry, an experienced North Bondi Club member, these are Ins & Outs sessions.

NORTH BONDI ENDURO - 10:00AM SATURDAY @ NORTH BONDI SLSC

The enduro is a 400m paddle run swim x 2 race, handicapped at North Bondi on Saturday mornings. Fluro rashie required.

THE PEOPLE'S BIATHLON BONDI - SEASONAL TIMES, 3:00PM SUNDAY @ NORTH BONDI SLSC

Handicapped run, swim, run, swim course. This is a free group; sign in using a Liveheats band or bank card. Follow their Instagram account for more details.

BRONTE
SURF LIFE SAVING CLUB

SURF SPORTS SUMMER 2026/2027
TRAINING TIMETABLE

UPDATED .11.11.25

** PLEASE CHECK RELEVANT WHATSAPP GROUP CHATS TO CONFIRM TIMES, LOCATION & DAYS OF SESSIONS **
YOU MUST BE A PROFICIENT BRONZE MEDALLION OR SRC HOLDER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BOARDS		6AM GROUP PADDLE @ Bronte SLSC		5:30AM LONG DISTANCE Location TBC		7:30/8AM WOMEN ON WAVES @ Bronte or Bondi	3:00PM SOCIAL PADDLE @ Bronte SLSC
BOATS				5:20PM @ Rose Bay or Yarra Bay			2:00PM @ Rose Bay or Yarra Bay
RUNNING				6AM SAND RUNNING @ Bondi SLSC			
SURFING							
SWIMMING	6AM INS & OUTS @ NB SLSC		6AM with GARRY @ NB SLSC	6AM SURF SWIMS with APPLES 🍎 @ Bronte SLSC			11AM SURF RACE @ Bronte SLSC
SKIS			6AM L1 & L1.5 SKILLS @ SHSC - Luke		6AM L1 & L1.5 SKILLS @ SHSC - Luke	7AM L1 SKILLS @ SHSC - Ivan	7AM L1 SKILLS @ SHSC - Ivan

COMPETITOR GUIDELINES FOR CARNIVAL PARTICIPATION

We encourage all Bronte SLSC members who hold a Surf Rescue Certificate or Bronze Medallion to participate in surf sports events.

There are a range of events, from local "social" carnivals through to Branch, State, Aussies and the World Titles.

Competition includes:

- Sand events: sprints, sprint relays, flags, 1km and 2km beach runs
- Water Events: surf race (swim), ocean swim, individual board, board relay, individual ski, ski relay, ironperson, surf boats, IRB racing, surfing
- Lifesaving: Champion Lifesaver, Patrol Competition Team
- Pool: Pool rescue events

TRAINING & EQUIPMENT

Bronte SLSC (the Club) provides a comprehensive training program for members.
The Club pays for:

- Any external trainers employed by the Club at the discretion of the Director of Surf Sports. Contribution may, at times, be sought from Members for certain training.
- Basic racing boards owned by the Club and loaned to competitors at the Club's discretion.
- The Club is not obliged to provide equipment for every competitor

UNIFORMS

- The Club may pay for Bronte Surf Team merchandise from time to time and at its discretion.
- Competitors will need to buy their own swimwear, rashie, Liveheats band and competition cap.

CARNIVAL FEES

Local & Branch Carnivals:

- The Club Pays for:
  - Carnival entries submitted to the Club office prior to the carnival-entry close-off date
- The Club does not pay for:
  - Carnival entries received after the closing date, including on-the-day entries

CARNIVAL FEES

Championship Carnivals - State & Aussies:

All members are encouraged to enter Championship events. For the Club to pay for your entry fee you must as:

- Individual athletes - have competed in at least 2 local/domestic carnivals in that competition season
- Surf Boat Teams – a crew/team have competed in at least 2 local/domestic competition/ASRL + Branch in that competition season

If you do not satisfy any of the above criteria, a member may be asked to make up a team by the Director of Surf Sports.

THE CLUB DOES NOT PAY FOR:*

- Carnival entries received after the closing date, including on-the-day entries;
- Transportation of equipment to or from carnivals;
- Ancillary costs for carnival participation such as transport (including flights), accommodation and meals;
- Entry Fees for Competitors who are competing for the Club under Competition Rights Only; or
- Entry fees for Competitors who enter and who do not participate. Those competitors will be required to reimburse the Club for their entry fees.

**Unless in extenuating circumstances as approved by the Director of Surf Sports.*

FUNDRAISING FOR COMPETITION PARTICIPATION

In addition, the Club provides support and all reasonable assistance for competitor fundraising activities. This includes use of the function space (subject to availability), use of Club BBQ's etc. and advertising of fundraising activities in the Club's newsletter and via social media.

ELIGIBILITY CRITERIA

- Members are responsible for ensuring they:
- Are a current financial member of the Club;
- Are proficient in the relevant award by the cut-off date each season (SRC or BRONZE);
- Meet the minimum patrol hours or water safety hours required by SLSA within the calendar year before the competition a member wishes to compete;
  - Active members - 25hrs
  - Reserve active - 12hrs
  - Long Service members - 0hrs
- Are fully aware of the SLSA Competition Policy and meet those requirements; and
- Always represent the Club in a sportspersonlike manner.

MEMBERS WITH COMPETITION RIGHTS ONLY AT BRONTE

Members who wish to compete for the Club, but who hold dual membership with another Club (including Long Service members), are required to meet the following prerequisites to be eligible to compete for the Club:

- Complete their proficiency and have it processed by their "primary" club before the relevant cut-off date; and
- Provide an amount of First Aid, IRB Crew, Officials or other volunteer hours as agreed with the Club in lieu of patrol hours.

SURF LIFE SAVING AUSSIES & WORLD TITLES

In addition to the guidelines above, the following criteria apply to Aussies and World Titles competition only:

- All competitors who go to the World Titles need to have been financial members of the Club, proficient and have met their patrol requirements for a minimum of 12 months before the departure date
- At its discretion, the Club may provide financial assistance towards the cost of competitor travel to the Aussies or the World Titles on the following basis:
  - Matching any fundraising undertaken by competitors for the purpose of attending Aussies or the World Titles to a maximum of $500 for each competitor
  - Overall match funding not to exceed $5000 in any year
  - In providing any funding support, priority will be given to supporting attendance at the Aussies
  - No contribution will be made towards competitors who hold Competition Rights only with the Club.

SUGGESTED TRAINING SESSIONS FOR COMPETITION

Whilst everyone has different disciplines they enjoy and may want to compete in, some specific training for these disciplines is advised in preparation for competition.

As we get closer to the Championship Carnivals - Branch, State & Aussies, keep an ear out for more targeted training sessions, some may be user pay sessions too.

Keep in mind that these sessions do need to fit in with your schedule outside of the Club. A possible training session schedule could include but not limited to;

SWIMMING - POOL AND OPEN WATER ~ 7KM/WEEK

- 2 x 2.5km Squad sessions
- 1 x Open water - Surf skills, Ins & Outs

SKI & BOARD PADDLING ~ 2 SESSIONS/WEEK

- 1 x Tech skills
- 1 x Intervals

SAND RUNNING

- Thursdays Sand running to supplement other running (road or track)

KIT LIST

Carnivals are a great day to meet new people, have a go at racing your mates and competitors from other Clubs.
A few pieces of equipment are required to compete and keep the day running smoothly. Here is a list of some of the important items.

- Liveheats band🧢 - needs to be ordered from Branch, can be bought at larger carnivals
- Pink rashie🧢 - purchase from the office if you can't find it from your Bronze course
- Competition cap🧢 - purchase from the office
- Cozzie & spare cozzie 😉
- Goggles
- Glide or Vaseline for chafe
- Suncream & zinc
- Hat
- Sunglasses
- Towels
- Warm clothes
- Deck coat
- Ding tape for boards
- Pair of scissors for ding tape
- Board wax
- Permanent marker
- Bronte merch - T-shirts, singlets, cozzies, towels, hats, jumpers, etc
- Snacks - snakes are essential, performance-enhancing food
- Water
- Keep cup (save the planet)
- Camping chair

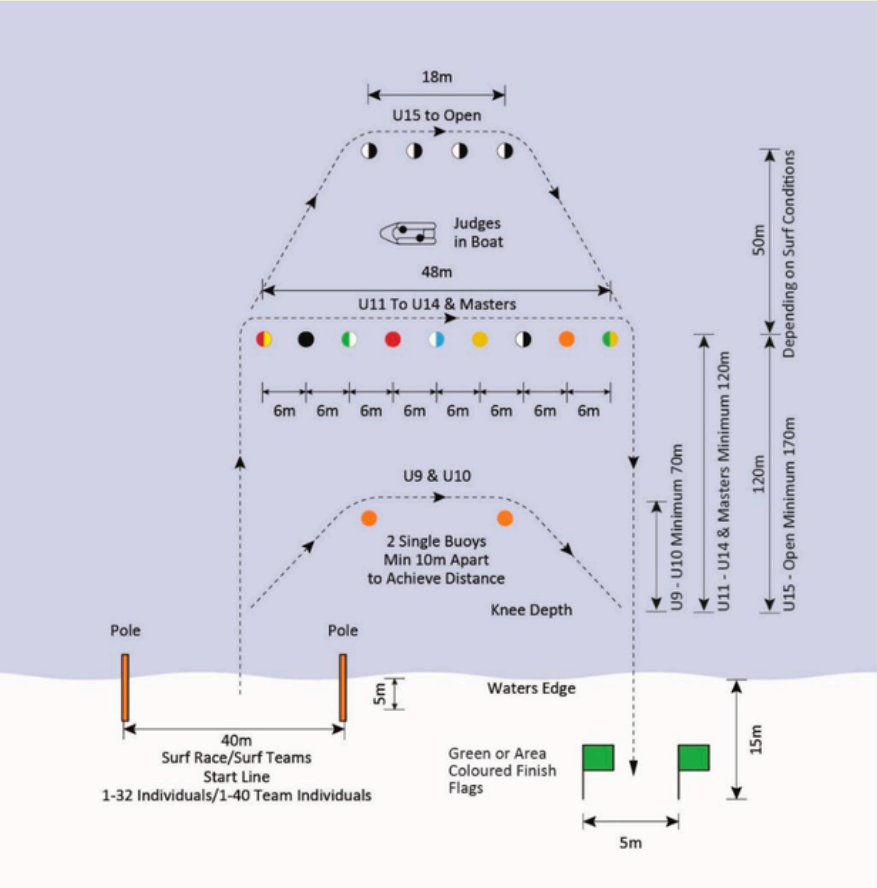
🧢 Mandatory item



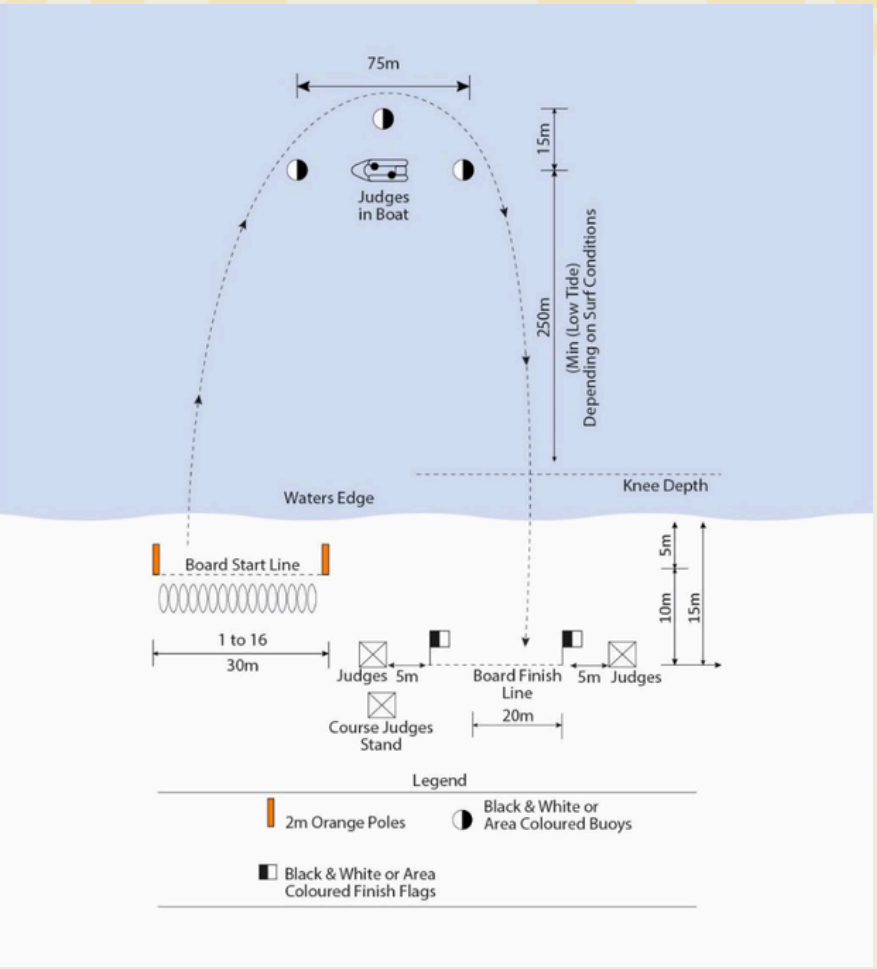


EVENT COURSES

SURF RACE

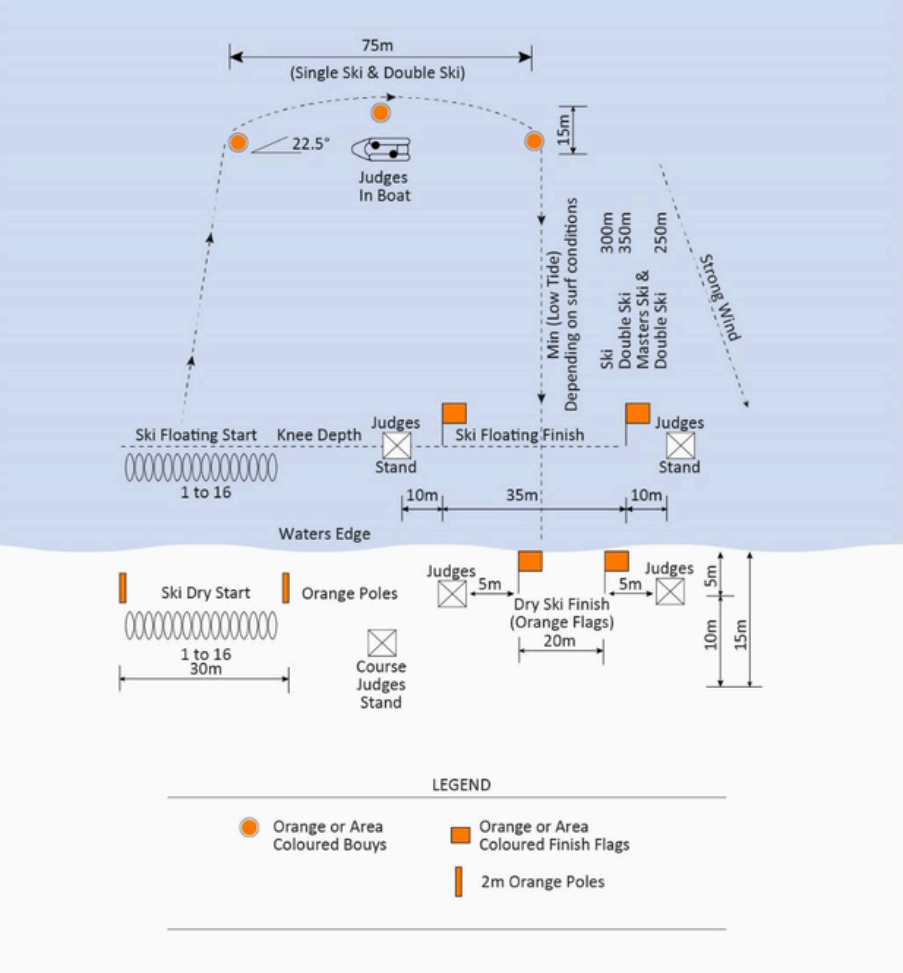


BOARD PADDLING

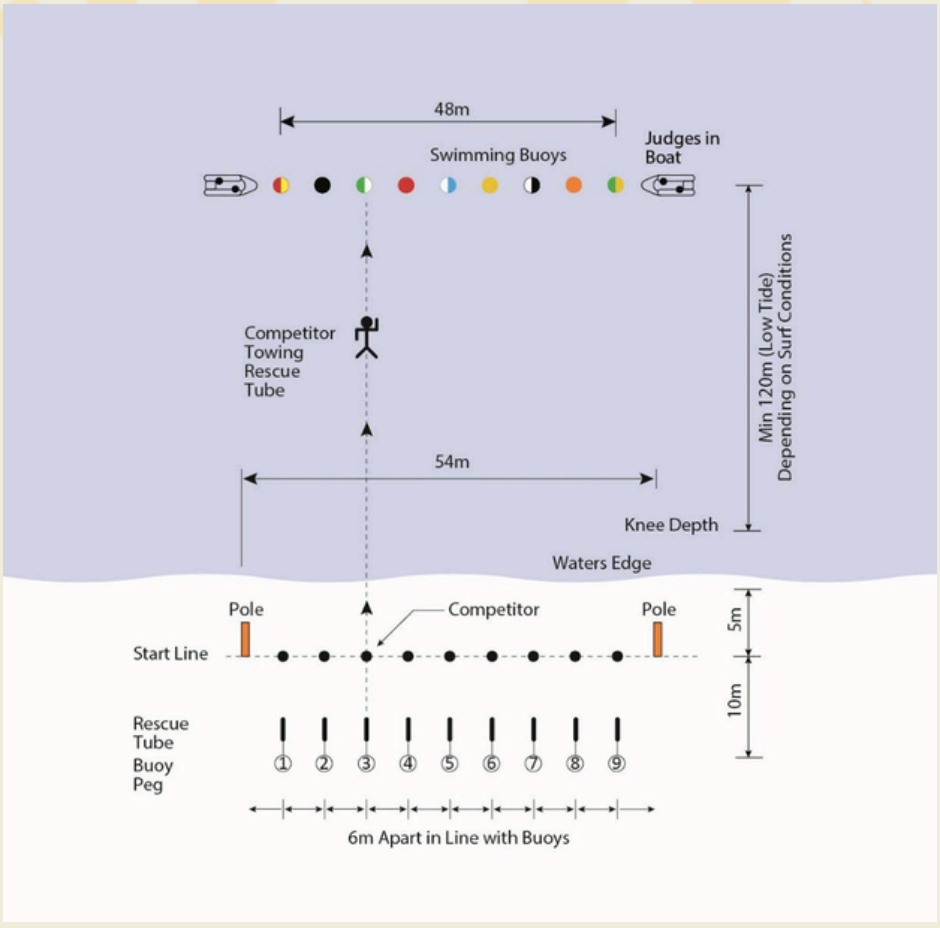


EVENT COURSES

SURF SKI

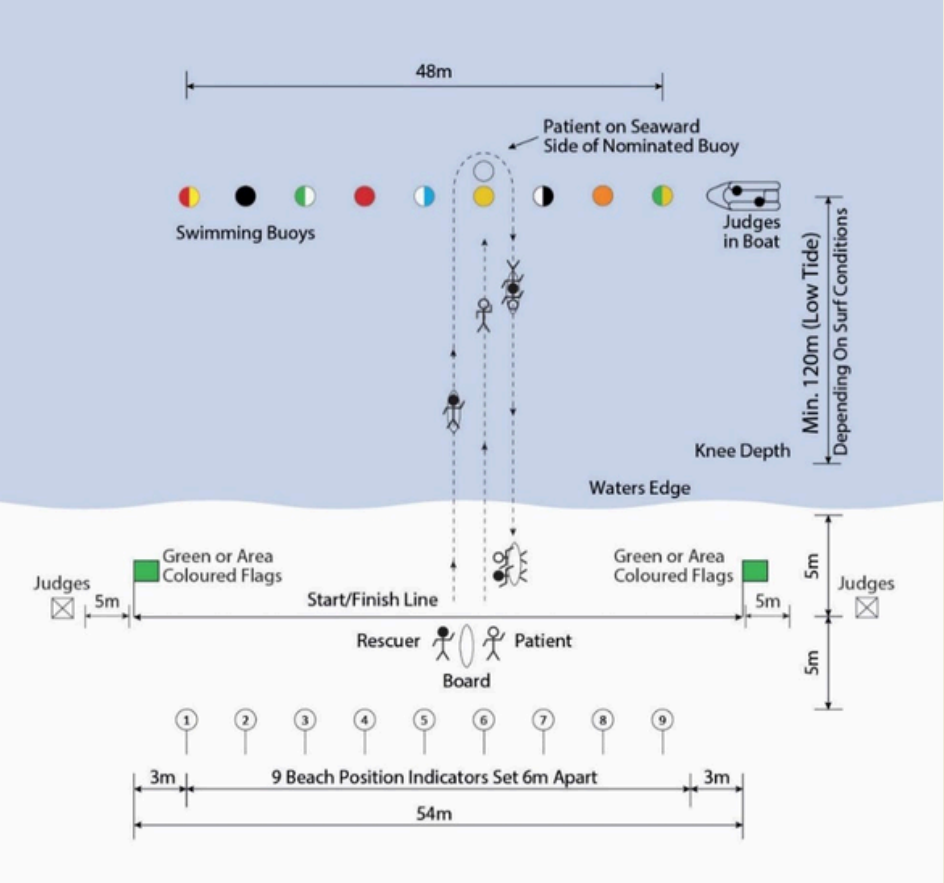


TUBE RESCUE

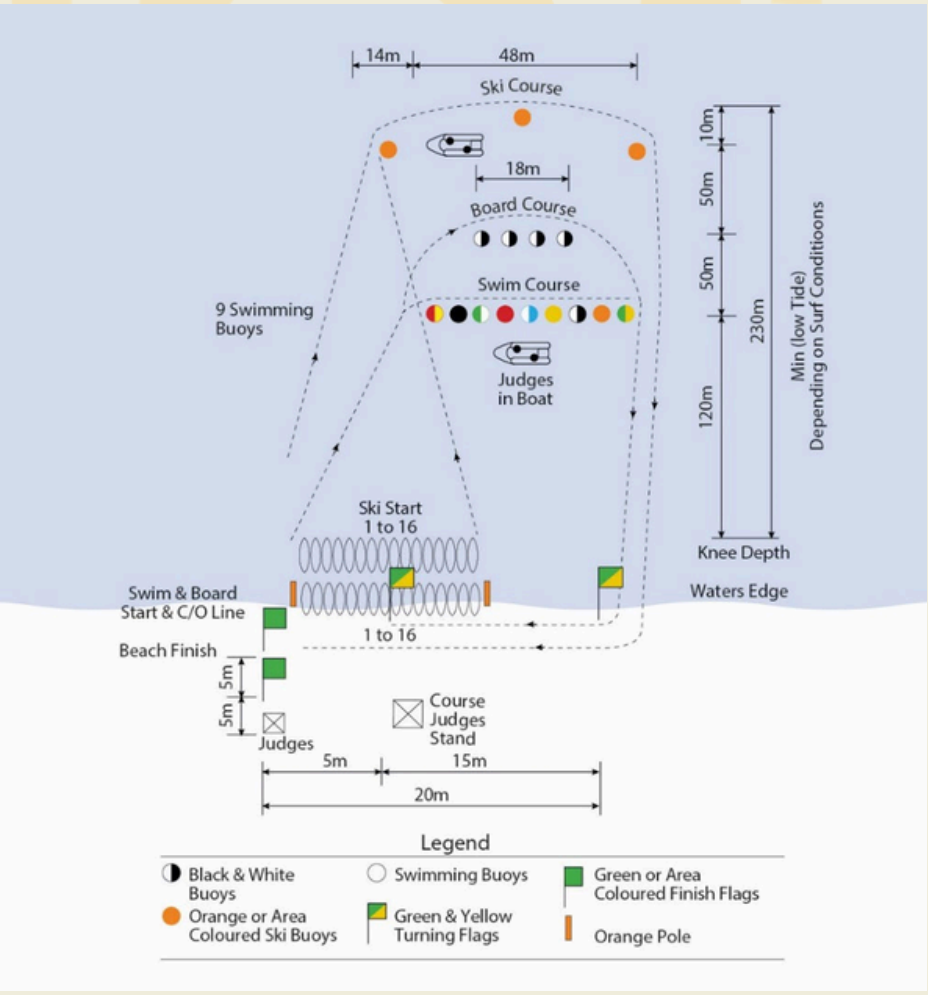


EVENT COURSES

BOARD RESCUE RACE

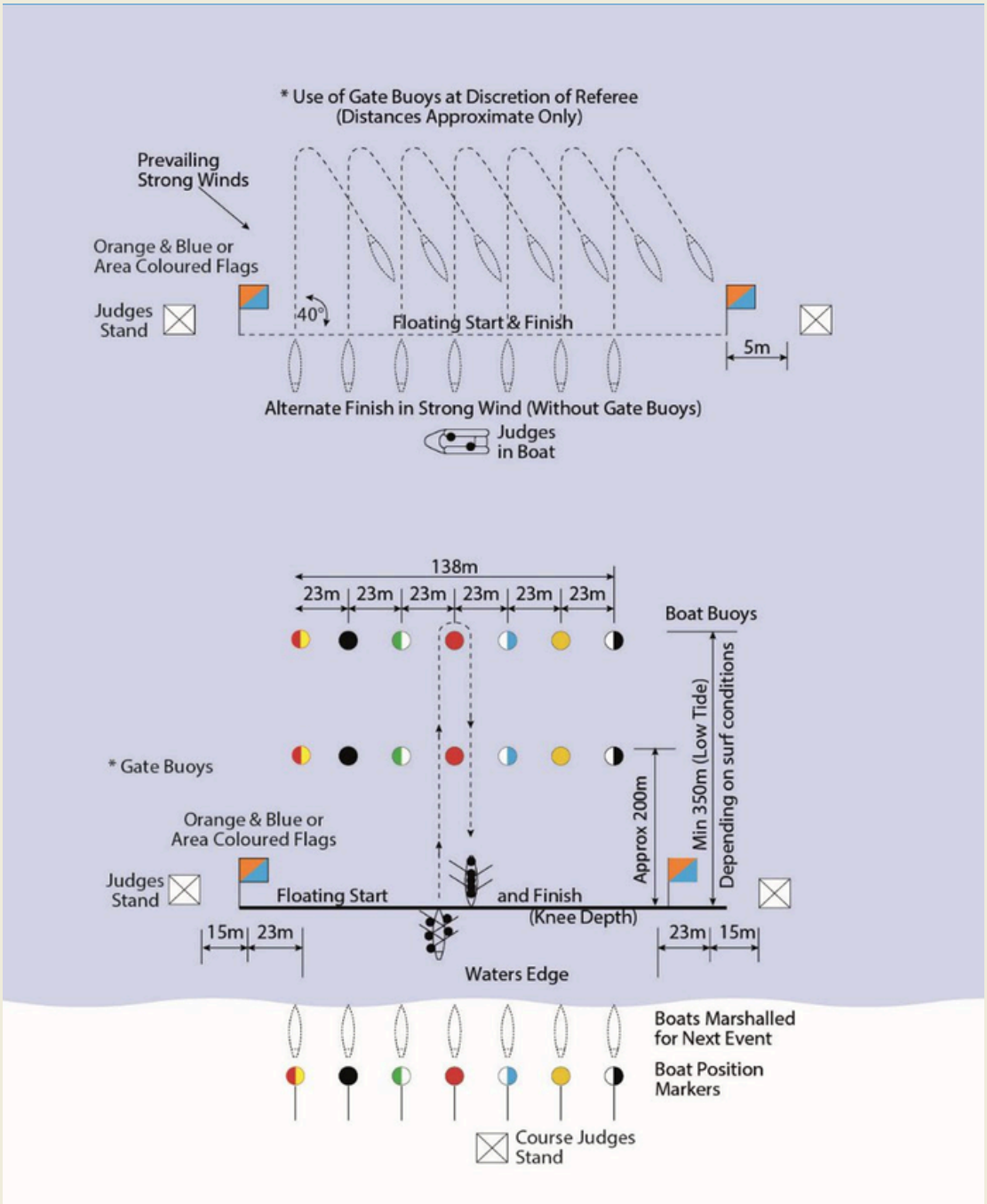


TAPLIN & IRON



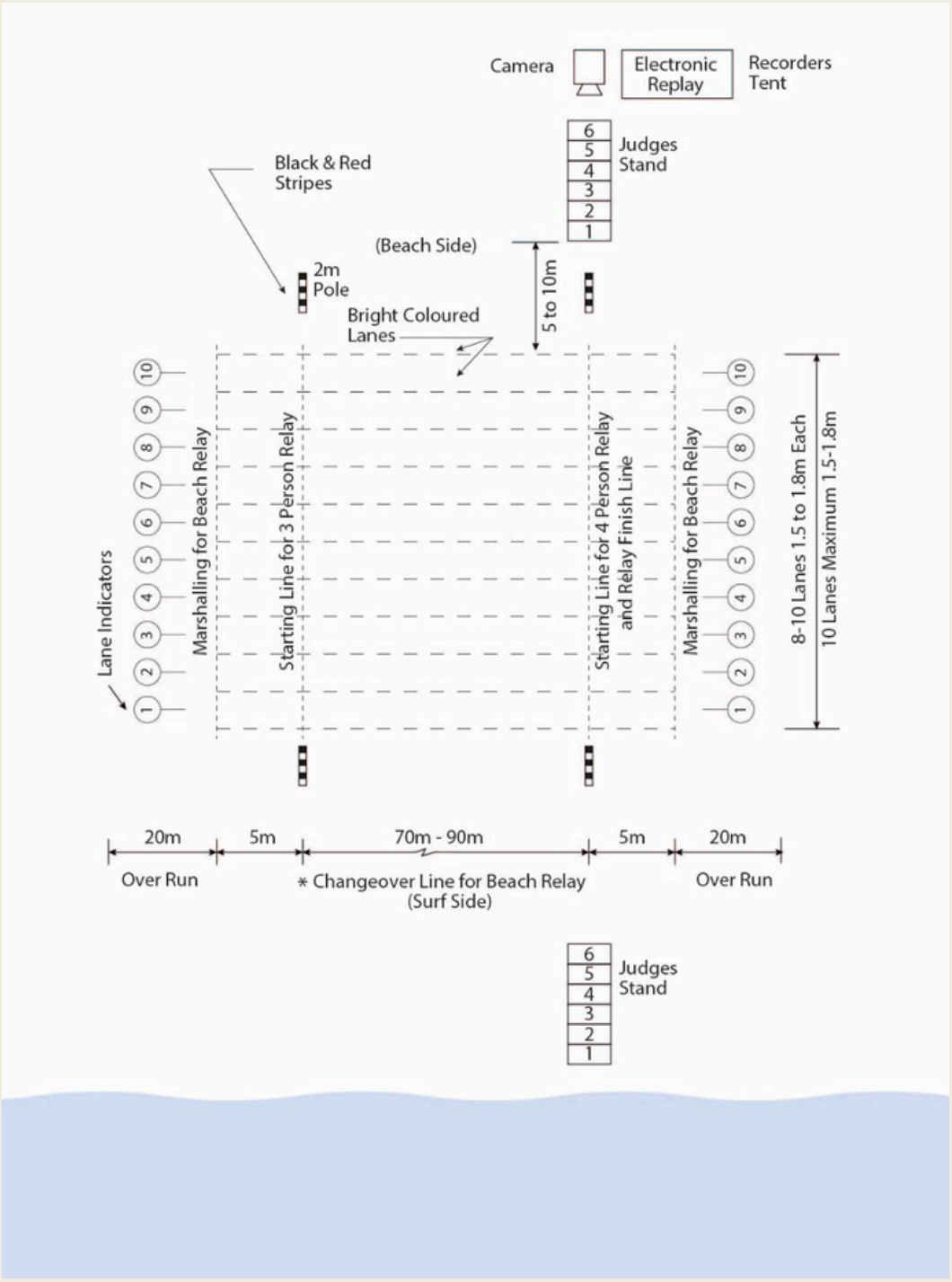
EVENT COURSES

SURF BOAT



EVENT COURSES

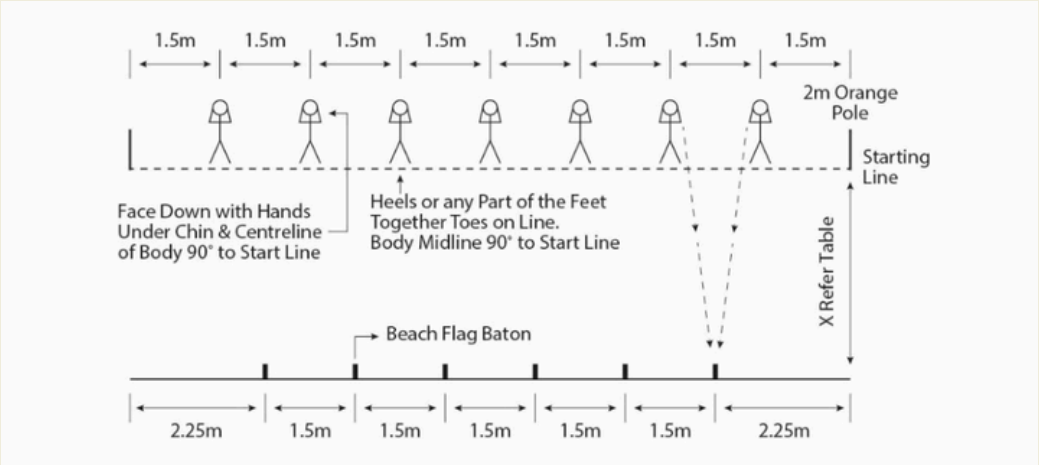
BEACH SPRINTS & RELAYS



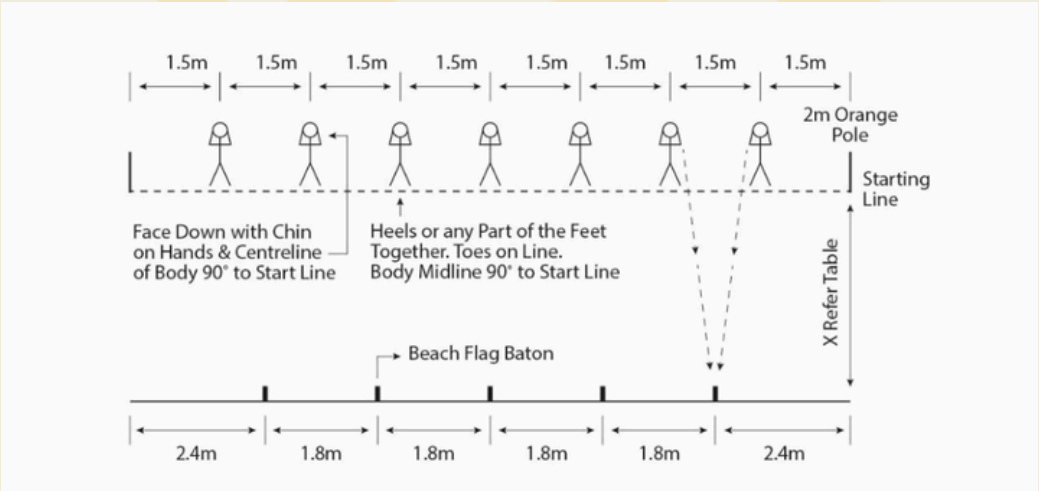
EVENT COURSES

BEACH FLAGS

One person elimination



Two person elimination



BRONTE

SURF LIFE SAVING CLUB



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