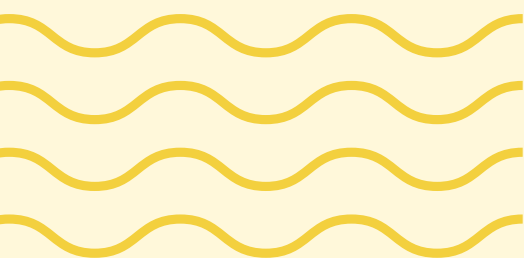


# YOUR BRONTE LIFESAVER HANDBOOK



**BRONTE**

SURF LIFE SAVING CLUB • 1903

## Bronte Surf Club Training Sessions

Open to SRC & Bronze Medallion holders



<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Sunday</b>
6am-7am Board Skills <i>Bronte Beach</i>	6am-7am Ocean Swim session with Garry <i>North Bondi</i>	5.30am-7am Long distance Board Paddle <i>Various locations</i>	11.15am-11.45am Sunday Surf Race <i>Bronte Beach</i>  3.30pm - 4.30pm Social Paddle <i>Bronte Beach</i>

## Tuesday Board skills & Fitness

6am-7am

Bronte Beach



Experienced Club members run these sessions, which involve paddling to the shark buoy at Bondi (affectionately known as Brian) or Clovelly, in/outs at beaches like Tama/North Bondi or board circuits at Bronte. Arrive at 5.50 am to grab a club board, hear the session briefing and be in the water for 6 am (daylight savings can change timings). You must wear a fluoro rashie (the one you have for your Bronze is what most people wear, your Water Safety rashie is also fine).

### **ACTION:**

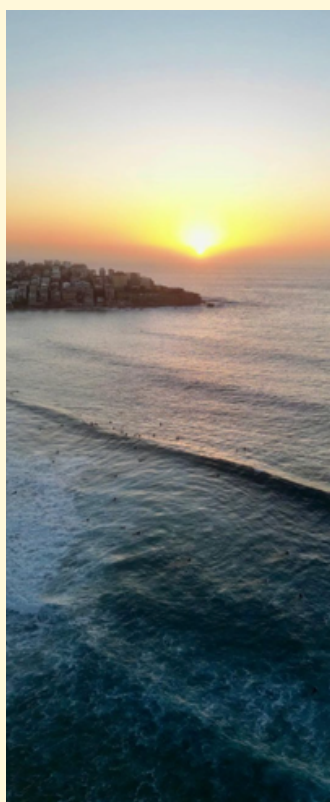
- Join the “Bronte Board Paddling” WhatsApp chat from the BSLSC Community WhatsApp
- Have your fluoro rashie ready for sessions



## Wednesdays with Garry

6am-7am

North Bondi



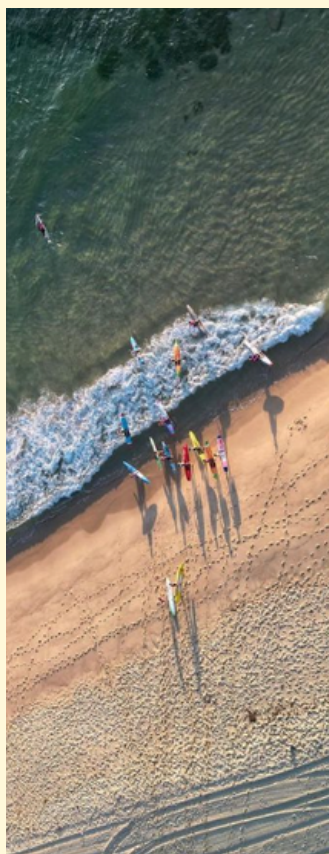
Garry Luscombe leads a group that meets at the North Bondi Surf Life Saving Club (beachside) at 5.50 am for a 6 am on the sand start. You must wear a Fluoro Pink Garry Cap (purchased for \$10 cash on your first swim), goggles are highly recommended, and some participants wear fins. The session involves a Bondi Bay Swim (roughly 1.6km). You buddy up and swim as a group.

### **ACTION:**

- Join the “6 am with Garry” WhatsApp in the Bronte Community
- Bring \$10 cash to your first session (to purchase the mandatory fluoro pink cap)



**Thursday  
Long  
Distance  
Paddle**  
5.30am-7am  
Various  
Locations



Experienced Club members run these sessions, which involve paddling for longer distances (5km+). Depending on the conditions, these can be from Bronte Beach or further afield (such as Sydney Harbour, La Perouse, and Malabar). You can borrow a board for these sessions by letting the Club know and posting a photo of your board in the “Bronte Distance Paddlers” WhatsApp group upon pick up and drop off. The start time is generally 5 or 5.30 am. You must wear a fluoro rashie.

**ACTION:**

- Join the “Bronte Distance Paddlers” WhatsApp chat from the BSLSC Community WhatsApp
- Have your fluoro rashie ready for sessions (the one you wore for your Bronze) and a waterproof head torch



**Barry’s  
Sunday  
Surf Race**  
11.15-11.45  
Bronte Beach



During the patrolling season, there is a handicapped surf race open to all Bronze Medallion-holding Bronte members. The Surf Race is an opportunity to build on your abilities to navigate the surf. The distance is between 300-400m. It starts on the beach and goes around a swim can or two. On the first race you attend, you will have a time trial, and then the next week, Barry will give you a handicap for the following Sunday Surf Race. The Surf Race is fun, lightly competitive and highly recommended. Sign-on is at 11.15, with a start time a few minutes later. The race takes about 20 minutes, including briefing and photos. You’ll meet many club members, including Cadets, Nipper Water Safety Parents, Patrollers and Long Service members who have stepped back from patrolling.

**ACTION:**

Join the “Bronte Sunday Surf Race” WhatsApp chat from the BSLSC Community WhatsApp

## Sunday Social Paddle

1530-1630  
Bronte Beach



Paul Watchman and other Club members lead the Sunday Social Paddle. It is a relaxed paddle that ends with a drink at Sunday Sips. Conditions are reported during the day, and you can show up and borrow a board. As for Tuesday's paddle, a fluoro top is mandatory.

### **ACTION:**

1. Join the "Bronte Board Paddling" WhatsApp chat from the BSLSC Community WhatsApp
2. Have your fluoro rashie ready for sessions (the one you wore for your Bronze).

## NOTE ON BOARD SESSIONS...

We are lucky at Bronte that we have access to such an extensive range of boards - most other Clubs don't provide this. To keep the fleet available, please follow the board etiquette:

- ALWAYS check your board for damage before and after every paddle.
- If a board is damaged, please mark the damage with the fluoro tape provided in the board area and put it in the board hospital. The sooner we remove it from circulation, the better our chance of drying it out and repairing it effectively.
- Please treat all club boards as though they are your own.
- Please return your board to where you found it and ensure all the sand has been washed off.
- The foam Infront boards (rescue and racing) are ONLY used during authorised training sessions led by a coach or trainer or for Water Safety. They are not for general use.
- Club boards are not to be used for stand-up surfing.
- If you regularly paddle a club board, you are expected to contribute to the ongoing maintenance of our board fleet.

### **ACTION**

Join the "Board Repair Army" WhatsApp chat in the Bronte Surf Life Saving Community. Repair afternoons are a fun social session with pizza and drinks where you can learn to repair the boards you ride.

## Club Access

As a Bronte Club member, provided your Bronze Medallion is up to date (i.e. you are a proficient / Active member), and (in future seasons) you've maintained minimum patrol and water safety hours, your tag will give you access to the Club's facilities and equipment. Club access includes adult boards for training sessions and general practice. You are also able to access the Club's showers and toilets. Free cold showers or 20-cent hot showers.

Gym membership is available at an additional cost (\$250/year); please contact Lydia at [education@brontesurfclub.com.au](mailto:education@brontesurfclub.com.au) if you would like to upgrade your membership to include the gym.

## Lost Tags

If you lose your tag, you can buy a replacement tag for \$30. You will need to visit the office to organise a replacement.

## Bronte Office Hours

If you need to speak to someone in the office in person, our office hours are :

Monday - Friday, 9.30 am—2.30 pm  
Sunday 8 am-11 am (only October - April)

## How do you maintain your active membership ?



- You must maintain your Bronze Medallion proficiency through a yearly Skills Maintenance
- You must contribute at least 30 volunteer hours to the Club. These 30 hours can be achieved through Saturday or Sunday Patrols and Water Safety at Nippers, providing water safety for Bronze Medallion courses, the Bondi to Bronte Ocean Swim or Dippers.

### Patrol

Patrol is an incredible opportunity to work as a team, interact with Club members, contribute to the community, and help save people's lives. There are 16 Patrol teams at Bronte (divided into Saturday and Sunday, morning and afternoon). Each Patrol is rostered roughly every four weeks, and each Patrol is assigned at least 1 (and sometimes more) public holidays across the season (September-April). You can view your assigned Patrol Roster in your SLS member's area (instructions below) or on [the Bronte SLSC website](#).

Patrols are rostered with a 15-minute overlap, allowing the incoming Patrol to be on the beach and briefed by their Patrol Captain (PC) before the changeover.

Morning patrols should remain vigilant until the afternoon patrol has completed its brief. Afternoon patrols should arrive in time to be briefed, allowing the AM patrol to leave on time.

You will be allocated to a patrol team upon completing your Bronze Course. We will consider your preference for day/time alongside the operational needs of the Club. Your assigned Patrol Captain will be in touch and add you to your Patrol WhatsApp.

When you receive your rostered dates at the beginning of the season, put them in your diary and identify any personal clashes you may need to swap.

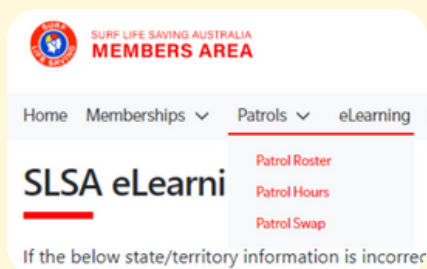
Patrollers often bring baked goods or some food to share on Patrol. You are welcome to add to this! You can communicate in your Patrol chat. There is also a post-patrol debrief.

## Patrol Swaps

You must swap a patrol if you cannot attend an assigned patrol date; this ensures that all teams are appropriately resourced and can fulfil operational commitments. Please follow the process below.

You should join the WhatsApp “Bronte Patrol Swap” chat even if you don’t immediately need a swap. This way, you can see all the available requests when you need to swap.

1. Advise your PC that you can’t attend the Patrol and are looking for a substitute.
2. Log in to the SLS Members Area - [https://members.sls.com.au/SLSA\\_Online/modules/login/index.php](https://members.sls.com.au/SLSA_Online/modules/login/index.php).
3. Patrols > Patrol Roster



4. Go to your Rostered Patrols and Click “I Need a Substitute” for the Patrol you can’t attend.

 A screenshot of the BRONTE patrol roster. The title is "BRONTE". Below the title, it says "Patrol Teams: Patrol 13 Sun pm" and "Position: Bronze Member". The main content is a table with columns for date, time, and status. The table shows several patrol dates from 2023 to 2024. The status for most dates is "Rostered", but for some dates, it says "I need a substitute".
 

Date	Time	Status	Action
Sun 29/10/2023	12:45 - 18:00 (5.25 hrs)	Rostered	
Sun 26/11/2023	12:45 - 18:00 (5.25 hrs)	Rostered	
Mon 25/12/2023	13:15 - 18:00 (4.75 hrs)	Rostered	
Sun 04/02/2024	12:45 - 18:00 (5.25 hrs)	Rostered	I need a substitute
Sun 03/03/2024	12:45 - 18:00 (5.25 hrs)	Rostered	I need a substitute
Sun 31/03/2024	13:15 - 18:00 (4.75 hrs)	Rostered	I need a substitute
Sun 28/04/2024	12:15 - 16:00 (3.75 hrs)	Rostered	I need a substitute

Season Total: 7 patrol(s).

You now need to take another patrol, which may be a swap you have organised through your Bronze chat, or you can proactively take another posted patrol.

1. Go to Patrols
2. Patrol Swap
3. Find a Patrol you can do and click “I can do this.”

If you cannot find a swap on the SLS swap board, you should register your need for a swap on the “Bronte Patrol Swap” WhatsApp Chat.

Note that the more proactive you are in contacting existing swap requests, the more successful you will be in securing a swap.



## Patrol Hours

Members are expected to accumulate at least 30 patrol hours every season. [You can read more here.](#)

“Patrol hours” include hours spent on patrol, providing water safety (Nippers), volunteering on the day of Bondi to Bronte, and supporting the delivery of water-based activities in Bronze Medallion courses. These are recorded on your SLS profile in the Members’ Area.

We encourage everyone to think beyond their 30-hour minimum patrol hours. Awards are given to Members who contribute more than 100 patrol hours in a season and are recognised at the annual Bronte SLSC Club Awards.

You are responsible for monitoring your patrol and water safety hours. These can take 1-2 weeks to process following a patrol/WS session. Once processed, you have one week to advise the office of errors. You should check your SLS Members’ Area regularly. You are responsible for signing on to patrol.

## What to Bring to Patrol

- Patrol uniform (with your name written on the outside) includes shorts, shirt, hat, skull cap, and water safety rashie.
- Whistle (attracts attention)
- Sports Swimwear (be prepared to get into the water and rescue - be conscious that you may have extensive physical contact with strangers. Appropriate swimwear is essential!)
- Wetsuits and Fins (much easier to rescue with fins)
- Reusable Coffee Cup (you are entitled to a free coffee if you provide a reusable cup and half-price food at the kiosk whilst in your patrol uniform/on patrol)

*If you have any questions about lifesaving or patrol, please get in touch with Tim Jeffries, Lifesaving and Member Welfare Coordinator, at [lifesaving@brontesurfclub.com.au](mailto:lifesaving@brontesurfclub.com.au)*

## ACTION

- Join the *Bronte Patrol Swap* WhatsApp
- Log into your SLS Members Area: explore, access your patrols, and check your patrol hours.
- Put all Patrols in your diary, request a swap for any that you cannot attend, and take up other patrols.

## Further volunteering



### Nippers

#### **Water safety :**

With your Bronze Medallion, you can now provide water safety for your Nippers Age groups. You must wear your orange water safety rashie. You are responsible for signing in/out of sessions to accrue water safety hours.

There are two ways to do this:

1. With your nippers age manager (being signed in/out of the session)
2. You can sign on for the session outside the Surf Club office. If you are doing multiple sessions for children, come to the office and sign on when you arrive. Please use clear writing. If it's illegible, you won't receive those hours (all water safety hours are inputted manually).

There are also two water safety briefings. Speak to your age manager about whether you need a tube.

### Age Manager

The aim is for every age manager team at Nippers to include at least two men and two women. Speak to the current age managers if you are interested in joining your age manager team and participating in your Nippers' session planning and development.

#### **ACTION :**

- Join the Bronte Surf Club newsletter to stay updated on Nipper's announcements. Visit [the website](#); in the bottom right-hand corner, you can submit your email address to be added to the newsletter distribution.
- If you have questions about Nippers, please contact Jess Stewart, Nippers Coordinator, at [nippers@brontesurfclub.com.au](mailto:nippers@brontesurfclub.com.au).

### Bronze Medallion Courses

#### **Water Safety :**

Helping out on Bronze courses is an excellent way to contribute to the surf club community. While helping others on their Bronze journey, you can further your skills and accrue water safety hours.

*Please contact Lydia at [education@brontesurfclub.com.au](mailto:education@brontesurfclub.com.au) and indicate that you want to help with future Bronze courses.*

## Bondi to Bronte

This 2.4km race, held on the first Sunday in December, is the club's biggest fundraiser. We ask all patrollers to volunteer to support this event, particularly water safety. It is a fun day as a volunteer, and then a few weeks later, without the masses, other club members and special water safety have the opportunity to swim in a special Bronte Volunteer B2B Swim.

## Dippers

Dippers is an 8-week, modified Nipper and surf education program for neuro-diverse kids and is run in conjunction with Autism Swim.

At Dippers, two water safety volunteers support each child, allowing them to experience a range of fun beach and water activities at their own pace.

One of our volunteer members described the experience as “the best thing I’ve done at the Club”. A feeling felt by many!

### ACTION:

If you want to volunteer with the program, please contact [dippers@brontesurfclub.com.au](mailto:dippers@brontesurfclub.com.au).

## Officials

We need many officials to help run our Club Champs and assist at Carnivals!

If your child competes at Carnivals, you will be expected to volunteer as an Official or Water Safety. If you compete at Masters Carnivals, officials are a great role for teenage or older children, partners, and older parents!

The officials' course is a (short) online course, followed by practical experience at a Carnival.

### ACTION

Check [the website](#) for more information.

## Further training



### Skills Maintenance

It is essential to maintain your skills.

To be proficient, at the beginning of every season, you must attend a club-run Skills Maintenance session (exception: Bronze Medallions completed in June of a year are proficient until the next season).

In-person Skills Maintenance dates at Bronte will be announced by the end of the season (April) and sent via Club communication channels (WhatsApp, Email).

#### **Completion of Skills Maintenance involves :**

1. Completion of an online module before the session (this is accessed via your SLS Member's Area - eLearning) and
2. An in-person session to refresh and complete:
  - Dry skills: radios, signals, resuscitation and other SLS-recommended areas;
  - Wet skills: rescue scenario and
  - A timed run-and-swim run (200-200-200 - as in Bronze Medallion).
  - ART skills refresh

Skills Maintenance is completed between September and November. If you can't attend a Bronte session, you can contact another Surf Club about attending one they are running.

You must attend a Skills Maintenance session to be proficient for the upcoming season (2024/25). You must also be proficient for a season to do Water Safety, be on patrol, compete in Master's carnivals, use club facilities and equipment, or attend club training sessions.

#### **ACTION:**

1. Sign up for the BSLSC Newsletter via the Website
2. Sign up for the Skills Maintenance session when the dates are available.
3. Complete the online component as soon as it is available (often in August).

## IRB, Silver & Gold Medallion

You have finished your Bronze Medallion with a Certificate II in Public Safety and Aquatic Rescue, First Aid, and ART certificates. However, there are still more opportunities for further development and training.

Inflatable Rescue Boat (IRB) Crew is open to all Bronze Medallion members. Upon completion of this five-week course, you can Crew the IRB. Jochen Valdeck is the IRB Captain. *For more information, email Jochen at [irb@brontesurfclub.com.au](mailto:irb@brontesurfclub.com.au).*

Silver and Gold Medallions are possible once you have at least two years of patrolling experience, ensuring you get the most out of the course as you will have more experience to draw from and relate the content to. For more information, click [here](#).

## Education Training Team

The Bronze Medallion course is entirely volunteer-run. If you want to help train other members, whether land, surf skills or board rescue training, joining the training team is a rewarding experience. It is a simple process where you attend two online classes and a few hours of online coursework and assessment.

*Please contact Lydia - [education@brontesurfclub.com.au](mailto:education@brontesurfclub.com.au).*

## First Aid

First Aid can be life-saving and requires that all patrols have several people who hold the certificate. Upon successful completion of the course, participants will receive a nationally recognised statement of attainment for the following units of competency:

- HLTAID009 - Provide cardiopulmonary resuscitation
- HLTAID010 - Provide basic emergency life support
- HLTAID011 - Provide First Aid

This certificate is valid for three years and then must be updated.

The Surf Club runs multiple First Aid courses a year.

### ACTION

1. Keep your certificate up to date. If you completed the course through SLS or have sent us the certificate for upload, you can check the date the award expires in your SLS members area.
2. Please contact Lydia - [education@brontesurfclub.com.au](mailto:education@brontesurfclub.com.au) for upcoming courses.



## **ART - Advanced Resuscitation Techniques**

ART is another certificate that multiple patrol members must hold. It has been described as one of the most valuable certificates to hold as you learn the skills and knowledge to use oxygen, airway management devices, and automated defibrillators during resuscitation and to administer oxygen to conscious or unconscious breathing casualties. You also learn the skills and knowledge to manage an emergency first-aid situation. It is a pre-requisite to hold the HLTAID011 before completing the ART certificate.

The Surf Club runs multiple ART courses a year.

### **ACTION**

1. You need to attend an annual skills maintenance for ART.
2. Keep your certificate up to date. If you completed the course through SLS or have sent us the certificate for upload, you can check the date the award expires in your SLS members area.
3. Please contact Lydia - [education@brontesurfclub.com.au](mailto:education@brontesurfclub.com.au) for upcoming courses.

## **Masters Carnivals**

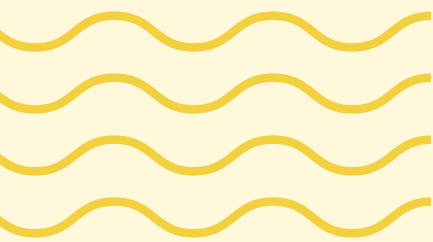
During the patrol season (September-April), there are several carnivals for adults. Masters Carnivals are for people over 30 and are much fun. Events include and vary for different carnivals: sand running, board rescue, board relay, surf swimming, Taplin, and surf skiing. These can be both individual and team, depending on the carnival.

All Masters are encouraged to participate in the Freshwater (November), Palm Beach (January), and Cronulla (January) carnivals, which have various levels of competition and much fun. The Branch (February), State (March), and Aussies (April) are more competitive levels of surf carnivals.

*Please get in touch with David Jones, Director of Surf Sports at [surfsports@brontesurfclub.com.au](mailto:surfsports@brontesurfclub.com.au)*

### **ACTION:**

1. Join the "Bronte Masters" WhatsApp group to stay updated about upcoming opportunities to compete at carnivals and other events.
2. Please ensure you have the Club cap (purchased for \$25 from the office), and the fluoro pink rashie is mandatory.
3. Ask friends and family to become an official and attend the Carnival with the team



**SEE YOU SOON AT BRONTE !**