



PM SLSC Club News

9th February 2010

To contribute to Club News contact captain@portmacquariesurfclub.com.au

For more Club information go to our website www.portmacquariesurfclub.com.au

Weekly SLSNSW Club Mail – Click on latest news item

<http://www.surflifesaving.com.au/www/463/1001127/displayarticle/club-mail--1003839.html>

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This weekend's patrols...

Saturday 13th February	9:00am-1pm - Red Team, Anne Walsh
High @ 9:10am Low @ 3:45pm	1:00pm-5:15 - Patrol 8, Andrew Mitchell
Sunday 14th February	8:30am-1pm - Patrol 1, Rob McCue
High @ 9:45am Low @ 4:15pm	1:00pm-5:15pm - Patrol 2, Wez Watson

Patrol Competition – Saturday 12noon

The **2nd Annual Patrol Competition** sponsored by Newcastle Permanent will be this **Saturday 13th February at 12 noon**. Each patrol needs a team of six competitors.

1. Run to end of beach and back
2. Swim around cans
3. Signal identification quiz
4. Swim to cans and raise hand indicating arrival
5. Board paddle to cans, pick up No.5 and both return to shore

If surf conditions are poor, the competition will go ahead with alternative activities. It will not be postponed again.

Club Championships- Saturday 1pm

The **Club Championships** will be **Saturday 13th February at 1pm**. This applies to 15yrs, 17yrs, 19yrs, Opens and Masters. Events will include swim, board, ski, beach sprint, flags and ironman.

Patrol housekeeping

The OHS Committee has identified housekeeping as being the most persistent cause of OHS issues. In an effort to reduce the problem we are trialling a new idea. In the patrol log book will be a small checklist outlining some basic housekeeping tasks that each patrol is encouraged to do during their time on the beach (see end of this document). The slip of paper includes a space on which to notify the OHS committee of any hazards they need to be aware of. Your help with this small initiative and feedback would be appreciated.

Next season patrols

Although this season has not yet finished, very soon your patrol captain will be asking you about your availability for next season. The rough plan is to have 12 patrols with a minimum of eight members in each. The patrols will need the following qualifications among those eight people so you will be encouraged to do some training during the off season.

- 1 x Beach Management Certificate (BBM)
- 1 x Advanced Techniques in Resuscitation Certificate (ARTC)
- 1 x Spinal Management Certificate
- 1 x IRB driver (IRBD)
- 1 x IRB crew (IRBC)

Uniforms in stock

We now have patrol uniforms of all sizes in stock. If you have not yet changed over to the new uniform please contact me on clubcaptain@portmacquariesurfclub.com.au

A small number of the large size in broad brimmed hats has arrived. Also have received patrol caps (red/yellow quartered).



Port Macquarie Surf Life Saving Club

patrol housekeeping checklist

Tidy the following areas	General housekeeping tasks
<ul style="list-style-type: none">.. Club room.. Ladies' change room.. Men's change room.. Sign on area.. Patrol room.. Gear storage area	<ul style="list-style-type: none">.. Return equipment and other items to correct storage place.. Empty bins.. Clean up rubbish on deck area.. Identify and rectify obvious hazards

List hazards that require attention of the OHS committee

First Aid room

- .. Check sheet and blanket are clean
 - .. Wipe over benches
 - .. Clean walls
 - .. Clean sink
 - .. Sweep/hose floor if needed
- .. tick this box if sheet &/or blanket need washing