



PM SLSC Club News

3rd March 2011

To contribute to Club News contact clubcaptain@pmslsc.com.au

For more Club information go to our website www.pmslsc.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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Patrols this weekend

Saturday 5 th Mar 9:00 to 1:00	Green – Norm Morgan	1.53m tide at 9:20am
Saturday 5 th Mar 1:00 to 5:15	Patrol 4 – Heath Morgan	0.28m tide at 4:00pm
Sunday 6 th Mar 8:30 to 1:00	Patrol 10 – Trevor Franklin	1.48m tide at 10:20pm
Sunday 6 th Mar 1:00 to 5:15	Patrol 5 – Steve Filetti	0.28m tide at 4:35pm

Dates to watch out for

Fri/Sat/Sun 4 th /5 th /6 th March	Leadership camp – nippers@pmslsc.com.au
Fri/Sat/Sun 11 th /12 th /13 th March	SLS NSW Junior Titles – Cudgen Headland
Thurs/Fri/Sat 17 th /18 th /19 th March	SLS NSW Opens/Masters Titles – Cudgen Headland
2 nd to 11 th April	SLSA Championships - Kurrawa

Entries for Aussie titles

Please note that entries for Aussies close on March 10th. This means you need to contact our Club Competition Manager, Mal Storey mals0107@hotmail.com , as soon as possible.

Next Bronze/SRC begins 8th March

For details contact training@pmslsc.com.au – Robert McCue

Gym membership and club keys

Members wanting to use the club gym should contact Mel Cockshutt on legal@pmslsc.com.au

For Club keys, contact Tony Wright on president@pmslsc.com.au

Renovate your community

WBHSLSC put forward a submission in the Port Panthers 'Renovate your Community' 2011. Lucky for us we are one of the six finalists - our goal is a fully equipped Lifesaving Patrol Trailer valued at \$15,000.

The winner is decided through a public vote on their website

[http://portmacquarie.panthers.com.au/Community/Renovate Your Community](http://portmacquarie.panthers.com.au/Community/Renovate_Your_Community)

We are seeking you & your members support in voting – one person per day and told we should target over 30,000 votes. If you could publicize our goal amongst your membership and their family & friends it would be greatly appreciated. Voting commences on 1st March and finished on 21st March.

Cheers & many thanks

Jan Clingeffer, Administration Director, Wauchope-Bonny Hills SLSC

Phone 02 6582 3304 or 0417 106 373

Last two weeks to buy uniforms and club clothing

We will be selling uniforms on 27th Feb and 6th March 8.30-9.30am at Flynn's then we will be completing our stock take.

Uniforms and club clothing will not be available again till start of '11/12 season

- \$5 CLEARANCE bargain buys including Nova boys /men's swimwear (limited sizes) kids t-shirts and rashies
 - Grab your fantastic Straw hats \$12 before we sell out (57 and 59 cm sizes)
 - Keep warm over winter with our club hoodies \$35 each kids size 8 to adult XXL
 - New female swimwear with the bubbles printed on them is available in G10-L12
 - Long sleeved white polo shirts \$32
 - Short sleeved black polo shirts \$30
- PLUS LOTS MORE - COME AND SEE US UNDER THE TENT - CASH AND CHEQUE ONLY

Coaching Level 1 course

SLNSW has contact our Branch asking whether there is enough interest in running a Coaching - Level 1 Course. It would either be held in our Branch or the LNC Branch prior to the start of the 2011 / 2012 Season.

If you are interested in doing the "Coaching - Level 1 Course" please advise the Club Chief Training Officer, Rob McCue by Wednesday 2nd March. training@pmslsc.com.au

Drowning Doesn't Look Like Drowning

by Mario on May 19, 2010

The new helicopter captain jumped from the cockpit, fully dressed, and sprinted through the water. A former lifeguard, he kept his eyes on his victim as he headed straight for the owners who were swimming between their anchored sportfisher and the beach. "I think he thinks you're drowning," the husband said to his wife. They had been splashing each other and she had screamed but now they were just standing, neck-deep on the sand bar. "We're fine, what is he doing?" she asked, a little annoyed. "We're fine!" the husband yelled, waving him off, but his captain kept swimming hard. "Move!" he barked as he sprinted between the stunned owners. Directly behind them, not ten feet away, their nine-year-old daughter was drowning. Safely above the surface in the arms of the captain, she burst into tears, "Daddy!"

How did this captain know, from fifty feet away, what the father couldn't recognize from just ten? Drowning is not the violent, splashing, call for help that most people expect. The captain was trained to recognize drowning by experts and years of experience. The father, on the other hand, had learned what drowning looks like by watching television. If you spend time on or near the water (hint: that's all of us) then you should make sure that you and your crew knows what to look for whenever people enter the water. Until she cried a tearful, "Daddy," she hadn't made a sound. As a former Coast Guard rescue swimmer, I wasn't surprised at all by this story. Drowning is almost always a deceptively quiet event. The waving, splashing, and yelling that dramatic conditioning (television) prepares us to look for, is rarely seen in real life.

The Instinctive Drowning Response – so named by Francesco A. Pia, Ph.D., is what people do to avoid actual or perceived suffocation in the water. And it does not look like most people expect. There is very little splashing, no waving, and no yelling or calls for help of any kind. To get an idea of just how quiet and undramatic from the surface drowning can be, consider this: It is the number two cause of accidental death in children, age 15 and under (just behind vehicle accidents) – of the approximately 750 children who will drown next year, about 375 of them will do so within 25 yards of a parent or other adult. In ten percent of those drownings the adult will actually watch them do it, having no idea it is happening (source: CDC). Drowning does not look like drowning – Dr. Pia, in an article in the Coast Guard's On Scene Magazine, described the instinctive drowning response like this:

1. Except in rare circumstances, drowning people are physiologically unable to call out for help. The respiratory system was designed for breathing. Speech is the secondary or overlaid function. Breathing must be fulfilled, before speech occurs.
2. Drowning people's mouths alternately sink below and reappear above the surface of the water. The mouths of drowning people are not above the surface of the water long enough for them to exhale, inhale, and call out for help. When the drowning people's mouths are above the surface, they exhale and inhale quickly as their mouths start to sink below the surface of the water.
3. Drowning people cannot wave for help. Nature instinctively forces them to extend their arms laterally and press down on the water's surface. Pressing down on the surface of the water, permits drowning people to leverage their bodies so they can lift their mouths out of the water to breathe.
4. Throughout the Instinctive Drowning Response, drowning people cannot voluntarily control their arm movements. Physiologically, drowning people who are struggling on the surface of the water cannot stop drowning and perform voluntary movements such

as waving for help, moving toward a rescuer, or reaching out for a piece of rescue equipment.

5. From beginning to end of the Instinctive Drowning Response people's bodies remain upright in the water, with no evidence of a supporting kick. Unless rescued by a trained lifeguard, these drowning people can only struggle on the surface of the water from 20 to 60 seconds before submersion occurs.

(Source: [On Scene Magazine: Fall 2006](#))

This doesn't mean that a person that is yelling for help and thrashing isn't in real trouble – they are experiencing aquatic distress. Not always present before the instinctive drowning response, aquatic distress doesn't last long – but unlike true drowning, these victims can still assist in their own rescue. They can grab a rescue board, rescue tube, etc.

Look for these other signs of drowning when persons are in the water:

- Head low in the water, mouth at water level
- Head tilted back with mouth open
- Eyes glassy and empty, unable to focus
- Eyes closed
- Hair over forehead or eyes
- Not using legs – Vertical
- Hyperventilating or gasping
- Trying to swim in a particular direction but not making headway
- Trying to roll over on the back
- Ladder climb, rarely out of the water.

The most common indication that someone is drowning is that they don't look like they're drowning. They may just look like they are treading water and looking upwards or towards shore. One way to be sure - go to them and ask: "Are you alright?" If they can answer at all – they probably are. If they return a blank stare – you may have less than 30 seconds to get to them. And parents: children playing in the water make noise. When they get quiet, get to them and find out why.

Board training

Don't forget **board training** in the river each Saturday morning at 7am for u/9 kids through to adults. Meet at the Sea Rescue Shed. For info contact president@pmslsc.com.au

Sunday Club Swim

All proficient members please remember to come along to the Club Swim every Sunday morning at 10:30am. Our handicappers, Hughie Mackay and Mal Storey, will ensure you get appropriately rewarded for your efforts. ☺ End of season prizes are earned by the most unlikely people so come and give it a go. For info contact competition@pmslsc.com.au



Waterproof patrol jackets

\$53 including postage and GST.

100% water and wind proof jacket, with fleece lined collar. Also has a waterproof hood, and zip-up external and internal pockets for comfort and convenience. Payment must be made in advance of order being placed. To place an order, contact clubcaptain@pmslsc.com.au

Patrol rashies

\$40 including postage and GST.

Durable, high quality Lycra, Long sleeve patrol RASH SHIRT. Sun protection rated to UPF 50+. Conform to Surf Life Saving sun safety and uniform policy. Payment must be made in advance of order being placed. To place an order, contact clubcaptain@pmslsc.com.au



Our sponsors

Attention members who are business owners/managers. Help support the club by becoming a sponsor. Your business logo and details will be displayed on our sponsors' board at the clubhouse and one sponsor will be chosen each week to be featured in the Club News. Please contact Jade Zaicew at secretary@pmslsc.com.au or 0458 495 688.



Settlement City Shopping Centre are a proud community sponsor of Port Macquarie Surf Lifesaving Club supplying the club with essential equipment and support



Apps Mechanical Repairs - The boys at Apps donate all the clubs fuel for our IRBs. This can run into the thousands throughout the year. Please support them. For any rego check, tyres and mechanical repair or car servicing, just mention you are a PMSLSC member. They can be contacted on 6581 0847.



Huddo and his crew in **Port Macquarie Surf School** are members and supporters of PM SLSC. They have worked with patrol members on the beach and this summer will be providing special clinics for Cadets and patrol members. Stay tuned for information.

David Plews Real Estate Agent from First National Port Macquarie - for every house listed and

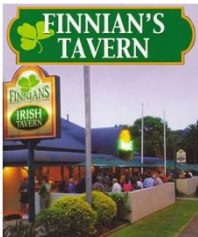


sold through a PMSLSC contact, David will donate \$500 to the club. David has also contributed many other items for training and social functions. Contact David on 0448 836 000

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Finnian's Tavern in Gordon Street has been a long standing sponsor of our Club. They support our weekly meat raffle each Friday night. These raffles have raised thousands of dollars over the years and is the main source of funds being used to repair rescue boards and competition boards.

If you're looking for a pleasant night out, nice meal, good range of drinks and friendly atmosphere, go along to Finnian's.



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Woodside are now a national sponsor of Surf Life Saving. As the official sun protection partner of Surf Life Saving Australia, Woodside have supplied wide brim patrolling hats plus sunscreen and sun safety posters to all surf life saving clubs around Australia.



AAE Solar - Steve Filetti will provide a special discount for every club member who wishes to look at solar hot water. \$50 per sale will be donated back to our club. Please contact Steve on 0429 620 991.



Joyer IT & Print - support our club with Website and Printing. This is also available to our members at very good prices. Contact Anya Dixon at info@joyer.com.au



McDonalds Port Macquarie - Brett & Jacquie Jones are proud supporters of our surf club and help support Ronald McDonald House and other charities.