



Coogee Surf Life Saving Club Member Handbook

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From the President

Welcome to Coogee Surf Lifesaving Club.

The Member Handbook is to provide you with all you need to know about club membership at Coogee. There are so many facets of surf lifesaving, and each club has its own services to members and so this handbook is designed to give both members new and current, the information required to source or locate areas of need in the club.

Coogee's lifesavers provide a valuable service to the beach, but they also receive a great deal back in terms of friendship building, service to the community, enhancement of skills and making new ones, leadership opportunities and most of all a sense of belonging in this great community.

As President, I hope you enjoy the membership experience at Coogee whether you are a nipper, a parent, active surf life saver, associate, general, reserve active, long service or life member. All the services and functions of the club are designed to be engaging, whilst fulfilling in a supportive and safe environment.

Thank you for your service and vigilance to this great club and movement.

See you on the beach.

Benjamin Heenan

Ben Heenan

President

Coogee Surf Life Saving Club

Suggestions or feedback on this Handbook please email: [Member Services Chair](#).

The Club

History

The Coogee Surf Life Saving Club was founded in 1907 by a group of concerned locals who thought that the surf bathers needed protection from the dangers and the vagaries of the surf. Together with six other surf Clubs, Coogee became a Foundation Member of Surf Life Saving Australia.

From humble beginnings where the club's operations were out of a wooden shack, the first Clubhouse was built in 1910. All the members performed patrols on weekends until a roster system was eventually devised.

Coogee has always been at the forefront of Surf Life Saving. The first mass rescue, night surf carnival, major surf carnivals and the development of the resuscitation technique all happened at Coogee. This has created a great sense of camaraderie and loyalty to the Club.

Today, Coogee SLSC is one Australia largest Surf Clubs with a strong Nipper team of around 1,000 Nippers and over 800 Surf Lifesavers all volunteering their time to keep Coogee Beach safe for beachgoers.



Club Governance

Constitution

The Club Constitution was significantly updated in 2021 and is available for download on the Coogee SLSC Club website or the Document Library in the SLS Members Area. Part A of the Constitution outlines an agreed set of rules under which the organisation governs by. Part B of the Constitution is the By-Laws of the club and to be read in conjunction with Part A. Members are bound by both documents.

Management Committee

Strategic and financial decisions in the club are considered and resolved by the Management Committee, observing rules under the Club Constitution and relevant State and National policies. Members of the management committee are comprised of varying areas of the club's leadership to provide a wider voice representing the club membership and to achieve the club's objectives. [About us](#)

5 Year Strategy – 2019-2024

A five (5) year Strategic Plan developed by volunteer club members to recommend to the Management Committee a range of strategic directions and ideals over the course of 5 seasons. These included identifying and articulating:

- Purpose
- Goals
- Values
- Aspirations
- Outcomes

The next 5 Year Strategic Plan is currently under development and after development and consultation will be rolled out in 2024 for 2025-2030.

Aspirational Vision

- We are 'Rescue Ready';
- Our members are well trained;
- Our patrols are well attended;
- Provide pathways for members;
- We are well governed.

Club Values



Commitment

Lifesaving Service Agreement

Every two years Coogee SLSC negotiates a patrolling service agreement with SLNSW to determine patrol obligations for the term. This agreement stipulates patrol dates, times, primary and secondary areas to patrol, and minimum patrol team requirements.

Affiliation with SLSA

At the club's annual general meeting each year the membership agrees to affiliate with SLSA (Surf Life Saving Australia) and indeed the State organisation (SLNSW).

Annual General Meeting – Coogee Surf Life Saving Club

- All members are welcome to attend
- Held first Sunday of August
- Presentation of Annual Report & Financial Reports
- Eligibility to vote requires Membership payment for the upcoming season
- Voting for new Executive, Management, Lifesaving & Competition positions.
- Voting for Life Members and 1907 Foundation Medal
- Voting for relevant Constitutional changes

Annual General Meeting – Coogee Minnows

- Third Sunday in May
- Voting for new Executive, Management, and other positions.
- Voting for Life Members and other awards

Club Membership & Award Categories

GET INVOLVED! SURF LIFE SAVING NEW SOUTH WALES

Surf Life Saving has a role to suit everyone. Find out what suits your time, skills, and interests below!
Contact your local club to explore opportunities available and the value you can add to your community.

JOIN US TODAY!
www.surflifesaving.com.au/join

In the water			On the sand		At the club	
 Be a Surf Lifesaver (13+)	 Be a Nipper (5-13)	 Support Nippers	 Support Nippers	 Be a First Alder	 Be a Committee Member	
 Compete	 Coach or Officiate	 Be a Paid Lifeguard	 Be a UAV Pilot	 Coach or Officiate	 Join the Support Crew	

Coogee Surf Club membership categories. Members can join from 5 years of age and the categories listed are as follows:

Junior Activities (5-13 years old)

Minnows (nippers) is a way of introducing children to surf lifesaving. It is a fun-based surf skills education program focused on having fun, teaching, and enhancing surf skills.

Cadets (13-15 years old)

Members aged between 13 & 15 years old who have completed the Surf Rescue Certificate (SRC) and fulfills patrol and club obligations and maintains their award/s by completing annual skills maintenance requirements. These members have moved from Minnows into the senior club.

Junior Active (15-18 years old)

A Bronze Medallion holder aged between 15 & 18 years old who fulfills full patrol and club obligations and maintains their award/s by completing annual skills maintenance requirements.

Senior Active (18 years old and over)

A Bronze Medallion holder aged 18 years or more who fulfills full patrol and club obligations and maintains their award/s by completing annual skills maintenance requirements. This category includes Minnows parents who are Water Safety

Award Member

A member who has completed any of the following awards and does not have their Bronze Medallion:

- o Radio Officers Certificate and Observers award.

- CPR Resuscitation Certificate (HLTAID009)
- First Aid Certificate (HLTAID011) - one day course facilitated by the SLS
- Advanced Resuscitation Techniques (ART) (HLTAID015) – Prerequisite: First Aid Certificate

Who fulfills full patrol and club obligations and maintains their award/s by completing annual skills maintenance requirements.

Reserve Active

Awarded to those members who have completed 8 seasons of active 100% patrol attendance or accumulated the equivalent of 100% patrol hours. Members will need to apply in writing to the Lifesaving Committee for endorsement and final approval by the Management Committee; continue to be proficient in their base award; and meet the annual patrol requirements. Can be called upon to help with patrols, should the need arise.

Long Service

Awarded to those members who have obtained:

- Ten (10) seasons of 100% active patrolling service;
- Cumulative patrol hours equivalent to 100% active patrolling service over at least 10 seasons;
- Eight (8) seasons of 100% active patrolling service and Four (4) seasons of Active Reserve Membership, obtaining 50% of the patrol hours for those seasons as an Active Reserve Member;
- Eight (8) seasons of 100% active patrolling service and Two (2) seasons of Active Reserve Membership, obtaining 100% of the patrol hours for those seasons as an Active Reserve Member; OR
- the equivalent Long Service Membership status at another SLSA affiliated club.

Long service applications are considered by the Lifesaving Committee after a written application by the member and continue to be proficient in their base award (Bronze or SRC) if they want to continue to patrol and compete. For any Long Service-related queries please contact the [Coogee Registrar](#).

Probationary Member

This category is the first step for all new members. Once the membership application has been approved, the membership category changes from probationary to the appropriate category. New members who've joined a Bronze Medallion course, stay as Probationary Members until they have completed & pass the course. Then their category changes to the appropriate membership category.

General Member

This membership is for parents of our Minnows participants, who are Age Managers, Age Assistants or Carnival Officials.

Community Member

Community membership is for those people that join the club for a short period and/or without the initial intention or need to participate directly in regular lifesaving activities. At Coogee it is mostly for groups such as Coogee Dippers or Community Beach Ocean Safety (B. O. S.) program participants.

Associate Member

This membership category is currently closed. It is for social membership only.

Honorary Member

Bestowed upon prominent members of the community, eg local members of parliament or local mayor, whom have actively supported the club over long periods of time.

Life Member

Life Membership is awarded following nomination, consideration and approval by the Club's Honours Committee prior to being tabled to the Management Committee and majority vote at the Annual General Meeting. This category is for distinguished and conspicuous service to Coogee SLSC over an extended period

Lifesaving

Lifesaving encompasses patrols, education, skills maintenance, higher awards, first aid and all emergency service functions of the Club. Lifesaving is often the first contact point for members when joining the Club and for any patrolling queries.

Prior to patrols commencing for the start of season, are tasks that need to be completed. These include creating the Patrol Roster, finalising Patrol Captains & Vice Captains, organising Skills Maintenance days, gear inspection, etc.

Patrol Roster

The patrol roster is set each season. The 'season' begins 1st July and ends 30th June. Patrols start at the end of September and run until the end of April the following year. Coogee has 17 patrol teams. The first patrol of the season is determined by the last patrol team of the previous season. For example, if Patrol 5 was the last team to patrol, then Patrol 6 would be the first patrol team of the new season.

Patrols are in 2 shifts, morning & afternoon, and are every weekend & public holiday between September and April. The Christmas Day & New Year's Day holiday patrol shifts are split into 4 shifts per day. This allows patrolling members a shortened patrol to enable them to participate in their families' celebrations.

The minimum requirements for patrols are:

- Five (5) Bronze Medallion holders who between them hold the following awards:
 - One (1) Advanced Resuscitation Techniques (ARTC)
 - One (1) Silver Medallion IRB Driver
 - One (1) IRB Crew
 - One (1) Silver Medallion Beach Management or Silver Medallion Patrol Captain holder

Patrol Hours

Coogee's patrol hour requirement for patrolling members is 30 hours for each season (September to April). Competition hours are based on a calendar year (January to December – refer *Surf Sports Handbook* available through the Members Area.

Patrol hours will be automatically allocated to members that attend patrol. This is manually entered on patrol via the operations app usually by the Vice Patrol Captain when signing on to patrol.

Members are encouraged to log on to the members portal after patrol to check they have been correctly allocated patrol hours within 14 days of their patrol. If the hours are incorrect then the member should email the patrol captain and [Coogee Registrar](#).

Patrol logs are closed 21 days after a patrol and it is at the discretion of SLSNSW if they can be re-opened.



Changing Patrols and Errors on your Patrol Record

The Lifesaving Committee understand that from time-to-time members may need to change the patrol team they are aligned to. If you want/need to change your patrol, please email a request to the [Coogee Registrar](#).

Patrol Captains and Vice Captains do their best to ensure that patrol records are accurate, but sometimes there are errors. Members are encouraged to check their surfguard records after each patrol and contact the patrol captain if any errors or hours not recorded, in a timely manner.

Substitute

If unable to attend a rostered patrol for any reason the member is required to organise a substitute person. This can be done via the Members Area Patrol Swap page or the clubs private Facebook group.

Failure to provide a substitute or attend a patrol will result in a No Show recorded. Members are then required to attend 2 make up patrols.

For any substitution related queries please email your patrol captain.

How do I see my patrol times?

Members have several ways to find out their patrol team times.

1. Firstly, a pdf of the patrol roster is published in advance for each season. This can be found on the website, in the newsletter or the document library in the Members Area.
2. Secondly, all patrol times are loaded onto the club calendar. Members can download the TeamUp app and follow the club calendar. An account is not needed. The calendar is updated with all club event information.
3. Lastly, the patrol roster is loaded into SurfGuard. SurfGuard is SLSA's database. Members can download the Operation App via their app store and log in using their Members Area login details. This will show upcoming patrols.

Patrol Uniform

Patrolling members are required to wear the correct SLSA issued patrol uniform. The uniform is made up of:

- Red patrol shorts
- Yellow patrol shirt
- Red & Yellow quarter cap
- Red hat – either cap, bucket or straw

Current national sponsor logos are printed on all patrol shirts and from time-to-time these sponsors may change, and the uniform would also be updated to reflect those changes. Members are obliged to always wear the correct uniform, check with the Patrol Captain if unsure.

Members are asked to change into their patrol uniform once they have arrived at the beach prior to patrol and to remove on completion of patrol. This is because members are very visible in uniform and it is important that members are protected from being asked to respond to incidents outside of patrol and especially when any resources or support would not be readily accessible.

For any patrol uniform related queries please contact the [Gear Steward](#).

[Specials](#) *(refer to section about Membership Categories earlier in this Handbook)*

Specials is a membership category for those who are unable to routinely make their rostered patrols due to work, study or other commitments. Examples are members who work for emergency services, shift workers, ADF personnel, etc

Specials can attend patrols that match their availability. They are required to complete a minimum of 30 patrol hours each season with 15 hours completed before 31st December. Members are required to re-apply for Specials each season and applications close 1st December of each year. Specials applications are considered for endorsement by the Lifesaving Committee with final approval by the Management Committee. Application forms can be found via a link in TrueBlue and on the Club website. For any Specials related queries please email the [Coogee Registrar](#)

[Leave](#)

Leave applications are for members who cannot fulfill patrol obligations for that season due to overseas work or study commitments, deployment, health concerns, injury, etc. Applying for leave ensures members retain continuity of membership for years of service purposes. Members are required to apply each season and must ensure they have paid their membership fees. Applications close 1st December of each year for leave. Application forms can be found via a link in TrueBlue and on the Club website.

For any leave related queries please email the [Coogee Registrar](#)

[Award Membership](#) *(refer to section about Membership Categories earlier in this Handbook)*

Award Membership is available for members who hold a First Aid certificate and/or are proficient in their Advanced Resuscitation Techniques qualification but are unable to complete their Bronze Medallion proficiency due to illness, injury or health concerns. This membership category is designed to ensure members can remain engaged with the Club.

Under this membership category, members patrol and have the same patrol obligations as an active Bronze Medallion member (number of patrol hours, substitutes etc). Award members are not permitted to participate in water-based activities, including training and rescues, but are permitted to rove when accompanied by members who are proficient in their Bronze Medallion.

Additional online training and practical assessments may be required if a member has not previously held a Bronze Medallion. Members are required to re-apply for award membership status each season and applications close **1st December of each year**.

Application forms can be found via a link in TrueBlue and on the Club website. Award membership applications are considered by the Lifesaving Committee and endorsed by the Management Committee. Patrolling hours whilst an award member count towards continuous service. For any award membership related queries please email the [Coogee Registrar](#).

Patrolling at other Clubs

Over the season, clubs are usually called upon to help smaller clubs with their patrolling obligations. These are advertised to members and are a great way to experience a different beach. Patrol hours at other Clubs count towards annual and competition requirements.

If you have any concerns about hours you patrolled at other Clubs appearing against your record:

- if it was an organised patrol via Coogee SLSC please contact registrar@coogeeslsc.com.au
- If it was not through Coogee SLSC, then contact that club directly

Transfers

Members from other clubs who wish to transfer to Coogee SLSC must provide the following documentation as part of their application to transfer to Coogee before being considered/approved:

- Copy of the full awards transcript from the Members Portal
- Copy of patrol record from Members Portal
- Transfer application completed through Members Area

Once documents are received, requests are then forwarded to the Lifesaving then for final approval or otherwise at the Management Committees for decision.

Coogee Members can also transfer to other clubs. They can begin this process via their Members Area account. For any transfer related queries, please email [Administration](#).

Skills Maintenance

SLSA mandate that all patrolling members must complete a Skills Maintenance (proficiency) each season before **31st December** for every award they hold.

Awards include:

- Bronze Medallion
- SRC
- ART
- IRB Drivers
- IRB Crew
- Silver medallion aquatic rescue (SMAR)
- Gold medallion

To be eligible to undertake the Skills Maintenance process, members are required to:

1. Pay club membership fees.
2. Complete online learning module via the eLearning platform linked to the Members Area (where applicable). Not all awards will have an online learning module. Please follow the instructions given about skills maintenance each season. Attend & complete practical components, these can include Run Swim Run, rescue, spinal scenario, CPR, etc.

Coogee will run club wide skills maintenance/proficiency sessions each season for:

- a. Bronze Medallion
 - b. Surf Rescue Certificate (SRC)
 - c. Advanced Resuscitation Techniques (ART)
 - d. IRB Crew
 - e. IRB Driver
3. These sessions are advertised in the True Blue and the Club calendar on the website. Please note that these Club wide sessions are the only opportunity to complete skills maintenance for ART, IRB Crew or IRB Driver.
 4. Patrol Captains who have been appointed as Endorsed Delegates may run Bronze Medallion and SRC skills maintenance on patrol. This is at the discretion of the Patrol Captain and they will advise their patrol if a proficiency will be run.
 5. Gold medallion members are required to contact proficiency@coogeeslsc.com.au to arrange their assessment as there are no Club assessments for this award
 6. SMAR need to contact [Proficiency Supervisor](#) to arrange the 400m pool swim which is the only component that requires skills maintenance each year to maintain currency of the award.
 7. If skills maintenance has not been completed in a couple of years the member may be required to do a more in-depth session. Please reach out to [Proficiency Supervisor](#) before attending a skills maintenance session. Also refer to the following flow chart for more information.
 8. For any skills maintenance/proficiency related queries, please [Proficiency Supervisor](#).

Skills Maintenance Proficiency Requirements

How long since you were last proficient?



* Refer to Appendix 1 in the SLSA Annual Skills Maintenance Circular which indicates the changes in the various awards

** Members are only required to complete training deemed necessary by an assessor. They are not necessarily required to complete all course training.

Education



Surf Rescue Certificate (SRC)

This course provides participants with skills and knowledge of surf awareness, aquatic rescue operations and resuscitation to participate in lifesaving operations and act in the role of Water Safety Personnel.

SRC is available to those 13 years and older who can complete an unaided swim of 200m in five minutes or less. It is most often completed by Nippers at the age of 13 as they leave their Minnows journey and move into the next stage of membership in the Club.

During the SRC program candidates will learn how to participate in patrols, perform CPR, communicate using signals and radios, how to use a rescue board and rescue tube and more. On completion of their SRC candidates are placed onto a patrol and can participate in water safety for the Club for Nippers, education programs etc.

The SRC program is generally run once per season from October – November. Dates for the course are advertised on the Coogee SLSC website and via the age managers for eligible Nippers groups. It is possible to complete the SRC program at other times. Please contact [Coogee Education](#) for more information. Course costs for the SRC can be found on the education page of the Coogee SLSC club page. Cost costs change each year in line with inflation.

Bronze Medallion.

The Bronze Medallion course provides participants with the skills and knowledge to be eligible to participate in Surf Life Saving patrol operations. This is the core award to be a surf lifesaver in Australia.

The Bronze Medallion is available to people 15 years of age and older who are assessed as competent in completing an unaided swim of 400m in 9 minutes or less. The Bronze Medallion is the most popular course members complete when joining the Club.

During the Bronze Medallion candidates will learn how to participate in patrols, perform CPR, provide basic first aid, communicate using signals and radios, how to use a rescue board and rescue tube, how to respond to spinal injuries and more. On completion of their bronze candidates are placed onto a patrol.

The Club runs a range of different Bronze Medallion course formats and courses are usually capped at 40-45 candidates. The below is a list of bronze courses and their formats. Dates and schedules for courses can be found on the Coogee SLSC website.

Bronze Course	Target	When	Duration and Attendance
Spring Bronze	New members to the Club	mid-September to mid-November	<ul style="list-style-type: none"> • Eight-week duration • Two compulsory sessions each week <ul style="list-style-type: none"> - Tuesday evening theory session - Saturday morning practical beach session.
Summer Bronze	New Members to the Club	Late January to late March	<ul style="list-style-type: none"> • Eight week duration • Two compulsory sessions per week <ul style="list-style-type: none"> - Tuesday evening theory session - Saturday morning practical beach session.
Mums and Dads Army	Targets Nippers parents who will primarily patrol as water safety on Sunday morning during Nippers. Candidates are also welcome to join a patrol.	Late January to late March	<ul style="list-style-type: none"> • Eight week duration • Two compulsory sessions per week <ul style="list-style-type: none"> - Monday evening theory session - Sunday practical beach session.
Lightning Broze	Target's school age candidates in the summer school holidays.	January - first and second week	The course is run over 9-10 full days consecutively
Transition/Thunder Bronze	<p>This is for active patrolling members that hold their SRC and would like to attain their Bronze Medallion. This course is by invitation only and those that are eligible will be contacted by email.</p> <p>This course considers the skills and experience members have from their SRC. Members are required to be 15 at the time of the assessment, proficient in their SRC and have completed a minimum of 10 patrol hours in the preceding season.</p>	Three courses - September, November and January	This is a condensed course run over two weeks (two mid-week evenings and two weekend sessions).

Dates for the courses are advertised on the Coogee SLSC website and via the age managers for eligible Nippers groups. Please email [Administration](#) for information on current course costs.

Higher Awards

Higher awards courses are available to members who meet the course prerequisites. Eligibility differs by course and may include age, duration of service, and prior awards.

Higher awards are provided by both the Coogee SLSC, Branch and State. Course availability is often influenced by the course provider. Due to the high demand and low supply of places on some courses, the Club requires that members commit to course dates before being nominated for a course provided externally. Members can express their interest in high awards by filling out the EOI form in the True Blue.

Courses are advertised via email to members who have submitted an EOI for a given course. Courses may also be advertised in True Blue and social media. Please send any queries about the below courses to [Higher Awards](#)

Course	Description	Prereq	Age	Cost	Provided By	Duration & Validity
Provide First Aid HLTAID0011	will teach you all required skills, including CPR & bleeding management and much more, so you become a qualified First Aid responder. This is a nationally recognised course and can be used in workplaces	Nil	14 years +	\$70 Subsidised courses available if attached to an ART course or trainer/assessor/facilitator	SLSA Academy	One full day or two evenings 3 years
Advanced Resuscitation Techniques (ART)	Teaches the principles of advanced airway management and oxygen aided resuscitation, and prepares lifesavers to oversee first aid incident responses.	Provide First Aid HLTAID011	15 years +	Nil	Coogee SLSC Trainers	
IRB Crew (IRBC)	Provides participants with the skills and knowledge to effectively crew an Inflatable Rescue Boat in surf rescue operations.	Bronze medallion	15 years +	Nil	Coogee SLSC Trainers	three weekend mornings, approx 5:30am – 9:30am Usually 2 per season Valid 1 year Annual Proficiency
Silver Medallion IRB Driver (IRBD)	Provides participants with the skills and knowledge to effectively crew an Inflatable Rescue Boat in surf rescue operations.	Bronze Medallion and IRBC	17 years +	Nil	Coogee SLSC Trainers	Usually off season - May to September Valid 1 year Annual Proficiency
Silver Medallion Aquatic Rescue (SMAR)	The Silver Medallion Aquatic Rescue provides participants with the skills and knowledge to participate in search and rescue operations.	Bronze Medallion and completed a 400m swim in 8 minutes or less	17 years +	Nil	Sydney Branch	1-2 evenings and one weekend day 1 year Annual Proficiency
Silver Medallions patrol Captain (SMPC)	The Patrol Captain is the principal leader of their patrol's lifesaving functions on the beach. At the operational level, the major function of the Patrol Captain is to ensure effective beach management and rescue capabilities are established and maintained during their rostered watch.	Bronze medallion and two years patrolling experience	17 years +	Nil	Sydney Branch	1-2 evenings and one weekend day Ongoing validity
Gold Medallion	The Gold Medallion provides participants with a benchmark of fitness and endurance that meets the minimum requirements for	Bronze Medallion, first aid, ART, Silver Medallion	17 years +	Nil	Sydney Branch	Express Interest to awards@coogeeslsc.com.au

	work in the professional lifeguard industry. mailto:Award@coogee.slsc.com.au	Beach Management or Silver Medallion Patrol Captain				
Mental Health First Aid	<p>Mental Health First Aid (MHFA) teaches participants how to assist people who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received, or the crisis resolves.</p> <p>This course is intended for the public to gain an understanding of a first response approach to assisting an adult experiencing mental health concerns. The course introduces students to a range of mental health concerns, and through a five-step action plan, students learn how to respond to someone who is experiencing mental health concerns.</p>	Nil	17 years +	\$200	SLSA Academy	Express interest on Higher Awards EOI form. You will be contacted when courses are available. Valid or 3 years
Training Officer Certificate	The Training Officer Certificate provides participants with the skills and knowledge to deliver training programs	Proficient in the award you plan to train	17 years +	Nil	SLSANS W	<p>Frequency: The course is provided quarterly.</p> <p>Duration: Self-paced online learning. Approximately 20 hours. Plus active participation in a minimum of two Bronze Courses after course completion</p> <p>How to apply: Please express your interest using the higher awards EOI form. Candidates will be contacted when courses are scheduled. Priority is given to those participating in training as subject matter experts.</p>
Assessor Skill Set	The Assessor Skill Set provides participants with the skills, knowledge and experience to competently assess surf life	Nil	17 years +			Self-paced online learning. Approximately 40 hours. Plus active

	saving awards and nationally recognised qualifications.					assessment of a range of courses after course completion. How to apply: Please express your interest using the higher awards EOI form. Candidates will be contacted when courses are scheduled. Priority is given to those participating in training as subject matter experts.
Certificate IV in Training and Assessment	The Certificate IV in Training and Assessment provides participants with the skills, knowledge and experience to competently deliver and assess Surf Life Saving awards – including those which include nationally recognised unit(s) of competency or qualifications.	Meet local requirements	17 years +	Nil	SLSNSW	Self-paced online learning. Approximately 40 hours How to apply: Please express your interest using the higher awards EOI form. Candidates will be contacted when courses are scheduled. Priority is given to those participating in training as subject matter experts.

Gold Medallion

The Gold Medallion provides participants with a benchmark of fitness and endurance that meets the minimum requirements for work in the professional lifeguard industry.

The Gold Medallion is structured differently to other courses. Candidates need to achieve the level of fitness required to complete the course independently. No specific course is run. With that in mind, Coogee does run training sessions to support members to achieve their Gold Medallion. Award@coogeeslsc.com.au will be able to provide more information.

During the Gold Medallion assessment candidates must:

1. Swim 800m in under 14 minutes in an open water course not more than 400 m in length (the course should be set around a single buoy so that candidates have to swim the same track but in different directions) or a swimming pool of no less than 25 m in length, unaided and in freestyle
2. Complete a mission test of a 400 m swim, 800 m run, 400 m board paddle, 800 m run in under 25 minutes
3. Complete a tube rescue of an unconscious patient 100 m out at sea (use of fins preferred)

4. Complete a board rescue of a novice swimmer 200 m out at sea
5. Perform a complex patient rescue, including selecting equipment, returning victim to shore and treating victim appropriately and completing post-operational requirements.

<mailto:Awards@coogeeslsc.com.au><mailto:awards@coogeeslsc.com.au>Pre-requisite: the award that is being trained. E.g. Bronze to assist with Bronze. SRC to assist with SRC. To assist with a course as a subject matter expert, please email education@coogeeslsc.com.au

Surf Sports (Competition)

Competition is a rewarding and enjoyable element of surf lifesaving that is open to members to participate in from nippers (U9's) through to masters (over 30 and beyond competitors).

Members interested in competing should read the Surf Sports Handbook (insert hyperlink) as it contains every requirement and aspect of Surf Sports at Coogee. Additional information is available on the club website. Five aims have been identified to maximise the benefits of Surf Sports within Coogee Surf Life Saving Club:

1. To develop lifesavers who possess the skills and knowledge to respond more effectively in rescue situations
2. To increase the retention rates of members in Surf Life Saving Clubs in NSW
3. To provide Club activities to help create a sense of belonging to the Club for all members
4. To increase participation of Club members, coaches and officials within SLSNSW
5. Club Surf Sports Activities will provide a pathway for participation into Surf Sports competition. It is important to remember that any person may become a 'competitive member', irrespective of their stage of development, skill and fitness level. Competitors benefit from an environment that is enjoyable and motivating, as it enhances personal skill development, thus creating a sense of achievement.

Fundraising also plays a big part of competition, with all competition areas combining to fundraise to assist with the costs to send competitors to the national championships. Areas of competition available at Coogee are

- ✓ Surf races
- ✓ Board and ski paddling
- ✓ Beach sprinting
- ✓ Distance beach runs
- ✓ Beach flags
- ✓ Surf boats
- ✓ Surfboard riding
- ✓ R&R (rescue & resuscitation)
- ✓ Lifesaving competition
- ✓ March Past competition

Carnivals and Competitions

The main championship carnivals each season are:

- SLSS Branch Championships – usually held early February
- SLSNSW State Championships – held March each year
- SLSA "The Aussies" National Championships – held sometimes late March or usually April each year
- ILS Worlds Championships held every 2 years somewhere in the world! For example, 2014 was held in Montpellier France; 2022 in Riccione, Italy and 2024 will be on Gold Coast

All surf clubs are required to provide Surf Sports Officials and IRB support to various local and championship carnivals and competitions. First Aid and Officials are also

required and come at a ratio of officials to competitors which clubs must meet otherwise competitor numbers would need to be reduced.

Intra-club Events

Each season the Surf Sports area coordinate the delivery of intra-club activities for all members, that are fun and are a long-standing tradition in the club. All members of the club are encouraged to participate. Winners are named at the end of year presentation evening and in the club's annual report

- Rose Shield
- Presidents Cup
- Anonymous Donors Biathlon
- Sunday Swims

For further information refer to the Surf Sports Handbook available through the Members [Area](#)

Coaching and Training

Members of the competition team can undertake their own privately organised and funded coaching sessions if they choose. Or join any of the club endorsed member training sessions, who are also accredited with SLSA coaching accreditation and have valid Working with Children Checks.

SLSA Surf Sport Coach training sits under the umbrella of the National Coaching Accreditation Scheme (NCAS), which covers over 70 different sports throughout Australia and is managed by the Australian Sports Commission (ASC). SLSNSW coaching courses are accessible to members at any time through the SLSA Members Portal.

Officials

Officials play an important part within Surf Sports and are integral to the ongoing delivery of our sport. Without officials, our sport just simply would not function for our participants. Local carnivals along with the Branch and State Championships require clubs wishing to participate in competition to fulfill a quota of officials in order to compete at the carnival.

SLS Members wishing to become an accredited official can undertake an online course accessible via the SLSA members portal, followed by some practical sessions on the beach and an assessment. For more information and details of the available courses including how to enrol, visit the SLSNSW Officials resource page – <https://www.surflifesaving.com.au/resources/officials>

Committees and Club Roles

Executive Committee

The Executive Committee meet routinely each month or at the discretion of any member of the Executive Committee to discuss matters of an urgent and/or a confidential nature that may need to be dealt with before the next Management Committee meeting or discussed before Management Committee next meet. The matters discussed by the Executive are usually of an operational or urgent nature but can also include strategic matters that are then referred to other Committees and/or the Management Committee.

The minutes are then reported up through to the next immediate meeting of the Management Committee for consideration, review and approval. Contact details are at the end of this document.

The Executive committee comprises of:

- President
- Vice President
- Secretary
- Treasurer
- Club Captain
- Optional: Minnows Captain & Competition Director

Management Committee

The Management Committee meets monthly, usually the second Monday of each month and may exercise all such powers and functions as may be exercised by the Club other than those powers and functions that are required by this Constitution to be exercised by the Members in General Meeting. They have the power to perform all such acts and things as appear to the Management Committee to be necessary or desirable for the proper management of the business and affairs of the Club. Contact details are at the end of this document.

The committee comprises of:

- President
- Vice President
- Secretary
- Treasurer
- Club Captain
- two Governors
- Director of Competition
- Director of Fundraising and Sponsorship
- Director of Minnows
- Director of Publicity, Marketing and Communications
- Director of Social Events
- Director of Youth Services
- Compliance and Public Officer

The Management Committee also reviews the activities and minutes of all of the Sub Committees. The membership composition of each of the sub committees is outlined in the Club Constitution.

There is a description below of each of the committees. The directory at the end of the document outlines all committee membership and the relevant contact details.

Lifesaving Committee

The purpose of the lifesaving committee is to **coordinate the operation of life saving services and lifesaving education in the Club**. The Lifesaving Committee meets on the first Monday of each month and considers all member applications during that meeting. A full list of Committee positions and contact details can be found at the end of the handbook.

Competition Committee

The Competition Committee is responsible for the **management of all surf sports related activity in the club including surf sports, competitors, officials and coaches**. Chaired by the Competition Director.

The Committee is responsible for the conduct of internal Club competition, surf sports events and for the care and maintenance of all equipment relating to surf sports.

Minnows Committee

Coogee Minnows Management Committee is made up of the Executive members plus additional members that are critical to the successful operation of Minnows on the beach. Executive Committee is made up of:

Captain, Vice Captain, Secretary, Assistant Secretary, Registrar, Assistant Registrar, Treasurer, Assistant Treasurer, Education Officer, Competition Director, SLSS Branch Delegate

Member Services Committee

Drawing on representatives across the club to collaborate on improving the member experience at Coogee. The Committee's purpose is:-

- To ascertain the views of the whole club in order to improve member experience, promote engagement and create opportunities.
- To recognise members' achievements and promote unity as 'one club' in accordance with the club's values of respect and integrity; inclusivity and tolerance; honesty and transparency; community and culture

Responsibilities:

1. Improve member engagement by developing solutions.
2. Develop inclusive initiatives and ways to embrace and celebrate diversity (D&I Committee).
3. Ensure members are clear of pathways to roles & development opportunities within SLS
4. Promote awareness of the club's core values.

5. Safeguard members by promotion of WH&S, child protection & member protection processes.
6. Recognise and acknowledge member achievement

Diversity & Inclusion Working Group

The Diversity & Inclusion Working Group made up of club members with an interest and relevant experience will report to the Management Committee and seeks to improve diversity within the club over time.

Communication Channels

Surfguard

Surfguard is a web-based application owned by SLSA and is part of a suite of applications that enables Members, Clubs, Branches, State Offices and Surf Life Saving Australia to access the national membership database.

Clubs can also use it to send bulk email or SMS messages to their members. This is contingent on members keeping their contact details up to date. They can do this via their [Members Area](#) account.

Club Newsletter: "True Blue Weekly"

The True Blue Weekly newsletter is Coogee's primary source of weekly news. Its sent as an email newsletter each Friday (members opt in via signing up through link available on club website). This provides up to date information on all events and happenings around the club across all areas of the club. Subscribe via this link: [TBW Subscription Link](#).

Coogee Minnows also produce a separate e-newsletter distributed to families in a similar way to the TBW and sent out at the same time.

Club Noticeboard

Located in the hallway of the downstairs entrance. Has general information, clubhouse rules and is the place where any casual vacancies for committee roles will be advertised.

Club Entrance TV Screen:

Updated routinely for events and other club information, including upcoming patrols dates and times

Online Resources and Social Media:

The club operates a website which is a great source of information for the general public as well as club members. In addition there is a facebook presence for the general public and [Coogee SLSC](#)

There is a private Facebook Private Group: Coogee Surf Life Saving Club. This is restricted to current members of the club only.

Instagram:

@coogeeslsc (Coogee SLSC whole club page)

@coogeeminnows (Coogee Minnows – nippers)
@coogeeislandchallenge
@runswimcoogee

Additional communication channels are in use for various competition and training groups including on platforms - TeamApp, WhatsApp and email groups. Further information is available from the Competition Director.

Fundraising - Community Events

As with most volunteer clubs, Coogee SLSC maintains its vital lifesaving services through active fundraising and sponsorship. We thank our all sponsors for their ongoing support.

There are a vast number of volunteering opportunities at the club in addition to rostered patrols. The club's Ocean Events Committee organise and manage these events each year. Detailed information can be found at the Ocean Events website [Swim, Run, Enjoy! - Coogee Ocean Events](#)

Coogee Island Challenge – November & April each year

All information relating to Ocean Events can be found at the Coogee SLSC [OCEAN EVENTS WEBSITE](#)

Coogee Island Challenge is the largest fundraiser that is owned and delivered by Coogee SLSC through its volunteer life saver club members. First run in 2000 the event is a major ocean swim event on the ocean swim calendar and attracts swimming enthusiasts from all over the country with the largest swim attracting approximately 1800 competitors.

Member Volunteers are vital in ensuring the event can be held. In turn for supporting the event volunteers are rewarded with patrol hours

Water Safety support are encouraged to bring water, bring wetsuit & warm clothes. Food & drinks vouchers provided at the club afterwards.

- IRB Team: IRBD & IRBC awards
- Set Up & Pack Down Team: awards not required
- Registrations: awards not required
- Merchandise: awards not required
- First Aid: First Aid & ARTC awards
- Water Safety: Bronze Medallion or SRC, members confident on boards are preferred.

RunSwim Coogee – May each year

The most recent participation event open to the public and run by Coogee SLSC volunteers. The event is known as a Aquathlon which combines middle distance running with swimming.

The event encompasses three (3) water areas at a total distance of 2km, with and approx. 5.5km running. The event does have mandatory water safety requirements through IRB's and water safety volunteers and course marshals.

Member Safety

Member Protection

Coogee SLSC is committed to the health, safety, and wellbeing of all its members, and provides a safe environment for those participating in Surf Life Saving activities and events. Coogee SLSC promotes Surf Life Saving (SLS) to be a fun, enjoyable, and safe experience for all.

Surf lifesavers are nurtured in an environment that values safety, trust, respect, caring and responsibility.

This environment encourages acceptance, confidence and risk taking. For surf lifesavers to venture into challenging waters in times of distress, they need to have faith and trust in themselves and in the people around them.

The motivation for surf lifesavers to give freely of their time is to be found in SLS environments that value:

- Safety and support
- Caring and camaraderie
- Trust and teamwork
- Respect and responsibility

As part of the Coogee SLSC community, everyone makes a commitment to actively encourage behaviours that promote a supportive and nurturing environment and contribute to our core purpose: To save lives, create great Australians and build better communities.

The SLSA Member Protection Policy aims to assist SLSA to uphold its core values and create a safe, fair, and inclusive environment for everyone associated with SLS. It sets out SLS' commitment to ensure that every person involved in SLS is treated with respect and dignity and protected from discrimination, harassment, and abuse. It also seeks to ensure that everyone involved in SLS is aware of their legal and ethical rights and responsibilities, as well as the standards of behaviour expected of them.

For further information please read the SLSA Member Protection Policy found in the Documents Library of the [Members Area](#). It contains the Member Code of Conduct which all members must observe. [SLSA Policy 6.05 - Member Protection 1](#)

[SLSA Member Protection Declaration](#)

Any incidents or concerns can be directed to the club's Member Protection Officer, the Complaints and Grievance Coordinator, or the Child Safe Coordinator. Contact details are in the CLUB CONTACTS section at the end of this handbook.

Child Safe Practices

Coogee SLSC is committed to the safety and wellbeing of every child and young person who takes part in club activities, programs, events or services. The Child Safe Code of Conduct applies to all members and associated parties as outlined in the Child Safe Policy.

The recognise the importance of protecting young people under the age of 18 from abuse, harm and exploitation is paramount. It is everyone's responsibility to treat children and young people respectfully and within the Child Protection Laws and the SLSC Child Safe Policy.

Coogee Surf Club appoints an individual to the role of Child Safe Coordinator (formerly known as a Child Protection Officer) who is there for members should they encounter any issues. The CSC is responsible for ensuring the implementation and review of all child protection activities at the club. This includes receiving and acting upon any reported concerns for the welfare of young members and promoting best safeguarding practice(s). The link to the child safe policy is: [SLSC Child Safe](#)

Keeping children and young people safe relies on all members being vigilant and reporting any child safe concerns. All club members have a responsibility to speak up if they become aware of or observe something considered inappropriate. Contact the Child Safe Coordinator or the Member Protection Officer. Serious matters must be referred to external agencies for investigation (*refer Complaints and Grievances*)

Alternatively, you can submit child safe concerns through the SLSC online reporting portal at [SLSC Child Safe Report](#). All reports submitted will be treated in confidence and with respect for all those involved.

Working with Children Checks

Coogee SLSC is required to comply with the NSW Child Protection legislation where all members over 18 in child-related roles are required to have a valid Working with Children Check. [NSW Working with Children Checks](#)

Equity, Discrimination and Anti-Harassment Policy

The SLSC Equity, Discrimination and Anti-Harassment policy aims to promote an environment in which all individuals are treated with respect and dignity. The issues of social justice, equal opportunity, discrimination and harassment are important to SLSC and the awareness of them will be promoted at club, branch, state and national levels.

Member Code of Conduct

The Australian Surf Lifesaver's Code of Conduct

SLSA requires every individual member and Surf Club affiliated to the Association to abide by the following Code of Conduct:

- Respect the rights, dignity and worth of others;
- Be fair, considerate, and honest in all dealing with others, and be a positive role model;
- Make a commitment to providing quality service;
- Be aware of, and maintain an uncompromising adherence to SLSA's standards, rules, regulations, and policies;
- Demonstrate a high degree of individual responsibility especially when dealing with persons under 18 years of age;
- Contribute to the provision of a safe environment for the conduct of all activities within surf lifesaving.

As a member representing Coogee Surf Life Saving Club, I agree to:

- Conduct myself in a manner that adheres to the core values of the above code of conduct.
- not engage in unseemly conduct such as bad language, bullying, harassment or any behaviour likely to interfere with the comfort of other members.

Diversity & Inclusion

In line with Surf Life Saving Australia's Inclusion and Diversity Statement, Coogee Surf lifesaving Club acknowledges and appreciates people from all cultures, religions, diverse sexualities and abilities. We strive to ensure a safe, inclusive and fair environment for all members. We are open to constructive suggestions to continue to build inclusion and diversity at Coogee.

"The Ocean doesn't discriminate and neither does Surf Lifesaving"

The Diversity & Inclusion Working Group will report to the Management Committee and seeks to improve diversity within the club over time. The following initiatives have been ongoing in the club and continue to provide a rewarding and worthwhile experience for participants and members:

Coogee Dippers (in association with Autism Swim)

Delivered over 8 weekends and run in collaboration with Autism Swim. Participants are paired with a volunteer for the entire program and participate in surf lifesaving activities that are tailored to the ability of the participant. Program runs end of January to middle March.

Volunteers are provided with water safety hours for their time. Working with Children Check mandatory.

Community Beach Safety Programs

Coogee SLSC provide a beach safety programs for a variety of organisations, ie UNSW throughout the season. For further information about volunteering contact the Community Education team on community@coogeeslsc.com.au

Workplace Health & Safety

As a volunteer organisation, Coogee SLSC has a legal responsibility to minimise risks to employees and volunteers under the 2011 Workplace Health & Safety Act. The Club Workplace Health & Safety (WHS) Officer coordinates regular audits of Club facilities and compiles reports to the Club Management Committee. Members or staff who have concerns about the safety of any aspect of Club facilities or activities can contact the WHS Officer by email at whs@coogeeslsc.com.au.

Responsibilities

Surf Lifesaving Australia provides guidelines on responsibilities for the following roles within Surf Lifesaving Clubs:

1. Member injury reporting
2. Hazard identification
3. Health and safety training
4. Equipment storage
5. Return to surf duties and management of injured members
6. Club member induction
7. Maintenance, safety and security of club premises
8. Health and safety audit of premises.

All members (and parents of junior members) are responsible for member injury reporting and hazard identification and are expected to be aware of those items they are not directly responsible for, depending on their role.

The Club Executive and the Club WHS Officer are responsible for all 8 items on the list.

The full list of responsibilities is available on the Surf Club Responsibility Matrix (v2 May 2018) Surf Club Responsibility Matrix (sls.com.au).

Recording and Reporting Risks, Incidents and Injuries

Some risk of injury is inherent in surf lifesaving activities, but we need to show that we do everything possible to minimise the potential harm for members.

The Patrol Operations app, which Patrol Captains and Vice Captains use to record patrol attendance and activities, includes several WHS functions:

- risk rating – assigns a risk rating for beach activities dependent on the conditions logged
- gear inspection – records the condition of all lifesaving and training equipment, and flags where repair or replacement is needed

- incidents – adds a report to the SLSA Incident Reporting Database (IRD) and assigns an IRD number.

All members have a responsibility for identifying hazards, remedying them immediately if possible, or isolating them and notifying others. Hazards during patrols should be reported to the Patrol Captain or Vice Captain as soon as possible.

All member injuries, whether occurring during patrol, training or competition, should be recorded as soon as possible in the database using the operations app, even if they seem minor at the time.

Members through the Patrol Captain or alternate authorised personnel will be able to log an incident via the incident reporting function on the operations app. (Update when live)

Workers' Compensation Insurance Claims

SLS NSW provides workers' compensation insurance for injured volunteers to cover treatment and recovery costs. Members who want to claim for medical treatment costs or time off paid work should complete the claim form as soon as possible and forward to the Club Secretary, copied to the WHS Officer.

Insurance claims must be endorsed by the Club Captain or Club President. To be endorsed the claim must meet the following criteria:

- The injury was sustained while acting on behalf of the Club as a volunteer or paid staff member. This includes patrol, competition, training or other formal support activities.
- The incident causing the injury was documented at the time, and an IRD number obtained. The insurers have direct access to the incident database and will check the details.
- The Club Health & Safety Officer is informed as soon as practicable.
- If the claimant has previously sustained an injury during Club activities, the return to surf duties approval form has been completed and approved. Injuries resulting from unnecessary aggravation of a previous injury will not be covered.

Return to Surf Duties Following Injury

Surf Lifesaving Australia policy is to encourage a return to surf duties as soon as is safe and practicable following injury or illness. After an absence due to injury, Members are required to submit a [Return to Surf Duties Form](#) completed by a medical practitioner, to ensure that they do not undertake any duties that might be detrimental to their full recovery. (The form is available on the SLSA members area. If you have difficulty accessing it, please refer to the Members area [HERE](#). For further information about workplace health and safety contact Coogee's WHS Officer on whs@coogee.sls.com.au.)

Complaints and Grievances

The SLSA Complaints Resolution Policy and the Complaint Handling Guidelines set out the procedures for dealing with disputes between members of the club or other clubs. Different types of concerns are dealt with using different procedures.

Serious matters such as those raising child safety concerns must be referred to external agencies for investigation; breaches of SLSA "Relevant Policies" are investigated by the Club, Branch or State, with grievances dealt with internally

The policies urge more minor matters, to be resolved between members themselves or via mediation whenever possible.

Grievances are matters that do not involve a breach of the Relevant Policies, matters such as failure to discharge patrol obligations or misuse of club equipment. They are dealt with in accordance with the Club by-laws [here](#)

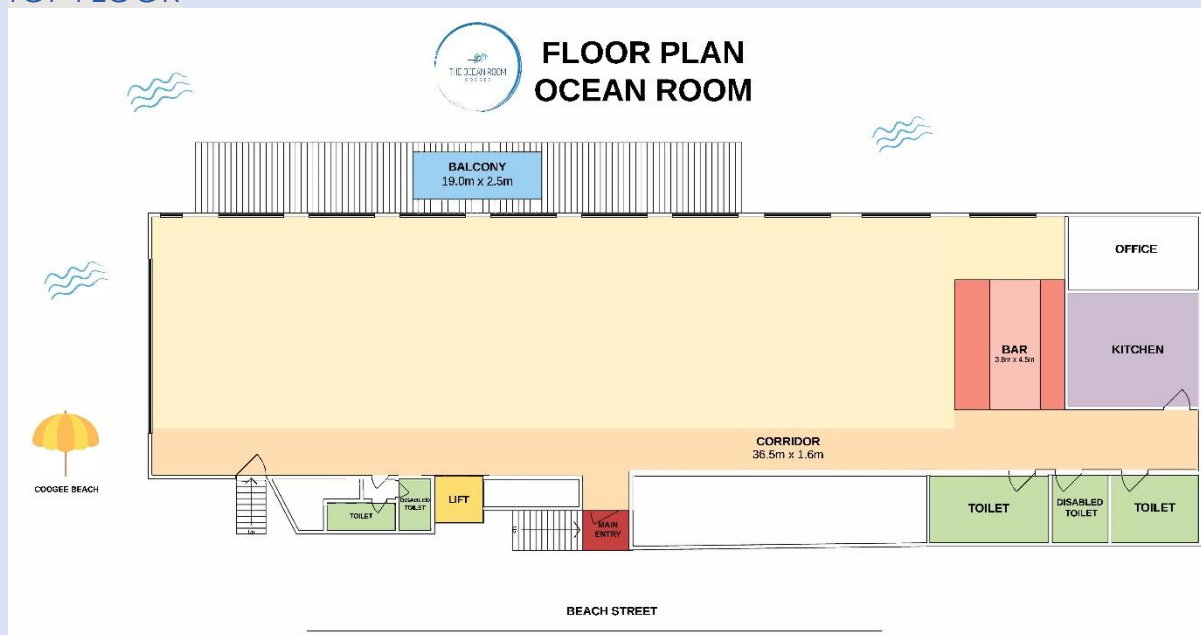
All complaints are handled confidentially, and all parties are afforded procedural fairness.

Any member who has a concern about the conduct of another member should seek advice from the Member Protection Information Officer, the Child Safe Coordinator or the Complaints and Grievance Coordinator. The contacts are located in the CLUB CONTACTS section towards the end of this handbook.

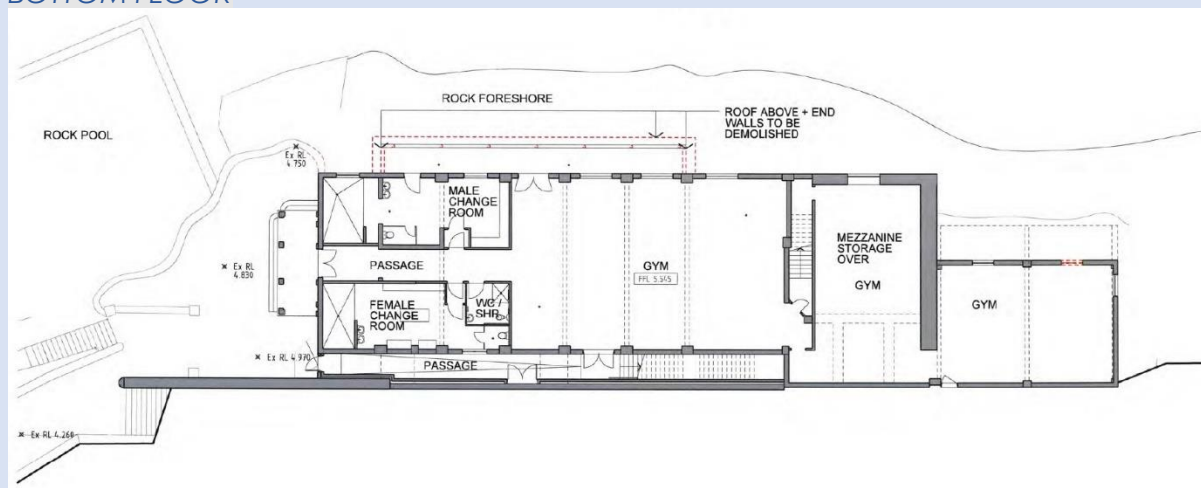
Member Facilities

Clubhouse

TOP FLOOR



BOTTOM FLOOR



The top floor (known as The Ocean Room) is open to members and their guests every Sunday afternoon. Monday morning Coffee Club is also run weekly from 10am to 12pm for members. At other times, the room is only available for private and corporate functions and during those times access to the club is not permitted.

Located in the bottom floor of the clubhouse - is the Memorial Hall (Training Room) gymnasium and changerooms are open to members from 5am to 8pm, every day. If the room is being used for training/education, members are directed to access the gym via the eastern external walkway. This area of the club is undergoing a redesign of the bottom floor. Its intended to be constructed during the quieter months in the winter to minimise impact on members.

Changerooms

Members have access via fob to the male and female changerooms in the bottom area of the club that include a changing area, showers and toilets. It's important

that members using club changerooms observe SLSA's Child Safety Guidelines [HERE](#) whenever there are children present in the club's facilities, especially changerooms.

Gymnasium

At the rear of the Memorial Hall (downstairs) is the club gymnasium for weight and fitness training open to club members from aged 15 years old and over for an annual membership fee in addition to the club fees. Gym members must be proficient in their Bronze Medallion award each season and complete all patrol hour requirements. Membership fees cover access to 30th September of the next season. Members need a fob to gain access to the gym and these can be purchased from the club office by contacting administration@coogeeslsc.com.au.

Gym opening hours: daily 5am to 8pm

Gym Eligibility:

- Minimum of fifteen (15) years of age;
- Proficient in Bronze Medallion award each season;
- Complete all rostered patrol hours each season; and
- Paid gym membership fees each season.

Gym Rules:

1. Access is only for members who have paid their gym membership fees. Anyone caught admitting non gym members will have their membership suspended.
2. Gym membership follows the patrolling season. Access expires 30th September each year.
3. Minimum dress requirements: Shoes, t-shirt or singlet & shorts. No bare feet or swimmers.
4. All gym users to use a towel.
5. All weight plates, dumbbells etc to be replaced after use. Do not drag weight benches across the floor.
6. Do not remove any equipment from the gym.
7. Please wipe down benches, machines etc after use.
8. Please keep all gym windows shut. Use the air conditioning unit for air circulation.
9. Priority on equipment should be given to organised competitors training sessions.
10. Please report all equipment failures / faults to gym@coogeeslsc.com.au

Information about Club sanctioned training including beach sprinting, distance runs and swim/board squad training can be found in the Surf Sports Manual and in the club's weekly e-newsletter, True Blue Weekly.

Annual Social Events

Description	When?	Target Audience
Season Opener:	3 rd Friday of September	Open to all members
Aussies Competitor Send Off:	Prior to Aussies competition (early April)	Competitors, officials, coaches and families
50/75 Year Member Dinner:	April	Invitation only

Club ANZAC Day Commemoration	Sunday before ANZAC Day	Members
ANZAC Day:	25 th April.	Public Memorial at the Lifesavers Memorial
End of Season Party & Awards Presentation:	Second Friday in May.	Open to all members.
Annual Dinner	Last Friday in May each year	Ticketed Event

The club's Social Director organises additional ad-hoc social events over the season, and these are advertised in the True Blue Weekly newsletter & the group Facebook page.

Other Member Social Events

Coffee Club: Mondays 10am – 12pm. Open to all members.

Sunday Sessions: Sundays 12pm – 6pm. Open to all members.

Coogee Blueys

[Coogee Bluey's](#) is the name for the Club's youth group aged in the U14-U18 age category. Considered the transition phase into the club once their minnows journey has concluded.

Its aim is to ensure a supportive and seamless progression into the club. Being part of a group like the "Coogee Bluey's" creates a sense of belonging for youth members within Coogee SLSC and to support them through the variety of opportunities available. This includes pathways of competition, lifesaving, leadership, education development, as well as employment and training.

At the heart of Coogee Bluey's is the facilitation of a fun, inclusive and enjoyable group culture that supports young people engage in meaningful service to their community.

Coogee Blueys are encouraged to participate in club events including movie nights, day outings to visit emergency services, overnight camps, youth focused education courses and more. Coming along to these events are a great way to make new friends, build essential lifesaving skills, and have fun. For further information on Coogee Blueys reach out to the [Director of Youth Services](#) or the [Junior Club Captain](#)

Kiosk

The Club leases an external kiosk located on the promenade near the Lifeguard station on the beach. The kiosk is staffed by Bluey's members, selling drinks, ice-creams, sweets and sunscreen to members of the public in the summer months

It's a terrific opportunity for youth members to learn new skills whilst earning money for their efforts, and it is also a great way to retain youth members in the club. The running of the kiosk is overseen by a senior club member reporting to the Treasurer.

New SRC graduates are invited to submit an application to work in the Kiosk each season. It's perceived as a reward for successfully being a graduate lifesaver. Applications can be made to the Kiosk Supervisor by email (insert) and for enquiries contact the Youth Director at youthservices@coogeeslsc.com.au.

Coogee Minnows “Nippers”

Nippers is a national junior activities program that introduces children aged 5 to 14 to Surf Life Saving. It's a great way for children to make friends, be active and learn how to enjoy the beach safely. Nippers first learn about surf awareness and safety. As they progress through the various age groups, nippers will undergo lessons in wading, running, ocean swimming, board paddling and lifesaving skills as well as learning the basics of resuscitation and first aid.

The Nippers program has been delivered by volunteer members at Coogee since 1965/65 season, founded by John Mudge who created the junior membership category in the club and to increase membership numbers, particularly through to the bronze medallion stage once they finished Nippers. The Coogee Minnows Sub-Committee has prepared a comprehensive handbook of everything about Minnows, refer to it here [Minnows Handbook](#)

Coogee Penguins Winter Swimming Club

Coogee Penguins Winter Swimming Club is a sub-committee of Coogee SLSC. The group conduct swim races on Sundays at the Ross Jones Memorial Pool, directly in front of the surf club. As the name suggests the group swim all during the winter months (May to September). Swim events are expertly handicapped by the club handicapper. New swimmers are encouraged to participate. Events start 10:15am each Sunday. Email club@penguinswc.com or penguins@coogeesls.com.au.

The group consists all ages, ranging from 6 years to 80 years plus. Weekly events are 20 lap Nominated Time, 2 and 4 lap handicap, Individual Medley and 4 person relay. There are also Annual Age and Grade Championship events. Handicap events means we are open to swimmers of all ability levels.

Refer to the [Penguins](#) page for more information about participation and fees.

Recognition & Awards

To recognise members for significant contributions during the year, the Club has a plethora of awards to recognise members for their outstanding service and contributions to the club each year. The list of awards is in the Members area [Whole of Club Awards List](#)

- Club Awards
- Life Member
- Branch Awards
- State Awards
- National Awards

Patrol Competition

A patrol-based event scheduled towards the end of the season for all patrols to participate in. Winners announced at the annual presentation evening and annual dinner. Results included in Annual Report.

Patrol Captains to actively encourage their patrols to form a team, consisting of:

- 1 x Patrol Captain (or Vice); 2 x rostered Senior Members (18+)

- 2 x rostered Junior Members (13-17); 1-5 other members (can include Specials/RA/LS 'attached' to your patrol)

Each team to complete

- Individual run swim run
- Team relay (run, tube, board, resus)
- Handicap PC/VC sprint

Affiliated Organisations

National	State	Branch
Surf Life Saving Australia	Surf Lifesaving NSW	Surf Life Saving Sydney
Surf House, Level 1, 1 Notts Avenue Bondi Beach NSW 2026 Ph: 02 9215 8000 www.sls.com.au	3 Narabang Way Belrose NSW 2085 Ph: 02 9471 8000 www.surflifesaving.com.au	16 Murra Murra Place Little Bay NSW 2036 Ph: 02 9019 0722 www.surflifesavingsydney.com.au

Club Contacts

Head of MANAGEMENT COMMITTEE: <i>President</i>	
President	president@coogeelsc.com.au
Vice President	vicepresident@coogeelsc.com.au
Secretary	secretary@coogeelsc.com.au
Treasurer	treasurer@coogeelsc.com.au
Club Captain	clubcaptain@coogeelsc.com.au
Compliance & Public Officer	publicofficer@coogeelsc.com.au
Director of Competition	competition@coogeelsc.com.au
Director of Fundraising & Sponsorship	sponsorship@coogeelsc.com.au
Director of Minnows	captain@coogeeminnows.com.au
Director of Publicity, Marketing & Comms	marketing@coogeelsc.com.au
Director of Social Events	socialevents@coogeelsc.com.au
Director of Youth Services	youthservices@coogeelsc.com.au
Chair of Events Committee / Events Director	eventsdirector@coogeelsc.com.au
Chair of Inclusion & Diversity	diversity@coogeelsc.com.au

Head of LIFESAVING COMMITTEE: <i>Club Captain</i>	
Club Vice Captain	vicecaptain@coogeelsc.com.au
Club Junior Captain	juniorcaptain@coogeelsc.com.au
Chief Instructor	education@coogeelsc.com.au
Chief Gear Steward	gearsteward@coogeelsc.com.au
IRB Captain	irb@coogeelsc.com.au
First Aid Officer	firstaid@coogeelsc.com.au
Patrol Supervisor	patrolsupervisor@coogeelsc.com.au
Proficiency Supervisor	proficiency@coogeelsc.com.au
Radio Officer	radioofficer@coogeelsc.com.au
Registrar	registrar@coogeelsc.com.au
Advanced Awards Coordinator	awards@coogeelsc.com.au
Assistant Chief Instructor	assistanteducation@coogeelsc.com.au
Assistant Gear Steward	assistantgear@coogeelsc.com.au
Assistant Secretary	assistantsecretary@coogeelsc.com.au
IRB Vice Captain	irbvicecaptain@coogeelsc.com.au
IRB Education Coordinator	irbeducation@coogeelsc.com.au

PATROL CAPTAIN Email addresses	
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Patrol 3	patrol3@coogeelsc.com.au

Patrol 4	patrol4@coogeelsc.com.au
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Patrol 16	patrol16@coogeelsc.com.au
Patrol 17	patrol17@coogeelsc.com.au

Head of COMPETITION COMMITTEE: Director of Competition	
Assistant Competition Director	assistantcompetition@coogeelsc.com.au
Beach Captain	beachcaptain@coogeelsc.com.au
Board & Ski Captain	boardskicaptain@coogeelsc.com.au
Boat Captain	boatcaptain@coogeelsc.com.au
Boat Vice Captain	boatvicecaptain@coogeelsc.com.au
Life Saving Sports Captain	sportslifesaving@coogeelsc.com.au
March Past Captain	marchpastcaptain@coogeelsc.com.au
Masters Captain	masterscaptain@coogeelsc.com.au
R & R Captain	rrcaptain@coogeelsc.com.au
Surf Board Riding Captain	surfingcaptain@coogeelsc.com.au
Swimming Captain	swimmingcaptain@coogeelsc.com.au
Water Area Vice Captain	watervicecaptain@coogeelsc.com.au
Coaching Coordinator	coachingcoordinator@coogeelsc.com.au
Surf Sports Official Coordinator	sportsofficials@coogeelsc.com.au
Touring & Carnival Team Manager	teammanager@coogeelsc.com.au

Head of OCEAN EVENTS COMMITTEE: Events Director	
Ocean Events	oceanevents@coogeelsc.com.au
Events Director	events.director@coogeelsc.com.au
Events Chair	events.chair@coogeelsc.com.au
Events Digital	events.digital@coogeelsc.com.au
Events Logistics	events.logistics@coogeelsc.com.au
Events Sponsorship	eventssponsorship@coogeelsc.com.au
Events Volunteers	events.volunteers@coogeelsc.com.au

OFFICE HOLDERS	
Accounts Manager	accounts@coogeelsc.com.au
Administration Manager	admin@coogeelsc.com.au
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Bar Manager & Licensee	barmanager@coogeelsc.com.au
Child Protection Officer	cpo@coogeelsc.com.au
Functions Manager	functions@coogeelsc.com.au
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Gymnasium Manager	gym@coogeelsc.com.au
IT Coordinator	it@coogeelsc.com.au
Lifesaving	lifesaving@coogeelsc.com.au
Member Protection Information Officer	memberprotection@coogeelsc.com.au
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Recognition & Honours Coordinator	honours@coogeelsc.com.au
Work Health & Safety Officer Community Education	whs@coogeelsc.com.au community@coogeelsc.com.au

AGE MANAGERS Emails	
Purple Caps	purple.caps@coogeeminnows.com.au
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Blue Caps	blue.caps@coogeeminnows.com.au
Gold Caps	gold.caps@coogeeminnows.com.au
Red Caps	red.caps@coogeeminnows.com.au
Green Caps	green.caps@coogeeminnows.com.au
Light Blue Caps	light.blue.caps@coogeeminnows.com.au
Pink Caps	pink.caps@coogeeminnows.com.au
Lime Green Caps	lime.caps@coogeeminnows.com.au

FAQ's

New Members

How do I join Coogee Surf Life Saving Club?

To join the club a person must be either an active surf life saver with the required qualifications ie Bronze Medallion, or sign up to do the bronze medallion course through the Club's Education area. The annual club membership fee must also be paid in advance for the season. New members can access through the SLSNSW website [Join - Surf Life Saving NSW](#)

What is involved in a Bronze Medallion Course?

An 8 week course across midweek nights and on weekends. There is a combination of theoretical and practical training to achieve the competencies necessary to achieve the Bronze Medallion award. Each on-the-beach session will involve a run/swim/run component. Coogee SLSC is a registered training organisation and trainers are experienced and current surf life savers.

What are the obligations once qualified?

Once qualified with the bronze medallion award the participant will be assigned the Senior Active club membership category. To maintain this membership, annual club fees must be paid; skills must be maintained through the annual club wide skills maintenance to be completed by December 31 each year; undertaking rostered patrols as designated;

How frequently are patrols?

Coogee SLSC has 17 active patrols and these rotate across weekends and public holidays. For instance, each day has two patrol shifts, with this doubling up on Christmas Day and New Years Day. As a rough guide rostered patrolling members patrol every 3-4 weeks.

What is a rostered patrolling member?

When joining the club and/or after achieving bronze/SRC, members are allocated to a permanent patrol, eg Patrols 1 to 17. This is the designated or "rostered" patrol and is listed on the patrol roster ([see here](#)). The Patrol Roster is updated every season.

In circumstances where members work, have study commitments or young families, they can apply to become a "special" patrolling member, which gives more flexibility to patrolling and would not be allocated to a permanent patrol. Note that the 100% patrol attendance of 36 hours for the season still must be maintained.

CURRENT MEMBERS

How do I see my patrol times?

Members have a number of ways to find out their patrol team times.

1. The patrol roster is published for each season prior to the season commencing. It can be found on the website, in the newsletter, or in the document library in the Members Area.
2. All patrol times are uploaded to the club calendar. Members can download the TeamUp app and follow the club calendar. You do not need an account. The calendar is updated with all club event information.

3. The patrol roster is loaded into Surfguard. Surfguard is SLSC's database. Members can download the Operation App via their app store and log in using their Members Area login details. This will show upcoming patrols.

What days are the office open?

The office is open on selected days and times, but these times may change depending on staff availability. Please check the website calendar or the True Blue Weekly newsletter as this has the most up to date office opening times listed.

- Mondays 7am-12noon
- Wednesdays 7am-10am
- Fridays 7am-10am
- Sundays 10am-12noon (popup office manned by volunteers)

How can I find out what is happening around the club?

Access the club calendar through the club website [COOGEE SLSC WEBSITE](#)
Please note: the club calendar does not include function room availability. Please check our Functions page for more information.

Download TeamUp app from the [Apple App Store](#) or [Google Play Store](#)
Then add this link: <https://teamup.com/kshhn6jkccxuatbb6z> to download the Club Calendar to your device. Accounts do not need to be created with TeamUp.

How do I book the function room?

Enquiries for function room bookings can be made through the club website, all bookings subject to availability with pricing on application. Club members receive enjoy a small discount on bookings. Refer to [Coogee Ocean Room \(coogeesurfclub.com.au\)](#)