

Surf Life Saving Queensland Magazine

ISSUE FOUR



Queensland

SHORELINE

- 4 PRESIDENT & CEO UPDATE**
- 8 PROACTIVE PREVENTION-THE ANALYSIS OF 2023/24 STATS**
- 13 LIFESAVING MEMBERS OF THE MONTH**
- 18 ENCOURAGING WOMEN IN LIFESAVING**
- 23 YOUNGEST CLUB CAPTAINS INSPIRING LEADERSHIP IN SURF LIFESAVING**
- 26 TRANSFORMATION FOR OUR LIFESAVERS**
- 33 CHOCKO'S CONTRIBUTIONS TO SURF LIFESAVING**
- 36 TY DOWKER'S SURF LIFESAVING ODYSSEY!**
- 42 LIFEGUARDING TOOK ME TO THE UK!**
- 48 JOIN THE CLUB - MEMBER RECRUITMENT**
- 51 A NEW ERA FOR MOORE PARK**
- 55 SHOULD I TAKE THAT SUPPLEMENT - BONNIE HANCOCK**
- 57 SURF SPORTS IN QLD**

SLSQ acknowledges the Traditional Owners of Country throughout our State and recognises the continuing connection to lands, waters and communities. We pay our respect to Aboriginal and Torres Strait Islander cultures; and to Elders past and present.

PRESIDENT'S MESSAGE

As we enter a new financial year for Surf Life Saving Queensland (SLSQ), there is much to celebrate. Reflecting on our July achievements, it's clear that we're making good progress, eager to embrace both the challenges and opportunities that lie ahead.

The 2024 Sharkskin QLD IRB Championships at Mooloolaba highlighted the extraordinary talent and dedication within our community. Kudos to Broadbeach SLSC for clinching the Overall Pointscore. A few weeks later, our Queensland Clubs once again shone brightly at the Sharkskin Australian IRB Open Championships, with Kirra SLSC emerging victorious. Hats off to Kirra SLSC, Broadbeach SLSC, and Kurrawa SLSC for their stellar performances, completing a clean sweep of the podium.

Congratulations to all teams for their impressive teamwork and determination.

We're thrilled to announce that Kirra's IRB competitors will represent Australia at the World Life Saving Championships on the Gold Coast from August 20th to September 8th. Best of luck to them!

Our recent full year statistics highlight our significant impact. In the 2023/24 period, our Lifesavers and Lifeguards welcomed more than 21 million visitations to our beaches. Despite the relatively poor weather this year, this total is only around 5% down on the record numbers of the previous season, reflecting the continued love affair of Queenslanders and visitors with our beaches.

Our teams completed 2,633 rescues (pleasingly down by almost 20%), yet performed 787,366 preventative

actions (almost 25% up), and provided first aid 25,106 times (also up by around 33%). Most importantly, these numbers represent, once again, around 3,000 Queenslanders or visitors who were able to return home to their loved ones thanks to the often-heroic actions of our lifesavers and lifeguards.

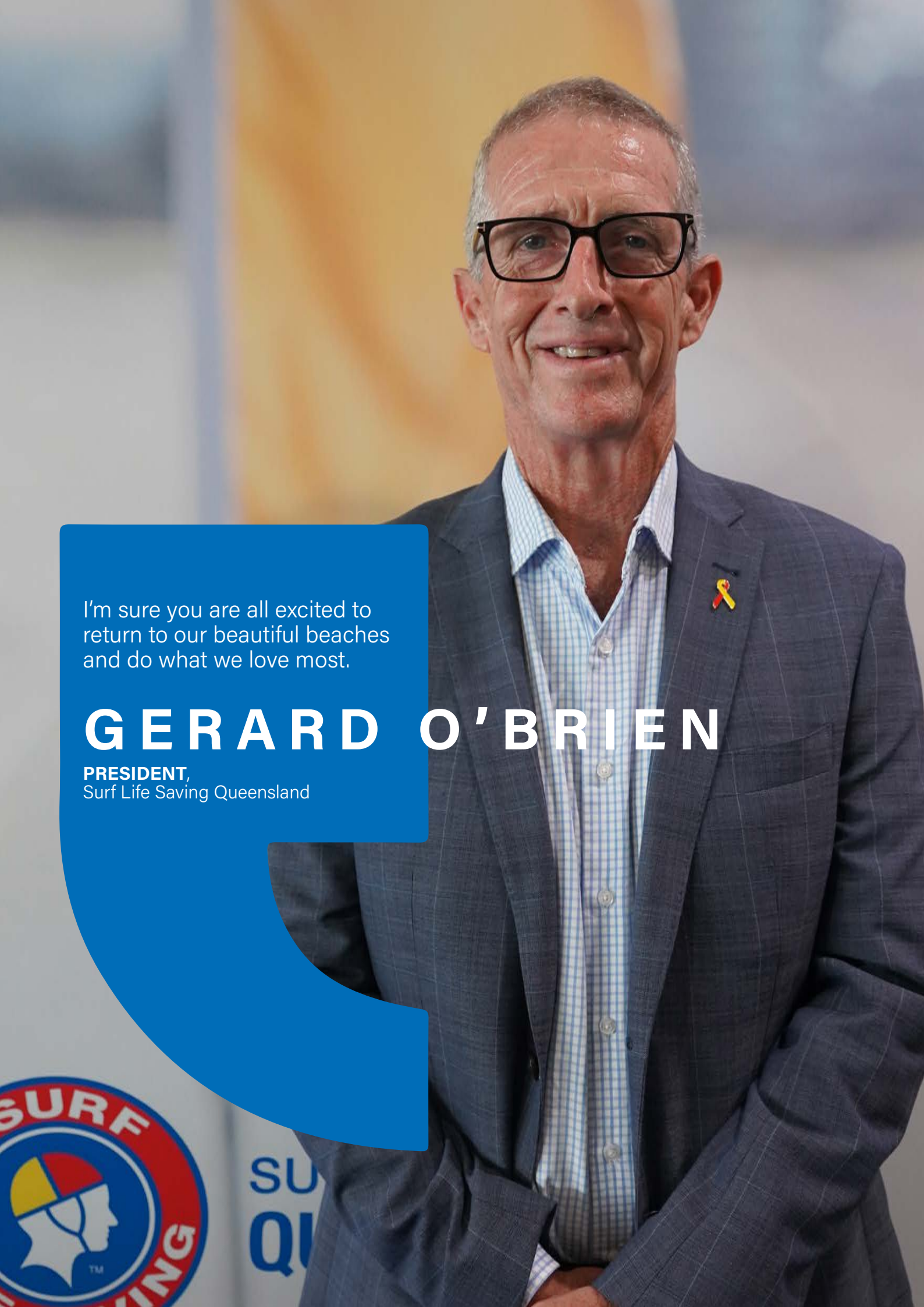
Pleasingly, official numbers for beach-related drownings this year will be much reduced from the 12 recorded in 22/23, currently standing at 8 this season and better than the 5-year average of 12. Sadly, this is still 8 too many and in virtually all cases, avoidable.

As we approach the start of the 24/25 volunteer patrolling season, I'm sure you are all excited to return to our beautiful beaches and do what we love most. Thanks to everyone who plays an integral role in our mission to achieve Zero preventable deaths in Queensland's public waters. Every moment you spend in our Clubs, on our beaches, and in the water contributes to this goal. This season, please continue to encourage those around us to swim between the red and yellow flags and lead by example.

A special thank you to our North Queensland members who are well into their season—your efforts are truly appreciated.

Yours in Lifesaving,

Gerard O'Brien
President, Surf Life Saving Queensland



I'm sure you are all excited to return to our beautiful beaches and do what we love most.

GERARD O'BRIEN

PRESIDENT,
Surf Life Saving Queensland



SURF
QLD

CEO'S MESSAGE

Since our June 2024 issue, the Surf Lifesaving community has been abuzz with exciting updates and stories that truly embody our spirit of unity and progress.

We proudly celebrated NAIDOC Week, honouring the rich history, culture, and achievements of Aboriginal and Torres Strait Islander peoples—a cornerstone of our mission in reconciliation.

I'm thrilled to share significant progress on our new Southport Spit Centre for Lifesaving, a multimillion-dollar project featuring a state-of-the-art launch ramp and operational hub. This initiative, integral to the Spit Master Plan, reflects our \$140 million investment in Queensland's future infrastructure and job creation.

Innovation continues to propel us forward, highlighted by the launch of Uncrewed Aviation Australia, ushering in a new era of lifesaving capabilities through cutting-edge drone technology.

Excitingly, we've joined the Government Wireless Network (GWN), supported generously by the Queensland Government. This advancement enhances equipment and coverage across our Clubs, crucial for safeguarding lives along Queensland's waterways.

Recently, I had the privilege of attending the Wide Bay Cap conference—an inspiring opportunity to connect with our dedicated volunteers. It was energising


to witness the innovative ideas and plans already underway to advance Surf Lifesaving. Our regional conference tour took us to North Barrier Branch the first weekend of August, where I was impressed by the dedication and leadership of our volunteer group. Congratulations to Picnic Bay for achieving a remarkable 100% retention of Juniors from last year. Thank you for your warm hospitality—we look forward to seeing you all again soon.

I'm incredibly excited about the launch of our 2024 Join The Club campaign, focusing on the essential non-swimming roles that are vital to our surf Clubs' smooth operation. There's a place for everyone, and we encourage all Members to get involved and spread the word. Let's build a diverse and inclusive community where everyone contributes in their unique way.

I'm humbled to be part of this amazing organisation and extremely proud of your achievements. My door and inbox are always open to your stories, ideas, and feedback. As we embark on the second half of 2024, let's celebrate our successes and eagerly anticipate what lies ahead.

Warm regards,

Dave Whimpey
CEO, Surf Life Saving Queensland



There's a place for everyone, and we encourage all Members to get involved and spread the word. Let's build a diverse and inclusive community where everyone contributes in their unique way.

DAVE WHIMPEY

CEO,
Surf Life Saving Queensland



PROACTIVE

PREVENTION:

THE ANALYSIS OF

2023/24 STATS

**TO PREPARING FOR THE
UPCOMING 2024/25 SEASON**

In a conversation with Nat Edwards, Lifesaving Services Manager at Surf Life Saving Queensland (SLSQ), we explored the significant trends and statistics from the 2023/24 season, shedding light on their influence on the operational strategies and community engagement efforts. This invaluable insight from Nat underscores the importance of thorough preparation, proactive measures, and effective community interaction to ensure a successful and safe surf life-saving season.

DECLINE IN RESCUES, RISE IN PREVENTATIVE ACTIONS

One of the standout trends when comparing the 2022/23 and 2023/24 season statistics, was the decline in rescues (-643) paired with a significant rise in preventative actions (+156,423). Nat Edwards highlights that this shift is a positive development, emphasising the proactive efforts of our lifesavers and lifeguards.

'The preventive actions being higher than rescue statistics is a really good thing,' says Edwards. 'It means that our lifesavers and lifeguards are being more proactive and engaging with the public, getting them out of trouble early, preventing incidents before they escalate.'

'As a lifesaver, your main goal is to prevent the need for a rescue in the first place. This change in trends indicates that our efforts for lifesavers to continue to be more proactive are paying off. Lifesavers are engaging with beachgoers, educating them, and ensuring they stay within safe areas, significantly reduces the need for rescues.'

By focusing on preventative actions, SLSQ not only enhances beach safety but also fosters a culture of vigilance and community awareness among both lifesavers and the public.

PREPARATION FOR THE UPCOMING SEASON

As the new surf lifesaving season approaches, preparation is key to ensuring the safety and success of operations. Nat emphasises the importance of reviewing past season statistics to inform future strategies. 'It's crucial for patrol captains, club captains, and patrol members to engage with the community and get prepared by looking at past season statistics,' she advises.

By understanding previous trends, lifesavers can identify areas of improvement and replicate successful initiatives.

BUILDING ON SUCCESS AND ADDRESSING CHALLENGES

Reflecting on the previous season's successes and challenges, Nat Edwards outlines SLSQ's strategic objectives: 'We're focusing on demographic-specific initiatives and leveraging lifesaving insights to enhance operational efficiency.'

Key efforts include targeting high-risk demographics and optimising lifesaving protocols.

Upcoming initiatives like the patrol gap calculator and the Club Captain CTO workshop aim to enhance volunteer training and operational coordination. Nat also highlights technological advancements, such as AI in water and drone surveillance, which are revolutionising lifesaving capabilities and response times.

'Technology plays a crucial role in augmenting our operational efficiency and safety protocols,' Nat remarks, mentioning innovations like GWN radios and ongoing research in CPR and resuscitation techniques. These advancements are set to transform beach safety and enhance SLSQ's lifesaving practices.

In conclusion, Nat Edwards provides a comprehensive overview of SLSQ's data-driven approach to shaping future lifesaving strategies. 'Analysing and adapting to statistical trends allows us to evolve our practices and ensure safer beach environments for everyone,' she concludes, emphasising the collaborative efforts of SLSQ and its volunteers in safeguarding Queensland's coastline.

SURF LIFE SAVERS

OF THE MONTH

CELEBRATING

EXCELLENCE





Mark Gordon:
Surfers Paradise SLSC, April winner

"Surfers Paradise SLSC is known to be a busy beach, with frequent flash rips and high numbers of visitors who are unaware of the potential dangers. Currently with all the comps on (State, Aussies et.c) – a few of our patrols have been low in numbers, and we constantly need substitutes to keep our beach safe. I have noticed that Mark is usually the first to offer.

When he is on patrol, his active patrolling and representation of SP SLSC is incredible. He is an outstanding role model, who drives an IRB with finesse in difficult conditions and, I see him constantly mentoring our youth – taking them for a swim out the back when the surf is high-developing confidence and water skills. Mark is a calm, positive and an inclusive presence on patrols

and he has volunteered so many more hours in many capacities over and above his rostered hours. I see many lifesavers over my various roles as a Trainer, Assessor, Coordinator etc and Mark really stands out."



Delaney Rowe:
Coolum Beach SLSC, May winner

"Del is a valued Member of our surf lifesaving community who joined us in late 2020 and in his relatively short time with us, Delaney has already made a significant impact, dedicating himself to various roles within the club. Delaney's commitment to ensuring the safety of our beaches is evident through his impressive service record. In less than four years,

he has contributed around 300 patrol hours in addition to the countless hours spent assisting the training team with water safety duties utilizing his expertise to support the development of fellow Members.

In addition to his patrol duties, Delaney serves as our diligent Equipment Officer and takes on the responsibilities of a Patrol

Captain. He has also participated in the Pulse Life Saving Course, further enhancing his skills and knowledge in lifesaving techniques. With his versatility, dedication, and willingness to lend a helping hand wherever needed, Delaney Rowe truly embodies the spirit of our surf lifesaving community."



Callum Breetzke:
Northcliffe SLSC, June winner

"Callum always goes above and beyond for the safety of the beach... he is a fast and efficient Captain"

"Callum is always happy to have a chat when you need it, he is both professional and a really great

friend... patrols are always lots of fun and he has fostered a family feeling within the patrol... He fulfils his role with enthusiasm and goes beyond the scope of what is expected of him. His laugh and smile lights up the patrol and any events he's at, he is personable, friendly and kind."



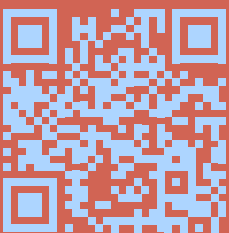
Mandy Findlay:
Bundaberg SLSC, July winner

"Mandy does an amazing job every year in collating and publishing a high quality Club Annual Report. This year is no exception. Mandy has also played an integral role in the development of our Surfside Sundays, which started in July with meals, drinks and live entertainment being put on at the surf club between 12 noon and 8pm each Sunday. This is a big step for the Club and it is working extremely well so far. Mandy also played a key role in managing the Club's recent awards night and preparing for, managing and minuting the club's AGM. This meeting was very successful with good attendance, great discussion and all positions filled.

Mandy has been secretary of the Club for over 10 years and has the wonderful ability of getting things done with no fuss."

The Member of the Month Award celebrates the dedication and contributions of exceptional members within Surf Life Saving Queensland. Each winner has demonstrated exemplary leadership, commitment, and the true spirit of lifesaving. SLSQ looks forward to continuing this tradition of recognizing and honouring its outstanding members throughout the year.

ENCOURAGING WOMEN IN LIFESAVING: A JOURNEY TOWARD GENDER EQUITY



The movement to elevate women's roles in lifesaving has really gained traction, driven by a shared vision of achieving gender equity in the Surf Life Saving community. With women making up almost half of Surf Life Saving Queensland's (SLSQ) membership, the focus on ensuring equal representation in leadership and operational roles is more important than ever.

The goal is clear: to create an environment where women are supported and provided opportunities to lead in all aspects of the organisation. Despite the strong female presence, women are still underrepresented in leadership roles.

The "Women in Lifesaving" initiative is a key part of SLSQ's DEI strategy 2024-2027, aiming to provide more opportunities for women and male allies to help us shape the future of Surf Lifesaving in Queensland.

As part of this initiative, we invite all Members to join the Women in Lifesaving Network. This is not just for our female Members; but is a platform that women and male allies can join to stay connected and accelerate progress towards gender equity.

THE ROLE OF THE "JOIN THE NETWORK" INITIATIVE

To help drive this movement, SLSQ has introduced "Join the Network," campaign; your backstage pass to a community dedicated to advancing gender equity in lifesaving. It's all about staying connected, giving feedback, and getting involved.

Whether it's joining a discussion, attending events, or simply staying informed, the network is your go-to resource.

We want our Clubs, Branches, and state body to be welcoming and safe for everyone, with women in our organisation feeling seen, heard, and valued. The Network helps members pursue development opportunities, participate in events, provide feedback through our engagement surveys, and shape the future of surf lifesaving in Queensland.

As SLSQ Board Member Mel Cowlshaw puts it: "Through the network, participants can connect with others who share similar goals, stay informed about development

opportunities, and have a voice in shaping the future of gender equity in lifesaving."

LOOKING FORWARD: BUILDING A SUSTAINABLE FUTURE FOR GENDER EQUITY

SLSQ is committed to creating sustainable pathways for women in lifesaving. The organisation is developing a comprehensive gender equity plan that will include specific programs and initiatives aimed at promoting inclusion and diversity.

If you're passionate about being part of this movement, joining the network is the first step. As SLSQ continues to roll out its gender equity plan, network Members will have the chance to stay informed, get involved, and contribute to building a more inclusive future for lifesaving.

JOIN THE NETWORK TODAY

Ready to make an impact on gender equity in lifesaving? Don't wait—join the network today. Stay in the loop with SLSQ, be a voice in the conversation, and help us build an inclusive future where everyone has the chance to shine.

THE BONNIE HANCOCK ROADSHOW

June, Surf Life Saving Queensland (SLSQ) teamed up with Bonnie Hancock for a statewide roadshow, sparking conversations and driving actions for gender equity. The event included practical sessions for girls aged 13-17 in regional Branches as well as presentation and book signing sessions in Branches, Clubs, and the State.

WHAT WAS IT FOR?

This initiative aimed to spark conversations about gender equity and create opportunities for young girls to engage in lifesaving sport and leadership roles. The Bonnie Hancock Roadshow created a new opportunity for young women to attend these workshops and ensured strong representation and visibility of female leaders. Bonnie's focus on leadership and resilience resonated deeply, highlighting the importance of nurturing confidence in young girls—not only in sports but also in broader life contexts.

The roadshow offered a platform for both women and male leaders to be inspired and committed to supporting young women in their Branches and Clubs. Additionally, the roadshow promoted Surf Life Saving Queensland's (SLSQ) commitment to increasing women in leadership roles through the 'Women in Lifesaving Initiative - Join the Network,' campaign, which has already attracted over 50 women and allies to join the network.

HOW DID IT GO?

The Bonnie Hancock Roadshow was met with enthusiasm and positive feedback, with approximately 130 participants taking part in the events. The Roadshow provided young girls with an opportunity to engage directly with Bonnie Hancock through a series of the practical sessions, as well as the chance to hear firsthand about Bonnie Hancock's experiences and challenges through her book 'The Girl Who Touched the Stars.'

The impact of the Roadshow was

evident in the inspiring feedback received. Participants reported feeling motivated and empowered, with many expressing a newfound confidence in their abilities to lead and excel. The Roadshow not only celebrated onnie Hancock's legacy but also created a ripple effect, inspiring the next generation to embrace resilience and leadership in their own lives.

The Bonnie Hancock Roadshow sparked meaningful conversations about gender equity and gave young girls valuable opportunities to get involved in lifesaving. By following Bonnie's journey and highlighting the importance of visibility and leadership, the Roadshow made a lasting impact, inspiring participants to set some goals and work towards achieving their dreams through resilience.

I was on the edge of my seat in tears throughout Bonnie's story, but the best bit was the impact it had on my teenage daughter. It hit her just as hard in a fabulous kind of way. Subsequently, when she's come up against hard things I've been able to say "I wonder what Bonnie would do?" which has created a lovely opportunity for reflection and growth. This was an evening exceptionally well spent."

- feedback from Bonnie Hancock Roadshow attendee





YOUTH LEADING THE WAY: SPOTLIGHT ON OUR YOUNGEST CLUB CAPTAINS

We got the chance to speak to three of our youngest Club Captains, who told us a little bit about their journey with Surf Lifesaving, how they balance their responsibilities, and their advice for aspiring leaders.



BRITTANY HOOTON, 21

EMU PARK - SLSC

My Journey with Surf Lifesaving:

I started as an U7 nipper at Emu Park Surf Lifesaving Club. With my family being very involved in the Club, I loved spending time at the beach every weekend. I grew to love the surf sports, and the fact that there is more to this sport than competing. From the age of 14 I started ticking off my awards, getting my SRC, bronze, silver and gold medallions, IRB and RWC awards. Having completed the training for these awards made me feel confident I could keep people safe at the beach and that I was doing my part for our community.

Transition to Club Captain:

One of the best parts about Surf Lifesaving as an organisation is that there are always opportunities for growth. My first taste at leadership in our Club was becoming our patrol team captain. However, I truly started my leadership journey in our Club by becoming the Youth Development Officer. I found this was a good introductory role to leadership as it was an area I was passionate about and could get creative with. This then led to me taking on the role of Vice Club Captain which prepared me well to step into the role of Club Captain the season after that.

Responsibilities and Challenges:

The Club captain position naturally comes with responsibilities, from creating the patrol roster, to organising water safety for events, to helping organise new training. While it seemed daunting at first, I was lucky enough to have a very supportive Club and management committee throughout. One of the biggest challenges I believe a Club Captain faces, (especially as a young female), is trying to keep everyone happy when it comes to rostering, especially since we are a purely volunteer organisation. However, I'm proud that as a Club we currently have the strongest patrol roster we have seen in quite a few years.

Advice for Aspiring Leaders:

Some advice I would give to other young members aspiring to take on leadership roles is that stepping out of your comfort zone is ok, and that leadership is one of the most valued skills in life. If you surround yourself with supportive and experienced people, leadership doesn't have to be as scary as it seems.

Future Goals:

Looking into the future, I hope to inspire other young females to take on leadership roles and see more females thrive in leadership positions within Surf Lifesaving.



COREY CUMNER, 24

BRIBIE ISLAND - SLSC

My Journey with Lifesaving:

From a young age, my family were, and still are, heavily involved at the Club. I started out in Nippers and began working my way up to the senior Club. When I got to the senior Club, I had a dual membership with Alexandra Headlands and Bribie Island. I decided to move my competition rights to Alexandra Headland so I could compete there. I competed for eight years. I never left Bribie though, as that Club means a lot to me and my family. I thoroughly enjoyed patrolling at Alexandra Headlands and Bribie Island Surf Clubs. Throughout my journey in life saving, I knew that one day I wanted to step into a leadership role, so when the opportunity presented itself, I knew I had to go for it and I'm very happy I did.

Transition to Club Captain:

From transitioning from vice-captain to Club Captain, I knew that the responsibilities and tasks that come with the role would be challenging. What I found the most challenging was the patrol roster. Trying to make everything fair and equal, especially with public holidays can be a challenge. My previous Club Captain was kind enough in helping me step into the role. I am now very confident in my ability to lead as a Club Captain.

Achievements, and Memorable Moments:

There have been many achievements and memorable moments throughout this season. I believe my best achievement this season would be being elected as Club Captain. The most memorable part of this season would be our Captain's shout for the 100-year celebration, where I was able to meet all our previous captains. This was great, as I got to speak to them about their time as Club Captain, and they gave me some good tips on how they dealt with certain situations and responsibilities.

Advice for Aspiring Leaders:

My advice for any Members who believe they can take on a leadership role is to not be afraid to step out of your comfort zone, if you want something, take the risk to get it. I would also advise to be willing to work within a team, and always represent your Club with pride and dignity.

Future Goals:

My goals for the future are to remain disciplined and motivated, to always keep my Club Members and community safe, and above all, to continue to uphold all the values of a surf life saver.



JESSE GLUTZ, 26

MISSION BEACH - SLSC

My Journey with Surf Lifesaving:

My first experience with surf lifesaving was when I joined up as an 18-year-old through Southport SLSC back in 2016. I was brand new and wanted to learn and upskill as much as I could. I loved being a part of such a historic and well-loved Club. I was a part of Operations Support, Community Awareness, and Leadership while part of Point Danger Branch. I stayed with Southport SLSC for five years before moving to rural Far North Queensland with my partner to teach. We have both transitioned into Mission Beach SLSC (MBSLSC) very well and are active in our small club community.

Transition to Club Captain:

Since joining MBSLSC, I have wanted to take responsibility and assist in the running of the small Club. Being able to be a part of the committee and share my knowledge has been such an opportunity. With the loss of our last CTO from the committee in late 2022, I saw the 2023 season being run without one and experienced the strain it had on our committee and remaining Members. I wanted to step up and help out my Club and volunteered to take the position this year, this gave our Club Captain the opportunity to become assessor and focus solely on training and growing our Club. I feel extremely grateful for this opportunity and have led patrols comfortably knowing I am appreciated.

Responsibilities and Handling Them:

I currently lead 22 active patrolling Members. Although it is a small Club, I want to see Members succeed, and being responsible for their overall wellbeing and safety during the

patrol season is my priority. I feel capable of my responsibilities and duties assisting MBSLSC throughout 2024 including managing Member qualifications during the Stinger months.

Challenges, Achievements, and Memorable Moments:

Organising Member awards on patrols is tricky, with our Members' awards spread across our patrols. At the start of the season, it was a challenge to create patrols that met the requirements to set up the beach, however since a few months into the season, we have organised courses for our Members to upskill, and prepare themselves for any situations on the beach. For example, we have been short IRB crew members for years and now after a major course, our committee encouraged our junior Bronze members to go for it. Eight crew members later, we have a good percentage of our Club able to use the IRB on patrol.

Advice for Aspiring Leaders:

Have confidence in yourself and don't be afraid to fail. Reach out to you Club and know your community. Anyone you meet can be a positive influence to help you reach your goals.

Future Goals:

My goals with lifesaving lie within my community, being a positive role model for new Members, existing Members, and the general public. I also want to assist with education and training in lifesaving within my Club and Branch and make valuable connections along the way. In my personal life, I have almost completed my Masters of Teaching in Secondary Education and hope to use this qualification to mentor the next generation of students in the classroom.



Our young Club Captains are all about dedication, leadership, and a love for Surf Lifesaving. They've shared their stories, giving us a peek into the unique challenges they face and the goals they're working towards.

Their journeys are super inspiring and encourage others to step up and make a difference in our community. By sharing their experiences, they motivate both current and future members to take on leadership roles and keep Surf Lifesaving Queensland strong and safe.

**FROM PAPER
TO DIGITAL:
EDUCATION
TRANSFORMATION
FOR OUR
LIFESAVERS**



The Surf Life Saving Queensland (SLSQ) education transformation is well underway, with the team making significant strides in enhancing the training and development of lifesavers across the state. The initiative, which began with the implementation of a new system last season, is set to bring about a host of innovative courses and resources designed to better equip Members for their vital roles.

Sam Clarke, Training and Education Manager at SLSQ, who is leading the project, shared insights into the team's journey and the progress made so far.

'The big rollout was last season, on the 1st of September 2023, when we flipped the switch with the new system,' Sam explained. 'It was an epic season, and we learned a huge amount. The team was absolutely phenomenal. We've just completed our season award statistics, we were expecting a slight decrease with the introduction of the new system but we actually issued more awards this season than the previous. This season, we're excited because we get to work on some cool new features, now that we have the framework established and systems working.'

NEW COURSES AND FEATURES

One of the key aspects of the transformation is to make life easier for Members.

'This coming season is phase two, where we add new features to the SLSQ Member's Hub. Keep an eye out for the new homepage in the SLSQ Member's Hub. This new homepage will be more user-friendly with the additional enhancements:

- Patrol hours completed this season
- Competition hours completed this year
- Patrol Roster
- Up and coming patrols
- Expiring awards
- SLSQ News
- Announcements

A FOCUS ON NON-SWIMMING ROLES

The transformation also includes a focus on non-swimming roles, which are crucial to the smooth operation of Clubs. This remains a key

By emphasising that new Members do not need to go straight into obtaining a Bronze Medallion, SLSQ opens the doors for a wider range of individuals to join and contribute.

objective of aligning training initiatives with broader SLSQ goals, such as the 'Join The Club' campaign.

'Not all lifesavers need to be able to swim,' Tonya Prade, Member Training Manager, highlighted. 'The observer's course, for example, allows Members to learn about waves, wave types, signal flags, and communications both online or face-to-face. They can also become dedicated first aid officers on patrol or drone operators, ensuring everyone on patrol is safe.'

By emphasizing that new Members do not need to go straight into obtaining a Bronze Medallion, SLSQ opens the doors for a wider range of individuals to join and contribute.

'Take off the pressure, and slowly build up with training. Doing your observers is a fantastic opportunity to understand the basics and get a feeling for it. It's all about the various pathways a Member can take,' Tonya perfectly explained.

LOOKING AHEAD

Looking ahead, education is constantly and continually looking at ways to improve, Sam explains.

'We've finished phase one. Phase two is the next season, starting on the 1st of September 2024.

One of the exciting developments is the formation of our Learning and Development team, whom I affectionately refer to as the wizards! This amazing team design and develop our own state specific courses and look after the back-end of the SLSQ Members Hub and aXcelerate courses.'

The team continues to look at any innovative ways of providing information to the Members that is efficient and accessible.

'We are also hoping to introduce AI, which is an evolving project that requires lots of testing. Imagine being able to type in, 'What do I do if I see a crocodile?' and getting the procedure instantly', Sam shared.

KEEP AN EYE OUT

Starting 1 September 2024, the team is launching an interactive online courses for CPR, First Aid, ART, and a combined CPR, First Aid & ART course.

These courses are built into aXcelerate, allowing easy access and assessment via an app. Moving away from long PowerPoint slides to offer engaging blended learning—combining online and face-to-face sessions.

As the SLSQ education team continues to innovate and improve, Members can look forward to a range of new courses and

resources that will enhance their skills and make their roles easier and more effective, 'that's the big thing with having this platform, it allows us to create our own courses, meaning we can be far more proactive in addressing our needs,' says Sam.

This transformation is a testament to SLSQ's unwavering commitment to supporting its Members and ensuring the safety of beachgoers across Queensland.

By embracing modernised training methods and fostering an inclusive approach to membership, SLSQ is not only preserving its rich legacy but also paving the way for future generations of lifesavers.

'We're incredibly fortunate to work with a remarkable group of people who have gone above and beyond to make this system a reality. For every Member who engages with any SLSQ learning, there's an entire team working tirelessly behind the scenes—designing, developing, testing, checking, processing and supporting, every step of the way,' ends Sam.

For more information on the new courses and resources, members are encouraged to reach out to their education and training supervisors or visit the SLSQ Members Hub.

FEELING A BIT STUCK?

Tonya, our Member Training Manager, has some tips for you:

- **Reach Out Early:** If you're unsure or need assistance, contact your Regional Education and Training Supervisors, Education Development Coordinator, or our Helpdesk.
- **Utilize Available Resources:** Make use of the expertise of Regional Education and

MOOLODLABA SURF LIFESAVING CLUB INC. 26.4090 S 153.0712 E



**BUILDING SAFER
COMMUNITIES:
CHOCKO'S
CONTRIBUTIONS TO
SURF LIFESAVING**

Anthony Cassone has dedicated 32 years to Surf Life Saving and is a Life Member of Kirra Surf Life Saving Club. Over the years, he has played a crucial role in educating and mentoring new generations of lifesavers, through various roles, including Deputy President, Junior Activities Coordinator, and IRB Team Manager. He currently serves as the Australian IRB Team Manager and the Qld Cyclones State IRB Team Manager.

'My motivation and passion for surf lifesaving and its programs stem from the direct impact on community safety, continual skill development in lifesaving techniques, the strong camaraderie within our team, personal growth opportunities, my love for the ocean, and the daily challenges that keep me engaged and inspired,' says Anthony.

'Surf Lifesaving isn't just a hobby; it's a fulfilling way to make a meaningful difference and grow as an individual.'

Inspiration for Coast 2 Cape

Anthony was drawn to the 2024 Coast 2 Cape initiative because of its emphasis on community engagement and safety awareness.

'I was inspired to participate in the 2024 Coast 2 Cape initiative because of its focus on community engagement and safety awareness. The initiative offered a chance to actively contribute to promoting beach safety and educating communities about lifesaving practices, first aid, and emergency skills. It aligned perfectly with

my passion for making a positive impact and helping others, particularly in coastal areas where these efforts are crucial for community well-being.'

5-Year-Old Saved – thanks to Coast 2 Cape Training

Anthony Cassone recounted a memorable experience during the Coast 2 Cape initiative in June 2024, 'One ranger shared their role in providing CPR to a five (5) year-old while swimming at a local area. The resuscitation was successful, thanks to the skills learnt from the Coast 2 Cape program. Another ranger described instances where timely first aid interventions made a critical difference in saving lives and minimising injury severity.

'These stories underscore the importance of lifeguard training, quick response, effective communication and community awareness in ensuring water safety.'

The importance of Water Safety Programs in Indigenous Communities

Anthony Cassone emphasises the critical need for water safety programs in Indigenous communities. "Bringing water safety programs to Indigenous communities is crucial for several reasons," he explains:

Cultural Relevance: It respects cultural ties to water and integrates traditional knowledge with modern safety practices.

Risk Reduction: It significantly reduces the incidence of water-related accidents in communities living near water sources.

Empowerment: Education empowers community members with lifesaving skills, fostering resilience and community pride. Health Benefits: It promotes safe water recreation, enhancing physical activity and mental wellbeing.

Long-term Impact: By teaching safety early, it establishes a lasting culture of safety and respect for natural resources.

Community Engagement: It builds trust and collaboration among community members, organisations, and authorities, ensuring broader participation in safety'

IMPACT OF COAST 2 CAPE

Anthony envisions the Coast 2 Cape program as a transformative force for local communities and participants.

'The program seeks to empower local communities with knowledge and skills in environmental conservation and safety practices. For participants, it offers an enriching experience and provides opportunities to learn from local experts, engage in meaningful conservation efforts, and develop leadership skills.'

Looking ahead, Anthony aims to enhance Coast 2 Cape's educational impact by developing comprehensive training modules that empower individuals with essential skills in lifesaving techniques, safety practices, and community engagement.

'By offering workshops, certifications, and leadership programs, the program equips the public and volunteers with the knowledge and confidence to excel in their roles and positively impact their communities,' he explains.

Advice for Aspiring Volunteers

Anthony encourages those interested in community awareness initiatives with Surf

Lifesaving to get involved.

'Learn about the organisation and get qualified in training courses such as first aid, CPR, surf rescue certificates, and your Certificate II in Aquatic Rescue,' he advises. 'This will not only give you the necessary skills but also credibility within the community. This is an easy step to start to volunteer in the community and make a meaningful impact through Surf Lifesaving.'

Personal Aspirations

'Lifesaving is more than just an activity; it's a way of life that fosters a healthy environment for family, friends, and everyone involved,' Anthony shares. 'I am committed to continuing my involvement in lifesaving, aiming to provide a safe community. Additionally, I want to use my skills to train and educate the future generation of lifesavers.'

Anthony Cassone's dedication to surf lifesaving and his involvement in the 2024 Coast 2 Cape initiative highlights his commitment to community safety and education. This passion and leadership continue to inspire others, ensuring the growth and success of surf lifesaving programs and the wellbeing of communities across Queensland. His story is a testament to the profound impact one dedicated individual can have on the lives of many.

For more information and details on the various community programs, visit the SLSQ Website.



TY DOWKER'S

SURF

LIFESAVING

ODYSSEY!



In a small coastal town of Nelson Bay, NSW, Ty Dowker's journey into the heart of surf lifesaving began. The youngest of three brothers, 3-year-old Ty was signed up at Fingal Beach SLSC. Little did he know that this introduction would ignite a passion that would shape the course of his life. Now, 47 years later, he is part of Burleigh Heads SLSC.

Nurturing a Passion:

'My formative years as a Nipper at Fingal Beach were nothing short of magical. Alongside my two brothers, Brett and Troy, and under the guidance of our father, Alex, who himself was a product of the surf lifesaving culture having grown up in Townsville at Picnic Bay SLSC, I discovered a sense of camaraderie and belonging that would stay with me for a lifetime. The camaraderie extended

beyond my immediate family to include a vibrant community of families, friendships, and budding athletes, among them the legendary ironman Guy Andrews.'

'Sunday nippers was the highlight of my week! As a young nipper, Ty, in U9 experienced the highs and lows of competitive surf sports, from the exhilaration of victory to the disappointment of setbacks.

'Winning the U9 surf race filled me with pride, only for my triumph to be dashed by a protest that led to a rerun of the event, ultimately relegating me to second place. Yet, far from dampening my enthusiasm, this setback ignited a fire within me, fuelling my passion for surf sports and instilling in me the resilience to persevere in the face of adversity.'

PURSING EXCELLENCE: ATHLETE AND COACH

Joining the North Wollongong Surf Lifesaving Club marked a turning point in Ty's journey, as he honed his skills both as an athlete and as a leader. Under the guidance of his father and brother, Ty clinched prestigious titles and earned a reputation as a formidable competitor.

'Coaching and competing is a balancing act for anyone in the position and with great support and opportunity was voted Qld 'Rookie Coach of the Year', picked up the head coaching role for the Qld Youth Interstate team and was able to win the Qld open board paddling series, Maroochydore Australia Day Open Board race, and podium in the Qld open board and Aussies open board relay.'

A Turning Point: Embracing Change

'The year 2003 marked a significant turning point in my surf sports and lifesaving career. While teaching PE full time on the Gold Coast, I had retired from racing and felt the need for a break from coaching. Mentally, I struggled with this transition after 15 years of rigorous training and competition, but I knew I needed time to reassess my life goals. After just a week of grappling with this new reality, I received an invitation that would alter the course of my family's surf sports journey.' During a seemingly ordinary coffee catch-up at Burleigh SLSC, with the surf club's Junior President at the time and now dear friend, Tony 'Marto' Martin, Ty's path for the next twenty-one years in surf sport coaching was set. 'Little did I know that this casual meeting would shape my path for the next twenty-one years in surf sports coaching, the creation of the Burleigh Swim Run Australia event, and many great lifesaving moments

and memories.'

Ty took on the role of Burleigh's junior head coach and collaborated with dedicated surf lifesaving administrators and volunteers, paving the way for the development of a robust professional surf sports pathway for athletes.

'Burleigh quickly became our family's home for lifesaving (and still is), fostering a sense of belonging and pride. One of my proudest moments was guiding my own children through the joys of surf sports, much like my father did for me, providing our young athletes with a sense of belonging and annually coordinating the Burleigh Swim Run event, a community-based event that promotes Fitness, Families and Fun (and goes into its 14th year in January 2025).'

Passing the Torch

For Ty, family and legacy go hand in hand. A memorable ten-month journey around Australia with his family showcased the beauty and camaraderie of Surf Life Saving Club's across the country. Celebrating his children's achievements in surf sports, Ty takes pride in passing the torch to the next generation.

'Returning home in 2023, our children dove back into another surf sports season with renewed enthusiasm. Their remarkable recent achievements, including Imogen becoming the Australian U15 Surf Race Champion and U15 Qld Ironwoman Champion, and Zander placing third in the Qld Board Race and first in the Qld Board Rescue, filled us with immense pride. Yet, while it was great to see their success and reward for their hard work, what makes myself and supportive wife Breeza even happier, is that they are engaged and invested in a movement that is influential in

shaping great humans, great experiences, life-long friendships and many a great memory of this iconic sport and movement! SLSQ looks forward to watching Imogen and Zander grow more in the surf sports and lifesaving movement!

A Lifelong Dedication

Ty Dowker's journey is a testament to the heart and soul of surf lifesaving. From his humble beginnings as a young nipper to his current roles as commentator and community organiser, his passion and dedication for the sport, the surf lifesaving movement, and his commitment to nurturing the next generation shines through.

But, what's next?

'Surf Lifesaving isn't just a hobby; it's a fulfilling way to make a meaningful difference and grow as an individual.'

'I run and coordinate a community open water swimming business in and around Burleigh and Tallebudgera 'Saltwater Swimmers GC' with legend Karla Gilbert and Olympian Adam Pine that is the highlight of my coaching week and I coordinate and run the Burleigh Swim Run Australia Day community event which is an amazing community fitness event every January which keeps me very busy.

Surf lifesaving has been the heart and soul of my life, and I would haven't it any other way.'





GOTCHA4LIFE

24 HOUR ROW
FOR MENTAL FITNESS

LET'S ROW FOR A MENTALLY FIT FUTURE

7-8 SEPTEMBER 2024

**Join Australia's biggest fundraising rowing event - the
Gotcha4Life 24 Hour Row!**

This isn't just about rowing - it's about bringing people together to connect, have fun, and boost physical and mental fitness.

What began as one Surf Life Saving Club's response to lives lost in 2018, has turned into a national movement. With 9 Aussie lives lost to suicide daily, your participation can help Gotcha4Life raise vital funds to reach more people with life-changing mental fitness programs.

Will your club join us in creating a mentally fit future for all?



SIGN UP TODAY OR FOR MORE INFO
24HOURROW.COM.AU



LIFEGUARDING

TOOK ME

TO THE UK!



Vittoria Farmer, a 26-year-old lifeguard, recently transitioned from a casual position to a full-time role within the Sunshine Coast region. Vittoria's journey began in 2017 through her passion for surfing, influenced by fellow surfers who were also lifeguards.

'It wasn't something that I dreamt of, but when I started, I was like, oh, this is an awesome job. Without even knowing it, you're transferring the skills developed through surfing and time in the ocean into the workplace. It's very valuable.'

Vittoria's lifeguarding career took her to the United Kingdom from 2021 – 2023. Despite the initial surprise of many regarding the concept of beach lifeguards in the UK, this experience was highly enriching, enhancing her skills and knowledge, which she brought back to Australia. 'I was pretty naive to the influx of crowds you would get on British beaches... you work hard over there. It was great to have been exposed to a lot of experiences and be able to bring new skills and further training to Australia.'

'Working in Noosa is super fulfilling. It's pretty amazing how many people visit throughout the year and it's very special when you see returning visitors remember your name and ask how you're going. As lifeguards, we provide important information regarding safety and local knowledge of the area. It's warming contributing to a welcoming and informed community.'

While Vittoria has numerous impactful experiences, ranging from saving lives to reuniting people with lost valuables, she finds great reward in both significant rescues and small acts of assistance.

'When you've literally saved someone's life, I mean, that's an incredible experience. Knowing they're alive with their families because of your efforts.'

These experiences collectively shape her career and highlight the importance of preventative measures and public education in lifeguarding.

Vittoria is passionate about her career and envisions herself lifeguarding for a long time. 'You look at our lifestyle, it's awesome really. You're working with a lot of like-minded people who also enjoy fitness and the outdoors. Lifeguarding provides that perfect balance of work and a healthy lifestyle. The more I do it, the more I fall in love with it.' Vittoria Farmer's dedication to lifeguarding, enriched by her diverse experiences and passion for the ocean and surfing, makes her a standout Member of the Surf Life Saving Queensland team.

Lifeguarding positions across Queensland are open now: <https://lifeguards.com.au/qld/>



JOIN THE CLUB



SLSQ'S MEMBER RECRUITMENT CAMPAIGN

Surf Life Saving Queensland (SLSQ) launched its revamped member recruitment campaign, Join The Club, on the 1 August.

Since then, we had the opportunity to sit down with Britt Peabody, the Marketing and Media Manager. Britt was able to provide an insightful look into the campaigns vision, strategy and goals, with the purpose of emphasising the inclusivity and diverse opportunities within the organisation.

Reflecting on the initial 2023 Join The Club campaign, Britt shared, 'Following the success of last year's generic recruitment drive, we realised the need for a more targeted approach. We observed a growing challenge in recruiting volunteers and recognised the misconceptions surrounding the requirements and roles in surf life saving. This year, our goal is to start breaking down those stereotypes and highlight the variety of ways people can get involved both on and off the beach.'

KEY ELEMENTS & DIFFERENTIATORS

While this campaign retains the Join The Club tagline, Britt noted some key differences to look out for this year. 'We're continuing the fun and inclusive spirit of lifesaving from last year's campaign but with a stronger focus on the messaging that there's a place for everyone in surf lifesaving,' she explained. 'Whether you're a retiree with time to give and skills to teach, a university student looking to meet new people, or a family wanting to spend quality time together serving the community, there's a role for you in your local Club.'

IMPACT ON THE COMMUNITY

Britt shared the broader goals of the campaign, beyond just increasing membership numbers. 'Surf lifesaving is often perceived as the young fit male, but it's truly a community where everyone is welcome. We want

to highlight the sense of variety in our Members, with a lot of focus on family, friendship and community. The more we can highlight these areas within our campaign, the more diverse our organisation becomes, which is the ultimate goal.'

CHANGING THE NARRATIVE

One of the significant shifts in this year's campaign is the effort to educate and change the narrative around who can be a lifesaver, and what that means.

'We've developed multiple creatives and videos to educate the public about the various roles within surf lifesaving. We're explicitly saying you don't need to get in the water or be a strong runner. You can be an observer, or first aid responder which is just as vital to our organisation. They are often the first point of contact for people in distress, which plays a crucial role in rescues. We want to show that you can bring the skills you have to your Club and find a role that suits you.'

ROLE OF CURRENT MEMBERS

'If you're not confident in the water, that's not a limitation. We'll find a space for you, and we still want you.'

Finally, Britt highlighted the importance of current Members in the campaign's success. 'Our Members are vital to spreading the word and encouraging new volunteers. Word of mouth is incredibly powerful. We urge our Members to talk to their friends, family, and community about the campaign, share it on social media, and help us reach those

who might not know about the opportunities within surf lifesaving,' she said.

SLSQ's Join The Club campaign is more than just about increasing membership numbers; it's about building a diverse, inclusive community where everyone can contribute in their own way.

With a strategic approach and a focus on breaking down stereotypes, Britt Peabody and the SLSQ Marketing team are paving the way for a new era of surf lifesaving in Queensland.

'There's a place for everyone in surf lifesaving, and we want to make sure everyone knows it.'

As Britt passionately stated,





A NEW ERA FOR MOORE PARK LIFE SAVING CLUB AN INTERVIEW WITH VITA NAKROSA

Moore Park Surf Life Saving Club (SLSC) is entering an exciting new chapter with the construction of a brand-new clubhouse. We chatted with Vita Nakrosa, Moore Park SLSC Club President, to get the scoop on what this means for the club, its members, and the community.

The new clubhouse is a huge milestone for Moore Park SLSC. It's a symbol of a new beginning and a fresh vision for the club, promising to bring:

Better Facilities: The new clubhouse will replace the old, worn-out structure with modern, functional facilities that will better support the club's activities and operations. **Boosted Morale:** A well-equipped clubhouse will lift the spirits of current members and volunteers, creating a more inspiring and motivating environment.

Membership Growth: Improved facilities and a refreshed club atmosphere will attract new members, which is crucial given our current shortage of patrolling members.

Community Engagement: While not massive, the new space offers training facilities for the community. The flow-through design and surrounding green parkland space and walking tracks will enhance our connection with the local community, increasing visibility and support.

Safety and Efficiency: Modern infrastructure will help us provide more effective lifesaving services, ensuring beachgoers safety with better resources and equipment.

Long-term Sustainability: The new clubhouse is a step towards the Club's long-term sustainability, securing its future and allowing it to grow and adapt to the community's needs.

With a building contract signed and fences up, the construction is going smoothly "Groundwork is being completed, and we can't wait to see the slab poured. We estimate moving into our new clubhouse before the end of the year!"

"The new clubhouse is no longer just a vision but a reality, generating excitement and anticipation among our Members and the community."

THE BENEFITS OF THE NEW CLUBHOUSE

For our Members, the new clubhouse will offer modern, functional facilities, including updated training areas and comfortable spaces for meetings and social gatherings. This will support more effective training programs, helping Members maintain and improve their lifesaving skills. The new environment will also boost morale, fostering a stronger sense of pride and ownership within the Club.

For the community, the new facilities will support educational programs about water safety and environmental stewardship, benefiting local schools and organisations. The Club will attract more community Members to join and participate in activities, promoting a healthy, active lifestyle. Overall, with more patrolling Members, we'll have a safer beach for everyone.

The new clubhouse will serve as a cornerstone for revitalising the Club and enhancing its role within the community, contributing to the well-being of both its Members and the broader public."

NEW FEATURES TO LOOK OUT FOR

With the new clubhouse comes new features to look out for. The new clubhouse is positioned further back from the tides and features a modern, resilient design, making it capable of withstanding harsh coastal conditions. "This is a significant improvement over the old building, which suffered structural damage from strong seas, cyclones, and king tides."

The improved structural integrity will also ensure the clubhouse is safe and accessible for all Members. Additional features include a small canteen to refresh after nipper sessions, training, and social activities, as well as outdoor showers for public use and a place to take shelter from the sun.

THE FUTURE OF MOORE PARK SLSC

Once the new clubhouse is completed, Moore Park SLSC has several plans to take advantage of on the improved facilities:

GROWTH:

"We will focus on recruiting new members to address the current shortage. Surf lifesaving is more than just patrolling the beach. There's a whole network of activities, and we aim to recruit people from all walks of life. We will also focus on programs for young people, including Nippers, to build the next generation of surf lifesavers and engage more in surf sports and competition events."

SOCIAL/COMMUNITY:

"We plan to host more community events, fundraisers, and social gatherings to strengthen ties with the local community and increase visibility. We will offer advanced lifesaving courses, first aid training, and

regular drills to improve the skills of members and the community."

OPERATIONS:

"We aim to streamline communications and operations to ensure everyone is informed and engaged. We will seek sponsorships and engage in fundraising to ensure financial sustainability and support for Club activities. Additionally, we will introduce environmentally friendly practices, such as energy-efficient systems and waste reduction initiatives."

"The clubhouse is a symbol of renewal and reinvigoration. The actual Club is not just a building; it is a team of people who work, learn, and connect together. Moore Park SLSC has always had a strong team, often excelling in sports competitions, but the old, dilapidated building felt uninviting. I am most excited to reverse this image. I want to be part of the renewal that will enable the Club to thrive, better serve its community, and create a lasting positive impact. The new clubhouse will symbolise our openness and readiness to welcome and engage with the community, fostering a vibrant and inclusive environment."

The new clubhouse marks a significant milestone for Moore Park SLSC. It represents a fresh start, with modern facilities that will benefit both members and the community.

As we look forward to the completion of the clubhouse, we are excited about the growth, engagement, and renewed energy it will bring to the Club.

I want to be part of the renewal that will enable the Club to thrive, better serve its community, and create a lasting positive impact

VITA NAKROSA

President,
Moore Park SLSC Club



SURF LIFE SAVING

QUEENSLAND'S

GOVERNMENT

WIRELESS NETWORK

ROLLOUT:

WHAT YOU NEED TO KNOW

Surf Life Saving Queensland (SLSQ) is excited to announce the upcoming state-wide rollout of the Government Wireless Network (GWN), a critical upgrade to our communication infrastructure. This rollout marks a significant leap forward in enhancing our emergency response capabilities, ensuring that our Members have access to the most advanced technology available.

What is the Government Wireless Network (GWN)?

The GWN is a state-of-the-art radio network designed to meet the needs of emergency services across Queensland. Supported by a \$4.8 million investment from the Queensland Government and delivered in partnership with Telstra, the GWN will replace our outdated and inadequate current radio system. The new network promises better coverage and increased reliability which is essential for our mission of protecting lives along Queensland's waterways.

Why is the GWN Rollout Important?

Our current radio network has served us well over the years, but it no longer meets the evolving demands of activities. The ageing infrastructure has become a challenge, with coverage gaps and limitations that can affect effective communication during critical situations. The GWN addresses these issues by providing a robust, reliable, and future-proof solution that will enhance our operational effectiveness across all aspects of Surf Life Saving—from Clubs and lifeguards to our State Operations Centre (SOC) and Surf Sports.

What Does This Mean for SLSQ Clubs?

The introduction of the GWN comes at no cost to SLSQ Clubs, thanks to the

comprehensive funding provided by the State Government. This means that Clubs can reallocate funds previously spent on radio-related expenses to other essential lifesaving equipment.

The GWN equipment has been specifically designed to withstand the unique and challenging surf environment in which we operate. The technology is user-friendly, with most of its advanced features operating seamlessly in the background. Additionally, training for the new radios will be integrated into this year's proficiency modules, ensuring that all Members are confident in using the new equipment.

The Rollout Timeline

The rollout of the GWN is already underway, with the first batch of 20 radios delivered to Stradbroke Island. While there have been some delays in the delivery schedule, the main rollout is expected to take place between October and November 2024, just in time for the busy summer season. A complete rollout plan, including specific delivery timeframes for each Club.

Staying Informed

We understand that transitioning to a new system can be daunting, but rest assured that the current network will remain operational throughout the rollout. Where necessary, we will migrate existing radios to Clubs that need them, ensuring no disruption to our lifesaving services.

Regular updates on the GWN implementation will be provided to all Clubs, so stay tuned for the latest information.

For more details on the Government Wireless Network and its benefits to SLSQ, please visit lifesaving.com.au/gwn.



SHOULD I TAKE THAT SUPPLEMENT?

In the wake of recent controversy surrounding illegal performance enhancing substances and the Australian Swim Team, doping has well and truly found itself back in the media and is currently a regular talking point among athletes-many of whom are concerned about the quality and safety of supplements they may be taking themselves. Sport is supposed to be competitive.

Athletes want to win, and want to perform at their best. Performance enhancing drugs however should never be the answer, as they cheat the integrity of the game, opponents, fans, and athletes themselves. They also pose a very real danger to those who use them and can lead to some very scary health consequences, in some cases which are deadly.

Many of us are aware that there have been instances of athletes deliberately doping to better performance, but what about the issue of contaminated supplements and products? Many athletes have posted a positive result to a drug test, and claim to be left at a complete loss as to how the drug came to be in their system. So how can athletes be assured that they remain clean and supplements taken are safe, ASADA approved and not contaminated in any way?

As a dietitian, I promote a "food first" approach as the gold standard for enhanced sports performance. Adequate protein, timing of carbohydrate around foods, meeting fluid requirements and plenty of antioxidants through fresh fruit and vegetables for protection of the immune system are just a few things I ensure are part of an athlete's daily nutrition plan.

Supplements should be seen as just that-a supplement to food, a tool to assist us when we cannot meet our requirements through food alone, instead of a go-to or replacement for good quality foods.

If an athlete does require a supplement, it should be through the guidance of a dietitian or in the very least, the athlete should check the supplement by calling ASADA and asking if it is safe. Ask the questions-Is it necessary? Is it effective? Is it safe? Is it legal? If the answer to any of these is no, the supplement should not be taken.

As well as checking directly through ASADA, there is another organisation dedicated to ensuring athletes are educated and aware of products which are safe and approved to use. Informed Sport (best accessed via their website) lists products which are approved by ASADA, and brands you can trust such as Musashi, Optimal Nutrition, Body Science and SIS to name a few. Body Science are in fact one of the leaders in promoting clean sport in Australia and are dedicated to testing every batch of product that leaves their factory to ensure it is safe for the athlete to ingest.

Navigating the current market of supplements and legal recovery or muscle growth products can be a minefield. Never take anything you are unsure of or haven't checked via ASADA or Informed Sport. To help ensure you are consuming products which are necessary, effective, safe and legal, educate yourself, ask the right questions and if you are still unsure, speak to a dietitian.





**SURF SPORTS IN
QUEENSLAND: AN
EXCITING 2024/25
SURF SPORTS
IN SEASON AHEAD**

As the 2024/25 surf sport season approaches, Surf Life Saving Queensland (SLSQ) gears up for an action-packed calendar of events. We spoke with Stu Hogben, Head of Sport at SLSQ, to get an insider's perspective on what's in store for competitors and spectators alike.

'The upcoming season is going to be a long one for our competitors,' Hogben remarked. 'With the Lifesaving World Championships 2024 competition starting on 23 August, it has brought the season early for everyone. From there, we transition into an endurance phase with our State Endurance Championships and Coolangatta Gold. In October and November, the excitement ramps up again with the Shaw Partners Professional Series and our Interbranch Championships.'

'For our North Queensland Clubs, the pinnacle is the Northern Australian Championships, a great opportunity for young competitors to represent their Clubs and create a pathway within those events. Which leads into our main event, the Senior and Junior QLD Surf Life Saving Championships in March 2025.'

Changes to the Program

Hogben also highlighted some changes to the program, 'Members can expect a few changes to the program this year. The most significant change is the decision by the Sport Committee to remove pool rescue from the Interbranch Championships, making it a pure ocean competition. On the Sunday of that weekend, we'll also be running development and training sessions with the junior competitors. We want to work with them to prepare and enhance their skills while they're in SEQ for selection in State teams.'

'Live Heats has been well integrated into our events and has become a key staple for our team managers, which has been fantastic. We are looking to integrate the Surf Boats more into Live Heats, as well as looking at camera technology, and plan to roll that out in time for the 2025 QLD Surf Life Saving Championships.'

'We also added the six-person mixed Taplin at our 2024 QLD Surf life Saving Championships – Senior Weekend, which was well received and will continue next year. Other than that, we have been really happy with the feedback and there hasn't been a major need for huge changes,' Hogben mentioned.

The Sport Teams Expectations and Excitement

Hogben and his team are looking forward to an exciting season, despite the increased workload due to the early start with the Lifesaving World Championships in August. Hogben shared.

'Another exciting aspect of the upcoming season is the changes within Club personnel, coaches, and athletes. It's always exciting to see the intense rivalries and close calls between clubs,' Hogben continued. 'Particularly between Burleigh Heads and Northcliffe, who put up a strong challenge at a state level this year. Spectators can expect close finishes and fantastic displays of athleticism.'

Success Stories from the 2023/24 Season

Reflecting on the past achievements, Hogben highlighted the successful integration of livestreaming and Live Heats technology into the competitors. 'There was a lot of work behind the scenes to make it happen. It was

a huge achievement, integrating technology for our members and spectators in the sport space,' he noted.

Another key success from 2023/24 was the effective management of the 2024 QLD Surf Life Saving Championships, despite facing challenging conditions from mother nature. 'Needing to move both the events due to weather was a significant achievement by everyone involved,' Hogben said. 'We were thrilled with the feedback, and it showed our Members that we take management of risk and safety seriously.'

Promoting Inclusivity and Diversity

Surf Life Saving Queensland is committed to promoting inclusivity and diversity within its programs. This year, adaptive events at the SLS Australian Championships marked a significant step forward, and there has been a big push to increase these initiatives.

'We will be running an adaptive sports program at the North Australian Championships to promote inclusivity and diversity,' Hogben announced. The inclusion of adaptive sports is a significant step towards making surf sports accessible to all.

'The adaptive sports program is part of our ongoing efforts to increase inclusivity within our events,' Hogben explained. 'It's been great to see officials put their hand up to be involved at a state level. It's a positive step in the right direction.'

Stu Hogben, who has been with SLSQ for 24 years, is passionate about sport and its role in building community spirit and resilience. Under his leadership, the organisation has seen quality events and participation. The 2024/25 surf sports season in Queensland promises to be a thrilling period filled with exciting events, intense

rivalries, and a commitment to inclusivity and diversity. With the dedication and hard work of Stu Hogben and his team, it is set to be a memorable season for all involved. From the Lifesaving World Championships to the innovative adaptive sport programs, there is something for everyone to look forward to.

Be sure to watch our channels and Surf Sport page on the SLSQ Website for the upcoming launch of the 2024/25 Sport Calendar!





The Little Lifesavers program is a great introduction to surf lifesaving for kids aged 5-12 without having to travel to a surf beach or join a surf lifesaving club.



Activities included in the program are:

- ★ Board paddling
- ★ Dolphin diving
- ★ Beach sprints
- ★ CPR
- ★ Wading
- ★ Flags
- ★ Rescue techniques
- ★ Patient care



**GOLD COAST
BRISBANE
SUNSHINE COAST
BUNDABERG
CAIRNS
MACKAY
TOWNSVILLE**



SCAN FOR
MORE
INFO

REGISTER NOW

P: 07 3846 8000

E: littlelifesavers@lifesaving.com.au

 **Little Lifesavers**



Queensland

Our Values



INNOVATION

Continually explore cutting edge technologies and systems as we work towards our beach and Clubs of the future.



SAFETY

Prioritise and take responsibility for safety at all levels across the organisation, both on and off the beach.



RESPECT

Treat each other with respect, value each other's contributions, and celebrate our people who strive for excellence.



COMMUNITY

We will not only protect the community we serve but we will reflect the community we operate within and foster a welcoming culture.



TRUST

Ensure that trust and accountability are the cornerstones of our organisation; through open and honest communication, and by always delivering on our commitments.



INTEGRITY

We will display the quality of honesty and having strong moral principles.



Our Partners

PRINCIPAL PARTNERS



GOVERNMENT



COMMUNITY



MEDIA



BUSINESS





Queensland

www.lifesaving.com.au

This is a Surf Life Saving Queensland publication. If you would like to contribute or advertise please contact marketing@lifesaving.com.au