

Surf Life Saving Queensland
Magazine

ISSUE ONE



Queensland

SHORELINE

An aerial photograph of a beach. The top half of the image shows the ocean with waves breaking, creating white foam. The bottom half shows the sandy beach, which is light-colored and has some faint tracks or patterns. The overall color palette is dominated by various shades of blue and white.

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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.

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QLD

PRESIDENT'S MESSAGE

To my fellow Lifesavers, I hope you enjoy this first issue of Shoreline magazine: A publication that will inform, educate, and highlight the very best of our surf lifesaving community.

2024 will be a transformational year for Surf Lifesaving in Queensland, a year when we will be welcoming a range of new initiatives that will shape our organisation for years to come.

Of course, much of this transformation is only possible with the funding and support from Government and our key sponsors and supporters. For this, we are extremely grateful.

The late 2023 announcement by Premier Steven Miles of a record \$125.2 million in future funding from the State Government is a pivotal moment in our history. This investment is a massive "vote of confidence" in the capability of our Clubs and professional services and builds on the 2020, four-year, \$30 million commitment, which concludes on 30 June 2024.

The new commitment includes funding for a 10-year service level agreement which commences 1 July 2024, and includes an immediate boost to infrastructure and equipment which will benefit every Surf Club in the State in the near term. The SLSQ Board is currently working through the details for this investment.

Away from the beach, we will look forward to more groundbreaking work over the coming year. Projects will range from further education reforms, increased Member support services, prioritised support for Clubs under pressure, investment in increased emergency service response capability and essential operational improvements.

As a key example of these latter priorities, a strategic objective of the SLSQ Board is to support the roll out of access to the Government Wireless Network (GWN) in 2024.

The current status quo sees our Clubs using the traditional terrestrial radio network that has many issues in terms of useability and reliability. The introduction of the GWN aims to alleviate these issues by providing more stable, secure and widespread radio communications throughout the State. It will also provide the option to be linked into other Emergency Services radio comms should circumstances dictate. As part of the roll-out, every Club will be receiving new, more resilient and functional hardware to access the network. This new equipment will reduce the financial burden on Clubs to purchase and maintain radios, meaning more Club finances available to support essential lifesaving services/equipment at a local level.

As you can appreciate, it is a massive task to roll-out a new system across all 58 Clubs in a short timeframe. However, our implementation team stands ready to have all required hardware as well as a Club training program ready by the start of the 2024/25 season. The rollout will necessarily be staged across the season, most likely region by region. Clubs will be advised of the implementation plan once finalised.

Behind the scenes, the Board and I are looking forward to supporting even more developments that will increase the capacity and skills of our lifesavers and our lifesaving community. The Board is here to support you and the invaluable work you do to keep our beaches safe.

Finally, I extend my deepest appreciate to everyone involved in surf lifesaving in our great State. We are nothing without your hard work and dedication.

Gerard O'Brien
President, Surf Life Saving Queensland

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PRESIDENT,
Surf Life Saving Queensland



GERARD O'BRIEN
SLSQ PRESIDENT



CEO'S MESSAGE

I'm absolutely thrilled to share the stories that make our surf lifesaving community shine. In these pages, you'll get a front-row seat to the remarkable tales of courage, commitment, and the special moments that define us.

Let's kick things off with some fantastic news to start 2024; Surf Lifesaving Queensland has scored a whopping \$125.2 million in future funding from the Miles Government. This generous support is a game-changer for every Club under our umbrella. It means we're better equipped than ever to keep Queensland's waters safe and live up to our mission of zero preventable deaths.

Flip through these pages, and you'll discover the incredible efforts of our team during the wild weather at the end of 2023. Cyclones, storms, floods – you name it, we faced it together. The way our community came together during these tough times is nothing short of amazing. It makes me proud to be part of a family that steps up when our State needs us.

In this issue, I'm also excited to shed light on the subject of Diversity, Equity and Inclusion (DEI). The interview with our newly appointed DEI Manager Sunaina Jaswal will give you an insight into the plans we have to embrace the richness of our organisation and make sure our Surf Life Saving Clubs reflect the communities we serve now and in the future.

Speaking about our current and future communities, I'm proud to announce that the 2024 Camp Commando has been a huge success, with this issue giving you a behind-the-scenes look at Camp Commando.

Our Sunshine Coast Membership Development Coordinator Jessica Roberts and Sunshine Coast Branch Director of Youth Development, Eliza Dreves details what goes into making these camps happen and the sense of community that is forged amongst participants. I would also like to give a special thanks to those who helped in this year's camp. The time, effort, and patience you have shown throughout the camp, as well as the courage, knowledge and camaraderie you have instilled in our current and future lifesavers showcases what Surf Life Saving Queensland is all about.

Now, let's talk about the good times ahead in 2024!

Get ready for a year of events – our talented Queensland athletes are gearing up for the Queensland Surf Lifesaving Championships on the Gold Coast, followed by the Aussies on the Sunshine Coast. And let's not forget the grand finale, the Lifesaving World Championships 2024 – our lifesaving 'Olympics!' We're rolling out the red carpet for thousands of athletes and spectators from around the world, and I can't wait to show off our slice of paradise!

As we dive into a year of excitement, I'm genuinely honoured to lead our red and yellow army.

Remember, my door and inbox are always open. Your stories, ideas, and feedback are what keep Surf Life Saving Queensland thriving.

Here's to a year of adventure, unity, and saving lives – together.

Dave Whimpey
CEO, Surf Life Saving Queensland

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CEO, Surf Life Saving
Queensland

DAVE WHIMPEY
SLSQ CEO

A TALE

OF WILD

WEATHER

AND HELPING

HANDS



In recent months, much of Queensland's coastline and communities, both coastal and rural, have been battered by catastrophic cyclones and wild weather.

North Queensland weathered Tropical Cyclone Jasper during the 2023 Christmas Season and Tropical Cyclone Kirrily during late January 2024.

Meanwhile the Gold Coast and Scenic Rim were left devastated after a tornado ripped through those areas on Christmas night last year, with frequent storms, high-speed winds, and flash flooding continuing to batter much of South-East Queensland.

With the storm season showcasing its severity, SLSQ's involvement in search-and-rescue operations, welfare checks, and operations involving other emergency services has been paramount in providing relief to affected individuals and communities.

We were fortunate enough to be able to sit down with Nathan Long from Broadbeach SLSC, who conducted 500 home visits in Coombabah, providing welfare checks on affected individuals and families in the region and helping where possible.

ON THE FRONTLINE: PREPARING FOR THE UNPREDICTABLE

The lead up to the Christmas Day storm was described as unexpectedly sudden, with Nathan highlighting how the Gold Coast was caught off-guard:

'No one was actually warned of the size of the storm that was coming,' he explained, 'But once the Christmas storms hit, we were informed that many of us could be called to aid with nighttime patrols. By the time the New Year's Eve storms hit we were much more prepared and had more lifesavers and IRBs (Inflatable Rescue Boats) on standby.'

EXTENDING A HELPING HAND IN THE AFTERMATH

Once the storms subsided, the community faced the harsh reality of the aftermath. While emergency services like SES and QFES were the first responders, local lifesavers played a unique role. A local councillor reached out to SLSQ, requesting assistance in doorknocking affected areas. Lifesavers responded promptly, visiting retirement villages and checking on vulnerable residents.

'My offsider and I knocked on 500 doors between the two complexes and went around with flyers full of information for those affected. We made sure people were safe and healthy, and informed them that help centres would be opening if people needed assistance applying for the support grants,' reflected Nathan.

The encounters were emotionally charged, especially with elderly residents who were isolated and lacked support networks.

'It's very confronting. There was one lady who was over the age of 80 who's whole house had been destroyed. The roof had collapsed and a big gum tree, which was about 10ft round, had completely wiped out her bedroom. This woman had no family or friends and had told us that if she had been home when the storm hit, she most likely would have died given that she had no one that she could've called upon,' Nathan emphasised.

As emotions ran high amidst the chaos, Nathan and his fellow lifesavers likened their approach to beach rescues, emphasising reassurance and calming techniques.



'Our aim was to diffuse the situation and offer a sense of calm because everyone panics. Cooperation and a strong sense of understanding were key in ensuring smooth operations during these challenging moments.'

Welfare checks presented challenges beyond emotional encounters. Flooded roads and felled trees hindered access to affected areas. Despite efforts by Energex to manage power lines, caution was paramount.

'Is this situation worth putting our lives at risk?' became the guiding questions as Nathan highlighted.

'We had to exercise caution to ensure the safety of all team members during the operations we conducted.'

LEARNING FROM THE STORM: LESSONS FOR THE FUTURE

Reflecting on the experience, Nathan highlighted the importance of preparedness:

'Having a backup supply of items such as a radio, batteries, torches, long-life foods and drinks are crucial in situation like these.'

The main takeaway: prioritise personal safety and adhere to warnings.

'If it's flooded, forget it. It's the same as the beach; you don't go swimming where there aren't any flags,' continued Nathan.

In the face of adversity, lifesavers like Nathan exemplify resilience, community spirit, and selflessness. With more wild weather for Queensland on the horizon, the actions of Nathan and countless other lifesavers during and after the South East Queensland storm event serve as a reminder of the strength and compassion SLSQ uses to help local communities, both on and off the coast.

We were also lucky enough to be able to sit down with SLSNQ's Jennifer Rees talked about the monumental effort that went into supporting Cairns during the 2023 Cyclone Jasper Flood Response.

PREPARING FOR TROUBLE

With Cyclone Jasper looming on the horizon, Jennifer and the North Queensland Clubs and communities leapt into action, preparing as best they could to weather the incoming storm.

'From a staff perspective, we had myself and Marty Cook, who is the Lifesaving Services & Sports Coordinator for North Queensland, attend the Cairns Local Disaster Management Group Meetings in the lead-up to Cyclone Jasper,' commented Jennifer.

These meetings helped provide the team with information for the local Clubs which was quickly passed onto Club Presidents and Club Captains. Jennifer and Marty were able to support Club preparations and safety, sandbagging, and what equipment they had available.

The Branch Office in Smithfield acted as a base-of-operations, with PPE, radios, and rescue boats on standby in case they were required.

CYCLONE STRIKES

When the cyclone hit, it was not the weather phenomenon itself that was the problem as Jennifer highlights:

'The weather event that caused a majority of issues through regional Cairns was the fact that the weather stayed in one spot, as opposed to moving on like a cyclone typically does.'

Because of this, the area suffered continuous rain which affected the areas above and below Cairns, with riverways filling to the brim and leaving large regions inundated with floodwater.

The amount of water that flooded Cairns caused many residents to go into lock-down mode, with families and neighbourhoods preparing their homes and offices for the wild weather. Cairns SLSC was not spared any reinforcement, with the Club's windows and entrances sandbagged due to its proximity to local rivers and the coastline.

'As the storm happened, the entire back parking become fully flooded. So, if the Club hadn't been sandbagged, there would have been a much worse result,' commented Jennifer.

On Sunday, 17th December, the rain had been uninterrupted for five days, causing concern throughout the community as the water continued to rise in areas such as Holloways Beach and Yorkeys Knob.

'The Barron River caused most of the damage out of all the flooded waterways, with much of the flood water being spread-out across all of the sugar cane fields and breaking water banks throughout the streets of Holloways Beach.'

With so much damage caused by flood waters and a near-continuous storm, many areas which had normal-sized rivers have been transformed in waterways three-times wider than normal and ten metres high.

'When you drive up the pass to Kuranda, there's a big bridge that goes over the Barron River. Despite the bridge being at least 30 metres high, the water managed to reach the bridge itself.'



LEAPING INTO ACTION

With contact having been established between all involved parties, it wasn't long before Jennifer went out and helped as much as she could. With her husband and two volunteers, the regional manager launched an IRB into the flood waters where many roads had become make-shift rivers.

'We have driven along these roads after the flood waters subsided and still can't believe that they were underwater,' Jennifer commented.

While trying to follow streets, Jennifer and her crew were contacted and tasked with checking various addresses. However, with the flood waters covering streets signs, the team found themselves disoriented while phones and radios struggled to connect in the storm conditions.

'Thankfully, many of the locals were able to update us on the status of neighbourhoods and addresses, with residents having already checked some areas by the time we arrived.'

After ensuring the safety of the local neighbourhoods and their residents, Jennifer and her team proceeded to help the sugar cane farmers. According to Jennifer, one two-story house had been reduced to a single story due to the high volume of flood water.

"With the house having become a swift-water environment, we did what we could to help the family in the house. Even though there was a big risk involved, the team and I pulled ourselves around the side of the house to turn off the property's electrical meter.'

Despite a lack of flood water training, many of the lifesavers and volunteers utilised lifesaving training, ocean training, and beach training to help make a difference during the wild weather.

MAKING CONTACT

Despite the concerning situation Cairns found itself in, Jennifer and Lifeguard Supervisor, Deahn Westland, made contact with SurfCom in order to improve communications and help navigate teams through the flood waters.

'Initially, I think our local disaster group struggled to communicate with us. So, on Sunday morning after contacting Deahn, we were swamped with phone calls from Cairns Local Council, QFES, SES, and had to dedicate to time figuring out who was who.'

Once introductions had been completed, communications and tasks were channelled through SurfCom. It was only after this that Jennifer and her team were able to work with QFES and other emergency services directly.



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'It amazes me how confidently everyone was going into flood waters to assist where they could.'

Yet, with so many people leaping into action, Jennifer says that many volunteers and herself found the ordeal emotional draining, as many of the people rescued were in wheelchairs, on oxygen tanks, or with cats and dogs.

'There was one lady who, while being rescued, handed me her cat which had unfortunately drowned in the waters, which I found to be quite a shock. We were all affected personally.'

With emotions running high through the team and those who were being rescued, volunteers and lifesavers did their best to comfort one another in the face of adversity.

A RALLIED COMMUNITY

Flood waters began to subside on Monday, 18th December, yet the damage remained. The sewerage system and roads were heavily damaged, and water and power remained absent from the region.

Yet, when the water completely subsided and the clean-up effort began, the community rallied behind one another to assist where they could.

Flood waters began to subside on Monday, 18th December, yet the damage remained. The sewerage system and roads were heavily damaged, and water and power remained absent from the region.

Yet, when the water completely subsided and the clean-up effort began, the community rallied behind one another to assist where they could.

'The Council organised the Mud Army to help with the clean-up effort. Additionally, hubs were set-for people to donate food, water, and clothing to those that needed it. Businesses, like mobile laundromats, went house-to house and offered their services.'

Despite the monumental effort by the Cairns community in cleaning up the region, Jennifer stressed that this would not be the last time the region will experience an event like Cyclone Jasper.

'We have identified that swift-water training would be a massive benefit in situations like Cyclone Jasper. Despite there being QFES and SES workers equipped with this knowledge, SLSQ would be of greater help if we had the same skills.'

With a long road ahead for Cairns, Jennifer is optimistic that the Clubs and wider community will return to normal and use Tropical Cyclone Jasper as an example of the courage and resilience displayed by SLSQ, other emergency services, and residents.

On behalf of everyone at SLSQ, we would like to extend a heartfelt thankful to Nathan and Jennfier for taking to the time sit down and chat about their experiences during Queensland's wild weather. We would also like to offer a sincere thank you to everyone who took part the preparation and recovery effort of their local SLSQ Clubs and their local community.



Cyclone Jasper produced torrential rain throughout Northern Queensland, with five-day totals of 2,166 mm (85.3 in) reported at Black Mountain and 2,025 mm (79.7 in) at Myola, both near the town of Kuranda, making Jasper the wettest tropical cyclone in Australian history.

Does El Niño and climate change affect cyclone patterns?

Australia usually experiences fewer tropical cyclones in El Niño periods like the one the continent is now experiencing, but cyclones do still occur. All weather systems, including tropical cyclones and El Niño climate patterns, now exist in an atmosphere that contains almost 50% more carbon dioxide than before the world started burning fossil fuels.

Dr Jaci Brown, head of CSIRO's Climate Science Centre, says: 'We do expect a reduction in tropical cyclones in El Niño years. But we are in a new climate regime that we haven't seen before.'

'We have an El Niño with drought, but also with intense rainfall. Scientists are trying to understand how much of this is associated with climate change. Is this the new normal?'

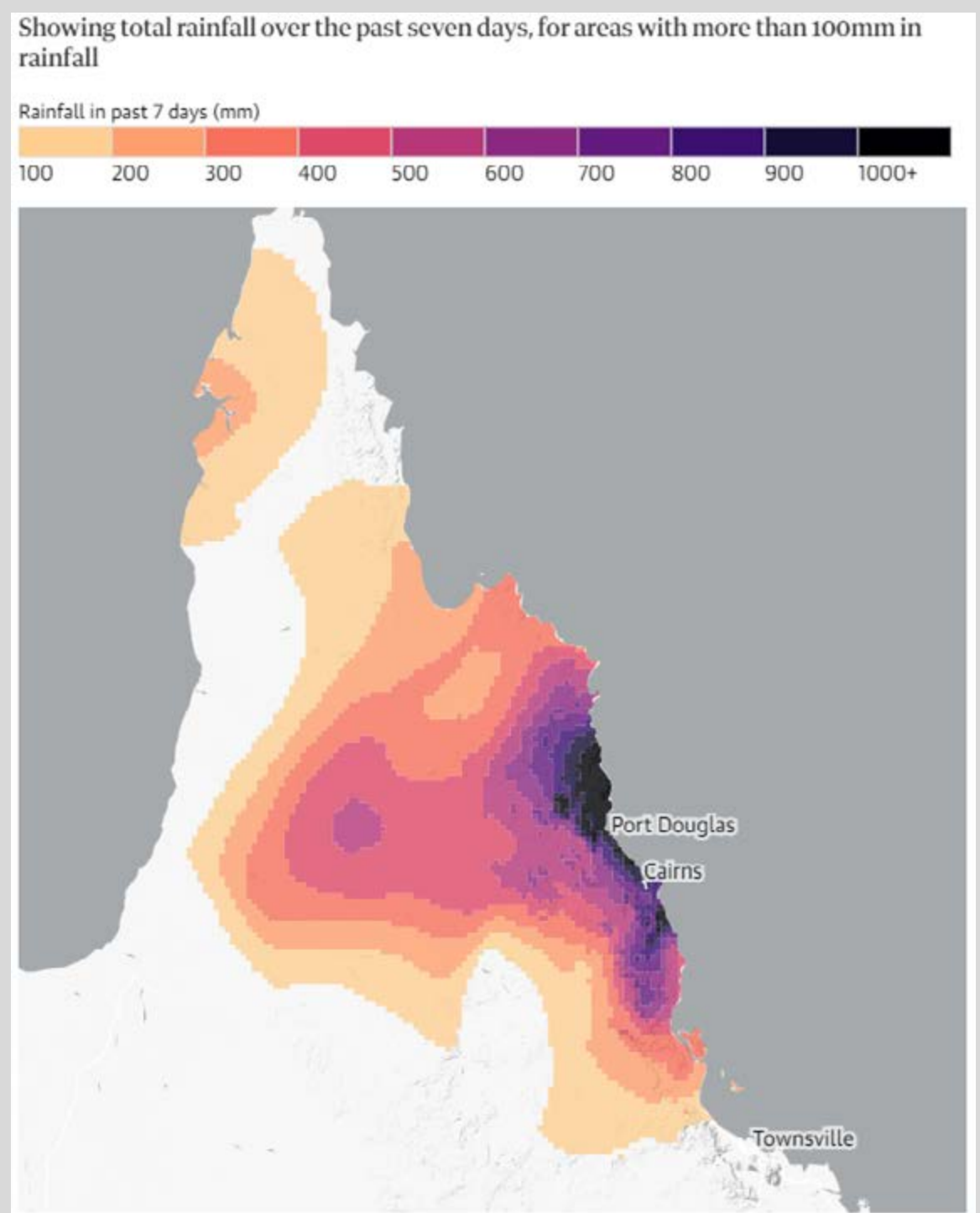
Ramsay says projections from climate models are inconclusive about any influence from global heating on the speed that cyclones may travel.

'I think this event will motivate some research to try and understand previous trends in the Australian region,' he said.

But he said the extreme rainfall was 'in keeping' with projections from climate models that show the amount of rainfall from tropical cyclones would increase as the world keeps heating up.

Dr Andrew King, a climate scientist at the University of Melbourne, said: 'I would expect climate change has played a small role in this event because we know sea surface temperatures have been abnormally high to the north-east of Australia [as the cyclone was forming].'

Generally, scientists know that for each degree of global heating the atmosphere can hold about 7% more moisture that's available to fall as rain. Dowdy said: 'We have already had over one degree of human-caused global warming, so there is already potential for extreme rainfall to be more intense.'



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But he said when water vapour condenses it releases heat that can add more energy to storms to suck up more moisture.

'This means that the increase in extreme rainfall due to climate change can be more than this 6-7% increase per degree of global warming in some cases.'

'For example, about double to triple this rate of 6-7% per degree of warming has already been observed through Australia.'

He said some scientists were now advising that for Australia, planners should consider that each degree of warming could increase rainfall by as much as 15%.

This article was originally published in The Guardian.

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INTRODUCING KAMANANA

Born from candid conversations on the shores of Hawaii, KaMana Community is the brainchild of Surf Ironwomen athletes and friends Harriet Brown and Lizzie Welborn.

We sat down with the two decorated Ironwomen to chat about how KaMana Community came to be and what it means to them.

Being female athletes themselves, Harriet and Lizzie have long been aware of the struggles that accompany their chosen path. Issues such as body image perception and the outward pressures forced the Ironwomen to explore common avenues, such as restrictive eating, to help combat the perceptions they held about themselves.

'We started to have some really in-depth conversations around some of the struggles we've had in our sport which led us to opening up to each other about the body image issues and pressures we've felt in the sport of surf lifesaving,' said Harriet, reminiscing on early conversations about KaMana Community.

Soon after their conversations, Harriet and Lizzie realised that many other female athletes shared their struggles, which brought a sense of relief yet reinforced their commitment to help others.

'We felt as if a weight had been lifted off our shoulders after we opened up to each other about how we were feeling. Yet, we thought that if we are going through this then everybody must be going through this as well, and yet no one is speaking about it,' reflected Harriet.

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Drawing from their experience in backgrounds such as exercise physiology, environmentalism, and mentorship of young lifesavers, Harriet and Lizzie recognised the need for a platform that would address these issues openly to create a supportive community for young women in sport.

Further fuelling KaMana's inception was the frustration that stemmed from the outdated views of females in sport. Conservative mindsets from peers, coaches, and social media perpetuated overwhelming pressure, driving the need for change.

'When I was first coming through the sport, there was poorer conversation around body image. There was a lot of old-school coaches that were saying things that we would now be shocked at, like "You need to lose weight, you're fat." It was pretty brutal,' highlighted Harriet.

Despite conversations and perceptions around body image slowly changing to have greater awareness surrounding them, both Harriet and Lizzie want to see those conversations change even more and with a strong desire to empower the next generation of female athletes, KaMana Community was born.



BUT WHAT IS KAMANANA COMMUNITY?

KaMana is a community dedicated to supporting and empowering the next generation of young females and female athletes by helping them navigate bodily changes and aspects of mental health through evidence-based research and practical tips. Its genesis was a response to the challenges faced by women in sports, transcending the physical demands of competition to address the often-overlooked aspects of mental wellbeing and self-image.

Alongside celebrating young female athletes, the movement recognises the impact of targeted language, especially on social media, and how it influences the perceptions of body image in female athletes. KaMana seeks to challenge these norms and provide a safe space for competitors to thrive without fear or judgement.



'Unfortunately, we see too many girls quit sport due to an overall lack in confidence, body image issues, self-doubt, restrictive eating and physiological issues which can lead to an increase in injury risk and reduction in performance among other things.'





KaMana's mission extends beyond workshops setting into a broader vision for systemic change. By openly discussing topics such as body confidence, nutrition, female athlete health, and performance mindsets, the movement hopes to equip young females not only with the skills to excel in their chosen sport but also with the resilience to navigate the unique challenges they may encounter.

'Our end goal is to help girls feel like they can do what they want and not care what people think about them, what they look like, and to have them get pure enjoyment from doing sports,' shared Lizzie.

Harriet and Lizzie's commitment to breaking down barriers goes beyond geographical boundaries, with KaMana's online workshops reaching all over Australia, as well as young women in New Zealand and the United States.

Yet despite the resonance of their message and the impact already achieved, Harriet and Lizzie envision KaMana as an enduring force, aiming to embed their knowledge into educational curriculums and engage with essential support networks of parents, coaches, and teachers. With a decorated history in Ironwomen competitions, their aspiration is to foster a lasting impact on the next generation of female athletes.

'Everything that we put into our workshops is information we wish we knew when we were younger. So, it would be awesome if the KaMana Community could become something that is included in standard training modules, as an example when completing your SRC, so that you are prepared for what might come your way as you get older,' highlighted Lizzie.



Join the movement, embrace the empowerment, and let KaMana start a new era in female sports for you!

KaMana workshops are open to female athletes aged 12 and over from all sports. Each workshop, both in person and online, can run for up to 1 – 1.5 hours depending on time constraints. While Lizzie is based in Sydney and Harriet based in the Gold Coast, both love to travel and present KaMana Community's workshops together.

If you are interested in having Harriet and Lizzie visit your sports club or school, or over an online workshop, feel free to reach out to them and fill out an expression of interest.



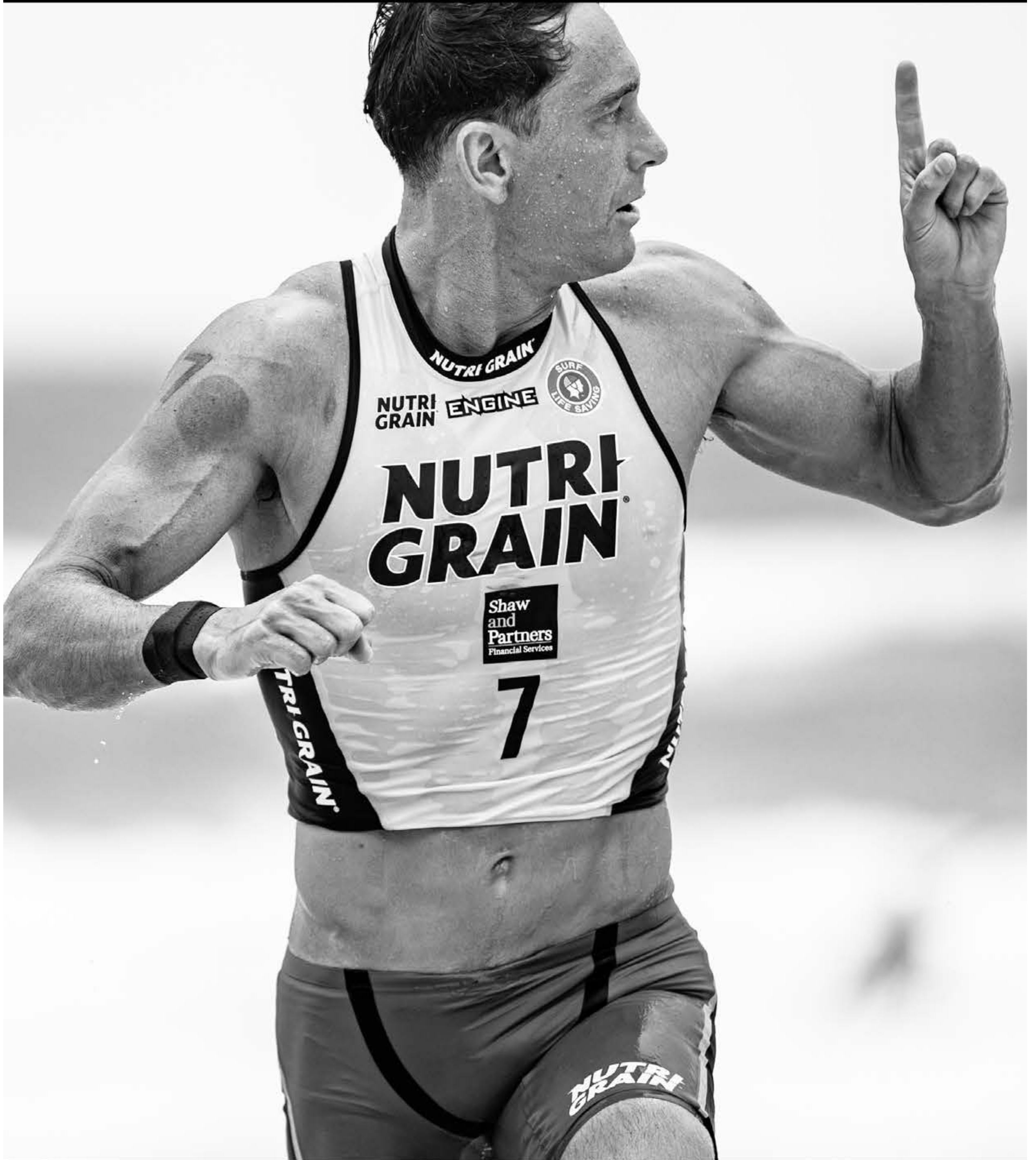
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IN CONVERSATION WITH SUNAINA JASWAL

We sat down with Sunaina Jaswal, Surf Life Saving Queensland's (SLSQ) first Diversity, Equity, and Inclusion (DEI) Manager.

In a conversation focused on pragmatic steps and real impact, Sunaina sheds light on the significance of embracing diversity and the roadmap ahead.

THE CURRENT STATE OF PLAY IN AUSTRALIA



LET'S START WITH THE BASICS. WHY IS THE FOCUS ON DIVERSITY, EQUITY, AND INCLUSION SO CRUCIAL FOR ORGANISATIONS TODAY?

'It's simple. Our communities are diverse, and if we want to reflect and serve them effectively, we need an inclusive approach. It's about making sure everyone feels welcome, heard, and valued.'

SUNAINA LET'S ZOOM OUT FOR A MOMENT AND CONSIDER THE BROADER LANDSCAPE. HOW WOULD YOU DESCRIBE THE CURRENT STATE OF DIVERSITY, EQUITY, AND INCLUSION IN AUSTRALIA, PARTICULARLY WITHIN MAINSTREAM ORGANISATIONS?

'Australia, like many other countries, is undergoing a significant transformation. There's a growing awareness of the importance of diversity, equity, and inclusion, and we are starting to recognise the need for change. We're seeing more conversations around these topics, and organisations are taking steps, albeit varying in degrees, towards fostering a more inclusive culture.'

IN YOUR VIEW, WHY IS IT CRUCIAL TO EMBRACE DIVERSITY, EQUITY, AND INCLUSION?

'Australia is a melting pot of cultures, backgrounds, and perspectives. To truly reflect the communities they serve, organisations need to mirror this diversity within their structures and practices. It's not just about ticking boxes; it's about leveraging the richness of different experiences to drive innovation, creativity, and overall success.'

SURF LIFE SAVING QUEENSLAND'S DEI STRATEGY IS A BOLD MOVE IN THIS DIRECTION. HOW DO YOU SEE THIS STRATEGY CONTRIBUTING TO THE BROADER NARRATIVE OF DEI IN AUSTRALIA?

'SLSQ's DEI Strategy is more than an organisational initiative; it's a contribution to a national conversation. By taking a proactive stance and outlining concrete plans, we hope to inspire other organisations to embark on similar journeys. We're not just talking about diversity; we're actively working towards embedding it into our organisational DNA.'

CONSIDERING THE DEMOGRAPHICS OF QUEENSLAND, WITH OVER HALF OF THE POPULATION COMING FROM OVERSEAS, HOW DOES THIS SHAPE THE IMPERATIVE FOR DEI FOR US AT SLSQ?

'Queensland's demographic diversity is a compelling factor in our community. If we are to remain relevant and effective, we must reflect the communities we serve. Our DEI Strategy is a response to this imperative, recognising that to truly connect with the people we aim to help, Surf Life Saving Queensland needs to be a microcosm of that diversity.'

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ARE THERE ANY CHALLENGES OR UNIQUE CONSIDERATIONS THAT WE MIGHT FACE WHEN IMPLEMENTING DEI STRATEGIES?

'Absolutely. While the intention is there, there can be challenges in translating that intention into meaningful action. Addressing unconscious biases, breaking down stereotypes, and fostering an inclusive culture require concerted efforts. Additionally, there's a need for ongoing education and awareness to ensure that DEI is not just a checkbox but a lived reality in the workplace.'

HOW DO YOU SEE THE FUTURE UNFOLDING FOR DEI INITIATIVES IN AUSTRALIA, AND WHAT ROLE CAN ORGANISATIONS PLAY IN SHAPING THIS FUTURE?

'I'm optimistic about the future. We're witnessing a cultural shift, and organisations are becoming more aware of the need for inclusivity. The key is sustained commitment. We will play a pivotal role by not just adopting DEI as a buzzword but by implementing tangible actions, fostering accountability, and creating environments where everyone feels valued and included.'

THE EMERGENCE OF DEI AT SLSQ



AS SLSQ'S FIRST DEI MANAGER, HOW DO YOU ENVISION YOUR ROLE IN STEERING THIS CHANGE?

'My role is to lead the strategy, advocate for change, and foster a culture of unity and belonging. I aim to ensure that diversity is not an afterthought but embedded in everything we do.'

CAN YOU WALK US THROUGH THE KEY PILLARS AND PRINCIPLES OF THE DEI STRATEGY?

'Certainly. Our strategy focuses on Leadership, Community Engagement, and Sustainability. We want to remove barriers, foster safe environments, strengthen connections with our communities, and bring about systemic change through policies, procedures, and practices.'

THE STRATEGY MENTIONS ACTION PLANS FOR KEY FOCUS AREAS LIKE GENDER EQUITY, DISABILITY, LGBTQIA+, FIRST NATIONS, AND CALD COMMUNITIES. HOW DOES SLSQ PLAN TO TRANSLATE THESE INTO REAL, TANGIBLE ACTIONS?

'We're developing detailed action plans for each focus area. For instance, in Gender Equity, we aim to bridge the gap by ensuring equal opportunities. Similarly, in Disability Inclusion, our focus is on creating an environment that's accessible and inclusive for everyone.'

HOW DOES SLSQ PLAN TO MEASURE THE SUCCESS OF ITS DEI INITIATIVES, AND WHAT'S THE VISION FOR THE FUTURE?

'Success, for us, is not just numbers but a genuine change in culture. We want to see increased membership, participation, and a stronger connection with the communities we serve. The vision is to make lifesaving truly inclusive, breaking down barriers and fostering a sense of belonging.'

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AND

CASSOWARIES

Nestled on the North Queensland coastline, where the rainforest meets the sand, ETTY BAY SLSC stands as a beacon of tradition, community, and family bonds.

We were fortunate enough to be joined by Shayne Cini, ETTY BAY SLSC's Club President, who walked us through the history of ETTY BAY SLSC and what it means for them to be a part of the surf lifesaving community.



Surf Life Saving Queensland Magazine

A COASTAL HAVEN SINCE 1936

In the heart of North Queensland, Etty Bay SLSC stands as a testament to resilience, community spirit, and the enduring power of family ties. With roots dating back to 1936, this coastal haven has not only weathered the sands of time but has flourished into one of the oldest and most cherished SLSCs in the region.

As he reflected on the Club's journey, the Club President shared the following:

'Etty Bay SLSC has been around for quite some time. We recently had a Life Member, who played a pivotal role in constructing our current clubhouse, celebrate his 85th birthday at the Club.'

The history of Etty Bay SLSC is intertwined with the rich tapestry of its Members, a narrative of passion and dedication to the cause of surf lifesaving.

A TRADITION OF FAMILY AND COMMUNITY

The growth of Etty Bay SLSC into the close knit-community it is today is marked by a sense of family and communal bonds.

As Shayne notes, 'Over the years, Etty Bay SLSC has become a very family and community-oriented Club.'

With a majority of Etty Bay's membership base spanning generations, a unique culture thrives within the Club, fostering a sense of camaraderie and respect. This approach extends beyond the waves, with dedicated Members going above and beyond in roles such as repair and maintenance, ensuring the Club's survival and continual progression.

Shanye, when reflecting on his personal journey, highlighted the intergenerational aspect:

'My wife and I were Members of the same Club for several years before starting a family, a small business, and taking a well-earned break. We returned to the world of surf lifesaving when my wife was called upon by a good friend, who was JAC at the time, to come back and help with coaching, with our children joining a year later.'

When asked if the essence of family and community has been a part of Etty Bay SLSC since its inception, the Club President shared:

'It has. We have one particular family that has been a part of Etty Bay SLSC for three generations, with one of the boys from the third generation having just started his own family and is talking about rejoining the Club again in a few years.'

This multigenerational commitment exemplifies the enduring bond that ties families to Etty Bay SLSC, creating a unique and profound connection that spans decades.



Surf Life Saving Queensland Magazine

WAVES OF SUCCESS - HIGHLIGHT AND ACHIEVEMENTS

With a Club history spanning nearly nine decades, ETTY BAY SLSC has witnessed its fair share of highlights and achievements. As he reflected on the Club's journey, the Club President shared the following:

'We've had some great success from the Club over the years, both in the realm of surf sports and across everyday lifesaving activities with our local community,' commented Shayne.

Notably, the Club's achievements extend beyond the waves, as exemplified by Jesse Witt, the ETTY BAY SLSC Club Captain, who received the 2023 Volunteer of the Year Award at the 2023 SLSQ Awards of Excellence.

Another great example of the calibre of dedication found within the Club ranks at ETTY BAY is Jennifer Jones, the Chief Training Officer (CTO), who received Life Membership in the North Queensland Branch last season and won the Andy Frizzel OAM OBE State Award for services to Juniors Activities a few years ago.

'It's really fantastic! We love to see the awards and accolades from such a small Club that has such limited numbers when compared to other Clubs. To have Members of ours not only progress through, but to win, such prestigious awards that starts at a Club level and ends at a state level are proud moments. These are just two examples of the Club's modest size, proving that commitment and passion can lead to extraordinary recognition on a broader scale.'



Over the past four decades, ETTY BAY SLSC has also made a significant mark in surf sports, particularly in the fiercely competitive surf boats competitions. ETTY BAY has also medalled over the years at State level flags, beach sprint, and tube events.

'Despite being a little more unnoticed than a lot of the bigger surf Clubs, ETTY BAY SLSC keeps moving forward.'





NURTURING THE WAVE

With an award-winning commitment to volunteerism, the Club recognises the importance of youth development, particularly through its Nippers program. Emphasising the significance of this initiative, Shayne commented:

‘Nippers has very much become a core focus for Etty Bay SLSC, as our Nippers program seems to be the way we attract new memberships.’

A surge in Nipper’s enrolment five to ten years ago ignited a renewed dedication to this group of young Members.

‘We soon found out that if we had Nippers join and have fun, then it wasn’t long until a parent or two got their Bronze Medallion and joined the Club,’ highlighted Shayne.

This dynamic approach highlights the interconnectedness of the Nippers program and the Club’s growth, with an effect that extends beyond the shores of Etty Bay.



LIVING WITH WILDLIFE - CASSOWARIES AND CROCODILES

Etty Bay SLSC boasts a claim to fame that sets it apart within the Surf Life Saving Queensland community – sharing the beach with local cassowaries. Responding to enquiries about this unique wildlife coexistence, the Club President confirmed it all:

‘Yes, we do! We frequently get questions about when the cassowaries will be returning to the beach. It definitely has become a local attraction and what Etty Beach SLSC is known for, despite it being considered normal for us!’

However, the wildlife encounters at Etty Bay extend beyond the vibrant and curious cassowaries. The Club has had to contend with the occasional appearance of saltwater crocodiles, presenting challenges over the last five years. The increased crocodile population brought a significant hurdle, with one incident causing a dip in Nipper program participation.

‘Around five to six years ago, Etty Bay SLSC recorded some of its best Nipper program numbers, around 50-60 participants which was up from the average of 30,’ said Shayne as he reflected on the episode.

Unfortunately, a four to five-meter saltwater crocodile was captured on camera having a turtle for breakfast, prompting safety concerns that led some new Members to withdraw from the program.

Despite the challenges, the Club has adapted with the times and enforced stringent safety protocols. Shayne expressed gratitude for the introduction of a drone to assist with patrols, reinforcing a sense of safety among Club Members and the local community.

In navigating the delicate balance between wildlife and safety, Etty Bay SLSC stands resilient, emblematic of a community that thrives amidst the unique challenges of coastal living.

As the waves of Etty Bay Surf Life Saving Club’s remarkable journey forges on, we extend our gratitude to Club President Shayne Cini for his insightful reflections on this extraordinary coastal haven.

A young woman is ziplining through a dense forest. She is wearing a bright blue helmet with the brand name 'DELRID' visible, a red t-shirt, and a black safety harness. She is holding onto a wooden handle connected to a rope. The background is a lush green forest with many trees.

DEVELOPING

SLSQ'S NEXT

GENERATION

A SPOTLIGHT ON CAMP COMMANDO

Every year, the Sunshine Coast plays host to one of Surf Life Saving Queensland's (SLSQ) most anticipated events – Camp Commando. Designed for Members in the Under 14 and Under 15 age groups, this three-day camp is not just about fun and games: it's a platform for developing team-building skills, imparting lifesaving knowledge, and creating lasting inter-club connections among young lifesavers.

Camp Commando, and similar previous programs have been running for more than 20 years and is an iconic annual event, growing in size and impact. The heart of the camp lies in its commitment to fostering personal development, offering a blend of educational and enjoyable activities facilitated by dedicated young mentors and leaders.

Jessica Roberts, the SLSQ Membership Coordinator for the Sunshine Coast and Camp Coordinator and Branch Director of Youth Development, Eliza Dreves, took a moment to share insights into the latest edition of Camp Commando and its incredible journey.

A YOUTH DEVELOPMENT INITIATIVE LIKE NO OTHER

Camp Commando is not just a camp; it's a youth development initiative that stands out as the largest of its kind in Australia. The Sunshine Coast volunteers, a team of five coordinators, invest months of meticulous planning to make the event possible.

'The magnitude of the program is significant, with 175 participants this year, including 138 members aged 13-15, supported by 25 leaders and six mentors as well as support crew,' explains Jess. 'It's a big, big program.'

The camp follows a structured format, with participants arriving on Monday and staying until Wednesday. They are organised into 12 teams, each led by two leaders, creating an environment conducive to teamwork and collaboration. The leaders go above and beyond in their roles; in fact the program for them is 4 days long as they come in a day earlier to prepare for the program and focus on their leadership approach.

One noteworthy participant this year was Callum, a young leader who travelled all the way from Cairns to join the program.

'He reached out on the Surf Life Saving QLD Youth Excellence Program and had asked to come to Camp Commando here on the Sunshine Coast. It's something that this region is very proud of – that Camp Commando is seen in such high esteem,' Jess shares.

BEHIND THE SCENES: THE VOLUNTEERS MAKING IT HAPPEN

Behind the scenes, a dedicated team of volunteers invests their time and effort to ensure the success of Camp Commando every season.

Jessica sheds light on this aspect, 'Camp Commando is run by the Sunshine Coast Branch volunteers. There is a team of five volunteers that form a coordination team, and that team has spent the past eight months planning and organising this year's Camp Commando.'

"A lot of planning and thought goes into keeping the much-loved essence of the program the same, while still keeping things fresh and bringing innovative ideas to the team. We ensure as much of the work is done before we arrive on site so that all the activities roll seamlessly into one another," explains Eliza.

The commitment of these volunteers reflects the essence of Camp Commando – a collective effort to empower young minds, build skills, and create a positive impact within the lifesaving community.

"In recent years I've become much more involved in Camp Commando and this year saw me lead the coordination team for a third consecutive season. It's a mammoth job but arriving on site with all the leaders on the first day, all the stresses of organising a program of this size melt away and I just have a wonderful time with them all. Having parents of past participants and leaders reach out to tell me how much their child grew as a result of the program is also a special aspect of being involved."

During the camp itself, the support staff fill in the gaps, contributing to the overall success of the event. The dedication to this cause is evident, emphasising that the program has become a well-oiled machine that almost runs itself.





INSIDE THE HEART OF CAMP COMMANDO

The 2024 Camp Commando, held recently, encapsulated the essence of SLSQ's commitment to holistic development. Jess emphasises the dual focus on team bonding and individual skill enhancement, acknowledging the role of the camp in life development.

The camp featured engaging presentations from renowned figures in the field. Bonnie Hancock and Danny Hoyland OAM graced the event, sharing their insights and wisdom with the participants. The presence of such accomplished individuals added a layer of inspiration to the overall experience.

To complement the educational aspects, the camp included a variety of enjoyable activities. Perform 360, a major partner on the Sunshine Coast, delivered an interactive presentation, encouraging the kids to stay active and embrace a healthy lifestyle.

Despite unexpected challenges, such as continuous rainfall throughout the program day, the camp managed to turn a potential setback into a highlight. The 'slime battle,' typically a crowd-pleaser, took on an extra dimension in the rain.

'It rained the entire three days of this year's Camp Commando, but I think the young lifesavers enjoyed that and found that it made the camp better,' reflects Jess.

Camp Commando isn't about mastering the waves; it's a chance for kids to connect with peers who share their passion. With 14 out of 15

Clubs from the Sunshine Coast participating, the camp becomes a melting pot of youthful enthusiasm. The goal? To forge friendships that last a lifetime, extending beyond the boundaries of their lifesaving careers and serve as a major retention strategy for the youth members on the Sunshine Coast.

'The beauty of the program is that all personality types get an opportunity to shine, the natural leaders can step up to the plate in the early stages and the more reserved participants can build their confidence amongst supportive peers and will by the final day be taking charge of various activities. Everyone has a chance to give the thoughts and input to their team,' explains Eliza.

'The biggest difference I saw, especially in this year's camp, was the connections these young lifesavers made, not only with themselves but also with other participants,' according to Jess.

Crucially, the camp dispels the myth that one must be a gold medallist swimmer to contribute to lifesaving. It reveals diverse pathways within the field, ensuring every child realises there's a place for them in the red and yellow, regardless of their swimming prowess.

For mentors and leaders within SLSQ, Camp Commando represents a vital step forward. Managing groups of up to 24 kids, mentors develop invaluable skills in handling diverse personalities and emotions. The camp serves as a unique training ground, preparing these mentors for a range of situations, equipping them with confidence, and solidifying their leadership abilities.

'The mentors take away skills that prepare them for a range of situations on and off the beach after spending three to four days with young lifesavers,' emphasised Jess.

A VISION FOR 2025

Every Camp Commando concludes with an extensive debrief involving leaders and mentors. This two-hour session dissects what worked well, what didn't, and areas that can be improved. The ongoing evolution of the program ensures that each year builds upon the success of the last, shaping Camp Commando into a dynamic and transformative experience for all involved.

Beyond weather concerns, Jess praised the well-rounded nature of the program, commending its setup and its focus on the growth of participants. According to Jess, the key lies in the dedication of volunteers, leaders, and mentors who understand the participants and know how to make things happen.

Eliza agrees that volunteers are the heartbeat of the operation, 'Without our experience as volunteers the program simply wouldn't happen, we all have casual or even full-time work and study commitments but still manage to get the job done.'

Running a massive program like Camp Commando comes with its share of challenges. Jess acknowledged the difficulties that arise with the sheer scale of the event but emphasized the camp's current ability to almost run itself. The experienced coordination team has learned from past challenges, ensuring they are well-prepared for anything. Volunteers who know the camp inside out and back to front play a crucial role in steering the event smoothly.

WORDS OF ENCOURAGEMENT

For those contemplating attending Camp Commando in 2025, Jess's message is clear:

'Definitely do it. It's a once-in-a-lifetime experience.'

She encouraged participants to embrace everything the camp offers, highlighting the incomparable opportunity it provides, especially for the Sunshine Coast's young lifesavers. With a touch of enthusiasm, Jess urged everyone to try everything, emphasizing that lifesaving offers diverse options for everyone.

A massive thank you to Jess and Eliza for taking the time to tell us about Camp Commando and what it's all about. We would also like to give a big shoutout to all the people who make Camp Commando possible each year!



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GRATITUDE WAL

The things we are grateful for!

FOCUSING ON

MENTAL

HEALTH WITH

NORTH KIRRA

SLSC

Surf Life Saving Queensland Magazine

In this issue, we celebrate a fantastic initiative developed in 2023 by North Kirra SLSC - the 'Code Orange Mental Health Social'. We took time out to chat to Meagan Lowns from the Club who established the event.

'As a person who has young adult children, I am just so aware that mental health is such an important issue. We know schools do provide support in this area and sometimes the kids are a little over hearing about it, so we tried to find a way to incorporate it in a way that they would involve themselves,' says Meagan, North Kirra SLSC Operations Manager.

'It also made me think of our senior Members and their reluctance to talk about these sorts of issues, so I tried to come up with a way to touch on this taboo subject.'

'I just believe that too many of us try and deal with our issues on our own and not bother anyone with our problems. By talking about it, perhaps more people will engage in conversations with others and that might just be the thing that makes a big difference to someone - they will realise there are others here to help them.'

The Code Orange Mental Health Social event began with a youth-focused afternoon session that involved discussions and interactive activities related to mental health, emphasising a relatable and non-taboo approach. A highlight was guest speaker, Bonnie Hancock from Gotcha4Life, who shared her inspiring journey of paddling around Australia. The evening included dinner, music, and a dress code of orange, fostering a positive and inclusive atmosphere. Members also participated in creating a gratitude wall and received valuable mental health resources.

The event was engaging and inspiring as it encouraged open dialogue about mental health, breaking down the associated barriers. Importantly, the event left a lasting impact, with attendees continuing to discuss its content long after it concluded. The Code Orange Mental Health Social reinforced the sense of community within the Club and encouraged Members to support each other during difficult times.

Meagan feels the event was a great success, 'We were obviously lucky enough to win the State Award for the initiative, but just the impact on those that came along - they were inspired and amazed, mainly due to the inspirational speaker. The event just generally brought awareness to the topic and helped developed the friendships and mateship culture in our Club.'

'We plan to have one of our socials and youth events each year related to this topic. This year we are likely to do Laps for Life or something similar for the youth activities and will do a social again for the broader Club.'

A huge congratulations to North Kirra SLSC for their win SLSQ Community Education Program of the Year 2023 and their nomination at the SLSA Awards of Excellence.



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**INTRODUCING
OUR NEW
INTERNATIONAL
BEACH SAFETY
WEBPAGE**





Queensland beach safety is what we live for, as lifesavers and lifeguards we want to make sure anyone who visits our stunning beaches has the best, and safest time. However, things do go wrong. When they do go wrong, we as an organisation, continuously strive to implement strategies to help minimise any future issues.

Almost 20% of coastal drownings over the last ten years have unfortunately involved people who were overseas visitors. Additionally, we can't determine if any further drownings were migrants who may have settled in Australia from different counties.

'Despite accounting for a smaller portion of beachgoers, the international demographic faces a disproportionately higher risk of drowning. These figures show the need for a beach safety information resource that can bridge linguistic gaps and cater to the unique needs of beachgoers from various backgrounds,' says Natalie Edwards, SLSQ's Lifesaving Services Manager, 'We want to ensure we're reaching everyone, even if English isn't their first language.'

'Our lifesavers and lifeguards do an amazing job every patrol, not only focussing on the issues at hand, but also educating and informing our community along the way. We wanted to create an easy-to-access resource to back them up.'

SLSQ has developed a new range of QR codes which will be placed on signage at all patrolled locations. These QR codes will direct individuals to a page providing safety information in multiple languages.

'All beach report signs are getting new QR codes that'll take you right to our simplified beach safety info,' Natalie explains. 'This digital approach serves as a pocket-sized safety guide, enhancing awareness of potential risks and safety measures.'

As Australia, and Queensland in particular, experiences demographic shifts, with net overseas migration expected to average 27,000 people per year over the next decade, Natalie re-iterates the need to adapt

'We need to roll with the changes. That means more languages, more tools, and keeping it easy for every Queenslanders and visitor to understand how to be safe on our beaches.'

'We're always tweaking this page, and we want your insights. Down the track we would love to include localised information to suit our unique coastline, so I encourage all feedback and collaboration from our community to make sure we get this tool right.'

If you'd like to provide feedback on the International Beach Safety page, please email marketing@lifesaving.com.au

[Click here to view!](#)

FERNINGROV
RIVER

INTRODUCING

THE SLSQ

RESEARCH

PANEL

Review of Surf Lifesaving Research Australia & New Zealand

METHOD

to establish what research had been conducted in Australia and New Zealand to inform future strategic planning for Queensland and to identify areas of research focus and another about informing and aligning with our SLSQ strategic planning priorities to answer the following questions:

1. What research exists within the context of surf lifesaving in Australia and New Zealand?
2. What areas of surf lifesaving have been reported?

RESULTS

A total of 96 papers met the criteria for this review spanning from 2020 to 2023 with 29% of the articles being published in 2020-2023. A large proportion of studies were conducted in Australia (88%) with the remaining in New Zealand (11%) and one article a comparison between the two countries (1%). The key themes identified in the literature review were:

Learning & Education (N=19)	History (N=16)	Surf Sports (N=14)	Drowning (N=14)
Rescues (N=10)	Medical (N=11)	Membership (N=8)	Volunteering (N=4)

Opportunities for research within surf lifesaving:

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graph LR; Research[Research] --> Education[Education, learning, and training]; Research --> Technology[Technology lead innovation]; Research --> Service[Service and systems improvement]; Education --> Evidence[Evidence based decision making]; Technology --> Evidence; Service --> Evidence;
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CONCLUSION

There is a wealth of research that can inform and support the work of patrolling members and that as practitioners, lifesavers, lifeguards work and data is valuable to develop initiatives important to drowning prevention.

Bloomberg Philanthropies

Health organization



In the world of surf lifesaving, the tides are turning, and it's not just the waves that are making a splash. Enter the reinstated SLSQ Research Panel following a 22-year hiatus, a dynamic force carrying forward the legacy of the legendary Professor Tess Cramond's pioneering work. **Our mission?** To advance surf lifesaving and create a culture of collaboration, guidance, and leadership within the organisation using evidence-based practice.

DIVING INTO THE DEEP: THE RESURGENCE OF THE RESEARCH PANNEL

The SLSQ Research Panel is a powerhouse of active lifesavers who double as highly skilled researchers.

Picture this: Geographical diversity covering Southeast Queensland, North Queensland, and Central Queensland, coupled with research specialisms ranging from mental health to artificial intelligence to drowning and everything in between. It's a melting pot of expertise, and we are on a mission to bridge the existing evidence gap in the world of surf lifesaving.

PANEL COMPOSITION

What makes this panel unique is its composition—a blend of wisdom accumulated by lifesavers who have faced the unpredictable challenges of surf lifesaving. Their intimate familiarity with rescue operations ensures that the insights generated are not just academically rigorous but applicable.

- **Dr Samantha Fien - Chair**
- **Dr Amanda Higgerson**
- **Christopher Mole**
- **Claire Morse**
- **Cody Roth**
- **Dr Elissa Farrow**
- **Emeritus Professor John Lowe**
- **Nicole Rivett**
- **Dr Ogilvie Thom**
- **Dr Shayne Baker**

ACHIEVEMENTS SINCE 2022

Meeting monthly, the panel has crafted a research agenda involving both individual and collective projects. Since the resurgence of the Research Panel, we have achieved:

1. A riveting conference presentation at the SLSQ state conference in 2022, with the preliminary findings of a 20-year historical literature review (pending publication).
2. Crafting and implementing the SLSQ concussion policy based on recognised best practices.
3. Evaluating and recommending improvements to the SLSQ marketing summer campaign.
4. Contributing to the futures of life saving workshop and discussion paper.
5. Representation at the World Conference on Drowning Prevention in 2023—a global stage for groundbreaking insights.
6. Representation on the SLSQ Life Saving Committee.
7. Proposing development opportunities aligned with Club governance and data generation.
8. A Doctoral level research candidate studying the effectiveness of resuscitation.

WORLD CONFERENCE ON DROWNING PREVENTION

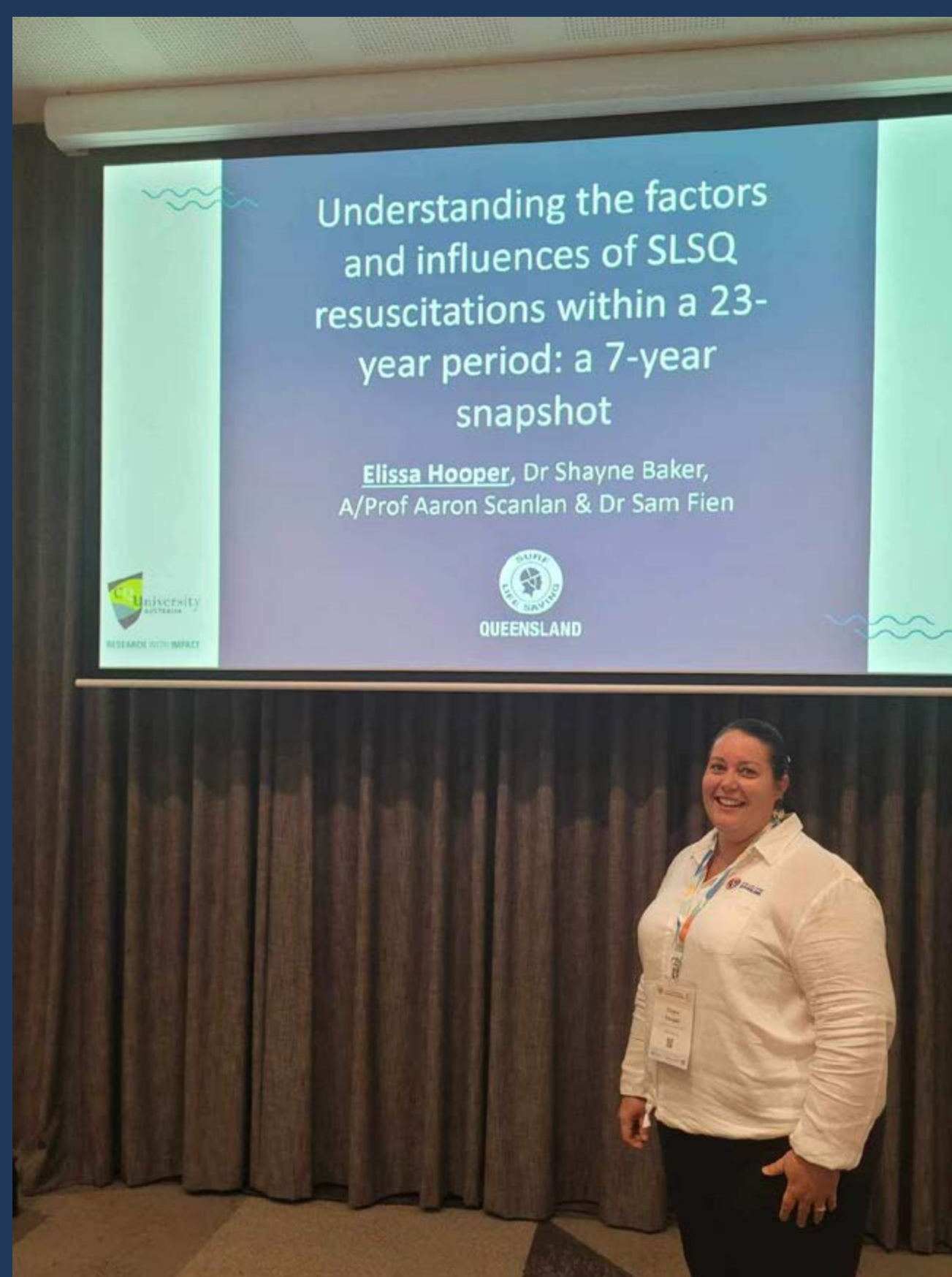
The SLSQ Research Panel showcased a diverse array of presentations, posters, and workshops at the end of 2023 at the World Conference on Drowning Prevention held in Perth:

- Elissa Hooper's deep dive into the factors and influences of SLSQ resuscitations over a 23-year period.
- Ogilvie Thom's case match analysis of on-scene oxygen therapy and its impact on drowning resuscitation outcomes.
- Ogilvie Thom's call to action for adding human and dynamic beach factors to beach hazard ratings.
- Samantha Fien's exploration of the neglected domain of mental health in adolescent surf lifesavers.
- Samantha Fien's pioneering work in developing a national survey to understand mental health in Surf Life Saving.
- Shayne Baker's poster on open water drowning survival guidelines for swimmers.
- A collaborative literature review by on surf lifesaving research in Australia & New Zealand.
- Shayne Baker's workshop on flood disaster strategic management, proving that the panel's expertise goes beyond the waves.

PHD CANDIDATE

Elissa Hooper is currently completing her PhD with SLSQ. The title of her work 'Analysis of effective Surf Lifesaving resuscitation in response to drownings in Queensland waterways.' You may have seen a survey come out in the newsletter recently on 'Understanding of SLSQ Members perceptions, perspectives and experiences of CPR and training.' She is working her way analysing the data as we speak, and we look forward to presenting the data back. Be on the lookout this year for more of her work and information as she works her way through.

Watch out, because the SLSQ Research Panel is making waves, and the future of surf lifesaving has never looked brighter. If you have any questions or suggestions, please feel free to reach out via email lifesavingoperations@lifesaving.com.au



Surf Life Saving Queensland Magazine



RAISING

AWARENESS:

SURFLIFE SAVING

QUEENSLAND'S

2023-24 SAFETY

CAMPAIGN

As the sun shines down on our beaches Surf Life Saving Queensland (SLSQ) has been hard at work focusing on its 2023-24 summer safety campaign. Focused on creating awareness through impactful messaging, the campaign aims to keep our beaches safe by resonating with beachgoers, especially the demographic statistics reveal need extra attention.

Brittany Peabody, Surf Life Saving Queensland's Media and Marketing Manager, sheds light on the approach taken this year.

'We understand that traditional 'dos and don'ts' messages may not always hit the mark. Our goal is to educate in a way that engages our community, making safety a collective responsibility.'



Surf Life Saving Queensland Magazine

TARGETING THE HEART OF THE ISSUE: YOUNG AUSSIE MALES

Market research has been pivotal in shaping this year's campaign.

'Statistics reveal a disproportionate number of incidents involving younger Australian males. Recognising the need for a relatable approach, our campaign encourages them to be the heroes of their own stories – looking out for mates, swimming between the red and yellow flags, and understanding that a 'she'll be right' attitude doesn't always cut it.'

The messaging is crafted to appeal to this demographic, steering away from conventional directives. Instead, it creates a sense of camaraderie and shared responsibility, emphasising that everyone can play a part in ensuring beach safety.



A CALL-OUT TO FAMILIES

Children's safety remains a paramount concern, with a significant focus on the number of rescues outside flagged areas.

Brittany explains, 'Our research also highlighted the need for families and caregivers to be more vigilant on the beach. The second phase of our campaign encourages parents to set an example, reinforcing the importance of staying within designated swimming areas.'

NORTH QUEENSLAND: STINGER AWARENESS TAKES CENTRE STAGE

Recognising the unique challenges faced in North Queensland, where the stunning waters may hide potential dangers, the campaign shines a spotlight on stinger awareness.

'Sadly, we've seen instances where safety signs are ignored, stinger suits are neglected, and beachgoers venture outside patrolled areas,' says Brittany. 'The campaign aims to drive home the importance of adhering to safety guidelines, ensuring every beach lover is well-protected against marine hazards.'





A MULTIFACETED APPROACH: TV, BILLBOARDS, AND SOCIAL MEDIA

The campaign has embraced a multi-channel strategy, leveraging regional television, billboards, and the power of social media.

'Our results so far have been incredibly positive. We've reached a substantial number of people, helping us grow a community of beach safety advocates. We want everyone to embody the spirit of a lifesaver – doing their bit to keep our beaches safe.'

SLSQ understands the importance of adaptability and refinement. 'Each year, we analyse and tweak our safety campaigns to ensure we're reaching the right people with the right messaging,' says Brittany. 'We really want to thank everyone involved in spreading this crucial message and remaining committed to making beach safety is part of our culture.'





SHARKSKIN are an active supporter of Surf Life Saving Australia. We have created a range of Australian Made SHARKSKIN products including wetsuits, wetsuit accessories, Chillproof garments and Chillproof patrol jackets, endorsed by Surf Life Saving Australia.

The black range is available to the general public to purchase. The red and yellow range is approved by SLSA for use on patrol, and is exclusive to Surf Life Saving Members.



AS AN AUSTRALIAN MANUFACTURER SHARKSKIN IS PROUD TO SUPPORT SURF LIFE SAVING IN AUSTRALIA

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SCAN →



2024 QLD

SURFLIFESAVING

CHAMPIONSHIPS

AND THE MAN

WITH THE PLAN



In a candid conversation with Stu Hogben, the Sports Manager of Surf Life Saving Queensland (SLSQ), we delved into the intricacies of organising SLSQ's sporting events and gained insights into his thoughts on the upcoming 2024 Queensland Surf Lifesaving Championships.

For those unfamiliar with the man behind-the-scenes, Stu Hogben graciously shared his journey and how he found himself supervising sporting events for SLSQ.

'I started with SLSQ as part of the Rescue Helicopter Crew,' he began, 'and then moved into a Lifesaving Development Officer role.'

Reflecting on the past, Stu highlighted the evolution of his role.

'Back then, only three Lifesaving Development Officers were part of the sports team's structure. We used to go to the State Championships to assist with setting up various sporting events,' he explained.

As time unfolded, Stu seized an opportunity that aligned with his passion for sports.

The Sports Manager role opened up, and as I had a strong interest in sport, I applied for the position. Now, I've been in the role of Sports Manager for just over 12 years.'

BEHIND THE SCENES: THE MAKING OF SLSQ'S SPORTING EVENTS

Turning our attention to the intricate details of what goes on behind the scenes, Stu provided a glimpse into the meticulous planning that makes SLSQ's sporting events a success.

'Organising these requires a seamless coordination of efforts,' Stu emphasised. 'From setting up the venues to ensuring the optimal camera angles for television coverage, every detail.'

He elaborated on the roles during the events, painting a vivid picture of the orchestrated chaos.

'Sports Manager are often backstage, working closely with the production team to capture the essence of each event. On the beach, our team is on the move, adjusting signage to ensure it aligns perfectly with the television broadcast.'

Stu's dedication to the role is evident as he explained the multifaceted nature of his job.

'It's about creating an experience for both participants and viewers. We want the audience to feel the excitement, the adrenaline of the competition, and that requires careful planning and execution.'

ADAPTING TO THE TIDES OF CHANGE

When asked about the changes he had witnessed over the years, the Sports Manager highlighted the differences between when he started and today.

'Yeah, we have definitely seen a few changes!'

One of the most noticeable shifts is the extension of the Youth Championships from a three-day affair to four-day event. However, it's not just about adding an extra day; it's about the small details that now define each day.

'Now it's blown out to four-day event with various levels of competition, such as the Senior Championships, all being run differently to one another. Additionally, we're seeing a lot more Mixed Team events coming into play,' explained Stu.

TECHNOLOGICAL GROWTH: FROM PAPER TO IPADS

From a technological standpoint, the evolution has been drastic. Stu reminisced about the early days when paper and a judge's keen eye made the final decision on race wins.

'Around the time when I came into the Sports Manager role, and even before that, we weren't really doing too much filming as there wasn't really that development within the space of surf lifesaving sports,' said the manager.

However, in the last 12-18 months, a technology has been incorporated more and more within the surf lifesaving sports world. Cameras have become integral, allowing for the replay and review of disqualifications.

'It's been a change where we have seen cameras being brought in, which have helped in a lot of our events,' explained Stu.

Stu also emphasised how the introduction of LiveHeats in the last two years has further revolutionised the game, significantly reducing the reliance on paperwork.

THE RISE OF YOUNG BLOOD IN OFFICIATING

With technological advancements, a new generation of officials has risen to the challenge. The manager expressed his thanks to younger officials who have embraced the tech-driven side of the sport.

'Over summer, they may have siblings at carnivals which makes it easier for younger officials to get involved and help with the more technology-focused aspects of these sporting events. It's great to see some younger officials still be involved in the sport even if it is the winter side of surf lifesaving sports,' said Stu.

NAVIGATING THE UNPREDICTABLE WATERS

'Probably, the biggest challenge for us, and when you compare us to any other sport, is Mother Nature,' Stu reflects.

The essence of his statement highlights the unique hurdles faced by SLSQ in ensuring the execution of events amidst the unpredictable coastal environment.

'Making sure that we have a Plan A, Plan B, and even a Plan C in terms of the way an event will roll out becomes paramount.'

However, he emphasises the importance of having contingencies in place to ensure the safety of competitors, stating:

'Just having some contingencies in place to ensure the safety of our competitors is paramount.'

The planning for major events, such as the State Championships, kicks off nearly a year in advance.

'During this time, we look at how we can start to work with various Clubs but also what venues we'll use as back-up - ensuring that we have that all squared away. The planning ensures that if any issues arise, there are ready-made solutions in place.'





LOGISTICS: A BALANCING ACT

When it comes to planning, location takes centre stage. With the Sunshine and Gold Coast being the primary playgrounds, the choice of venues is a chess game of limitations and regulations set by the local council.

The logistical maestro at SLSQ sheds light on the challenges, and Stu highlights the importance of working hand-in-hand with the local council:

'If you look at the Junior Championships, we generally have 1,600 competitors and a crowd size of around double the number of athletes competing. We work with the local council on factors such as parking space, venue appearance, as well as other aspects like the likelihood of having to move venues if the surf does get up.'

In essence, the cooperation with the local Council ensures ample space, but the core focus remains on the beach and venue's functionality. It's about successfully holding a carnival without the hassle of last-minute rearrangements.

With events of this magnitude, the challenge is not only in organising but also in promoting them to attract participants, volunteers, and spectators. The key, according to our expert, lies in maintaining a delicate balance:

'Our main focus is what does the beach look like, and what does the venue look like in terms of being able to hold a carnival at the location successfully, without worrying about having to move things around too much.'

THE HEART OF YOUTH CHAMPIONSHIPS: DREAMS AND ACHIEVEMENTS

When chatting about the driving force behind the young athletes competing in the State Championships, Stu had the following to say:

'While winning gold is the driving force behind every athlete, surf sports events give these young competitors a chance to stand alongside the idols that they've looked up to.'

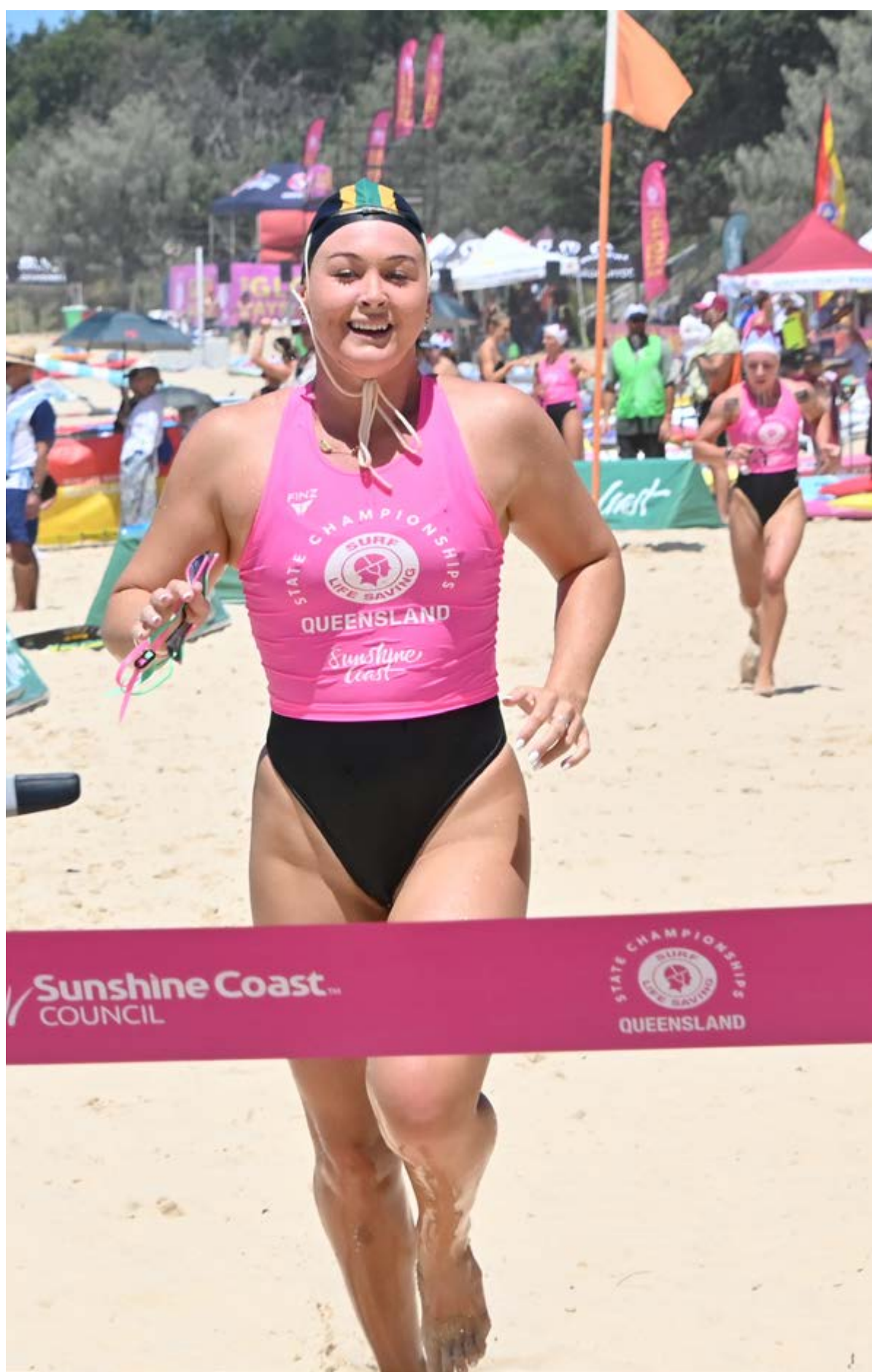
The drive to compete in these events extends beyond medals and idols. Intense training efforts, unparalleled mateship, and friendly rivalries all culminate in a unique experience witnessed only at surf sports.



EVENTS TO WATCH: UNVEILING TACTICS IN THE RELAYS

When asked about the most anticipated events, Stu emphasised the relays, particularly the Mixed Gender relays.

'I think any of the relays that we put forward are interesting to watch due to the tactics involved, especially with the Mixed Gender relays,' Stu shared. 'The intrigue lies not only in the physical prowess but also in the strategic manoeuvres employed by the teams. The Mixed Gender aspect adds a unique flavour, fostering friendly banter among the competitors, creating a light-hearted and enjoyable atmosphere.'



RISING STARS TO KEEP AN EYE ON

Looking back at the recently concluded 2024 Interstate Championships, Stu highlighted two exceptional athletes who stood out with their stellar performances.

'Ryne Spence and Imogen Dowker raced exceptionally well,' Stu remarked, expressing confidence in their potential to become future stars of the sport. 'Their impressive results in the championship serve as a testament to their dedication and skill.'

For the male athletes, Stu pointed out Taj Murray's outstanding performance as a standout board-paddler in the Under 15 Age Group. Murray's prowess in the water positions him as a talent to watch closely, hinting at a promising future in surf lifesaving.'

Stu encourages fans to keep a keen eye on these athletes and follow their journey throughout the year.

We would like to give a big thanks to Stu for taking the time to have a chat with us about what goes into making these sport events happen! We hope you learned as much as we did!

In the lead up to the 2024 State Championships, we asked a few experts who their 'top picks' are for this year's competition.

STU HOGBEN, SLSQ SPORTS MANAGER

Top three challenging Clubs for Senior's title?

Northcliffe, Burleigh Heads and Alexandra Headland.

Top three challenging Clubs for Youth's title?

North Burleigh, Maroochydore, Burleigh Heads.

Up and coming Club to keep an eye on for 2024 and why?

For Seniors I would say Sunshine Beach as they have had some good results at local carnivals and with Electra Outram doing well in the series this will improve their younger Members coming through. At Youth level, Mermaid Beach, had good results at Gold Coast City Titles and Bonnie Palmer as coach is doing a great job with them.

Three athletes you're keen to see in action and why?

Ryne Spence at the Youth Championships - as she has had a great season, was in our state team and performed during that event so will be great to see how she goes.

Ethan Callaghan at the Senior Champs - has had some great results this season so far, was on fire at the Next Gen trials at Kurrawa against top class under 19 but he has also shown he can mix it with the Open Men.

Event your most excited to watch?

Open Mixed Taplin, as a new event this year I think this will be a great spectacle as during the year Clubs have competed in this at Summer of Surf but for State Titles this will be a first.





JASON WELLS, SURF LIFE SAVING QUEENSLAND NORTH BARRIER REGIONAL MANAGER AND QLD COUNTRY COACH

Top three challenging Clubs for Senior's title?

Burleigh Heads Mowbray Park, Alex, Northcliffe.

Top three challenging Clubs for Youth's title?

North Burleigh, Maroochydore, Burleigh Heads Mowbray Park.

Up and coming Club to keep an eye on for 2024 and why?

Emu Park, they may not be in the top ten finishers however due to their dedicated Coach Ted McCloud, I think they'll have some really good results in both the Juniors and Seniors.

Three athletes you're keen to see in action and why?

I'm going with three athletes from the three northern Branches (Wide Bay, NBB & NQ) all three are from small Clubs but have had fantastic results.

Taj Andrews U19 – Burleigh Heads

Although now at BHMP, Taj started green caps at Tannum Sands in Gladstone, with top placings in the U15 and U17 Board and Ironman at both States and Aussies. Taj had few injuries last season however, at this season's Next Gen, as a first year U19 Taj had some great races resulting in 3rd place.

Evander Bahn

U17 – Forrest Beach

Very new to the Surf Sports, Evander joined the Club through a school program during the 2022-2023 season. In his first season of competing, he has excelled in both Flags and Sprints earning him a spot in the QLD Cyclones Interstate Team where he came away with a third!

Taitum Harney U17 – Emu Park

As a 1st year U17 in the 2022 season, Taitum had some impressive results and has only improved going into the 2023 season. 1st place in all water events at North Aussies, 5th in the Coolangatta Gold Women's U17 short course and great results from the Interbranch Championships.

Event your most excited to watch?

Open Taplin!



DANIEL HOMER, SLSQ SPORT DEVELOPMENT COORDINATOR

Top three challenging Clubs for Senior's title?

BHMP, Maroochydore, Northcliffe.

Top three challenging Clubs for Youth's title?

North Burleigh, BHMP, Maroochydore. Also, Alex have built upon their beach program this season so will also be up there.

Up and coming Club to keep an eye on for 2024 and why?

Sunshine have really developed a solid surf sports program over the last couple of years under head coach Wes Berg. They are also implementing initiatives for their younger members to ensure future sustainability in years to come within the surf sports arena like their "skills for life" program.

Three athletes you're keen to see in action and why?

The Rayward Family – Jasmine (U19), Bianca (U17), Dane (U14), and Elke (U13). The whole family is super talented. Jasmine and Bianca have had solid results all year had have proven they are top athletes in their age groups. Bianca, as an U17 athlete, has won multiple Open Swim events at the SSTL competition in Sydney in February.

Dane and Elke are also starting to get solid results as they move into older age groups. Dane (U15) has a number of solid swim results including a 1st place at the HK Classic. Elke (U13), won the Ironwoman and Beach Run last season in her age group at States and will be looking to continue to have a good performance.

Taj Murray U15 – North Burleigh

Last year, Taj won the trifecta – Board, Swim, and Iron in the U14 male age group at States. He has had a number of good results this season but has a number of athletes that continue to challenge him. It will be good to see how he goes coming into the U15 age group as the defending champion.

Dylan Wilson U17 – Sunshine Beach

Dylan was selected in one of our SSTL teams and performed very well as an U17 against Open competitors. He won the U17 Iron at Interstates and also recently won the U17 Iron at Murph Homes. He has had a few up and down results throughout the season but has demonstrated he is one of the top U17 competitors. Look for him in the U17 Swim and Iron events.

Event your most excited to watch?

For the same reasons as the others – Open Mixed Taplin.

WHERE
Legends
ARE BORN

SENIOR WEEKEND

DATE 15-17 MARCH

LOCATION KURRAWA

YOUTH WEEKEND

DATE 21-24 MARCH

LOCATION BURLEIGH

MORE ENTERTAINMENT

Festival Zone - Merchandise - DJ -
Kids Entertainment - Big Screens - Live Stream



Queensland

QUEENSLAND
SURF LIFE SAVING
CHAMPIONSHIPS

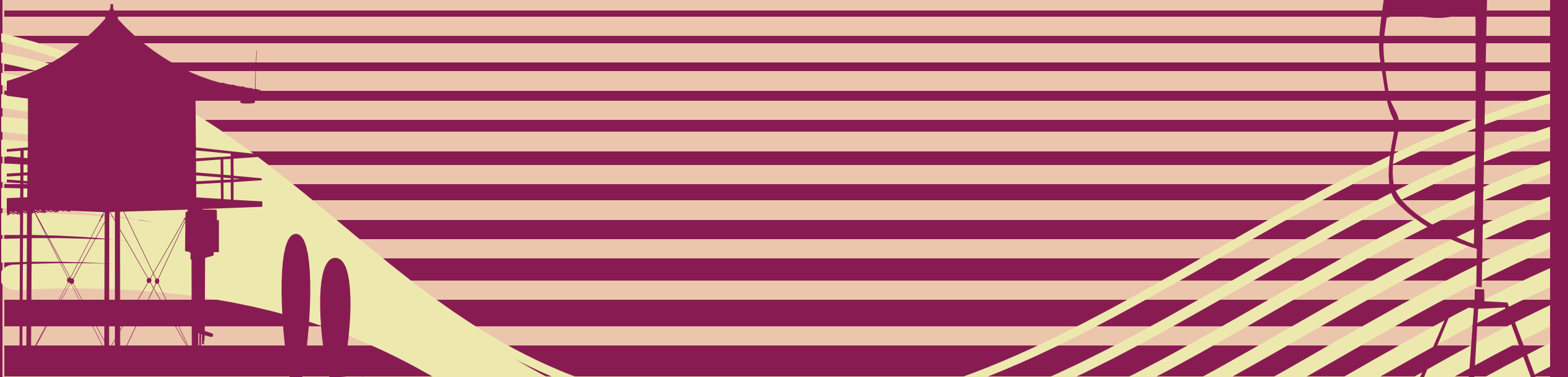
SENIOR WEEKEND | YOUTH WEEKEND



AUSTRALIA'S
GOLDCOAST.

 **ENGINE**

RACE ONE 





2024 LIFESAVING
WORLD CHAMPIONSHIPS



LIFESAVING

WORLD

CHAMPIONSHIPS

2024

**GOLD
SEE YOU ON THE
COAST**

Rolling Out the Red Carpet for the World

The Lifesaving World Championships 2024 (LWC24) is gearing up to hit the shores of the Gold Coast, and it's not just a sporting event – it's a colossal celebration of lifesaving. With over 5,000 athletes, 12,000 spectators, and 18 days of events, LWC24 is set to make waves in Australian surf sports.

Jacqui Taylor, SLSQ Event Manager for the LWC24 project, sheds light on the behind-the-scenes efforts and the fervour driving this international event.

'I love working for SLSQ on the LWC24 project. Our vision is to host the most inclusive, inspiring, and best-attended Lifesaving World Championships,' she says, emphasising the dedication to creating an event everyone at SLSQ can take pride in.

THE HERCULEAN EFFORT BEHIND THE SCENES

The groundwork for LWC24 kicked off over two years ago, involving various SLSQ departments. Jacqui breaks down the extensive planning, roping in the Board of Directors, leadership, finance, marketing, human resources, education, emergency services, and sport teams. A Local Organising Committee, comprising SLSQ staff and volunteers, has been putting in significant hours.

'Fifteen Chief Referees, over 400 Technical Officials, and 30 Ambassadors have been appointed globally, and we're currently recruiting volunteers for support roles,' Jacqui notes.

THE PINNACLE INTERNATIONAL EVENT FOR LIFESAVING SPORT

The Lifesaving World Championships stands as the top-tier international event for lifesaving sport.

Jacqui points out, 'It's an honour for SLSQ and the City of Gold Coast to host this event after 36 years. We're looking to deliver 10 Championship events over 18 days, involving 7,000 athletes from over 50 countries. We want everyone to feel welcome and experience the best of Queensland's lifestyle while competing for the title of "world's best!"'

ATHLETES' EXPECTATIONS AND UNIQUE EXPERIENCES

The uniqueness of LWC24 lies in its multi-platform format, covering both ocean and pool events. Kurrawa Beach takes the spotlight for beach competitions – surf boat racing, board riding, and beach runs. Simultaneously, the Southport Aquatic Centre hosts pool events like swim races and simulated emergency response competitions. The dual venues promise diverse challenges, demanding athletes to excel in various disciplines.

Behind the scenes, a collaboration of partners, including Surf Life Saving Queensland, the International Lifesaving Federation, the Queensland Government, Tourism and Events Queensland, and Major Events Gold Coast, is working tirelessly to ensure the event's success. Their commitment to water safety and lifesaving initiatives is evident in every aspect of planning and execution.

In terms of location, the event will undoubtedly be the highlight of any trip to the Gold Coast, the region offers much more than just sporting excitement. World-class shopping and dining precincts, breathtaking natural scenery, and adrenaline-pumping theme parks provide every opportunity for excitement and relaxation. The coastal paradise, with its vibrant culture and diverse attractions, serves as the perfect backdrop for an event of this magnitude.

'Athletes will be welcomed in true Aussie spirit, and we hope they'll explore the Gold Coast and Queensland,' Jacqui adds.

MARK YOUR DIARIES

From 20 August 20 to 8 September 2024, Kurrawa Beach will become the epicentre of action. The sun, the waves, and elite athletes pushing their limits for lifesaving glory. The Championships isn't just about the thrill of victory; it's a celebration of sportsmanship and the universal desire to save lives.

The world's finest athletes, representing over 50 countries, are poised to make history on the shores of the Gold Coast. So, mark your calendar and prepare to witness the extraordinary – the Lifesaving World Championships 2024, where excellence meets the ocean, and history is made with every wave.

Want to be part of this global event? Volunteer at the Lifesaving World Championships 2024!

Joining the LWC24 volunteer team is your chance to give something back while being an integral part of something truly special. This volunteering experience is not just an opportunity; it's a gateway to making a real impact on the event and the local community.

Being a LWC24 Valued Volunteer is not only a noble endeavour but also a standout addition to your CV. It provides invaluable work experience that sets you apart from the crowd. Gain new skills, meet incredible people from around the world, and be a part of the behind-the-scenes magic that brings this global event to life.

Picture yourself having fun, creating lasting memories, and forging new friendships, all while making a real difference to the success of the Lifesaving World Championships 2024 and the local area. This is your chance to be part of something bigger than yourself – an experience that will leave an indelible mark on your life.

Don't miss this once-in-a-lifetime opportunity to contribute to a world-class event. Join the LWC24 Valued Volunteers and be a crucial part of the lifeline that makes this championship an unforgettable success. Apply now and become a key player in the excitement, camaraderie, and global impact of the Lifesaving World Championships 2024!

[Click here to volunteer!](#)



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**FASTEST MAN
ON THE SAND:**

EVANDAH BANN

Surf Life Saving Queensland Magazine

Evandah Bann is fast on the land, but you should see him on the sand. The young Forrest Beach lifesaver ran for Queensland on 10 January at the 2024 Australian Interstate Surf Life Saving Champions at Maroubra in NSW as a part of the Queensland Cyclones teams.

Bann was the only competitor outside of South-East Queensland to make the Queensland team after his strong performance at the Interbranch Championships on the Gold Coast last year, where he proved he was the fastest man on the sand by winning both the U17 beach flags and sprints.

The 16-year-old, who was born and raised in Townsville, has made waves in the surf sports scene since joining lifesaving in 2022 and gaining his bronze medal in March 2023, surprising everyone with his speed on the sand.

The year 11 student at St Teresa's Abergowrie College in Ingham said he that was looking forward to competing for his state at a national event for the first.

'Making the Queensland Cyclones Team has been a big achievement for me, and I felt very proud to be in the position I was in in the head up to and during the 2024 Australian Interstate Surf Life Saving Champions,' highlighted Evandah. 'Being given the opportunity to put my best foot forward alongside new people made me feel incredibly lucky.'

As one of the most elite lifesaving sporting events on the calendar, the 2024 Australian Interstate Championships saw the best of the best from states and territories across Australia battle it out and showcase their lifesaving skills in both water and beach events.

Bann was quick to make an impact in the sport, accumulating a haul of medals and competing at a regional and state level before taking part in the 2024 Interstate Championships.

'When I first competed at Magnetic Island (Arcadian Carnival), I thought about how my inexperience to surf lifesaving would affect me on the beach, but the more I competed the more I loved it,' commented Evandah. 'Having achieved first in the flags and sprints at the state interbranch, and going up against very strong opponents, made me push myself even more and really made me feel confident and happy with myself and my abilities.'

Running was not new to the humble First Nations athlete who is also the fastest 16-year-old in North Queensland in the 100 metre and 200 metre sprints in track and field, making the Northern school team for the state championships in Brisbane last year.

'Evandah is a valued member of Forrest Beach SLSC,' said Club Director of Surf Sports, Helen Stanton. 'He is part of a strong contingent of 15 to 17-year-old-beach competitors from our Club who turned heads on the beach at the North Australian Championships.

Evandah performed well, placing second in the U17 flags and sprints.'

Evandah is known to excel at flags and sprints, utilising blinding speed and exemplary team spirit to support his mates.

'We as a Club are proud of his hard work and determination to get this far in his short time in lifesaving. To be the only team member outside of the South-East Club to achieve this is truly remarkable,' continued Ms Stanton.

For Bann, this opportunity has helped in paving the way for his future in the sport as he looks towards 2024 State, National, and World Championships which are being held on the Gold Coast in August.

'We as a Club are proud of his hard work and determination to get this far in his short time in lifesaving.'



Surf Life Saving Queensland
Magazine

CREATING

GREAT

AUSTRALIANS



**SUPPORTING OUR MEMBERS
MENTAL AND PHYSICAL HEALTH**



Nutrition Advice from the Girl Who Touched the Stars

Let's face it, we all love heading out for dinner with family and friends. For many surf sports athletes, the temptation to eat out while training is all too real, but how do you eat out and enjoy yourself without compromising your training goals?

We reached out and asked Nutri-Grain Ironwoman Series legend, current Gotcha4Life ambassador and Dietitian, Bonnie Hancock, what tips and tricks she uses to balance her training with eating out.



HOW TO EAT OUT WITHOUT COMPROMISING YOUR TRAINING GOALS

Enjoying a meal out with loved ones is one of the real pleasures of life. It offers a chance to relax, catch up, laugh, and savour an array of delicious foods from all corners of the globe. But for many, eating out can be a trap for unhealthy food choices and can risk undoing some of the valuable benefits gained from training, or even sabotage racing optimally if poor choices are made when eating out the night before competition.

To help you out, below is a handy guide to show you how to achieve balance when eating out, so that you can say 'yes' to that next social invitation and still enjoy food, without compromising recovery and training goals.

1. IF POSSIBLE, CHECK OUT THE MENU FIRST.

Browsing the menu before you arrive at a restaurant will take the confusion out of ordering and allow you to avoid spontaneous choices, which can be nutritionally poor. One of the advantages of modern technology is having the internet at your fingertips to check the restaurants webpage and menu.

Like all meals, try to opt for options that include a source of lean protein, low GI carbohydrates, and plenty of vegetables.

2. WATCH THE SIDES.

Extras like fries, breads, and creamy sauces can turn a healthy and balanced meal into a blow out through excessive energy intake, salt, saturated fats, and refined sugar – all of which can leave you feeling bloated and/or lethargic.

Most of the time, meat is delicious enough to go sauce-free but if you need that bit of extra flavour, get the sauce or dressing on the side so that you can add a little without going overboard.

Lastly, try to avoid soft drinks and stick to water, which will keep you hydrated. And if you absolutely MUST have those cheesy fries, keep reading!

3. SHARING IS CARING, AND FUN.

Portions served in restaurants are often excessive and can lead to overeating. Therefore, a great way to control your portions is to share a few entrees or tapas dishes between friends.

Your palate will love you as you'll get to sample more amazing tastes, textures, and avoid the food coma at the end of the night.



4. SHOW VEGGIES SOME LOVE.

Basing your meal around vegetables is a terrific way to help meet your recommended five serves of vegetables per day and will provide you with valuable fibre for regular bowels. Choose a meal serve with plenty of vegetables and try eating those first to avoid filling yourself up on the carbohydrate portion of your meal (e.g. breads, chips, potatoes).

5. SLOW DOWN AND SAVOUR THE MOMENT.

Fast-paced eating is one of the largest contributors to excessive portion sizes. To allow your brain adequate time to register fullness cues, ensure to slow down, savour the taste and texture of the food you're eating, and chat between mouthfuls. This way, you'll eat less, digest your food optimally, and enjoy the whole experience even more!

With these handy tips, you'll be able to enjoy eating at restaurants, night markets, and food trucks without having to worry about how it may affect your performance at training the next day.

Want more personalised nutrition advice, get in touch with Bonnie via her website. [Click here to access.](#)

We are also proud to feature Bonnie Hancock's newest book *The Girl Who Touched the Stars*, an inspiring tale about Bonnie's record-breaking trip around Australia by paddle.

Testing her mental and physical limits against sea sickness, sharks, crocodiles, and the ocean over 254 days and 12,700 kilometres, Bonnie's gruelling yet exhilarating trip saw her overcome adversity through the importance of teamwork and perspective.

The Girl Who Touched The Stars is an exploratory tale of love and ambition with lessons of overcoming self-doubt and finding trust in yourself and others. Bonnie's trip around Australia is a vivid image of the human spirit, resilience, and the importance of reaching for the stars.

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Sleep & Fitness

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Sleep And Its Importance To Your Fitness

When we think of what makes athletes great, few of us would think that sleep might play a vital role. But many of the world's best athletes say sleep is an essential part of their training routine and key in helping them to perform well.

Serena Williams, for example, strives to get eight hours of sleep each night. NBA star LeBron James aims for eight to ten hours per night, while NFL legend Tom Brady says he goes to bed early and gets at least nine hours of sleep.

It's no wonder, since sleep plays a key role in metabolism, the growth and repair of tissues (such as our muscles), and ensures memory, reaction time and decision making are all working optimally. All these processes impact sporting performance.

But it isn't just athletes whose athletic performance can benefit from proper sleep. Even amateur gym-goers can maximise the benefits of exercise for their fitness and health by getting enough good sleep each night.



Here are just some of the ways sleep benefits your fitness:

AEROBIC FITNESS

Exercise is great for improving aerobic fitness. It improves both aerobic capacity (being able to run or cycle faster with a heavier load) and efficiency (meaning your body requires less oxygen to run or cycle at the same pace).

One contributing factor to improved aerobic fitness is the function of the body's mitochondria. Mitochondria are small structures within the cells of the muscles that are responsible for creating the energy the muscle requires during exercise.

Research shows that poor sleep (getting only four hours a night for five nights) can reduce the function of mitochondria in healthy participants. High-intensity interval training was shown to alleviate these impairments in the short-term (over a five-day period). But it's currently unclear how these impairments would influence adaptations to exercise in the longer term, so it's best to get a good night's sleep if improving aerobic fitness is one of your goals.

MUSCLE GROWTH

Sleep is also important if you're looking to build strength or muscle.

Muscle growth occurs when new proteins are added to the muscle structure – a process known as 'muscle protein synthesis.' This process is stimulated by exercise and food (specifically protein) intake and can last at least 24 hours after a workout. Research shows that even just a few nights of insufficient sleep reduce the muscle protein synthesis response to nutrient intake. This suggests that poor sleep may make it harder for the body to build muscle.

ANABOLIC HORMONES

Hormones act as chemical messengers that contribute to a range of functions throughout the body, such as growth and development of tissues. Hormones which are involved with these building processes can be termed 'anabolic' hormones.

Two anabolic hormones – testosterone and growth hormone, which are released during sleep – may also be important for recovery from and adaptation to exercise. These hormones have multiple roles in the body and are linked to improved body composition (lower body fat and higher muscle mass). A higher amount of muscle mass and lower body fat can be beneficial for exercise and health.

When sleep is restricted to only five hours per night (similar to the amount of sleep many working adults get), testosterone levels are reduced in healthy young men. Sleep restriction of a similar duration also alters the release of growth hormone during sleep. While more research is needed, there's a potential that these hormones may play a role

in mediating the relationship between sleep and fitness, due to their link to improved body composition.

REFUELLING AFTER EXERCISE

Exercise often uses glucose (sugar) as a fuel source. Muscles store glucose from the foods we eat in the form of glycogen to meet the demands of exercise. Replenishing glycogen stores after exercise is a key part of the recovery process. It can take up to 24 hours to fully replenish stores, with the correct nutrient intake. The hormone insulin can be needed for muscles to absorb glucose to make glycogen.

Numerous studies show that insufficient sleep reduces the effectiveness of insulin. This could impact on the body's ability to replace glycogen stores, with one study revealing reduced muscle glycogen stores after a night of sleep deprivation.

Depleted glycogen stores can impair subsequent exercise performance in the short and long term, so it is important to ensure glycogen stores are replenished after exercise.

HOW TO SLEEP WELL

Sleep is clearly important for your fitness, so here are some ways to ensure you get proper sleep each night:

- Develop a consistent bedtime routine: do things before bedtime that help you relax and wind down – such as reading a book or listening to relaxing music. A hot shower or bath before bed can also be beneficial as the drop in body temperature afterwards can help you to fall asleep quicker.
- Create a good sleeping environment: exposure to light during the night can reduce sleep quality, so try to block out as much light as possible. Aim to keep the room cool, but not too cold. An environment that is too hot or too cold can disrupt sleep quality.
- Be physically active during the day: research shows that physical activity is beneficial for sleep quality, so try to include some exercise or physical activity in your day.
- Keep a consistent sleep schedule: this will help to regulate your sleep-wake cycle, which has been linked to improved sleep quality.
- If you are trying to improve your fitness, make sure you're getting enough good quality sleep – aim for at least seven to nine hours of sleep each night.

Rest & Recovery for 2024 Queensland Surf Lifesaving Champions: Tips from an Expert



It's State titles time and all the hard training is done. However, before you can collect any spoils or even medals you have to survive the three days of racing! How you do this will have a large bearing on how you rate this season. So many athletes do all the hard work

and make a year's worth of sacrifice only to let themselves down in the one week that matters.

In tennis there is an old saying, 'that you can't win a grand slam in round one, but you can lose one.' This is so true in surf as well. You need to race well for three days, and survive heats, quarters, semis, and then still be at your best come finals on Sunday. The way we can best achieve this now is through recovery.

What we do after each race, is now at this point in the season, more important than anything else. You cannot afford to start the three days of racing all 'guns blazing', fresh and fighting fit, and then limp into Sunday's finals, or worse still not progress into the weekend.

This article is going to be about a range of recovery strategies to implement to get the most out of you and your racing, and to give yourself every chance of being there in the mix on Sunday.

MASSAGE

The most used and requested recovery tool is massage. This is largely because most people like the way it feels and can be lovely and relaxing. The benefits of a massage in between races haven't been scientifically shown to be as useful as what most people would think.

There is no doubt that massage increases the blood flow to the area being massaged and so can have an impact on reducing the amount of lactic acid in the muscles, but it can take an hour of massage to achieve what a short 10-minute swim after a race can achieve. The biggest advantage would be the relaxation it gives an athlete.

A time to stop and just rest, clear the mind and get out of the sun. It's probably more a recovery tool away from the beach, after a day of racing rather than an 'in between events' recovery tool.

COMPRESSION GARMENTS

Compression garments work in assisting your recovery by improving your circulation and therefore improving the rate which the lactic acid and other exercise by-products are eliminated from the working muscles.

There is little evidence to suggest they make you go faster but they do make you recover faster in between events and therefore allow you to race at your best, race after race.

ACTION RECOVERY

This is the most commonly used form of recovery between races, and it is also one of the best. A light swim or jog straight after your race helps to remove all the lactic acid and other by-products from your muscles. This improves your chances of starting the next race fresh.

If these chemicals are still in the muscles when you start the next race, then you will spend the first half of the race trying to eliminate them from your system, and therefore not be dedicating all your bodies energy to racing.

The easiest way to achieve this at a surf carnival is to go to a nearby area and have a float in the surf or catch a few waves, until you feel recovered.

ICE BATHS

Ice baths are fast becoming the most popular recovery tool by many sporting teams and a large range of athletes. In a funny way it's probably surf lifesaving where they can be best utilised for recovery because the nature of the sport is that you can have multiple races throughout the day, and then repeated day after day.

The ice baths work because the cold forces all the smaller blood vessels to constrict and squeeze out all the blood with all the lactic acid in it helping the muscles to recover. The cold also stops any swelling build up, and therefore reduce any chances of soreness and stiffness in muscles. Most importantly for surf athletes is that the cold decreases the bodies core temperature.

How do ice baths work? Well, an elevated core temperature causes the body to take a lot longer to recover and restore any damage from racing. If you go home from a day of racing in the heat it could take up to three hours for the core temperature to get to a resting state. Thanks to this, that is three hours that the body has not been able to recover and repair itself. If you use the ice bath between races, you can reset your core temperature straight away and then utilise any time between races to recover properly.

There are several different protocols for how long you should be in the ice bath and what temperature it should be. To summarise, the ice bath needs to be 12 degrees or colder, and you need to have a total of five minutes immersion. It is up to you how you achieve these five minutes, whether it is a straight five minutes, or one minute in, two minutes out of the bath (that's a common method for professional footy teams).

NUTRITION

Nutrition is the area that everyone thinks they are covering well, by packing their bags full of sports hydrolyte drinks and sports gels. Did you know quite often a simple lack of water can bring an athlete undone?

The best way to monitor whether you have lost too much fluid is to weigh yourself before you leave for a day of racing, and then repeat this at the end of the day when you get home.

If you are a kilo lighter than what you were in the morning, then you haven't had enough to drink during the day and you are therefore dehydrated. You need to drink one litre of water, for each kilo you have lost. Progressively over the three days if you continue to get dehydrated each day then your performance will be affected as you will be starting from an already half empty tank.

When it comes to nutrition your muscles are most receptive to replenishing lost glycogen stores within the first hour after exercise. Getting carbohydrates into your system within the first hour after exercise will help you refuel your muscles, getting them ready to exercise again within hours.

If you don't feel hungry it is important to still get those carbohydrates in your system within the first hour, and using a sports drink or gel is the best way to achieve this.

STRETCHING

Stretching is a physio tool that tends to swing in and out of favour. It has been shown with research that stretching does not reduce the risk of injury, but it can reduce the feeling of soreness and tightness. Therefore, it is very useful in between races if you have sore tight muscles.

How you stretch is very important too. As an example, you should never stretch muscles when you are cold, you need to be warmed up for it to be effective and so that it doesn't cause any injury.

Stretching with movement is also a much better way to reduce soreness and improve performance, meaning arm swings are far better than standing stretching your arm against a wall.

It is also a good idea for all athletes to have a foam roller to self-stretch/massage out areas that are sore.

It is important that you seek advice from a physiotherapist about what stretches are best for you. Too many people have their own theories on what to do, largely based on their own experience, and this only leads to injury and damage as they are not specific to your unique aches and pains.

SLEEP

Lastly, the most important recovery tool for all athletes is sleep. Sleep is the time when the body repairs itself, a time to adapt, adjust and correct all the physical, emotional, immunological, and neurological stressors of the day. This is the one recovery method you can't get wrong when competing!

Just be aware too much sleep, more than the body is generally used to, can have a severe detrimental effect on performance. It causes the body's central nervous system to slow down, and the athlete can become drowsy and lethargic.

It's important to maintain your normal sleeping patterns during the week of competing and resist the urge to stay up later than normal or worse still, start having naps during the day if this is something you have not been doing.

Overall, recovery is dictated largely by your own attitude and how professional you want to be about your racing. It's not the thing that turns you into a super athlete, it's the thing that keeps the athlete super competitive race after race.

Remember recovery doesn't have to be boring or difficult to work out. What we have done at Surf Life Physio is make it easier for all athletes to take ownership of their recovery and have some fun at the same time.

What do we mean by that? Check out the next page!

We base recovery on a point system and it's up to the athlete to accumulate 25 recovery points between each race and then 50 points between each day of competition. This is a tool we have used with both the Queensland and Australian surf lifesaving teams with tremendous success. It's easy to follow and can make recovery fun.

So, while you are sitting there under the tent make sure you are getting your recovery points.

Recovery Strategy Points Chart

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RECOVERY STRATEGY	POINTS
Compression Garments	10
Contrast Bath / Shower	5
Active Swim Recovery	10
Re-Hydration	5
Massage-Myofascial Release	10
Nutritional Supplementation	5
Sleep 7+ Hours	30

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Want to get in touch with Surf Life Physio?

[Click here.](#)



Taking Care Beyond the Waves: Mental Health Support for Surf Life Saving Queensland Volunteers



Surf Life Saving Queensland Magazine

Patrolling, rescues, welfare checks - we see it all as surf lifesavers. The mental toll this can take on us all can be hard to recognise and measure, but the effects are there.

It's crucial for us to recognise and address the mental health toll of the work we do. Let's explore the importance of mental health for emergency service workers, how resilience plays a key role, and the support services available for those facing traumatic experiences.



HOW TO ACCESS THE PEER SUPPORT PROGRAM

1	2	3	4	5
Incident occurs	Once incident is resolved. PC / DO requests a PSO via SOCC Phone: 07 5631 7400	SOCC collates incident details including all contact information of patrolling members requiring Peer Support. Phone and email, including Parental/Caregiver contact details for minors	SOCC will contact SLSQ PSO and pass on referral details	PSO will initiate contact with all members
KEY	* State Operations Communications Centre (SOCC) * Surf Life Saving Queensland (SLSQ) * Peer Support Officer (PSO)		* Duty Officer (DO) * Patrol Captain (PC)	

MENTAL HEALTH IN EMERGENCY SERVICES

Emergency service workers, including our SLSQ Members, work in an environment where critical incidents can unfold unexpectedly. Whether during patrolling conditions or other lifesaving measures, the potential for direct and cumulative trauma is always present. It's vital to acknowledge the toll these incidents can take on mental well-being.

According to Australian statistics, emergency service workers face unique mental health challenges. Studies show that the rates of PTSD and other mental health issues are higher among this group compared to the general population. The demanding nature of their duties, exposure to traumatic events, and the need for quick decision-making contribute to these challenges.

THE RESILIENCE CONNECTION

Maintaining good mental health is not just about preventing issues; it's also about building resilience. Resilience enables us to bounce back from difficult experiences, adapt to change, and cope with stress effectively. For our lifesavers, resilience is a critical part of their overall well-being, helping them navigate the emotional challenges that might develop from their service.

Encouraging a culture of resilience within our community involves fostering open conversations about mental health, providing resources for coping strategies, and promoting self-care. By doing so, we want to empower our Members to face the unique challenges of their roles with strength.

WHAT MENTAL HEALTH SUPPORT IS AVAILABLE FOR YOU?

Acknowledging the importance of mental health is just the first step; knowing when and how to seek assistance is equally crucial. Traumatic incidents can have lasting effects, leading to conditions like PTSD. SLSQ is committed to supporting its Members, and it's crucial that every member is aware of the available resources.

SLSQ provides a comprehensive support system to support the mental health needs of its Members. The Peer Support Framework outlines the steps to access support after a critical incident. If you have any questions, the Member Welfare Coordinator can be reached at memberwelfare@lifesaving.com.au.

If you have been involved in a traumatic incident, do not hesitate to reach out. Peer Support Officers (PSOs) are rostered on over weekends for

critical incidents, if you need to contact them over the weekend this can be done via the State Operation Communications Centre (SOCC). If you are unsure or would like information you can contact the Member Welfare Coordinator via memberwelfare@lifesaving.com.au or [07 3846 8023](tel:0738468023).

Remember, seeking help is not a sign of weakness but a sign of your strength and commitment to your own well-being.

WHAT OTHER SUPPORT IS ON HAND?

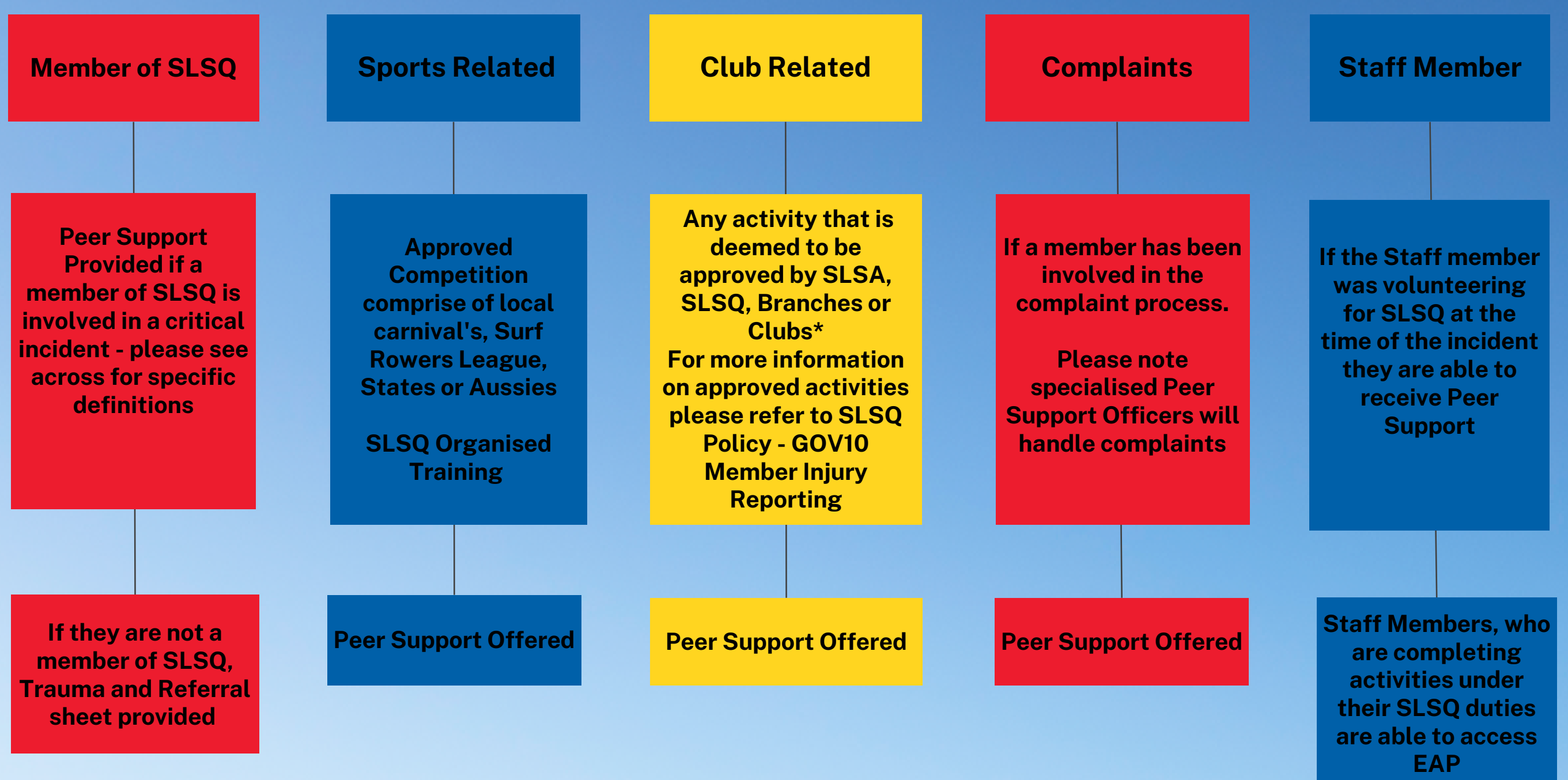
In addition to internal support, external resources are also available. SLSQ offers Mental Health First Aid (MHFA) training for Members over the age of 18. This two-day course equips participants with the knowledge, skills, and confidence to recognize and respond to mental health issues.

Medicare provides an avenue for claiming up to 10 free sessions with a Mental Health Professional each year. Queensland Government websites and organisations like Gotch4Life, Black Dog Institute, and Reach Out offer a range of mental health resources and crisis support.

For Aboriginal or Torres Strait Islander Members, 13 YARN offers an opportunity to talk with a Crisis Supporter. Rural Outreach Counselling offers three free counselling services to the wider community, accessible via phone or in person.

As we navigate the waves and challenges of lifesaving, let's not forget the importance of mental health. There is always support at hand!

Peer Support Framework



- Note:
- For more information please look at the *Peer Support Framework of the SLSQ app*.
 - If you need Peer Support you can call 0738468023 or email peersupport@lifesaving.com.au
 - For extra resources please visit the SLSQ APP



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

