

Surf Life Saving Queensland Magazine

ISSUE TWO



Queensland

SHORELINE



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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

Nutrition Advice with Bonnie Hancock
Alcohol-free days
Heart Smart
Sand: The Unsung Hero

PRESIDENT'S MESSAGE

Dear Members,

In this issue of Shoreline, I'm thrilled to look back on the action-packed weeks of competition that have unfolded since our first edition. Surf sports, a vital part of our lifesaving community, has once again shown its vibrancy.

The Queensland Surf Lifesaving Championships, a major event for us, was exceptional. Despite tough conditions, over 3000 competitors hit the waves, showing grit and determination. It was during these challenging moments that the true spirit of our community shone through, as our Members stepped up with courage and skill.

I was so proud to see our youth stepping up as leaders and role models. From the impressive Met Caloundra Mermaids surf boat crew whose competition video went viral to the brave actions of young William 'Billy' Padfield from Tannum Sands SLSC who used his rescue skills to help a fellow competitor during their moment of need, these young people's commitment and bravery provide us with great positivity for the future.

Being a competitor myself, I love these times, catching up with friends, enjoying the ocean, and aiming for a medal (or maybe just doing the best you can!). Surf sports not only test our physical abilities but also demonstrate our dedication to what is at our core – saving lives.

In all sports, especially ours, it is about more than celebrating victory, it brings us life skills we can utilise over a lifetime.

"Sports creates a bond between contemporaries that lasts a lifetime. It also gives your life structure, discipline and a genuine, sincere, pure fulfilment that few other areas of endeavour provide." – Bob Cousy.

Looking forward, we're truly on the countdown to the 2024 Lifesaving World Championships on the Gold Coast in August/September. This event will showcase our athletes' talent as they compete against the world's best. It's moments like these that remind us of the power of sport to bring us together and inspire greatness. I hope to see as many SLSQ Members' as possible there as the opportunity to compete "in our own backyard" may not come again for many years!

Until next time, wishing you all plenty of victories.

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

Welcome to the latest edition of Shoreline, where we come together to celebrate the spirit of surf lifesaving. It's been an adrenaline pumping first few months of the year, with the heat really rising as we move into surf sports season.

Our recent 2024 Queensland Surf Lifesaving Championships showcased the resilience and adaptability of our organisation. Despite the challenges posed by adverse weather and water conditions, we successfully navigated through thanks to the collaborative efforts of our staff, Members and the gracious support of North Kirra SLSC, who stepped up to host the event at short notice. To all involved, I extend my heartfelt gratitude for your flexibility and commitment to ensuring the safety of all participants.

Walking the beach was one of the highlights of the year so far, I managed to chat to competitors from all over the State, and I think we can safely say Queensland athletes are some of the best in the world!

In this issue, we delve into the theme of 'things that fly' within our community, highlighting our invaluable volunteer Westpac Lifesaver Rescue Helicopter Service and the strides we've made with our drone program. These innovations underscore our commitment to growth and excellence as we continue to evolve into the future.

I am particularly excited to share an insightful conversation with SLSA President John Baker AM MSM, whose dedication to our organisation is truly inspiring. From his achievements on the competition stage to his contributions to search and rescue operations, John exemplifies the spirit of who we are. Thank you, John, for your support and for being part of our magazine.

Our Club feature shines a spotlight on Coochiemudlo SLSC, a vibrant community nestled on a picturesque island. Despite being one of our youngest and smallest clubs, Coochiemudlo is a real gem of a Club, relying on dedicated Members who travel by ferry to patrol and volunteer. We hear a little about their history and what makes them unique.

As the lifesaving season draws to a close in South-East Queensland, I extend my sincere appreciation to all Members for your continued commitment to keeping our beaches safe. To our counterparts in North Queensland, just getting started after the raising of the flags, I thank you for the weeks and months of dedication that lie ahead.

As always, I continue to extend an invitation to chat or email myself, as CEO I want to hear from you on how we can keep our community as strong as ever.

Dave Whimpey
CEO, Surf Life Saving Queensland

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CEO,
Surf Life Saving Queensland

DAVE WHIMPEY
SLSQ CEO

Surf Life Saving Queensland
Magazine

EXPLORING A LIFESAVER'S JOURNEY

An interview with John Baker AM ESM,
National President Surf Life Saving Australia

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In this issue of Shoreline, we took some time to have a conversation with John Baker AM ESM, National President of Surf Life Saving Australia.

Why did we chat to him? As the leader of our organisation at the highest level, we wanted to find out about his journey in lifesaving, his drive and motivation and his views for the future – and of course, what his favourite Queensland beach is!

John's warmth, passion and pride for surf lifesaving is evident. A man who wears the suits and represents us all, but also a boy from Brighton, a medal winning 'beachie', and a father who simply loves patrolling with his kids.



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JOHN, LET'S START AT THE BEGINNING, HOW DID YOUR JOURNEY IN LIFESAVING BEGIN?

I actually joined when I was 8, prompted by my grandmother's encouragement. My grandfather was a champion lifesaver in Victoria, and one weekend, my grandmother decided it was time for me to join the local surf club.

So off we went to Brighton SLSC, where I was introduced to one of the older Members, he asked if I could swim, and before you knew it, I was swimming around Brighton jetty, a good 400-meter swim (not bad for an 8-year-old!). Despite feeling a bit apprehensive, I completed it and went on to participate in Nippers the following weekend. That marked the beginning of my 47-year journey in lifesaving.

SPEAKING OF RESCUES, CAN YOU REMEMBER YOUR FIRST RESCUE?

Yes, my first rescue holds a vivid place in my memory. It occurred at Brighton Beach, where a young girl had badly dislocated her shoulder after jumping off the jetty. As a youngster at the time, I remember feeling a mix of adrenaline and determination as I paddled out on a rescue board to assist her. It was a crucial moment where I had to rely on my training and instincts to keep her afloat and safely bring her back to shore, a moment I won't forget easily.

YOU STARTED AS A NIPPER AND ENDED UP AS NATIONAL PRESIDENT OF THE ORGANISATION! TALK US THROUGH THE PATHWAY.

The great thing about lifesaving is it offers a multitude of pathways, and I've explored many of them. Initially, I was an active Nipper and competitor. A significant moment for me was when I got selected for the beach relay squad, which led me to my first Aussie titles in 1984.

Over the years, I then transitioned to surf boats and spent around 20 years competing as both a rower and a sweep. There is something so special about surf boats, they are a great social leveller. You can be sharing a boat with a lawyer, policeman and plumber – and all become your best mates.

This dual involvement led me to participate in various state and national championships, achieving success in both beach and boat events. Eventually, in the mid-'90s, I was encouraged to stand for club captain, followed by a role as Director of Lifesaving services in South Australia. This experience opened my eyes to the power of our federation and the impact of our collective membership. Alongside these roles, I joined the South Australian Westpac Lifesaver Rescue Helicopter Service, where I have just completed my 30th season. After a brief hiatus due to family

commitments, I returned to the Surf Life Saving SA board in 2008 and assumed the role of president in 2011. I served as the longest-serving president in SA for over 10 years before taking on national roles, becoming the first deputy national president outside of NSW or Queensland and eventually the first National President outside of those states.

WHAT DO YOU THINK ARE THE BIGGEST CHANGES YOU'VE SEEN IN THE ORGANISATION AS A WHOLE?

It's quite intriguing to reflect on the evolution of our organisation. There are some obvious changes, particularly in technology, such as the advent of drones and the potential integration of AI with image recognition capabilities.

However, the most significant change, in my opinion, occurred with the introduction of women in 1980. This marked a pivotal and positive shift in our organisation's history, significantly impacting our approach to lifesaving for over a century.

We've also seen huge growth in surf sports, for instance, the Open Ocean event held at the Aussies, which has experienced remarkable growth in recent years. By inviting participation from individuals outside traditional club memberships, we've opened up access to surf lifesaving activities and broadened our reach within the community. Similarly, initiatives like the inclusion of both male and female competitors in the Nutri-Grain series represent significant milestones in our quest for gender equality and inclusivity within the sport.

COULD YOU ELABORATE ON HOW TECHNOLOGY HAS TRANSFORMED LIFESAVING PRACTICES OVER THE YEARS?

Absolutely. When I first obtained my Bronze Medallion in 1985, we were still using traditional tools like reel lines and belts. It wasn't until the mid-'80s that we transitioned to the more efficient and versatile IRBs (Inflatable Rescue Boats). This shift revolutionised our rescue capabilities, allowing us to negotiate surf and distances quickly and retrieve multiple patients at a time.

Additionally, the introduction of Nippers in the '60s and '70s, particularly pioneered by South Australia, was a key factor in ensuring surf lifesaving had a vibrant and sustainable future.

Technology remains a cornerstone of our evolution as a lifesaving movement. Moving forward, we must cultivate a culture of innovation that permeates every aspect of our operations. This entails exploring new avenues for service delivery, leveraging cutting-edge equipment like drones and jet skis, and embracing advancements in training and leadership development. By staying at the forefront of technological innovation, we can enhance our effectiveness in lifesaving and ensure that our practices remain relevant and efficient.

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HOW DO YOU PERCEIVE THE INCREASING ROLE OF DIVERSITY AND INCLUSIVITY IN SHAPING THE FUTURE OF SURF LIFESAVING?

Diversity and inclusivity are paramount to the continued success of surf lifesaving. Embracing a broader spectrum of volunteers not only enriches our community but also enhances our ability to serve the public effectively.

Initiatives like the all-abilities events at the Aussies demonstrate our commitment to fostering a welcoming environment for everyone, regardless of background or ability. As our membership becomes more diverse, so does our capacity to fulfill our lifesaving mission and secure a brighter future for generations to come.

I always say – the more colourful our membership, the brighter our future.



WHAT DO YOU ENVISION FOR THE FUTURE OF SURF LIFESAVING?

Creating the best possible experience for our current and future Members is key.

Beyond our primary role as an emergency service, we must recognise the importance of fostering enjoyable and fulfilling experiences for our volunteers. Whether it's the camaraderie on patrols, the excitement of competition, or the sense of achievement in training, we strive to make every interaction memorable. Our goal is to ensure that volunteering with us remains rewarding and enriching, thereby retaining our members' dedication and enthusiasm.

I envision a future where surf lifesaving continues to evolve and adapt to meet the needs of our changing world. We must remain vigilant in



addressing emerging challenges such as climate change and evolving safety standards while staying true to our core mission of saving lives and promoting beach safety. By embracing innovation, fostering inclusivity, and empowering our Members, we can ensure that surf lifesaving remains a vital and resilient institution for generations to come.

WHAT DO YOU CONSIDER THE BIGGEST THREATS OR CHALLENGES WE'RE GOING TO FACE?

One of the foremost challenges that occupies much of our attention is the complexity and compliance inherent in our organisation. As a multifaceted beast that encompasses emergency services, training, sports, and community engagement, we must navigate a raft of regulations and protocols.

My focus lies in simplifying processes and reducing the compliance burden for our Members, ensuring they can devote more time to what they love—keeping our beaches safe. This involves leveraging technology, such as mobile apps for easier assessments and patrol management, to streamline our operations without burdening our volunteers with unnecessary hurdles.

For those of you that know me well, know that I am an ardent and passionate advocate of Federation. While the federated model is not the most efficient, it is the most effective for keep volunteers engaged, knowing that can influence the movement at the highest level.

Our Federation gives us the power of numbers and a common purpose around the country. From Bundaberg to Bernie, from Bondi to Brighton and Broome, we all share a common sense of purpose and pride in our clubs and our mission.

We share a common history, culture, and language. I can go on patrol in Queensland one weekend and then Victoria the next, and every Surf Club I walk into a feel like I'm home.

Surf lifesaving now thrives in over 500 locations around the country and Federation has served us well.

We must guard it and nurture it, and always try to put the interest of the Federation and Federated outcomes for members first, before that of states' rights, or just the personal inclination to do something different because we can.

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LOOKING AHEAD TO THE FUTURE, LET'S SAY 100 YEARS, DO YOU BELIEVE SURF LIFESAVING WILL REMAIN RELEVANT?

Absolutely, I firmly believe that surf lifesaving will continue to be relevant for generations to come. The fundamental truth is that people will always require rescue and protection on the beach. However, our relevance extends beyond our emergency services role. It's essential that we prioritise creating meaningful experiences for our volunteers at every level of the organisation. Whether it's decisions made at the club, Branch, State, or National level, our focus should be on enhancing the volunteer experience. This ensures that we remain not just operationally relevant but also culturally and experientially significant.

In an increasingly disconnected world, I feel the need for human connection is more pronounced than ever.

By continuing to provide a platform for individuals to come together, share experiences, and contribute to a common cause, we offer a lifeline of connection and belonging. Surf clubs become more than just places for rescue operations; they serve as beacons of community, where individuals find purpose, identity, and mates.

Surf lifesaving empowers individuals to embrace their alter egos and embody the best versions of themselves.

While they may have weekday identities as accountants or teachers, on the weekends, they transform into heroes clad in red and yellow. Serving in surf lifesaving allows individuals to tap into their inner strengths and capabilities, fostering a sense of purpose and fulfillment that transcends the mundane routines of daily life. In essence, it's about discovering one's true potential and making a meaningful impact in the lives of others.

No matter what happens in 100 years, that sense of community will always be needed.



HOW DO YOU THINK QUEENSLAND IS PERCEIVED COMPARE TO OTHER STATES??

Queensland holds a special place in the collective imagination when it comes to surf lifesaving. It's often seen as the quintessential representation of the surf lifesaving ethos—sun, sand, and surf. With its idyllic beaches and vibrant coastal culture,

Queensland embodies the essence of lifesaving.

SLSQ, in my opinion, is renowned for its progressive and innovative approach to surf lifesaving community will always be needed.

DO YOU HAVE A FAVOURITE BEACH OR REGION WITHIN QUEENSLAND THAT HOLDS SPECIAL SIGNIFICANCE FOR YOU?

Noosa holds a special place in my heart, I spent a season as a Member there in the '80s, and left with life-long friends who I still see to this day. Additionally, I have a deep appreciation for the Northern parts of Queensland, each region has its own unique charm and so community focused.



WHAT DO YOU CONSIDER THE MOST IMPORTANT ASPECT OF SURF LIFESAVING?

While we have exceptional paid leaders within our ranks, it's the symbiotic relationship between volunteers and staff that truly propels us to greatness.

Our continued growth, evident in last year's remarkable 2.5% increase, showcases the enduring appeal of our volunteer-driven movement. Did you know we are the largest volunteer, youth and emergency service volunteer movement in Australia? As we navigate forward, it remains vital to safeguard our volunteers above all else.

At the heart of our organisation lie our volunteers - they are our heartbeat.

LOOKING BACK ON YOUR JOURNEY, WHAT HAVE BEEN SOME MEMORABLE HIGHLIGHTS?

There have been several highlights that stand out for me, both personal and organisational. Winning an Australian championship title was undoubtedly a significant moment in my competitive career. It's a milestone that many athletes aspire to achieve, and I'm grateful to have experienced that success.

Another cherished highlight was patrolling the beach with my three children for the first time. As a father, seeing my kids embrace the lifesaving culture and join me on patrol was a moment of immense pride and joy. Additionally, being elected as the National President of Surf Life Saving Australia was a truly humbling experience. To have the opportunity to guide and lead an organization that I deeply love and believe in is a privilege beyond measure.

Alongside the highlights, there have been moments of difficulty and challenge, not all rescues go to plan. These experiences serve as sobering reminders of the harsh realities of our frontline emergency work. Surf lifesavers often find themselves confronting traumatic situations, including body retrievals and challenging rescues. While we may be known for our smiling faces on the beach, it's essential to acknowledge the emotional toll that these experiences can take on our volunteers.

DYNAMIC

QLD BEACHES:

HOW NATURE

IMPACTS WHERE

WE WORK

Welcome to the ever-changing landscape of Australian beaches, where the sands shift, the tides rise and fall, and the coastline evolves with each passing season. As lifesavers and lifeguards of Surf Life Saving Queensland, we play a vital role in ensuring the safety of beachgoers along these dynamic shores.

In this article, we'll delve into the fascinating journey of how beaches are created, how they evolve over time, and the crucial role that climate change plays in shaping our coastal environments. By gaining a deeper understanding of these natural processes, we can all be better equipped to adapt and respond to the ever-changing conditions of the beaches we patrol.



HOW ARE BEACHES CREATED?

Beaches are dynamic coastal landforms that are created through a combination of geological, oceanographic, and ecological processes over extended periods of time. The formation of beaches typically involves the following steps:

Source of Sand: The primary component of beaches is sand, which is often sourced from a variety of geological processes. This can include the erosion of coastal cliffs, weathering of rocks and minerals, and the breakdown of coral reefs and shells.

Transportation of Sand: Once sand is generated, it is transported by various natural forces to the shoreline. This transportation can occur through rivers, streams, and coastal currents. Waves and tides also play a crucial role in moving sand along the coastline.

Deposition: As sand is transported by water, it eventually reaches the shoreline. Here, factors such as wave energy, tidal movements, and sediment size determine where the sand is deposited. Calm waters typically result in the deposition of sand, forming beaches along the coastline.

Shaping by Coastal Processes: Once deposited, beaches are continually shaped and reshaped by coastal processes. Wave action, currents, and wind all contribute to the redistribution of sand along the shoreline. These processes create the characteristic features of beaches, such as berms, dunes, and sandbars.

Vegetation Growth: In some cases, vegetation such as dune grasses and shrubs take root in the sand. These plants help stabilize the beach by trapping sand and reducing erosion caused by wind and water. Over time, vegetation can contribute to the formation of dunes, which provide further protection to the coastline.

Human Influence: Human activities, such as coastal development, engineering projects, and sand mining, can also impact the formation and evolution of beaches. Alterations to natural coastal processes can lead to erosion or gathering of sand, affecting the size and shape of beaches.

IMPACTS OF SAND MOVEMENT ON QUEENSLAND BEACHES

While the movement of sand is a natural and essential process for shaping our Queensland beaches, it can also pose significant challenges and risks to their stability and safety.

The relentless action of waves, currents, and storms can lead to the erosion of sandy beaches. When sand is constantly stripped away from the coastline, it diminishes the width and volume of the beach,

increasing the likelihood of coastal erosion. This erosion not only threatens the integrity of beachfront properties but also compromises the safety of beachgoers and infrastructure.

On the flip side, excessive deposition of sand can result in accretion, where beaches become overly wide and steep. While this may seem harmless, overly steep beaches can lead to stronger and more dangerous shorebreak waves, increasing the risk of accidents and spinal and general injuries for swimmers and surfers.

Natural processes such as longshore drift can result in the formation of sandbars offshore. While sandbars are a common feature of many surf breaks, they can also create hazardous conditions for beachgoers. Waves breaking over sandbars can generate powerful rip currents, which pose a significant risk to swimmers by pulling them offshore.

River mouths and estuaries are dynamic environments where sand and sediment are constantly in flux. Changes in river flow, sediment transport, and coastal processes can cause channels to migrate, altering the shape and configuration of beaches. These changes can impact navigation, recreational activities, and the stability of nearby infrastructure.

AN EXPERT'S VIEW

We spoke to Dr Julian O'Grady, a climate scientist researching coastal impacts at CSIRO. Julian has spent a career understanding how our shoreline changes, the effects on climate change on the movement of sediment (sand) and working to understand the negative effects on our beaches.

"The natural coastline of Queensland is highly dynamic, constantly changing due to the movement of sand and sediment. For much of the coast the dominant movement of sand is northward. As the drift of sand move up the coast it encounter headlands and river mouths, causing a buildup of sand in some places and a deficit elsewhere, resulting in a range of beach conditions, from widening beaches to erosion-prone areas, the coast is in a perpetual state of flux."

While we may take sand as an ever-present in our lives, Julian explains that sand movement can provide good (and bad) benefits for our beaches.

"Sand movement plays a vital role in shaping our coastal environment. It's a natural process that replenishes beaches, creates diverse habitats, and maintains coastal ecosystems. However, when there is reduced sediment supply to the beaches we can encounter a few issues."

"Coastal councils are constantly investing in measures to mitigate the impacts of sand movement and erosion. From dredging and beach nourishment projects to the construction of seawalls and groins, these efforts aim to stabilise beaches and protect coastal assets from the dynamic forces of nature. Did you know the Gold Coast is actually one of the most controlled coastlines in Australia, there are a number of actions put into place to preserve the beaches."

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We asked Julian to delve into the effects of climate change on Queensland shores.

“Climate change poses significant threats to our beaches, potentially increasing our existing challenges and introducing new risks to coastal communities. As temperatures rise, oceans expand, leading to higher sea levels which will cover many of our beaches along our shores. The warming atmosphere holds more moisture, potentially intensifying rainfall and runoff, which can bring sediments down river systems to nourish beach sand, but it can also bring pollutants, and debris onto our beaches.”

“As lifesavers and lifeguards, it’s important to monitor and consider how the change in conditions could impact your operations. An issue could arise from the formation of new beaches leading to increased popularity among the local communities. As sediment shifts, and rain and runoff change we might see poorer water quality in some areas or the reduction of sand to other beaches, altering the popularity of beaches”.

“We may also see stronger storms and tropical cyclones, driven by warmer ocean temperatures, which will further exacerbate erosion and reshape coastlines, impacting beach accessibility and safety. These changes are not uniform, with localised hotspots experiencing more pronounced effects. The good news is coastal councils and governments are aware of these threats and are implementing adaptation measures to protect our beaches, but the dynamic nature of climate change demands continued proactive management to ensure the resilience of our coastal environments.”

LET’S CUT TO THE CHASE - HOW DOES THE MOVEMENT OF SAND AFFECT OUR JOBS ON THE BEACH?

The movement of sand along Queensland’s beaches is a dynamic process that presents us all with several challenges. Additionally, man-made structures designed to mitigate coastal erosion and adapt to changing conditions can introduce further complexities!

Here are some key challenges include:

Shifting Rip Currents: Changes in sandbars and beach profiles can alter the formation and intensity of rip currents. We must constantly monitor these shifts to identify hazardous areas and inform beachgoers about rip current risks.

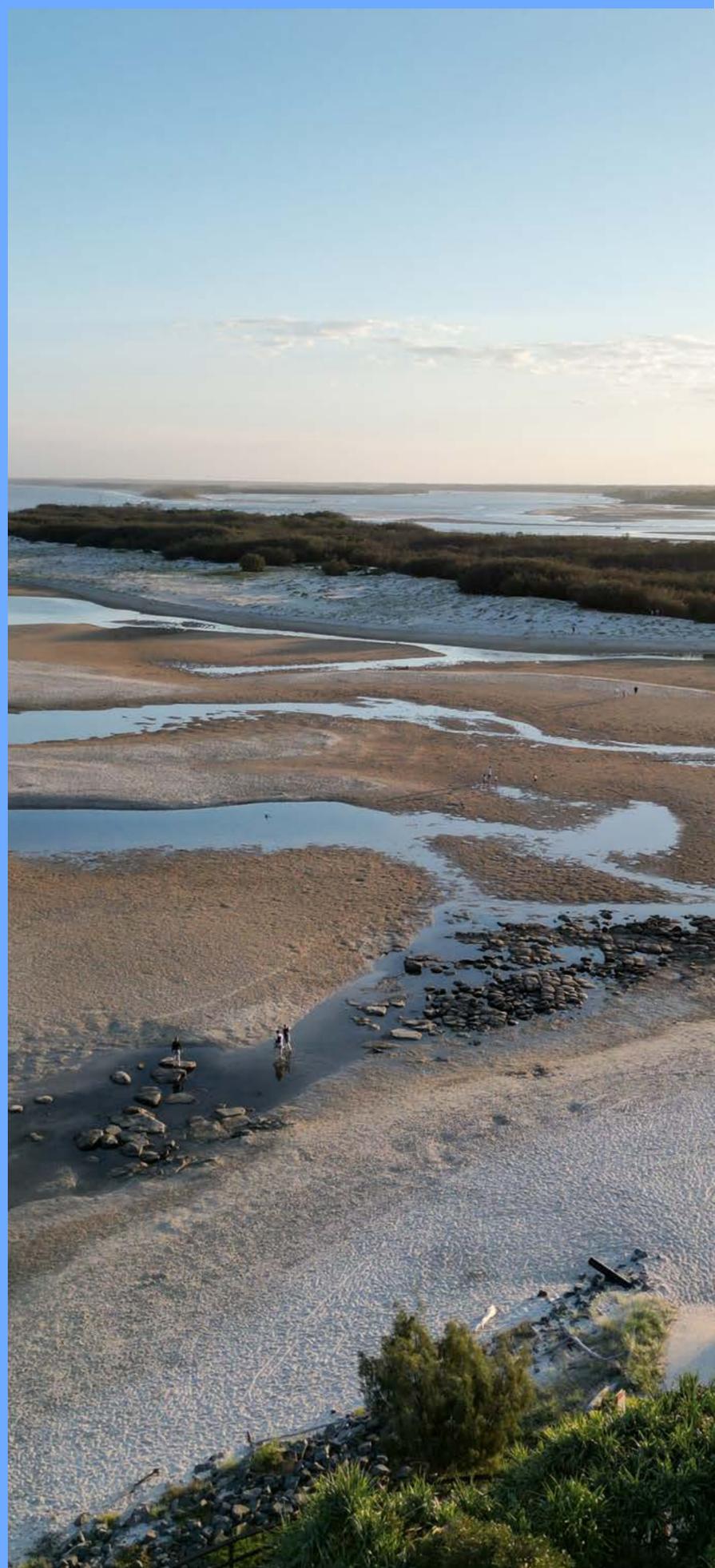
Unpredictable Underwater Landscapes: Sand movement can create submerged hazards such as sandbanks, troughs, and deep holes, affecting water depth and underwater topography. We need to navigate these changing features during patrols for hidden dangers or sudden drop-offs that pose risks to swimmers and rescuers alike.

Loss of Visibility: Erosion and sediment can reduce water clarity and visibility along the coastline,

challenging our ability to monitor swimmers and detect signs of distress.

Limited Access Points: Beach erosion and sand deposition can obstruct or alter access routes for equipment and emergency vehicles, affecting our ability to patrol.

Man Made Interventions: Man-made structures, such as seawalls, groins, jetties, and breakwaters, are often implemented as coastal management strategies to mitigate erosion, control sediment movement, and protect infrastructure. While these structures can be effective in stabilising coastlines and reducing the impacts of waves and currents, they also present challenges. Seawalls, for instance, may create hazardous rip currents or strong lateral currents along their edges due to wave reflection and deflection. Groins and jetties can alter natural sand movement patterns, leading to the formation of sandbars or erosion in adjacent areas. Another issue is beachgoers who try to walk, climb or jump off structures and get into trouble!



A Case Study – How a Cyclone and Bribie Island Impacted Lifesavers and Lifeguards at Caloundra

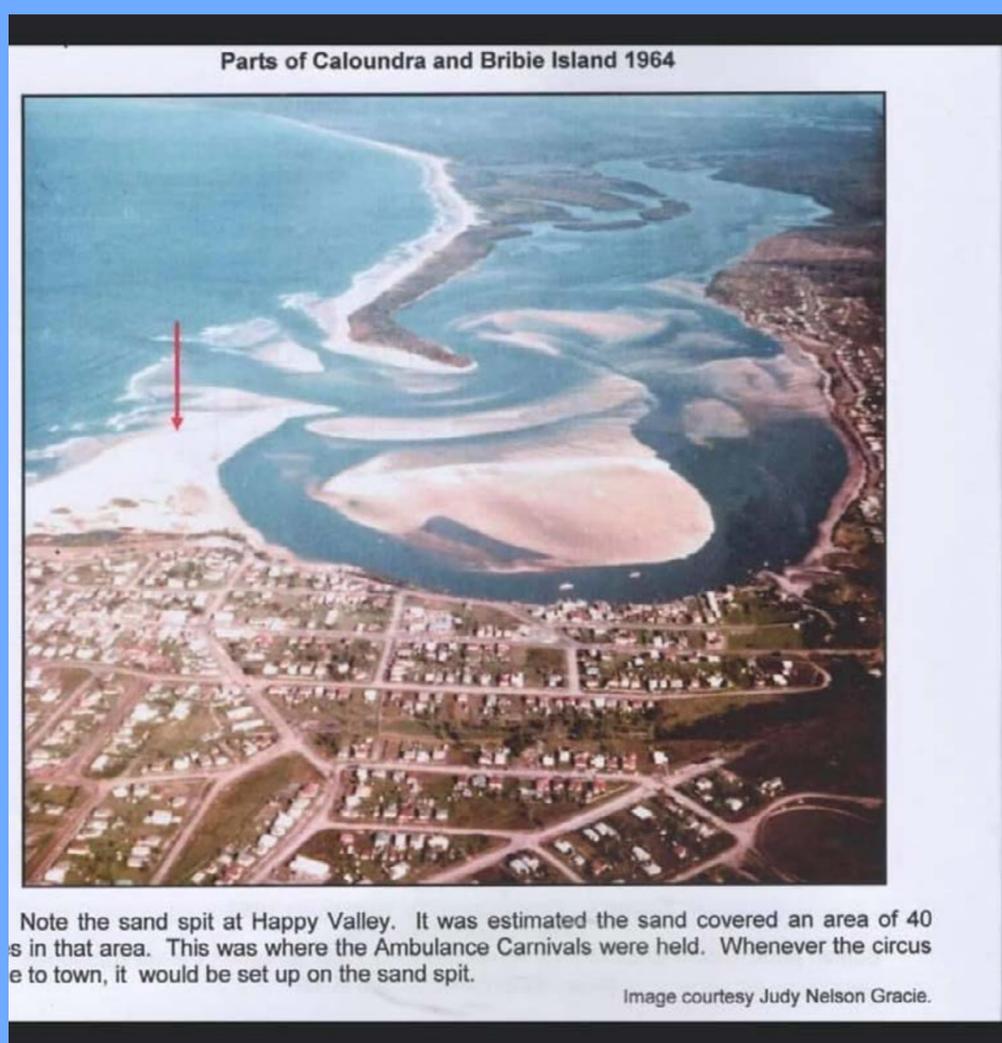


A major government study completed in 2009 identified the “threats” to the Pumicestone Passage, Golden Beach and Pelican Waters on the Sunshine Coast and outlined a range of “treatment options” in the event of a Bribie Island tidal breakthrough.

The study’s predictions, which forecast a breakthrough within 20 to 30 years, became a reality sooner than expected when in 2022 Cyclone Seth created king tides and big seas the forced open a new channel 2km from the fragile northern tip of the island.

This shifting and movement of sand from one area saw the emergence of a stunning beach in the Happy Valley area of Caloundra. While this latest beach area is a direct result of the Bribie Island break up, if we look further back in time we can see that movement of sand has happened before. Delving into the history books, this beach isn’t “new”, in fact locals explain that in the 1970s and early ‘80s there was a big enough sand build-up to host fairs.

This just goes to show – our beaches are always living and breathing.



WHAT DOES THIS "NEW" BEACH MEAN FOR US AT SURF LIFE SAVING QUEENSLAND?

This beach experienced a surge in beachgoers in 2023 thanks to the formation of a huge sand spit. With the increased popularity has come increased concerns about water safety and the need for more eyes to watch over the masses.

In 2022, the Sunshine Coast Council signed off on an agreement with Surf Life Saving Queensland to keep our lifeguards continuing to patrol beaches for at least the next five years. As part of this agreement, there saw a relocation of the existing lifeguard service, which operates during Queensland school holidays from September to May, from Golden Beach to Happy Valley.

"Our beaches are always evolving, and it's vital we work with mother nature as well as humans to keep everyone safe. We want to respect our natural environment while keeping beachgoers safe," says Aaron Purchase, Sunshine Coast Regional Manager.

"As lifeguards and lifesavers we see first-hand how a beach can change every moment of each day that's why our commitment to educating the public on these changes is so important."





EYES IN THE SKY:

BLENDING

TRADITION WITH

INNOVATION



At Surf Life Saving Queensland (SLSQ) we aim to blend tradition with innovation. Amongst the vast ocean and beaches, drones now play a crucial role in keeping beachgoers safe.

Damien Boyer leads this challenge as the Head of Uncrewed Aviation at SLSQ. With a background in aviation, Boyer is passionate about using drones for surveillance. In an interview, he shares the story of how drones became essential to SLSQ's life-saving efforts.



CHARTING THE JOURNEY AND USE OF DRONES AT SLSQ

"I come from a background of 20 years in the air, I've worked as a pilot and trainer for as long as I can remember. Outside of my role with SLSQ, I spend most weekends teaching people how to navigate the skies," explains Damien.

"I've been involved with surf lifesaving for three years and have recently taken on the position as Head of Unmanned Aviation and it's a role I am seriously passionate about!"

The history of drones within lifesaving can be attributed to one great man, Kevin Weldon AM who sadly passed away in 2023. Kevin pioneered the use of drones in beach operations and in 2016 saw the roll out of drones.

The pivotal collaboration between SLSQ and the Department of Agricultural and Fisheries (DAF) heralded a new era in beach safety initiatives. Phase 1 of the SharkSmart drone trial launched in South East Queensland in September 2020, expanding to include North Queensland in 2021.

"Shark spotting is the key aim of this trial which is important from both public safety and scientific research," Boyer explains, shedding light on the multifaceted objectives of the Shark Smart program.

The program's focus on understanding shark behaviour, population dynamics, and species composition underscores its commitment to evidence-based decision-making and proactive risk management. If a dangerous shark was spotted, drone pilots notified the life savers on patrol to warn water users and temporarily closed the beach if needed.

Damien explained that there are plans to expand this program as well as trial and test additional technology incorporating hyper spectral and multi spectral drones coupled with artificial intelligence.

"Hyper spectral and multi spectral cameras on drones are like super-powered eyes in the sky, seeing beyond what our own eyes can detect. They capture detailed data across different wavelengths of light, allowing us to study things like plant health, geological features, and even underwater environments."

The operational dynamics of drone patrols extend beyond shark spotting to encompass comprehensive beach surveillance. Drone pilots patrol the coastline, scanning for potential hazards and ensuring the safety of beachgoers.

"Our drone pilots cover approximately 400 meters of beach, conducting transect flights to identify any shark activity," Boyer explains, offering insights into the meticulous protocols followed during patrols.

Transect flights are a methodical way for drones to patrol and survey coastal areas. During transect flights, drones fly back and forth in straight lines over the water, covering a specific area systematically. This pattern allows the drones to thoroughly scan the ocean surface for any signs of activity, such as shark sightings or distressed swimmers. By following this structured flight path, drone operators can ensure comprehensive coverage of the designated patrol zone, enhancing beach safety and surveillance efforts

We delved a little further in sharks, asking Damien which locations are known for the most shark activity as reported by drone pilots.

"Look, we all know that Straddie is a haven for sharks so plenty to be seen in that area! We've also seen increased activity around Burleigh on the Gold Coast."

EXPLORING FUTURE FRONTIERS: UNLEASHING THE POTENTIAL OF DRONES

We asked Damien about where the future of drones lie, and his answer was simple – they are here to stay.



"We're flying drones now over 100 kilograms," he reveals, showcasing the massive scale of operations drones are now capable of. From crop dusting to aerial photography and power line inspections, drones have become indispensable tools, reshaping traditional methods with their efficiency and versatility.

The conversation takes an intriguing turn as Boyer delves into the realm of drone delivery services.

"Currently in Australia, Wing Aviation is leading the way in drone delivery," he explains. With the ability to transport payloads of up to 22 kilograms, drones are redefining the concept of doorstep delivery. Boyer paints a futuristic picture of shopping centres equipped with rooftop drone stations, offering seamless shopping experiences without leaving the comfort of home. The potential for drones to revolutionise logistics is vast, with implications for both convenience and efficiency.

As we chatted on, Damien ventured into the realm of urban mobility and passenger drones.

"In the next 10 to 15 years, we'll see passenger-carrying drones in Australia," he predicts. With major players like Boeing, Airbus, and Google investing millions in air mobility technology, the landscape of air travel is on the brink of transformation.

While the concept may seem futuristic, there was a strong emphasis on the need for robust regulatory frameworks and technological advancements to ensure safety and efficiency.

"As more drones take to the skies, airspace management becomes paramount," he emphasises. The proliferation of drones brings forth the need for comprehensive regulations and technological innovations to prevent collisions and ensure safe operations.



WHAT DOES SLSQ'S DRONE FUTURE LOOK LIKE?

When we chat about the future of drones within lifesaving, Damien wants to focus on developing our Members to play a key role.

“I believe it's crucial for us to focus on creating career pathways for our Members and lifeguards.”

We have individuals who may age out or experience injuries that limit their physical ability to continue frontline life-saving duties, but their passion and dedication is exactly what we want to harness.”

“Many of our members have a wealth of experience and knowledge that they're eager to share, and it's essential for us to provide avenues for them to continue making a difference.”

Whether through roles in training, administration, or specialised initiatives like uncrewed aviation, Damien looks forward to a future where SLSQ Members can leverage their skills and experience to make meaningful contributions to promoting beach safety and saving lives.

“I also want to work closely with our manned aviation teams. Imagine a time when our drones can go out, do the grunt work in terms of search and rescue and free up our helicopters to get to those in need, waste less time and resources. We can send out a team of drones, pinpoint the exact coordinates for our helis and pull off the rescue in no time at all.”

Summing up, it's clear to see that drones are going to play a huge part of our lives, and not just surf life saving! In the next issue of Shoreline, we hope to bring you more exciting news about how SLSQ will take on the role of trainer to help those who want to be on the forefront of this wave of new technology – stay tuned!

By 2043...



The total number of drone flights will be around 60 million



Approximately 100 thousand patients will be transported using drones



Goods delivered will reach 46 million, growing at a CAGR of 31%



Almost 1 million passenger transportation flights per year



The number of total flying hours will rise to over 15 million



Over 3.5 million flights will monitor protected areas, coastline and wildlife



Farmers will make almost 500,000 flights to monitor and support their crops



Surf Life Saving Clubs will be supported by almost 80,000 annual drone flights



There will be over 500,000 medical deliveries



Just over 1.5 million food deliveries will be made across Australia



Around 310,000 drone flights will be used to support frontline policing



The mining industry will operate almost half a million drone flights

Did you know?

Over the next twenty years drone flights are projected to grow on average by 20% per annum, culminating in around 60 million flights each year by 2043.



UNLOCKING

COASTAL SAFETY

WITH DJI

DRONES

A Partnership with Surf Life Saving Queensland



Surf Life Saving Queensland (SLSQ) and DJI Enterprise, a leader in drone technology, have joined forces in a groundbreaking partnership aimed at enhancing coastal safety across Australia's stunning beaches. But how did this collaboration come about, and what drives DJI's commitment to working with SLSQ?

The partnership between DJI and SLSQ stems from a shared dedication to coastal safety and a mutual recognition of the potential of technology to revolutionise lifesaving efforts. We spoke to the team from DJI to find out their perspective on how their drones are constantly evolving to suit our needs as well as what we can expect in the future.



ENSURING RELIABILITY AND EFFECTIVENESS IN DEMANDING ENVIRONMENTS

To ensure the reliability and effectiveness of its drone technology in challenging beach environments and adverse weather conditions, DJI employs several key strategies:

Robust Design: DJI drones are built to withstand harsh environments, using durable materials to prevent corrosion and damage.

Strict Environmental Testing: Extensive testing under various conditions ensures drones perform reliably in complex environments.

Redundant and Obstacle Avoidance Systems: Incorporating redundant systems and obstacle avoidance technology enhances safety and reliability during operations.

THE FUTURE OF DRONES IN SURF SAFETY AND COASTAL SURVEILLANCE

As we look to the future, the integration of drones for surf safety and coastal surveillance is on the brink of significant advancements. The recent launch of DJI Dock 2, a drone-in-the-box solution, promises enhanced capabilities in this area. Drones can now be operated remotely from a central operations centre, facilitating swift responses to critical locations. With 24/7 remote drone deployment, continuous surveillance becomes possible, representing a significant leap forward in leveraging drone technology to bolster safety and security along coastal regions.

EVOLUTION OF DRONES IN SURF SAFETY: ADVANCEMENTS AND DEVELOPMENTS

Over the years, drones have evolved significantly in their applications for surf safety. Notable advancements include:

Enhanced Imaging and Sensors: High-resolution cameras and thermal imaging capabilities enable clearer identification of individuals in distress and detection of potential threats in the water.

High IP Rating: Drones are now more resistant to water and moisture, crucial for operations over the ocean.

Multi-Payload Capacity: DJI drones can carry various payloads beyond cameras, such as life vests or inflatable devices, enhancing their effectiveness in surf safety applications.

Real-time Data Transmission: Improved transmission capabilities allow for immediate analysis and decision-making during rescue operations, aiding in pattern recognition and anomaly detection.

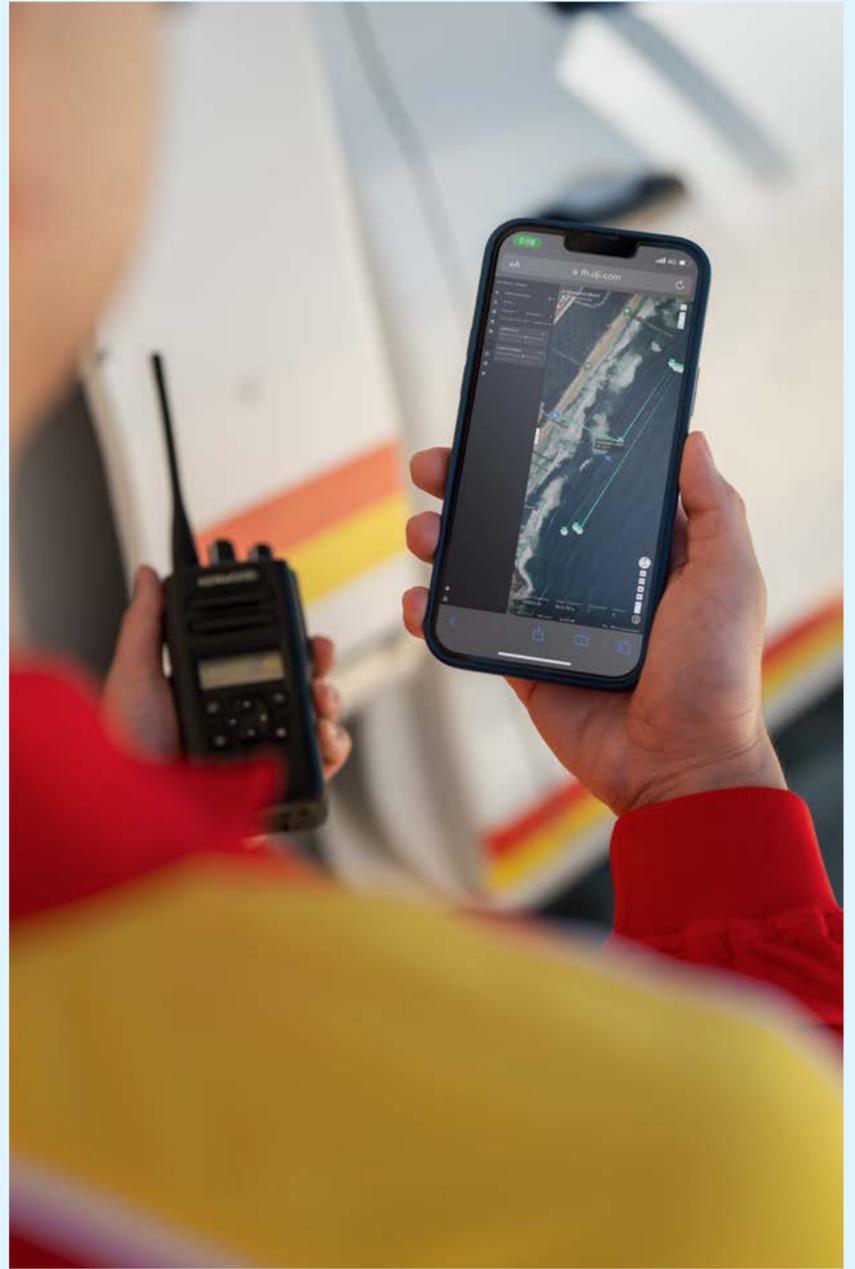


BEYOND SLSQ: EXPLORING DIVERSE APPLICATIONS OF DJI DRONES

DJI Enterprise has explored and implemented drones in various unconventional applications, including public safety for search and rescue missions and accident reconstruction, AEC & Surveying for site surveying and progress tracking, electricity for inspecting power lines and infrastructure, and oil & gas for pipeline inspection and environmental monitoring. These applications showcase the versatility and innovation of DJI drones beyond traditional photography and videography, addressing diverse industry needs and challenges.

SHAPING THE FUTURE OF EVERYDAY LIFE WITH DJI DRONES

To ensure the reliability and effectiveness of its drone Today, DJI products are redefining industries. Professionals in filmmaking, agriculture, conservation, search and rescue, energy infrastructure, and more trust DJI to bring new perspectives to their work and help them accomplish feats safer, faster, and with greater efficiency than ever before. No doubt we will continue to push the envelope and bring new innovative products, features, and solutions for customers.



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An aerial photograph of a yellow and red helicopter flying over the ocean. The helicopter is viewed from a high angle, showing its tail rotor and landing gear. Below the helicopter, several surfers are visible in the water, some appearing to be in the process of a rescue or a training exercise. The water is a deep teal color, and the sky is a pale blue. The text is overlaid on the image in large, bold, white letters with a dark blue shadow.

**PROFILING THE
VOLUNTEERS
OF OUR
HELICOPTER
SERVICE**

ANITA MOORE AIR CREW

How long have you been part of the helicopter crew?

It was 2009 when I first jumped out of a helicopter as a Rescue Crew, then became an Aircrew in 2017.

For those who don't know can you give us a run down on your role within the helicopter crew?

Currently I am an Aircrew so that means I sit on the left-hand side at the back and when there is a rescue, I communicate with the pilot as to where our patient is in the water and winch out the Rescue Crew to the patient.

What has been the highlight of your career so far?

Highlight of my career would be the day I received my Bronze Medallion in Surf Life Saving. This led me to gain invaluable knowledge, lifelong friends, a healthy lifestyle and a career that I am still in. It allowed me to gain enough experience to be able to apply for a position in the Westpac Lifesaver Rescue Helicopter Service. This has allowed me to further my wings (excuse the pun) to increase my knowledge in saving lives and seeing the ocean from a different view. I think assisting the community and keeping them safe, whether it be on the beach or in the air is a great opportunity.



What's the best thing about your role?

Besides making decisions that leads to saving lives and assisting with searches, I think the best thing about my role is being a role model for young females who also want to achieve their dreams. It allows me to show, through my experience, that females (or males) can become a Rescue Crew or an Aircrew if this is what they wish to do. I have done quite a few talks in lifesaving, and I know I have had a few people who I have talked to who are now part of the heli service. This makes me extremely proud of them!

What does the future hold for you and your role with the heli crew?

I have been in the crew now for 15 years and I'm 56 years young. I was pretty stoked to still be able to complete the heli test. I think I still have a couple of years left in me but I think it will be time to hand over to the younger crew so we will see.

What would you say to someone from SLSQ who wanted to be more actively involved with the heli team?

I would say come and make yourself known. We are always keen to inform lifesavers about the service so come and visit us here at the hanger in Caloundra or Carrara and always look out for when we put out applications to join up. Keep fit, stay healthy and always learn more about surf and rescues. Lifesaving comes from a great history and tradition, so look up to and talk to past Members in your Club because if it wasn't for them this great organisation would not be where it is today.

If you were to have a call sign, what would it be?

Silver Foxdefinitely!

BRENDEN SCOFFELL AIR CREW

How long have you been part of the helicopter crew?

I have been a part of the Westpac Rescue Helicopter Service for six years now starting as a volunteer Rescue Crewman in 2018.

For those who don't know can you give us a run down on your role within the helicopter crew?

My current role within the service is an Aircrewman where I recently gain my winching endorsement within the service. As an Aircrewman, we are constantly working with the pilot on planning flights and getting the aircraft where it needs to be. We also are responsible for operating the rescue hoist which is our primary means of rescuing people. I'm also still a current Rescue Crewman where I perform "down the wire" meaning I go down on the hook and rescue/assist people where needed.

Can you give us a run down of your career so far?

I started with the service in 2018 when I was 22 years old as a volunteer Rescue Crewman, in mid-2023 I went through Aircrewman training and was awarded my Aircrewman and Winching Endorsement Certificate later in the year.

What has been the highlight of your career so far?

The highlight of my career so far would have to be between doing my first helicopter rescue on Christmas Day 2018 with the Aircrew who ended up signing me off for my winching certificate five years later and being signed off as an Aircrewman in 2023.

What's the best thing about your role?

Working with a great bunch of crew, pilots, office manager and flying low level over our beaches. It still gives me such a thrill!

What does the future hold for you and your role with the heli crew?

Definitely a few more years of service at least.

What would you say to someone from SLSQ who wanted to be more actively involved with the heli team?

Get all the awards and experience on the beach and within Operations Support, put your application in for the service when EOIs for Rescue Crew are sent out and always have a keen and positive attitude.

If you were to have a call sign what would it be?

Some of the senior crew and pilots would probably run with Goose if they were to answer this for me!



How to Join the Westpac Helicopter Rescue Service as a Volunteer: Q&A with Andrew McNeilly

If you're a Member of Surf Lifesaving Queensland with aspirations of joining the Westpac Helicopter Rescue Service as a volunteer, Andrew McNeilly, Chief Crewperson\Chief Training Officer, sheds light on what it takes and what to expect.

WHAT ARE THE USUAL ROLES FOR VOLUNTEERS IN THE HELI CREW LIKE POSITIONS?

Within our crew, we primarily have two roles. The starting position is the Rescue Crew Officer (RCO), which involves being the rescue swimmer or Down The Wire (DTW) crew. As volunteers gain experience and as positions become available, they can progress to become Aircrew Officers (ACO), taking on responsibilities like mission coordination with our pilots, coordination with ground agencies (Beach Patrols, Surfcom, Police, Ambulance or AMSA) via radio and deploying the RCO via the rescue hoist.

HOW DOES THE SELECTION PROCESS WORK FOR VOLUNTEERS, AND WHAT CAN APPLICANTS EXPECT?

The selection process begins with applicants submitting an application form, accompanied by their CV and cover letter. Successful applicants are then invited to undergo an interview and an exam to assess their suitability for the role. Additionally, there is a fitness test and practical scenarios to evaluate their ability to handle emergency situations effectively. Throughout the process, emphasis is placed on meeting the prerequisites, demonstrating a commitment to lifesaving, and showcasing relevant skills and experiences.

WHAT DOES THE DAY-TO-DAY LOOK LIKE FOR VOLUNTEERS IN THE INITIAL ROLE?

It's a mix of everything.

Since many volunteers come in with no aviation background, there's a significant focus on safety and theory training initially, followed by hands-on training with gear and equipment, and eventually moving on to operational aspects. It's a substantial investment, both in terms of time and resources, with a training process spanning three to six months.

Once qualified crew undertake the daily duties associated with helicopter operations. This includes checking and preparing the aircraft and role rescue equipment, checking and testing the base fuel facility and then planning for the days expected flight activities.



Surf Life Saving Queensland Magazine

WHAT ARE THE PREREQUISITES TO BECOME A VOLUNTEER?

Applicants must be at least 18 years old with a minimum of three years of experience on the beach, holding certifications such as the Bronze Medallion, ART, and first aid. These awards and experiences are crucial as they form the foundation of skills needed for the role.

WHAT BACKGROUNDS DO CURRENT VOLUNTEER CREW MEMBERS COME FROM?

Our volunteer crew members come from diverse backgrounds, ranging from electricians, plumbers, and builders to solicitors and paramedics. While some have relevant professional backgrounds, others bring unique skills and perspectives to the team.

WHAT ADVICE WOULD YOU GIVE TO SOMEONE APPLYING TO BE A VOLUNTEER?

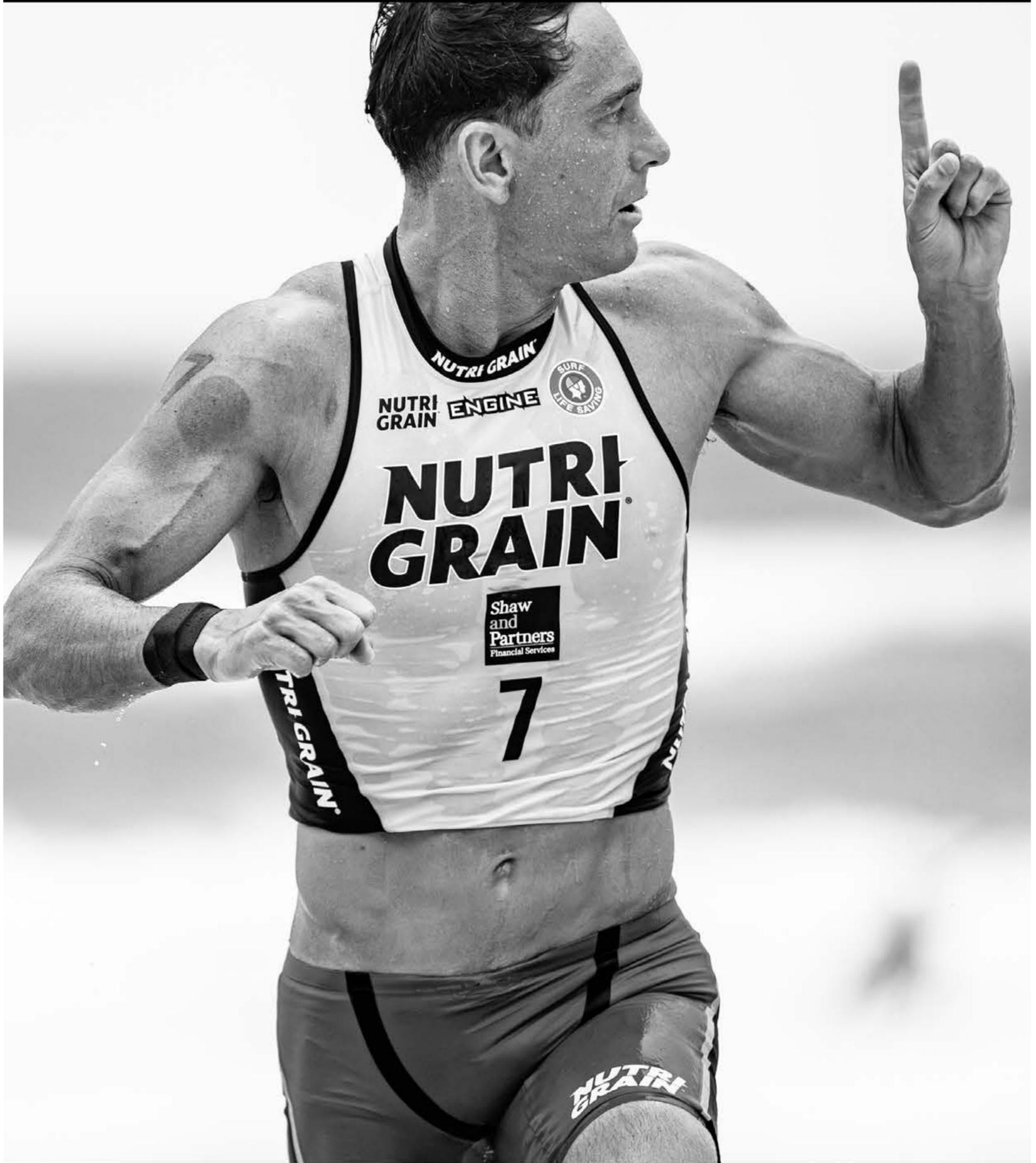
Pay close attention to the selection criteria and ensure you meet all the prerequisites. This includes having the necessary awards and experience, as well as submitting a comprehensive CV and cover letter. Meeting these requirements demonstrates commitment and readiness for the role.

WHAT QUALITIES SHOULD SUCCESSFUL APPLICANTS POSSESS?

I think some people believe they have to be some sort of superhero which isn't the case, successful applicants need to be well-rounded lifesavers! If you have a strong understanding of lifesaving procedures and the ability to execute them effectively you will be a success. While communication skills are important, what matters most is being a competent lifesaver capable of handling various scenarios confidently.



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ENGINE

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**LIFESAVERS WITH
PRIDE DAZZLE
IN MARDI GRAS
PARADE**

Surf Life Saving Queensland Magazine



The iconic red and yellow were on proud display at the 46th Sydney Gay and Lesbian Mardi Gras Parade in March as 62 lifesavers danced down Sydney's streets to a remix of 'Rescue Me' by Fontella Bass. Lifesavers with Pride, made their impact on the parade, marching for the first time with seven board members including President John Baker AM ESM and Chief Executive Officer Adam Weir. In total there were 80 participants in the Lifesavers with Pride float, including 62 dancing lifesavers from across NSW and Victoria. Completing the float was a Surf Life Saving NSW Patrol vehicle and two Pride Surf Rescue Boards.

This was the first time any board member or president of Surf Life Saving Australia has been a part of the iconic parade alongside Lifesavers with Pride, who have been marching since they were formed in 2007. President of Surf Life Saving Australia John Baker AM ESM says it was a fantastic opportunity for the organisation to celebrate diversity and inclusion.

"I was thrilled to be invited to be a part of the Mardi Gras parade, it is a celebration like no other and Lifesavers with Pride made it an unforgettable experience.

"It is a key part of our job to create a welcoming and inclusive surf lifesaving culture for the LGBTQIA+ community and it was a joy to celebrate with them all we have achieved so far and demonstrate our commitment to progress and inclusion into the future."

WHY MARCH? THE VIEW FROM LIFESAVERS WITH PRIDE

Marching alongside our LGBTQIA+ community at Sydney Gay and Lesbian Mardi Gras holds deep significance for all of us at Lifesavers With Pride. Some reasons we share, some are personal to our own experience.

Allow us to explain some to you today:

Visibility and Celebration: Pride marches are a vibrant way for LGBTQIA+ people to be seen and heard. They allow us to celebrate our identities and achievements, fostering a sense of belonging and community.

Fighting Stigma: These marches challenge the marginalisation and discrimination faced by our LGBTQIA+ community. By proudly taking public space, we fight against shame and social stigma, promoting acceptance and understanding.

Demand for Equality: Pride marches are often a platform for voicing demands for equal rights. Issues like same-sex marriage, anti-discrimination laws, and healthcare access, come to light, keeping the fight for equality at the forefront.



Strength and Unity: The marches showcase the collective strength and solidarity within the LGBTQIA+ community. Seeing the multitude of people come together sends a powerful message that they will not be silenced.

Honouring History: Sydney Mardi Gras commemorates the original march, on the 24th June, 1978, which itself was marking the anniversary of the Stonewall riots in New York in 1969. This connection to history reminds all of us of the ongoing struggle and the progress made.

We march as a powerful display of resilience, celebration, and the ongoing pursuit of equality for the LGBTQIA+ community. We are proud to represent our community and be a face for those who are not able to be seen.

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We can support your own business, workplace or community organisation with essential training.

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BEYOND

DROWNING:

**New Research Exposes Lesser-Known
Coastal Threats**

Surf Life Saving Queensland Magazine

Research published in the Australian and New Zealand Journal of Public Health shows that almost 40% of deaths that occur on the coast are not drowning related, with cardiac conditions and traumatic injuries the major culprits.

The research conducted by Surf Life Saving Australia shows over half of these non-drowning deaths were due to

cardiac conditions (51.8%) with other causes including traumatic/collision injuries (15.9%) falls (10.4%) and marine creatures (5%).



Of all 1,667 deaths on the coast over a 10-year period, less than 2% were attributed to marine creatures of any kind, including jellyfish and sharks.

Lead researcher Sean Kelly from Surf Life Saving Australia says this is the first study of its kind into non-drowning fatalities on the coast and examined the causes of 620 non-drowning deaths that occurred over a 10-year period.

“Our research showed that males were 5.2 times more likely to die than females, with younger populations found to die disproportionately along the coast with the primary causes being falls and traumatic/collision injuries.”

“Those living in or visiting rural and remote areas were also found to be at higher risk, largely due

to poorer access to services and longer incident response times.”

“While sharks are often top-of-mind for those visiting the beach, all marine creatures including sharks and jellyfish only made up 5% of non-drowning deaths and less than 2% of overall coastal deaths.”

Adam Weir, CEO of Surf Life Saving Australia says that volunteer surf lifesavers take a wholistic approach to reducing risk on the coast and are highly trained to respond to a variety of situations along the coast.

“Even strong and experienced beach goers can find themselves in circumstances where they need urgent help, for instance because of a cardiac condition or traumatic injury. The number of deaths caused by cardiac conditions show the importance of CPR training and defibrillator access, which greatly increase the chances of survival in these incidents.”

“All our patrolling Members have been trained in these skills and responding to non-drowning incidents is a big part of what we do. I would encourage everyone to undergo CPR or First Aid training which is provided by Surf Life Saving in each State.”



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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.



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2024 QLD SURF

LIFE SAVING

CHAMPIONSHIPS

GALLERY



Surf Life Saving Queensland Magazine





2024 LIFESAVING
WORLD CHAMPIONSHIPS



**ADVANCING
WATER SAFETY
AND LIFESAVING
GLOBALLY**



RON RANKIN AM CHAIR & PROJECT DIRECTOR - LWC24

In August and September of this year we will see thousands make their way from around the world to the Gold Coast for the Lifesaving World Championships (LWC) 2024. This event goes beyond sports — it will be vital for spreading water safety awareness and lifesaving skills worldwide.

We asked the Chairman and Director of the Lifesaving World Championships 2024 project, Ron Rankin AM, a few questions to dive a little deeper into this huge event.

WHAT IS THE SIGNIFICANCE OF HOSTING LWC24 AND ITS IMPACT ON RAISING AWARENESS ABOUT WATER SAFETY AND LIFESAVING TECHNIQUES GLOBALLY?

The Lifesaving World Championships, conducted every two years, brings together the majority of the 130 member nations of the International Life Saving Federation (ILS). This event spans 18 days, hosting 10 championships and serving as the global meeting on drowning prevention. It involves the General Assembly of all Nations, as well as meetings of the ILS Board of Directors, Regions, Commissions, and Committees.

ILS Member Nations witness firsthand the advanced lifesaving services and sports in countries such as Australia, which has encouraged other countries to adopt these developments in their own country. Australian Surf Life Saving, for instance, has been instrumental in developing lifesaving in Great Britain, Japan, India, Indonesia, and Taiwan and formed strategic alliances to share intellectual property and technology for many years.

WHAT ROLE DO YOU SEE LWC24 PLAYING IN INSPIRING THE NEXT GENERATION OF LIFESAVERS AND PROMOTING THE ADOPTION OF LIFESAVING SKILLS AND KNOWLEDGE WORLDWIDE?

The LWC 2024 is part of a continuous process to grow and develop lifesaving services across the globe. The opportunity for visiting nations to witness current lifesaving services and technology in action in Australia will encourage them to either continue or develop their organisations in both drowning prevention and lifesaving sport. Lifesaving sport serves as a platform to showcase what ILS provides and attracts individuals interested in physical fitness and community service, therefore fostering growth in membership opportunities and the development of essential drowning prevention services across all four ILS Regions of the world.

CAN YOU TELL US A LITTLE MORE ON THE DEVELOPING NATIONS INCENTIVE PROGRAM?

This program was introduced in 2006 to encourage new and developing nations to be introduced to services and activities in developed countries. The LWC 2024 program has been implemented as a Developing Nations Incentive Program (DNIP), providing some 20 nations to attend and participate in all the Championships, as well as the general assembly of ILS Member Nations/Organisations.

Our goal was to make sure that the LWC 2024 is the most inclusive and best-attended championship to date and to leave a legacy of knowledge with all 20 Nations in the DNIP. This program could not have been implemented without the support of the Queensland Government.

Surf Life Saving Queensland Magazine

CAN YOU ELABORATE ON THE SIGNIFICANCE OF PROVIDING OPPORTUNITIES FOR ATHLETES FROM DEVELOPING NATIONS TO COMPETE ON A GLOBAL PLATFORM?

Sport has long been a great opportunity for people globally, and while drowning prevention is the primary objective of ILS, lifesaving sport continues to stimulate membership growth and interest worldwide. The Lifesaving World Championships offer pathways for athletes to aspire to the highest level, fostering continuous pursuit of achievement and participation. We also hope this provides an ongoing opportunity for growth among member nations and will encourage consideration of lifesaving sports in future Olympic Games.



HOW DO YOU ENVISION THE PARTICIPATION OF DEVELOPING NATIONS CONTRIBUTING TO THE OVERALL GROWTH AND DEVELOPMENT OF THE SPORT?

In considering how developing nations might contribute to the overall growth and development of the sport, it's important to recognise their unique opportunities and challenges. Their participation in our event sheds light on how they enrich both their communities and the global lifesaving sports landscape.

The LWC 2024 will include nations from the regions of Africa, Asia Pacific, America, and Europe. This opportunity will allow members from across these regions to gain invaluable experience and knowledge to bring back to their respective countries.



This legacy from LWC 2024 will contribute to the ongoing growth of ILS membership, capacity building, and drowning prevention efforts in developing nations worldwide. Participants will engage in world-class lifesaving competitions, while also being supported by the local Surf Life Saving Clubs on the Gold Coast. Our Queensland Clubs will provide training and exposure to advanced lifesaving services and technologies such as rescue helicopters, drone operations, communication centres, and the club-based system spread across more than 300 clubs in Australia.

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2024 LIFESAVING
WORLD CHAMPIONSHIPS

LIFE SAVING THROUGH THE AGES - FROM NIPPERS TO MASTERS

We caught up with one of our youngest competitors, Alexis, and one of our oldest competitors, Ian, who told us about their journey with Surf Life Saving.

Alexis Williams

ALEXIS, 11 FROM BRIBIE ISLAND NIPPERS, COMPETED AT HER FIRST 2024 QUEENSLAND YOUTH SURF LIFESAVING CHAMPIONSHIPS

She tells us how she found the competition:

'My favourite part of the competition was getting through to the semi-finals in the surf swim race. Swimming against the top athletes in challenging conditions that I had never swam in before, pushed me to my limits, but I loved every moment of it.'



Ducking under huge waves, then catching them to ride them back in and sprinting across the finish line with my teammates cheering me on was such an amazing feeling!

It's a feeling I'll never forget. It made me desperate to get out there and train more, so that I can come back next year. I also loved getting to spend time with my friends, watch them compete and getting to cheer them on. I'm so proud of my teammates from Bribie, and I can't wait to do it all again with them next season.'



Within these championships, she managed to score a board from Race One in a giveaway...

'Winning the board from Race One was a dream come true! I was speechless (literally) and overwhelmed with excitement. I couldn't believe it because my teammate and I had spent ages staring at this board that morning and had been daydreaming about how amazing it would be to have it, so that we had our very own board to train on. Having my own board means that I can train with my friend whenever we want and hopefully, we will be back next year on it in the Surf Rescue Team event!'

'I am already planning beach trips to train in different surf conditions, all thanks to Race One for giving me my very first rescue board. I'll cherish it forever! I have already told my Mum that it's going on my bedroom wall when I am too big to ride it anymore, so that I can remember this feeling forever!!'

When asked about why she joined Nippers, she explained...

'I joined Bribie Island Nippers when I was really little because I have always loved the beach, especially the ocean and catching waves. Many of my friends were already doing it, so I thought it was a great way to spend more time with them at my favourite place plus get to make new friends too. I also want to become a lifesaver when I'm older, so that I can hang out on the beach with my friends and help make it a safer place for others to enjoy too, just like my big brother.'

'Being a Nippers kid means that I get to enjoy the ocean, make lifelong friends and learn important skills that might save someone's life one day. I often think "If each of us Nippers kids helped just one person, how many lives could we save altogether?"'

It would be a lot! It's a thought that inspires me every time I'm at the beach. I feel incredibly lucky to be a part of something so amazing.'



'Being one of the youngest athletes at the State Championships was quite nerve-wracking at first but it was also incredibly exciting. Racing at a state level among so many very talented athletes was quite surreal, and I was so inspired watching all the other kids out there doing such amazing things. I felt so lucky to get to be there amongst them all and getting to watch some of the older kids definitely helped me realise that if you put in the hard work and are dedicated, you can achieve incredible things.'

Ian Channells

IAN, 79 FROM KURRAWA CLUB, COMPETED IN THE OPEN SURF BOAT AT THE 2024 QUEENSLAND SURF LIFESAVING CHAMPIONSHIPS



He tells us about his early years within Surf Life Saving:

'I started to live my best life when I gained my Bronze Medallion in 1962

with Wanda Surf Live Saving Club (SLSC) in Southerland shire. It was difficult to travel to the beach from Sydney western suburbs but oh so worth it!

He mentions the highlights:

'Getting into a boat crew was the best! The top of the ladder was reaching A Crew which I did. Having rowed in three Aussie finals the best we could do was a silver medal in Southport SA in 1967 which was when Ballina SLSC won three years running.

The crew I rowed with became lifetime friends and we still meet up'

As expected, Ian has seen many changes and developments to SLS over the years. The main ones that came to mind were:

'Resus and first aid. When I did my Bronze we only had the Holger Neilson method which was useless.

The advent of female competitors in 1980 was also a great advance for surf lifesaving.'

When asked what advice he would give to younger and older members, he kept it simple!

'For younger people just enjoy the ride you will make lifetime friends. For older Members get into it!'



CURLEWS AND

CALM WATERS

DISCOVERING

COOCHIMUDLO'S

SERENE CHARM

Surf Life Saving Queensland Magazine

Located on the southern part of Moreton Bay on an island accessible only by ferry, Coochiemudlo SLSC shines as a symbol of unity and close-knit camaraderie.

We had the pleasure of chatting with Des Kerr, the Club President of Coochiemudlo SLSC, who graciously shared the rich history of the club and the profound significance of belonging to the surf lifesaving community.

MEMBERS FAR AND WIDE

Coochiemudlo Surf Life Saving Club (SLSC) boasts a membership that extends well beyond the shores of its island home. While the club has several families who reside on the island, some who are founding members and proudly are a part of the club. Every Sunday sees a surge in numbers as families from neighbouring areas eagerly journey across tranquil waters to join in. This diverse mix of backgrounds, ages, and experiences converges with a shared love for the sea and a common goal of fostering positivity and safety.

"It's this sense of unity and belonging that makes our club truly special, as we come together for the kids, and the community."



RESILIENT BEGINNINGS FROM 2001

The history of the Coochiemudlo Surf Life Saving Club is a tale of resilience, community, and dedication to coastal safety. Born in the 2001-2002 season, the humble beginnings set the stage for a remarkable journey of growth and transformation.

"In those early days, with only around 15 patrolling members, we embarked on our mission to protect beachgoers and promote water safety along the shores of Coochiemudlo Island. Despite our modest numbers, our commitment to service was unwavering."

Unlike traditional beachside clubs, Coochiemudlo's headquarters did not grace the sandy shores but instead found its home in a sturdy big blue facility shed set back from the beach. This modest structure, erected in 2007 through the combined efforts of dedicated volunteers and grants, served as the heart of operations. Over time, it evolved into a bustling hub of activity, complete with a kitchen, mezzanine, and training room, embodying the spirit of progress and innovation that defines the club.

"We take great pride in the strides we've made as a young Club and the obstacles we've overcome. Every patrol, rescue and development tells a story in our Club's history — evidence of our strong sense of community and service at Coochiemudlo Surf Life Saving Club."



COMMUNITY THAT SPANS GENERATIONS

"There's a deep-rooted sense of community within our Club that spans generations. It's amazing to see families who have been part of our journey since the beginning, passing down the tradition of lifesaving from one generation to the next."

"We're fortunate to have multiple families actively involved in patrolling and contributing to the Club's mission. Their dedication and commitment, spanning over 15-20 years of service, serve as a testament to the strong bonds and shared values that define our close-knit community."

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TRAINING WITH GENTLE WAVES AND CURLEW CRIES

The most striking feature of Coochiemudlo is its tranquil, flat waters— a rarity in the world of Surf Lifesaving. Here, the absence of crashing waves creates a serene environment, perfect for leisurely swims and water activities. Picture-perfect on a sunny day with the tide high, the island beckons visitors to gather and enjoy.

Accessing the slice of paradise is an adventure in itself, as the island can only be reached by a ferry or a vehicle barge. Every Sunday morning, the families gather to embark on this voyage, bringing with them not just themselves but also their passion for surf lifesaving, ready for Nippers. It's a weekly ritual cherished by many.

"As we ferry over our volunteers, equipment, and enthusiasm, we embark on a journey of purpose and dedication, ready to run our programs, patrol the beaches, and make a difference."

One of the most iconic inhabitants of Coochiemudlo is the curlew, a striking bird species that graces the shores with its presence. With a population meticulously counted and monitored, these elegant birds are a symbol of the island's commitment to preserving its natural heritage. So revered are these avian residents that a local café – The Curlew Café - proudly bears their name, a testament to their significance in the island's ecosystem.

But the wonders of Coochiemudlo extend far beyond its bird residents. As you walk along the island's perimeter, you'll be greeted by an emerald fringe that encircles the land like a protective embrace. This fringe, a lush boundary teeming with vibrant vegetation, serves as a natural barrier, preserving the island's pristine beauty and preventing excessive development along its shores.

Venture beneath the surface of the waters that surround Coochiemudlo, and you'll discover a vibrant underwater world teeming with life. According to Katrina, Club Secretary, "Among the seagrass meadows you'll find sea turtles and if you're lucky, you may even catch a glimpse of a dugong."



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SUCCESSES OVER THE YEARS

Despite the Club being relatively young, lots has been achieved, both with the Club as a whole and individual members. Des reflects:

"In our earlier years, we were well-known for our first aid skills, with numerous accolades earned in fiercely competitive tournaments. While our focus on this front may have waned somewhat over time, we have competed at the state level. We even had several of our own achieving recognition in first aid at a national level, representing our Club with pride on the interstate stage."

"Another big moment in our Club's history is getting the clubhouse up and running, which is a symbol of our hard work. As we stand strong in 2024, our Nippers program is at the heart of our Club and has received praise and recognition throughout the region. Over the years, we've witnessed countless Nippers pass through our ranks, each leaving a lasting mark. Many have gone on to achieve remarkable success in diverse fields, such as serving in the defence forces aviation, and beyond."

NO WAVES = NO RESCUES?

While water rescues may not be a frequent occurrence for Coochiemudlo, the team remains highly active in ensuring safety and well-being. This focus extends beyond just water-related incidents; and often involves first aid assistance. Whether it's aiding boaters in distress or offering assistance to residents and visitors in need, Coochiemudlo are committed to serving the community in various capacities.

"Over the years, we've encountered situations ranging from kayak mishaps to general medical emergencies, and our team has always responded with diligence and expertise. Sometimes, first responders are not on the island, which leaves us to be the first point of call."

The approach emphasises not only rescue operations but also preventive measures and education to mitigate risks and promote safety awareness.

"We're dedicated to keeping everyone on the island safe and supported in any situation, creating an atmosphere of safety and well-being for all."



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LOOKING TO THE FUTURE

As Coochiemudlo SLSC approaches its 25-year anniversary, the Club remains focused on honouring its past while embracing future opportunities. With a vision anchored in continuity and progression, the Club aims to reclaim its membership numbers, celebrate its achievements, and cultivate the next generation of leaders.

Coochiemudlo SLSC is poised to continue making a positive impact in the lives of its Members and the broader community for years to come.

"This milestone anniversary is a perfect time to celebrate how far we've come—a real tribute to our past and present Members."

Their focus will also remain steadfast on nurturing their Nippers program and ensuring its continued expansion and excellence.

Continuity and progression are two important aspects to Des, the idea being:

"Honour our legacy while tackling whatever tomorrow throws our way."

SILVER SALTIES

KEEPING

BUNDABERG

ACTIVE AND

HAPPY





Silver Salties is a participation program aimed at older Australians, offered at Surf Life Saving Clubs throughout Australia. It encourages physical activity, fosters social connections, and involvement within the surf lifesaving community. While it is primarily targeted to individuals aged 65 and over, it welcomes all.

More than 2,000 older Australians have benefitted from participating in the program and are highly satisfied that Silver Salties has helped them improve their fitness, connect with others socially, and fostered a sense of belonging within the club community.

The Silver Salties program at Bundaberg SLSC has been recognised as a highly successful and engaged group, starting the program in 2020 and has seen rising numbers since. We chatted to Jen Swan, the program coordinator at Bundaberg SLSC, to get a better idea of what it involves, and the benefits it offers.

HOW DID YOU GET THE SILVER SALTIES PROGRAM STARTED UP?

"Being a personal trainer, when I found out about the program, I thought 'yep, I'll give that a go.' During that first block of training, we got about 20-25 people wanting to participate. Seeing that turn out, I decided it was definitely worth it. Over the last few years, I just kept developing it and building it. Initially, I tried both a water program and a land program. The biggest turnout I actually got was for the land program, so that's the program I ran with."

WHAT DOES IT LOOK LIKE?

"The content of our programs are all based on what our members are wanting, which we have learnt over the years. There are a couple of different programs, which are on at different times of the year. To give you an idea, the two blocks we are currently running have 57 and 35 registered for each. Over the four years of Silver Salties, 288 people have participated."

The two trainings we are currently hosting are on Mondays and Fridays. They do involve slightly different things. For example, Mondays are with myself, a qualified PT, so this involves a more tailored approach for each person. These sessions are held on the beach, with walking, lunging, balancing and resistance bands. Fridays are with Diane in the park. This involves a little bit more cardio, some hand weights and full-body movements. In both sessions, I ensure there's enough time for chatting and socialising as well.

So there really is flexibility there with what is doable for your club and its participants. The courses we are currently running have been developed and shaped based on previous programs, learning what people enjoy and find useful."

WHAT WOULD MAKE SOMEONE CHOOSE TO DO SILVER SALTIES OVER, SAY, YOUR REGULAR GYM MEMBERSHIP?

"It is really tailored to the level our older participants are at. Everything we do is slower than what say, a gym class would be. Rather than being energetic and quick, this is more targeted and focused on the correct form for different exercises. This doesn't mean it's not an effective workout though! For many of the participants, apart from walking this is the only real physical activity they do, so doing exercises to work on upper body strength and balance is super important."

WHAT ARE THE BENEFITS OF JOINING THE PROGRAM FOR OLDER AUSTRALIANS?

"The obvious benefit is the physical aspect, but socially it has been really rewarding! The program serves as a space for the community to come together, and has allowed connections to form. The program has 4 years under its belt, and has facilitated the growth of many networks. The participants not only love to chat when exercising, but also enjoy extending it over coffee afterwards. Moreover, having the program as something to focus on, with routine and positive atmosphere, for our older participants is a great benefit to keep them moving."

And the continuity is remarkable, several people I train have remained with me since the start! Most of the participants, currently involved in the program, I'd say roughly about 20-25 have been coming to me since 2020. They are very keen."

ANY ADVICE YOU WOULD GIVE TO OTHER CLUBS THAT MIGHT WANT TO GIVE SILVER SALTIES A GO?

"Firstly, it's essential to come up with a program that resonates with your target market. A lot of my participants return consistently because they feel and see the benefits firsthand. This may involve starting with a certain plan, and tweaking it along the way. Don't be afraid to change it up. Other than that, get the word out! Social media, specifically Facebook, played a big role in catapulting program to success."

WHAT DOES THE FUTURE HOLD FOR THE PROGRAM AT BUNDABERG?

"I currently view it as just an ongoing endeavor, as long as there are willing and satisfied participants coming each week. I'll just keep going like we do, because experience has shown that when I temporarily halt sessions during the summer months due to heat, the interest remains high, and as it starts to cool down, participants reach out. So this keenness shows a continued demand, which prompts me to persist with the program as long as there is need for it."

In the future there is a possibility we could introduce a water program, but at the moment our participants are happy with the beach and park options."

Our program has been pretty successful, I think a lot of people know of Bundaberg Salties. It has proven to be highly beneficial for our community, so I'm really pleased to continue offering it to them."

For Clubs within our aging community, this presents a great opportunity for growth of volunteers, recruitment of new club members, engagement of existing club Members as program leaders, a new pool of qualified water safety personnel, an extra revenue stream, and increased opportunities for community engagement and inclusivity.

Thinking of registering your Club? [CLICK HERE](#)



Surf Life Saving Queensland
Magazine

CREATING

GREAT

AUSTRALIANS



**SUPPORTING OUR MEMBERS
MENTAL AND PHYSICAL HEALTH**

Game changing? Does plant-based eating really live up to the hype?

By Bonnie Hancock, Accredited Practising Dietitian



Recently, in no small part due to the popularity of Netflix documentary "The Game Changers" which explores the benefits of plant-based eating among elite athletes and soldiers, there has been an increased interest in plant-based (vegan) and vegetarian.

I have found this interest to be evident among both recreational and elite athletes, with various reasoning including ethical and environmental considerations, weight management and performance benefits.



Whilst vegetarian and vegan diets should not be actively discouraged, as a dietitian my concerns lie with the education and level of knowledge within individuals, particularly athletes undertaking these often-extreme changes to eating behaviour. To achieve success with vegetarian and vegan eating, I believe there must be education through valid sources such as seeing an Accredited Practising Dietitian and a high level of planning and dedication to achieving adequate both energy micronutrient intake such as B12 and iron. I also highly recommend monitoring through annual blood tests.

SO, WHAT ARE THE PROVEN BENEFITS OF A PLANT-BASED DIET?

- People following vegetarian diets typically have lower BMIs (weight to height ratio).
- Prevention of heart disease and diabetes.
- Lower incidence of gut issues.
- Immune system protection with increased vegetable intake.

WHAT ARE THE CONS TO A PLANT-BASED DIET?

- Plant-based diets tend to be lower in energy, protein and fat. A result of this is that vegetarian meals are often required to be of greater volume to meet nutritional demands, which can be difficult for athletes with high energy needs, low appetites or for those who are travelling, where access to certain foods is limited.
- Restricted availability of certain nutrients in a vegan diet includes vitamins B12, B2 and D, as well as calcium, zinc and particularly iron, which is important to consider in female athletes, who are at risk of iron deficiency anaemia. Although the iron content is similar in vegan and non-vegan diets, the level of absorption of iron is decreased with the absence of meat-based iron. Those on a plant-based diet should increase vitamin C consumption which helps with absorption of plant-based foods, and avoid foods that impair iron uptake around mealtimes, such as tea and coffee as well as dairy. If ferritin (iron storage levels) reaches a certain minimum point, supplementation is recommended.
- People following a vegan diet have particularly low intakes of vitamin B12, which can put them at risk of pernicious anaemia. Plant-based diets often do not contain adequate levels of vitamin B12, so vegan athletes especially should be advised to ensure a high intake of dark-green vegetables. Vegetarian athletes should seek sources of B12 such as dairy products, eggs, fortified foods or investigate dietary supplementation. The same applies to calcium, where stress fractures can occur with deficiency states, but evidence suggests that a well-supported vegetarian or vegan diet has no increase in risk of stress fractures.

MY THOUGHTS

Balanced plant-based diet can contain adequate nutrition to support health, growth, training, and performance however, athletes - especially children and adolescents, endurance athletes and those focusing on increasing lean muscle mass-can struggle to meet daily energy and nutrient requirements and should be advised on how to meet these by an Accredited Practising Dietitian. The reasoning behind the choice in a plant-based diet should also be considered and it should be ensured that the change is not a sign of disordered eating patterns.

Athletes following a plant-based diet should be counselled regarding the incorporation of adequate protein at strategic mealtimes (e.g. post-exercise meal) to ensure optimal response to their training. Vegan athletes competing in maximal and sustained high intensity sport may have lower mean muscle mass and can see benefit from supplementation of protein.

There is little evidence to show that athletic performance differs greatly between vegan and non-vegan diets when diets are nutritionally adequate. Evidence shows that an appropriately planned, dietitian-approved vegetarian or vegan diet can provide adequate carbohydrate, fat and protein to support athletic performance. However, further and more comprehensive studies across a larger population group conducted by a third party who is not invested in results is required.

A TRUE STORY OF ADVENTURE, RESILIENCE
AND 254 DAYS ON PERILOUS SEAS

THE GIRL

WHO

*It's not how
fast you paddle
but how deep
inside you dig*

TOUCHED

THE STARS



*'A testament to what humans are made of - or can be if inclined to
such craziness! ... Thank you, Bonnie, for the motivation'*

JESSICA WATSON, AUTHOR, ADVENTURER AND SAILOR

BONNIE HANCOCK

PRE-ORDER NOW

A drink each day or just on the weekends?

Here's why alcohol-free days are important.

In recent years, drinkers have become more aware of the health dangers of drinking alcohol, from disease to risky behaviour and poorer wellbeing. Events like the Dry July, Febfast and Hello Sunday Morning – when people voluntarily abstain from alcohol for periods of time – are growing in popularity and raise awareness about the risks involved in overindulgence.

Many people extend these alcohol-free periods throughout the year by incorporating alcohol-free days into their weekly routines, while still enjoying a drink on the weekends.

But does drinking the same amount spread over the week versus just on the weekends, make any difference health-wise?

HOW MUCH IS TOO MUCH?

Australian alcohol guidelines and the World Health Organization state there is no safe level of alcohol use. For adults who do drink, the guidelines recommend a maximum of four drinks in one sitting or ten in a week. (A zero-alcohol approach is recommended for under-18s and during pregnancy.)

For some, this may not sound like much at all. One in four Australians exceed the recommendation of no more than four drinks in one session with men more likely to do so than women.

BUT WHAT ABOUT A WINE EACH NIGHT?

Even abiding by the Australian alcohol guidelines and drinking in moderation – one or two drinks each day over the week – can be risky. Possible health outcomes of moderated drinking include increased risk of cancer, liver and heart disease, alcohol use disorder, and an increase in the symptoms of anxiety and depression.

Everyone processes alcohol at a different rate depending on age, gender, body shape and size. However, for most people, alcohol can still be detected in the blood 12 hours after consumption. When the body is constantly processing the toxins in alcohol, it can lead to a chronic state of inflammation which is linked to physical and mental health risks.

There are several biological mechanisms associated with alcohol's impact on the brain. Alcohol destroys the fine balance of the bacteria in the gut microbiome, which has been linked to brain health.

Alcohol consumption disrupts the function of the amygdala – a part of the brain important for processing and regulating emotion, including our fear response. When this is impaired, we are less likely to pay attention to our fears and more likely to engage in risk-taking behaviour.

Areas involved in language production and comprehension are also affected by alcohol, with too much leading to slurred speech and the inability to comprehend communication from others. When drinking dulls frontal lobe brain function, it can lead to changes in personality for some people. Blackouts can occur from the influence of alcohol on the hippocampus.

SO, NO DRINKING THEN?

While sobriety may be the answer for optimal health, depriving ourselves of the things we enjoy can also lead to negative mental health and a higher likelihood we will binge in the future. This is why alcohol-free days are becoming so popular, to balance health risks while also giving us the chance to enjoy social activities.

Including alcohol-free days in your routine can give the body a chance to rehydrate, detoxify and repair itself from the toxic properties of alcohol. Detoxification can lead to improved liver function and sleep quality, less water retention and easier weight control, clearer thinking, improved memory, more energy, clearer skin, a strengthened immune system and decrease symptoms of anxiety and depression.

Alcohol-free days can also create a domino effect by encouraging other healthy behaviours like eating more fruits and vegetables, drinking more water, improved sleep patterns and getting up early to exercise.

6 TIPS FOR BETTER DRINKING BALANCE

If you're looking to incorporate more alcohol-free days into your routine, you could try to:

- Set realistic goals. Clarify how many and what days will be your alcohol-free days, mark them on a calendar and set reminders on your phone.
- Plan alcohol-free activities and find alcohol alternatives. List all the activities you like that do not include drinking and plan to do these at the times of the day you would normally drink.
- Make alcohol "invisible". Keeping beer out of the fridge and wine and spirits in closed cupboards keeps them from the forefront of your mind.
- Seek support and encouragement from your partner and/or family.
- Incorporate stress management techniques like meditation and mindfulness. Observe how you feel on alcohol-free days and note positive changes in your physical and mental wellbeing.
- Reflect on your progress. Acknowledge and celebrate each alcohol-free day. Allow yourself non-alcoholic rewards for achieving your goals.

Finally, it's important to know everyone slips up now and then. Practice self-forgiveness if you do have a drink on a planned alcohol-free day and don't give up.

Heart Smart: Understanding Risks, Reducing Threats and Recognising Signals



What we recommend/what can you do

REDUCING THE RISK THROUGH LIFESTYLE CHOICES

Preventing heart disease starts with knowing your risk factors and making positive lifestyle changes to lower your risk. Most heart attacks and strokes can be prevented with healthy choices. Lifestyle factors that increase risk are:

- Smoking
- Unhealthy diet
- Being inactive
- Unhealthy weight
- Alcohol

Taking measures such as eating a heart-healthy diet, being active and smoke-free will mean that your risk is reduced.

As advocates for both water safety and overall well-being, we get the importance of keeping our hearts in top shape.

With Heart Week coming up in May, we thought this would be a good time for us as a community to chat about what we might be up against, how we can lower our risks, and the crucial signs to keep an eye on.

Whether you're patrolling the beaches or enjoying downtime with loved ones, ensuring a strong and healthy heart is paramount.

CAUSES OF HEART DISEASE

There is no single cause for any one heart condition, but there are risk factors that increase your chance of developing one.

The more risk factors you have, the more likely you are to develop heart disease. More than half of Australian adults have three or more risk factors for heart disease. Yet many people don't know they're at risk.

Some risk factors for heart diseases are beyond your control, such as: age, gender, ethnicity and family history. Certain conditions can also increase your chance of developing heart disease, such as high blood pressure, high cholesterol and diabetes. Lifestyle choices, such as activity and diet, can have large effects on your risk level as well.

It is important to remember it is never too early or late to manage your risk of heart disease and improve your heart health.

HEART HEALTH CHECK

1.4 million Australians have a high chance of having a heart attack or stroke in the next 5 years and many are unaware of this risk. You can book in for a 20-minute Heart Health Check with your GP, which will help you understand your risk of a heart attack or stroke in the next 5 years. From here, your GP can support you to make positive changes to lower this risk.

Warning signs and symptoms

HEART ATTACK

Recognising the symptoms of a heart attack and calling Triple Zero (000) could save your life or the life of a loved one. It's important that people of all genders know the warning signs and symptoms of a heart attack, because early treatment is vital. The longer a blockage is left untreated, the more damage occurs.

The most common heart attack warning signs are:

- Chest discomfort or pain (angina). This can feel like uncomfortable pressure, aching, numbness, squeezing, fullness or pain in your chest. This discomfort can spread to your arms, neck, jaw or back. It can last for several minutes or come and go.

- Dizziness, light-headedness, feeling faint or feeling anxious.
- Nausea, indigestion, vomiting.
- Shortness of breath or difficulty breathing – with or without chest discomfort.
- Sweating or a cold sweat.



HEART FAILURE

Heart failure can develop as the result of other conditions which have damaged, weakened or stiffened your heart, one of which being old age. It causes symptoms due to the reduced supply of oxygen and nutrients to your muscles and organs, and the build-up of fluid in your body (i.e. congestion). You may feel one or many of these common heart failure symptoms:

- Bloating stomach
- Chest pain
- Coughing
- Difficulty with breathing or shortness of breath, especially when doing physical activity
- Discomfort when lying flat, due to difficulty with breathing
- Dizziness
- Heart pounding or racing (i.e. palpitations)
- Loss of appetite or nausea
- Swollen ankles or legs (i.e. oedema)
- Tiredness
- Waking overnight due to difficulty with breathing
- Weakness





SAND: The Unsung Hero in Health and Fitness



Surf Life Saving Queensland Magazine

As lifesavers and lifeguards, we spend countless hours patrolling on the sand, so we thought we'd take a closer look at how the sand, and beach in general, can affect our health!

Interestingly, the very environment we protect— our sandy shores—plays a significant yet often overlooked role in bolstering our health, fitness, and readiness for action. As recent research begins to reveal, the sand beneath our feet is not merely a surface to patrol but offers a plethora of health benefits.

The Biomechanical Benefits of Sand

MUSCLE STRENGTHENING AND JOINT PROTECTION:

Engaging in activities on sand inherently differs from exercising on firmer ground due to the sand's unstable and yielding nature. This instability forces the body to work harder with every step, engaging muscles more thoroughly than when on solid ground.

The softness of the sand acts as a natural shock absorber, reducing the impact on the body's joints during movement. This is particularly beneficial in our work that demands high physical activity levels, as it helps prevent the common overuse injuries that can occur from repetitive stress

CARDIOVASCULAR AND ENDURANCE BOOSTS:

The effort required to move on sand significantly increases the heart rate and oxygen consumption, providing a rigorous cardiovascular workout.

This enhanced workout is crucial for us as lifesavers, where our role requires not only sudden bursts of activity in response to emergencies but also the stamina to perform prolonged physical tasks. The natural resistance of sand ensures that the body's cardiovascular system is challenged, promoting heart health, and increasing overall endurance.

Sand as a Medium for Balance and Injury Prevention

PROPRIOCEPTION AND BALANCE IMPROVEMENT:

The uneven surface of sand provides a unique challenge to the body's proprioceptive system, which is responsible for sensing movement and body position.

Regularly navigating this unstable terrain enhances proprioception and balance, reducing the risk of falls and injuries. This is especially valuable for lifesavers, who need to move swiftly and confidently across varied beach terrains, often under emergency conditions.

A BENEFICIAL REHABILITATION ENVIRONMENT:

For those recovering from injuries, sand offers an ideal low-impact environment for rehabilitation exercises.

The soft surface allows for gentle, yet effective, workouts that can aid in recovery without placing undue stress on injured areas. This aspect of sand training is particularly beneficial, allowing lifesavers to maintain their fitness levels while recovering, ensuring they can return to full duty more quickly and safely.

Foot Health and Functional Enhancement Through Sand

FOOT STRENGTHENING AND ALLEVIATION OF COMMON ISSUES:

Regular interaction with sand not only challenges the body's balance and stability but also promotes stronger, healthier feet. The natural strengthening that occurs from walking or running on sand can help alleviate common foot issues, such as over-pronation and plantar fasciitis, by engaging and fortifying the muscles and tendons of the feet.

This leads to improved foot mechanics, reduced risk of foot-related problems, and a stronger foundation for all physical activities, which is critical for lifesavers who rely on their physical prowess.

SKIN HEALTH:

One of the less acknowledged yet beneficial aspects of sand is its natural exfoliating properties. Moving across a sandy terrain, the fine grains of sand gently remove dead skin cells from our feet and any other exposed skin areas, promoting healthier, smoother skin.

It also ensures that the skin on our feet remains in top condition, reducing the likelihood of blisters, calluses, and other skin irritations.

In summary, sand isn't just the surface that we work on; it's a key element in overall health and performance. Sand can help us boost muscle strength, foot and heart health, while also protecting joints due to its low impact!

Who knew sand could make such a difference!

Pacific's First Life Member Patrol

11

**PATROL
MEMBERS**
IN TOTAL

336

**YEARS OF
EXPERIENCE**
ON THE BEACH

**OVER
25,000**

HOURS
ON PACIFIC BEACH
AND OPS SUPPORT

**FROM 76
TO 39**

**RANGING
IN AGES**



On 29th March, North Queensland raised their flags, signalling the commencement of the 2024 volunteer patrol season!



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

