

Surf Life Saving Queensland Magazine

ISSUE SEVEN



Queensland

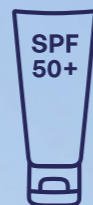
# SHORELINE

# Reduce your risk of developing skin cancer with the 5 S's.

Make sure you're doing all five in combination when you're outdoors:



**Slip**  
on sun protective clothing



**Slop**  
on SPF50 or SPF50+ sunscreen



**Slap**  
on a broad brimmed hat



**Seek**  
shade



**Slide**  
on sunglasses

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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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## PRESIDENT'S MESSAGE

As we welcome 2025, I would like to wish everyone a Happy New Year and extend my sincere gratitude to our surf lifesavers, lifeguards, and volunteers for your unwavering dedication over the festive season. Your service during Christmas and the New Year ensured thousands of Queenslanders and visitors enjoyed a safe and memorable time along our beautiful coastline.

This year, we are proud to introduce several significant initiatives that reflect our ongoing commitment to building a stronger, more inclusive, and forward-thinking lifesaving community:

The SLSQ Gender Equity Plan aims to create greater opportunities for women and girls in lifesaving.

Although nearly 50 percent of our membership are women, they remain underrepresented in leadership and operational roles. Through the Women@SLSQ project and this evidence-based plan, we are addressing barriers and fostering greater inclusion at every level of the organisation, with a focus on leadership, safety, and equity.

Our new Disability Inclusion Action Plan (DIAP) reflects our commitment to breaking down barriers for people with visible and non-visible disabilities. Aligned with Australia's Disability Strategy 2021-2031, this plan focuses on removing obstacles, enhancing our culture of safety and belonging, and fostering meaningful change across our community.

The recently launched Successful Surf Club Series is a new initiative designed to support those involved in the leadership and operation of our Surf Life Saving Clubs. This series offers a comprehensive library of recorded presentations from subject matter experts covering critical areas such as governance, risk management, leadership, diversity, equity, and marketing. It is a valuable resource to ensure our Clubs are equipped to thrive in every aspect.

We are excited to share news of the partnership between Qantas and Surf Life Saving Australia, which benefits all states and territories, including Queensland. This collaboration provides a valuable platform to promote vital beach safety messaging to millions of domestic and international travellers, helping to strengthen awareness and support for our lifesaving mission.

Looking ahead, I remain deeply committed to working alongside our Members, volunteers, and staff to advance our mission. Together, we will continue to protect and serve our community while fostering growth, inclusivity, and excellence.

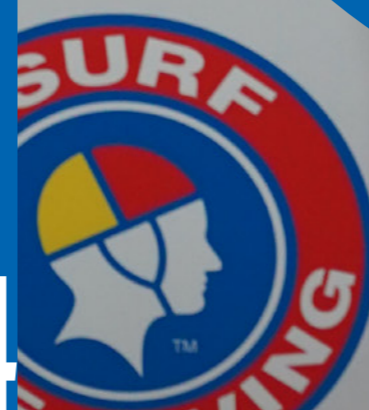
Thank you for your ongoing contributions to Surf Life Saving Queensland. I look forward to another year of success and impact, both on and off the beach.

**Gerard O'Brien**  
President, Surf Life Saving Queensland

Together, we will continue to protect and serve our community while fostering growth, inclusivity, and excellence.

# GERARD O'BRIEN

**PRESIDENT,**  
Surf Life Saving Queensland



SURF  
QLD

# CEO'S MESSAGE

As we welcome 2025, I want to take a moment to reflect on the accomplishments of the past year and highlight what lies ahead for Surf Life Saving Queensland.

This issue of Shoreline captures the breadth of our movement, showcasing the people, programs, and stories that make us unique. It's a privilege to lead an organisation driven by such passion and purpose, and I thank every Member, volunteer, and supporter for your dedication.

Inside this edition, we dive into the extraordinary achievements of our Members. You'll hear from Nigel Ward of the Surf Life Saving Queensland Sports Committee, who provides insights into what to expect at the 2025 State Championships—a highlight of our sporting calendar. We also explore Ali Day's secrets to longevity, uncovering the habits and mindset that have made him a lifesaving champion.

We shine a spotlight on the Pacific Surf Life Saving Club, nestled on the beautiful Palm Beach coastline. Staying true to its roots, Pacific SLSC is a place of tradition and heart, offering a welcoming café, a vibrant event space, and a close-knit community. It's a reminder of how Surf Life Saving Clubs serve as much more than rescue hubs—they're the beating heart of their local areas.

For those passionate about officiating, don't miss the story of John Hamrey, our 2024 Official of the Year. His journey in surf officiating is both inspiring and a testament to the crucial role our officials play in upholding the integrity of surf sports.

In this issue, we also take a deep dive into Surf Life Saving Australia's Summer Safety Campaign, examining how lifesaving initiatives are reaching new audiences and amplifying critical beach safety messages across the country. Alongside these features, you'll find many more stories and articles celebrating the people and programs that make our movement so impactful.

As we approach the final weeks of summer, I am reminded of the essential role we play in protecting Queensland's communities. Whether it's on the beach, at the pool, or through community programs, our shared mission of saving lives unites us.

To all who contribute to Surf Life Saving Queensland—thank you for your unwavering commitment. I am excited to see what we can achieve together in 2025 as we continue to innovate, inspire, and serve.

**Dave Whimpey**  
CEO, Surf Life Saving Queensland

I am excited to see what we can achieve together in 2025 as we continue to innovate, inspire, and serve.

**DAVE WHIMPEY**

CEO,  
Surf Life Saving Queensland

# SURF, SAND, AND STRATEGY: WHAT TO EXPECT AT THE 2025 STATE CHAMPIONSHIPS

QUEENSLAND  
**SURF LIFE SAVING**  
CHAMPIONSHIPS

As the surf season heats up, all eyes turn to the 2025 Surf Life Saving State Championships, where athletes from across the state will compete for glory on the sand and in the surf. This year promises thrilling races, a mix of seasoned champions and rising stars, and innovative approaches to tradition-rich events. We interviewed an extremely knowledgeable member of the Surf Life Saving Queensland Sports Committee, Nigel Ward (also well known as Shrek) to get an insider's perspective on what to expect at this year's prestigious competition.

## Ones to Watch

This year's championship offers an exciting blend of youth and experience. Reflecting on the season so far, Nigel noted, "It's been good to watch the competition between the proven athletes and the younger up-and-comers. It's not really a changing of the guard but rather a good mix of youth and experience. If this continues into the championships, we'll see some incredible racing."

In terms of standout events, the Mixed Taplin and the Lifesaver Relay are set to draw the most attention. "The Mixed Taplin is only in its second year, but it has already become a highlight," he said. "Last year's race stood out for its intensity and strategy, with coaches carefully choosing the order of male and female competitors for each leg. That element of strategy makes it fascinating to watch."

The Lifesaver Relay also promises to be a crowd-pleaser. "This event showcases a Club's depth," Nigel explained. "The camaraderie displayed by the leading teams is always inspiring. Watching boat rowers sprint down the beach to cheer on their teammates at the finish line captures the essence of a whole-sport strategy and the community spirit of surf lifesaving."

## Powerhouse Clubs and Rising Stars

When it comes to Clubs, Nigel pointed out a mix of established powerhouses and emerging contenders. "True and sustainable success doesn't happen overnight," he said. "It comes from good strategic planning and consistent effort."

In the senior division, Northcliffe remains a dominant force, with Burleigh Heads expected to provide stiff competition. "Burleigh has been steadily climbing the ranks and is poised to challenge for the overall points score." In the youth division, Maroochydore is the team to beat, but North Burleigh and Sunshine Beach are also strong contenders. "While Sunshine Beach may not have the numbers of some larger Clubs, their recent performances suggest they'll make a mark this year."

On the beach, Alexandra Headlands and Noosa have consistently delivered strong performances, while in the boat arena, Currumbin's large and competitive team has been making waves. Meanwhile, Forrest Beach's partnership with St. Teresa's College, Abergowrie, continues to shine a spotlight on Indigenous talent. Nigel explains how SLSQ is determined to see a greater amount of diversity among Members. "Their success in last year's beach events was incredible to witness," he shared. "We're hopeful that they'll build on that momentum this year."

## Planning the Championships

Organising an event of this scale requires meticulous planning and adaptability. This year's championships will be held at Tugun, which is celebrating its 100th anniversary. "When the Aussie Champs are on the Gold Coast, we align our events with the same venue to streamline infrastructure and logistics," he explained. "It made sense to choose Tugun this year, given its milestone anniversary."

In regard to environmental measures, weather and surf conditions are always a variable, but the SLSQ Sports Committee have strategies set in place. "We monitor long-range forecasts closely and hold regular meetings with stakeholders to make informed decisions," he said. "Our primary goal is to ensure safe and fair racing, and sometimes that means making tough calls about relocating or adjusting the schedule."

Balancing tradition and innovation is another key focus. "While we've introduced new events like the Mixed Taplin and embraced technologies like Liveheats, maintaining the traditions of surf lifesaving remains central to our mission,"

### Looking Ahead

The future of the State Championships lies in embracing advancements while honouring heritage. Trials for a single finish line in each arena, already used in privately run events, are being explored. "From a spectator and media perspective, having a single finish line would be ideal...It also opens up possibilities for using timing systems. However, we need to implement this carefully to respect the traditions of our sport."

Expanding participation within the State Championship is always a priority for future competitions. This year's Youth Championships will include adaptive sport programs inspired by last year's Aussies. "We're starting with all-ability events as an introduction," Nigel explained. "It's an exciting step toward making Surf Lifesaving more inclusive."

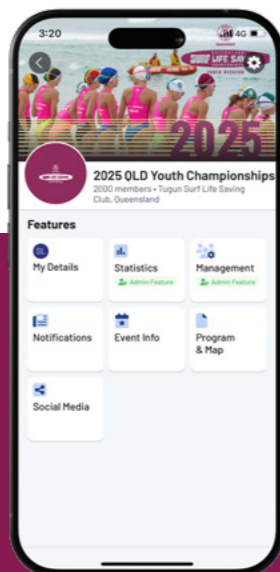
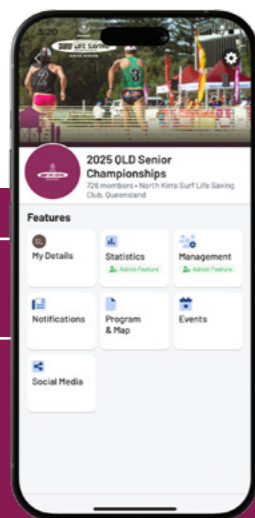
### Final Thoughts

The 2025 Surf Life Saving State Championships promises to be a celebration of skill, strategy, and sportsmanship. From the grit of individual competitors to the collective strength of Clubs, the event highlights the very best of Surf Lifesaving. As the Nigel aptly put it, "The State Champs are a cornerstone of our calendar, blending tradition and evolution to keep our sport engaging for all."

For more information on our upcoming championships, don't forget to download the Stack Team App—it's 100% FREE to join! Available on the Apple Store and Google Play, the app will keep you updated with notifications on all the latest news, program, event changes, and more.

**TO GET STARTED:**  
**STACK TEAM APP**  
Senior Weekend

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**TO GET STARTED:**  
**STACK TEAM APP**  
Youth Weekend

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A photograph of Ali Day, a professional surfer, standing on a beach with his family. He is holding a large gold trophy. A woman is holding a baby, and they are all smiling. Ali is wearing a pink singlet with 'NUTRIGRAIN' and 'Surf Partners' logos. The background shows the ocean and a clear blue sky.

# ALI DAY'S SECRET TO LONGEVITY: THE HABITS OF A LIFESAVING CHAMPION

Ali Day, one of surf lifesaving's most iconic athletes, has carved out an extraordinary career with dedication, resilience, and passion for his sport. From his early days as a shy Nipper on the NSW South Coast to becoming a professional Ironman, Ali's story is both inspiring and relatable. In this exclusive interview, Ali shares insights into his journey, his approach to training, and what keeps him grounded in a competitive atmosphere.

## From a Shy Nipper to Ironman Champion

Ali's surf lifesaving journey began at just eight years old. "I joined Kiama Surf Life Saving Club, but there was only one other kid competing in my age group. My dad, who's competitive, decided to move me up the road to Warilla Barrack Point," Ali explains.

From the age of 10, Ali dedicated himself to training, even though he didn't feel like a natural athlete. "I wasn't fast or strong, but I had this desire to be a professional sportsman. I didn't win my first race until I was 18, but that victory changed everything for me."

Determined to push himself further, Ali relocated to Mooloolaba under coach Michael King before settling in Surfers Paradise, where he has thrived for nearly a decade.

**"Surf Life Saving has become my life and my family's life. It's been incredible to share this journey with them"**

## The Secret to Longevity in a Demanding Sport

At 35, Ali has spent over half his life competing at an elite level. His training philosophy centres on consistency, recovery, and listening to his body.

"I'm a big believer in doing the basics well: hydration, sleep, eating clean, and ticking off sessions. But as I've gotten older, I've had to focus more on listening to my body. You can't push through everything when you're competing against 18-year-olds," he says.

Ali incorporates practices like Pilates, prehab, and rehab into his routine to stay injury-free and maintain peak performance. "Before training, I might spend 20-25 minutes doing exercises to prepare my body. It's not glamorous, but it makes a huge difference."

## Balancing Training, Family, and Treats

Ali is quick to point out that balance is essential. While his diet is strict, he doesn't shy away from indulgences.

**"After a big race, I love celebrating with pizza, ice cream, and Cadbury chocolate. You've got to enjoy the process and reward yourself. It's all about balance."**

## Pre-Race Rituals and Mental Preparation

Preparation isn't just physical for Ali - it's mental. A long-standing relationship with his sports psychologist helps him stay focused,

while his race-day rituals include a morning swim, stretching, and watching my favourite TV show Seinfeld.

**“I write down three notes on my phone or in my diary a couple of days prior. They’re things that I want to do well during a race and stick to them, then I’ll read them just before I race. Breathing exercises like box breathing also help calm the adrenaline”**

Ali’s commitment to his team goes beyond just following advice - he plays an active role in making decisions about his training and career. “At the start of each year, we sit down as a team. They know each other well, and I lead the charge. But ultimately, it’s up to me to make the calls and learn from past performances,” he said. “I’m fortunate to have the same swim coach and manager for the last decade, and a solid team around me, including a physio and acupuncturist.”

This collaborative, yet self-driven, approach has been integral to Ali’s career, ensuring that his performance continually evolves and improves. “These people have been with me through the ups and downs, and they want the best for me,” Ali shared. “It’s a relationship built on trust.”

## Facing Challenges Head-On

Even for a seasoned athlete, challenges are inevitable. Ali admits, “something I’ve learnt

now in the last four to five years is there’s never such a thing as perfect preparation.” “Leading up to the Coolangatta Gold, I hurt my back and couldn’t get on my ski, difficult getting out of bed, so mentally that was hard. So, speaking with my psychologist, surrounding myself with the right people, you learn to adapt and focus on what you can control. It’s about finding solutions and keeping a positive mindset,” he says.

## Downtime and Family Life

When not training or competing, Ali values spending quality time with his family.

“We’ve got two boys now, and whenever I get the chance, I love taking them to the park or the beach. It’s those moments that help me recharge,” he said. “It’s about being present with them and cherishing the time we have together.”

Ali’s commitment to family life is also evident in his parenting style. His four-year-old son, already showing signs of competitiveness, is learning valuable lessons about sportsmanship. “I’m teaching him that winning isn’t everything,” Ali explained. “It’s about trying your best and being kind—that’s the most important thing we try to instil in them.”

## A Legacy of Dedication

Ali’s approach to surf lifesaving is a testament to his unwavering commitment to his skill. Whether it’s his meticulous training routine or his ability to inspire others, Ali has set the standard for what it means to be an elite athlete.

“Leaving no stone unturned has been my philosophy. I’m proud of the journey and grateful for the incredible people who’ve supported me along the way,” Ali concludes.

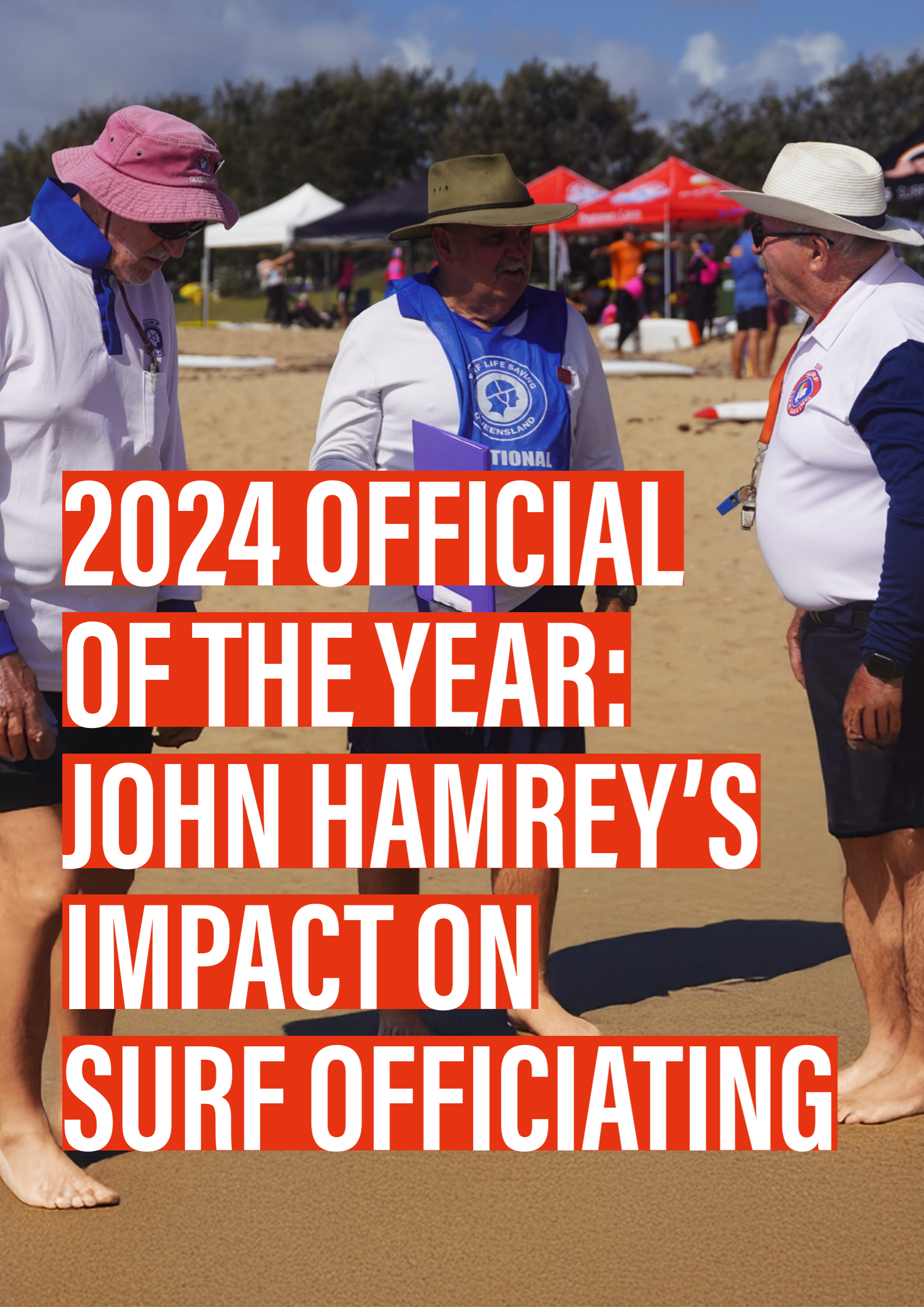
For those aspiring to follow in Ali’s footsteps, his advice is simple:

**“You’ve also got to have fun. These two rules have guided me throughout my career: work hard, have fun, and the rest will take care of itself. There’s no shortcut to success—it’s about enjoying the journey and giving everything you’ve got.”**

Ali Day’s career is a testament to the power of dedication, teamwork, and balance. With his unwavering commitment to both the sport and the people who support him, he has become an inspiration not only to aspiring athletes but also to those who value hard work, humility, and the importance of relationships in achieving success. As Ali continues to lead the charge in surf lifesaving, his legacy will undoubtedly inspire future generations to approach their careers with the same blend of passion, dedication, and heart.







# 2024 OFFICIAL OF THE YEAR: JOHN HAMREY'S IMPACT ON SURF OFFICIATING

John Hamrey's recognition as the 2024 Official of the Year is a testament to his unwavering dedication to the surf lifesaving community. As a Senior Official, President of Bilinga SLSC, and Gold Coast Education Development Coordinator for Surf Life Saving Queensland (SLSQ), John has been at the forefront of improving and innovating surf officiating practices. His exceptional leadership and passion for volunteerism have made a lasting impact not only within his own Club but across the Point Danger Branch and statewide.

We wanted to sit down with John to learn more about his journey, how his contributions have shaped surf sport officiating, and what keeps him motivated to give so much to the community. In our conversation, John opens up about the challenges of being an official and how he's worked to create sustainable support systems for those in the field. His work goes far beyond just officiating at competitions—he is dedicated to fostering growth, mentorship, and education for the next generation of officials.

## Innovative Projects for Officials

John has played a pivotal role in championing the contributions of volunteers, often emphasising their importance. "The incentive project is about supporting our officials, who often face significant personal costs," John explains. "Many people don't realise that officials are unpaid volunteers. Even when officiating interstate or overseas, they bear their own travel and accommodation expenses."

His dedication to addressing these challenges is evident through initiatives like the Officials Incentive Project. "We're exploring ways to subsidise costs, such as providing vouchers or partial reimbursements. It's not an easy fix, but it's a start," he says.

**"But we're working towards creating sustainable support systems for officials, starting at the grassroots level and progressing to Branch and State levels!"**

John also highlighted the importance of recognising the sacrifices officials make.

"For many, officiating is more than a role—it's their social outlet and a significant part of their lives. We need to ensure they feel valued and appreciated for their dedication."

## Educational Pathways and Mentorship

John's efforts have also focused on enhancing education and pathways for officials. "We've developed structured training programs to prepare officials for various levels of responsibility, from entry-level positions to senior roles like referees and commentators," John notes. This includes face-to-face training sessions and clear pathways for progression, making sure officials feel supported and equipped to advance.

"We've also placed a strong emphasis on mentorship," John adds. "It's about fostering a supportive environment where new officials can learn and grow. At Point Danger Branch, for example, we ensure that new officials receive hands-on guidance from experienced mentors."

## Building a Future for Officials

As a state and branch leader, John is committed to attracting and retaining

younger officials. "We need younger generations to step in and carry the torch forward," he says. "It's about creating opportunities and showing them the rewards of being part of this community."

For those considering a role in officiating, John's advice is simple: "Give it a go. It's a rewarding experience with great fellowship. If you're interested, reach out to Surf Sports Manager, Stu Hogben or myself—we'll guide you through the first steps."

## A Lasting Legacy

John Hamrey's dedication to surf lifesaving goes far beyond his official duties. His initiatives, mentorship, and vision continue to shape the future of surf sports officiating.

"Being an official is more than just a volunteer job—it's about giving back to the community and creating opportunities for others," John reflects. "I'm proud to be part of such a passionate and committed group of people."

Through his tireless efforts, John leaves an enduring legacy that will inspire the next generation of officials and leaders in the surf lifesaving community.



# THIS SUMMER WE NEED TO BE THINKING UV, NOT HEAT!



When it comes to sun safety, we've all heard the word 'UV' but what does it actually mean?

UV stands for ultraviolet radiation, a type of energy from the sun and artificial sources like solariums. Alarmingly, nearly all skin cancers are caused by overexposure to UV radiation. One thing that can make understanding UV radiation tricky is that we can't actually see or feel it. So, to protect your skin from damage, it's important to focus on UV—not heat—even on windy, cloudy, or cool days. This is especially critical as our research shows that an estimated 2 in 3 Australians will be diagnosed with some form of skin cancer in their lifetime.

Here in Queensland, we're known as the skin cancer capital of the world. Every day in Queensland, the UV index typically reaches 3 or above at some point in the day, so sun protection needs to be a priority all year round for everyone living in our sunshine state. When the UV is 3 or above, it means it can damage skin and eyes

and increase your risk of skin cancer. Even if you don't typically burn, you can still experience sun damage.

Outdoor workers face up to 10 times more UV exposure than indoor workers, placing them at higher risk of skin cancer. Daily UV exposure adds up over time, increasing the risk of skin cancer. That's why sun protection is essential for outdoor workers all year, even when the UV Index is below 3.

The quickest way to check the UV level is by looking at the SunSmart website, or downloading the SunSmart app. You may even be able to check it using your smart watch.

The best way to protect yourself when the UV is 3 or above is to follow the 5 sun safe behaviours: Slip on sun protective clothing that covers as much skin as possible, Slop on SPF50 or SPF50+ broad-spectrum, water-resistant sunscreen, Slap on a broad-brimmed, legionnaire

or bucket style hat that shades your face, nose, neck and ears, Seek shade, and Slide on wraparound sunglasses that meet the Australian Standard AS1067.

Generally, UV is at its highest in the middle part of the day. When it comes to protecting your skin, it's safer to head out early in the morning, and late in the afternoon, when the UV is generally weakest.

Stay in the shade as much as you can when out of the water. Protect your skin by wearing a long-sleeved rash vest, protective surf hat and sunglasses. Apply sunscreen 20 minutes before going outside, and don't forget to reapply every two hours—or immediately after swimming or towelling off.

Although vitamin D is important for our health and can be found in food, the best source is from the sun. However, for most people, just spending a few minutes outdoors—like walking to the car or getting the mail—is enough to get the vitamin D we need. If you're worried about your vitamin D levels, it's a good idea to talk to your doctor. They may recommend supplements as a safer option, rather than spending extended time in the sun.

Each year, more than 4,000 melanoma cases are diagnosed in Queensland, and sun exposure adds up over time, which increases your risk of skin cancer. So, it's important we are staying sun safe consistently and all year round. To help assess your sun safe behaviours, try our Cancer Risk Calculator, which is a free, online tool that helps you discover ways to reduce your cancer risk.

Simply answer questions to get an individual score for six lifestyle behaviours. The higher your score, the more you're reducing your risk. Explore helpful tips and resources, and see how your score compares over time and to the population average.





# A VALENTINE'S DAY SPECIAL: JESSE & KYRRA'S STORY



This Valentine's Day, we're shining a spotlight on a couple whose love story is as intertwined with the waves as it is with their shared dedication to Surf Life Saving. Meet **Jesse Glutz and Kyrra Johannsen-Weston**, an engaged couple who've spent the past 5 ½ years not only building a life together but also strengthening their community through their shared passion for lifesaving.

### A Bond Built on the Beach

Jesse and Kyrra's journey began when Kyrra met Jesse through her brother. A casual dinner introduction turned into a conversation about Surf Life Saving, which Jesse was deeply involved in at the time. Kyrra, who had dabbled in nippers as a child, was intrigued by Jesse's commitment to the movement. Inspired, she decided to take the plunge and complete her Bronze Medallion, officially joining the surf lifesaving family.

"I could see how much Jesse loved it," Kyrra recalls. "I wanted to be part of something he was so passionate about."

### A Small Club, Big Hearts

Now based in far North Queensland, Jesse and Kyrra are active members of the **Mission Beach Surf Life Saving Club**, a small but mighty community where their contributions go far beyond patrolling. Jesse serves as the Club Captain and a Patrol Captain, while Kyrra is Patrol Vice Captain and Youth Development Officer. Together, they oversee one of the Club's three patrol groups, ensuring the beach is a safe and welcoming place for locals and visitors alike.

"Being part of a small Club means wearing many hats," says Jesse. "It's given us a chance to connect on a deeper level—not just with each other but with the community we serve."

### Shared Goals and Inspirations

For Jesse and Kyrra, surf lifesaving isn't just a hobby—it's a way to grow together. They've tackled leadership roles, organised

camps, and continually worked to improve their skills. The couple takes pride in inspiring and uplifting one another, whether through new qualifications or leadership opportunities.

**"I find it so inspiring to watch Jesse in his role," says Kyrra. "His community focus reminds me of why we do this. It's not just about saving lives; it's about building something bigger together."**

### Favorite Memories and Future Goals

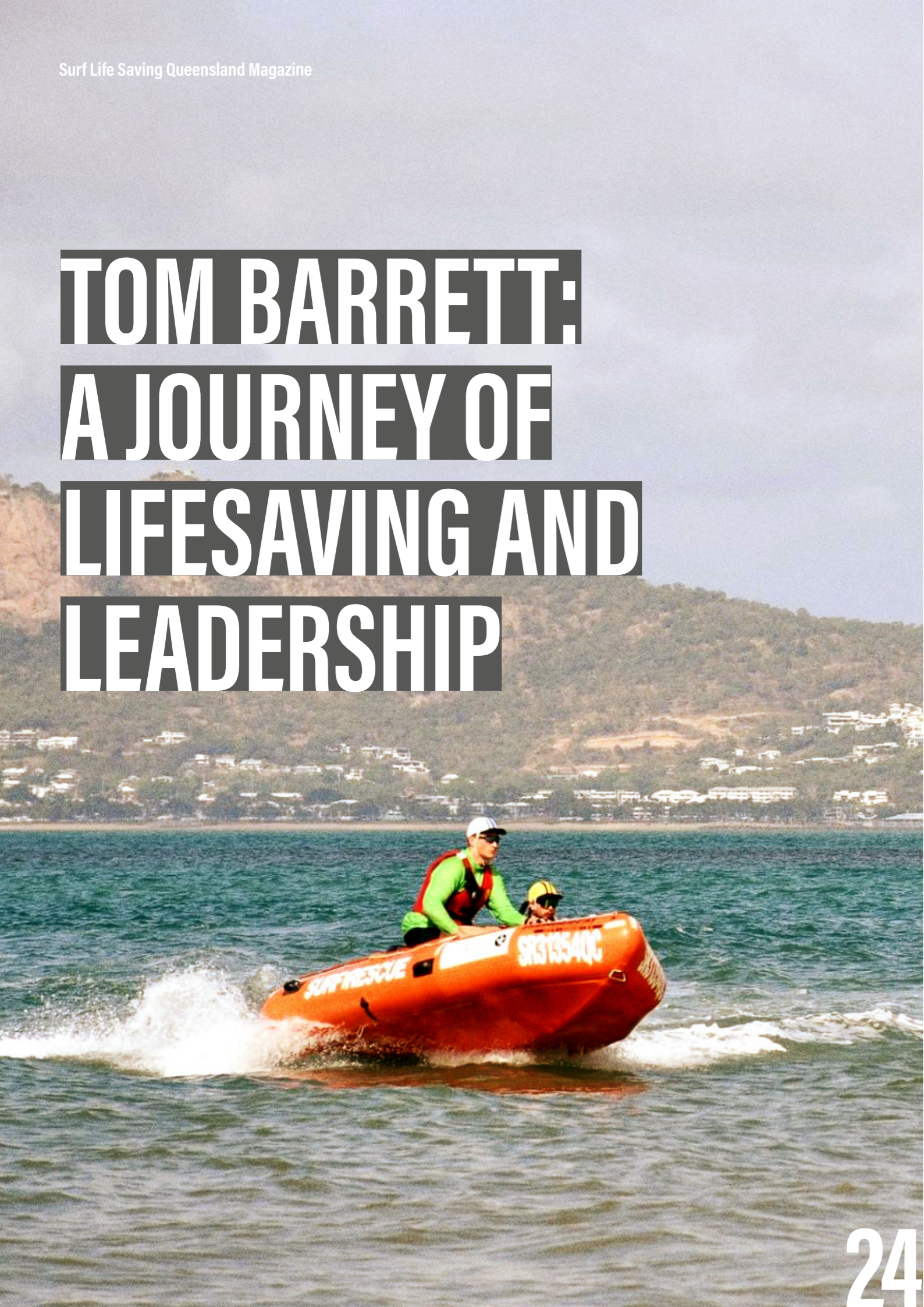
One of their fondest memories as a couple was when Kyrra got her IRB Crew Award. Kyrra and Jesse headed out on the IRB together for the first time to check on boaters and visit Dunk Island. "It was special because we got to do it together," Jesse shares. "Moments like that remind us why we love what we do."

Looking to the future, Jesse and Kyrra are passionate about raising awareness of Surf Life Saving in North Queensland. They hope to inspire more people to discover the rewarding experience of surf lifesaving and contribute to their local community. For Jesse and Kyrra, surf lifesaving isn't just a passion—it's a way of life.

### A Valentine's to Remember

As they celebrate their first Valentine's Day as an engaged couple, Jesse and Kyrra plan to keep it simple: quality time and a chance to reflect on their journey so far. "It's not about doing anything fancy," Kyrra says. "It's about appreciating the life we've built together, both on and off the beach." This Valentine's Day, Jesse and Kyrra remind us that love, and community go hand in hand. Their story is a testament to the power of shared passions and the bonds forged through lifesaving.

# TOM BARRETT: A JOURNEY OF LIFESAVING AND LEADERSHIP



From a rugby-playing teenager sidelined by injury to a respected lifeguard at South Bank, Tom Barrett's journey into surf lifesaving has been anything but conventional. Starting his journey in late 2019 at the age of 16, Tom's story is one of resilience, adaptability, and a commitment to helping others.

## Finding His Place in Surf Life Saving

Tom's introduction to surf lifesaving came through persistence from a rugby teammate's father (shoutout to Jim!). After an ACL injury left him unable to play rugby, Tom reluctantly agreed to give surf lifesaving a go. Starting at Mooloolaba SLSC and earning his Bronze Medallion, he eventually found his way to Maroochydore Surf Life Saving Club. It was here that Tom embraced surf boats, a discipline that would see him rise to become a national champion and team representative.

Moving to Brisbane for new opportunities, Tom was encouraged by a friend to apply for lifeguarding roles. Joining South Bank's lifeguard team, he transitioned from voluntary lifesaving to a professional role, combining his passion with a career.

## A Day in the Life at South Bank

South Bank is unlike any other lifeguarding location. While beach lifeguards often work solo or in pairs, South Bank operates with a larger team, sometimes up to nine lifeguards and additional first aid personnel during major events. The pools are well-lit, enabling shifts to extend into the night, with lifeguards working until midnight in peak seasons.

The challenges are diverse. South Bank lifeguards are responsible for the entire parklands, covering everything from minor first-aid incidents like bee stings to serious emergencies like cardiac arrests. Tom recalls his first major incident just six weeks into the job, where his training was put to

the test during a critical resuscitation.

South Bank's environment also presents unique challenges compared to beach lifeguarding. While rescues in shallow pools might lack the drama of open water, they require quick thinking and professional response. The team also deals with non-aquatic incidents, such as punch-ups and medical emergencies across the parklands, with security and police providing backup.

## Lessons Learned and Skills Gained

Tom credits surf lifesaving with shaping his character and equipping him with skills that extend far beyond the water. His training has been invaluable in everyday situations, from managing a serious car accident near his house to assisting someone experiencing a mental health crisis.

The intensive training, including leadership development programs and mental health first aid, has given him the confidence to handle a range of scenarios. "The more you train, the more comfortable you are," Tom says, reflecting on the importance of preparation.

## The Best Part of the Job

For Tom, the most rewarding aspect of lifeguarding is helping people. Whether it's applying a simple bandage or managing a critical first aid situation, the satisfaction of making a difference drives his passion. He also values the camaraderie within the team, where every member has a role and trusts one another to perform it.

## Beyond the Red and Yellow

Tom's involvement in surf lifesaving extends far beyond lifeguarding. He serves as a patrol captain, a drone pilot, and a community awareness officer. He's also the Member Safety Officer at Surf Life Saving Queensland (SLSQ) and remains a competitive surf boat rower. His dedication

has opened doors, from travelling to Japan for international events to leading development camps at Magnetic Island and the Sunshine Coast.

While stationed at South Bank, it's possible to branch out and explore lifeguarding at beaches across South East Queensland, including destinations like Stradbroke Island. This flexibility has allowed Tom to diversify his experiences and contribute to different lifesaving environments.

### Advice for Aspiring Lifeguards

Tom encourages anyone considering lifeguarding to give it a try. "It's a bit of a lifestyle as a role, but at the very least, you'll know you have the qualification and the fitness," he says. The role offers opportunities for personal and professional growth, with support from supervisors and additional training programs.

### Looking Ahead

Tom reflects on how surf lifesaving has enriched his life. "It's given me a lot more than I feel I could ever give to it," he says. From shaping his character to providing lifelong connections and career opportunities, surf lifesaving has become an integral part of who he is.

As he continues to patrol beaches and safeguard South Bank, Tom Barrett embodies the values of surf lifesaving—dedication, teamwork, and a commitment to community. Whether on the sand, in the water, or throughout South Bank Parklands, Tom is always ready to lend a hand.



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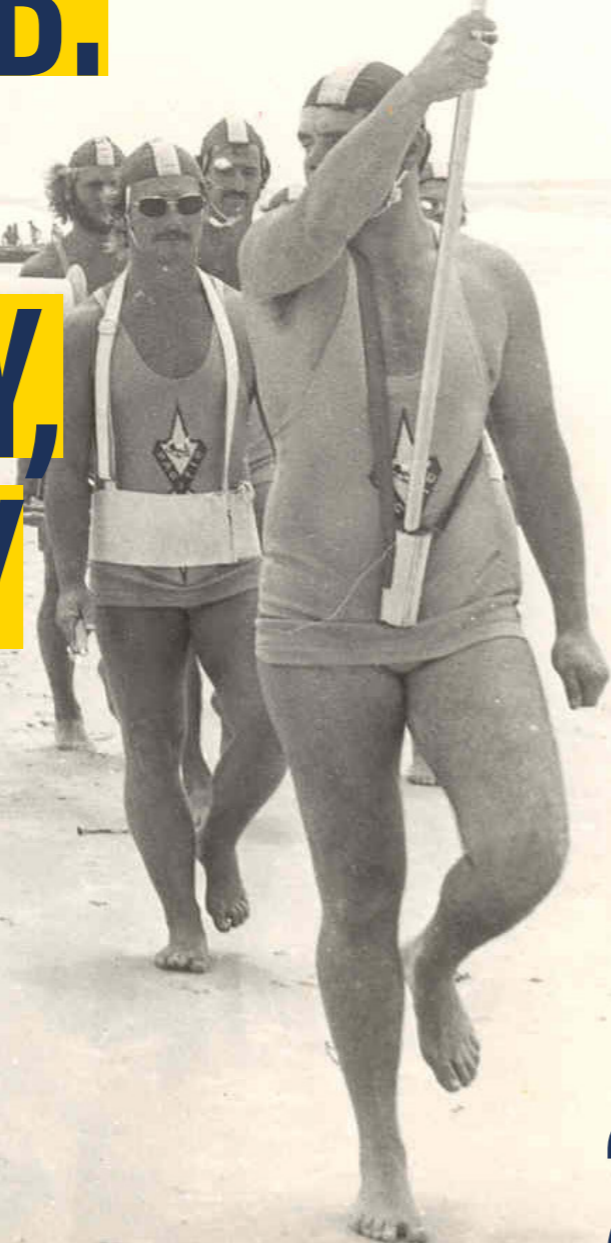


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# DISCOVER PACIFIC SURF LIFE SAVING CLUB: TRADITION, COMMUNITY, AND PLENTY OF HEART



Nestled on the stunning Palm Beach coastline, Pacific Surf Life Saving Club has been keeping it old-school in the best way possible. Think no pokies, no full-time restaurant—just a welcoming café, a buzzing event space, and a whole lot of heart.

“We’re all about community,” says Club President Anne Turner. “We know our Members by name, and our nipper program is thriving because we’ve built a real family atmosphere.” This season, Pacific has seen fantastic growth, with many new Members joining, including plenty of nippers and their parents. The secret? Encouraging parents to jump in, earn their bronze medallions, and become part of the action.

## A Proud History

Pacific SLSC was born in 1947, thanks to a group of determined returned servicemen who pooled their resources to create something special. This group brought discipline, teamwork, and a bit of grit to the beach, and it’s been part of the Club’s DNA ever since.

Over the decades, Pacific has celebrated its share of highlights, from major competitive wins in the 60s to big personalities like Kevin Weldon, who championed innovative lifesaving methods and left an indelible mark on the surf lifesaving world.

## Keeping Traditions Alive

Pacific loves its traditions—like the ANZAC Day flag-raising ceremony that now attracts the whole café crowd to join in. They also honour their top seven patrolling Members every year with free membership, a nod to their commitment.

At the same time, the Club is growing with the community, adding a café, hosting weddings, and offering private event spaces—all with unbeatable beach views.



**“We’re one of the few Clubs right on the sand,” Anne adds. “No roads or fences.”**

## Challenges and Teamwork

Running a Club isn't without its hurdles. From keeping up with maintenance on their vintage building to juggling power bills, Pacific relies on a small army of passionate volunteers to make it work. “Our team is incredible,” Anne says. “People like our Club Captain, Paul, and Chief Training Officer, Anthony, are the glue that holds everything together.”

## Big Plans Ahead

Looking forward, Pacific's focus is on growing its nipper base, supporting patrol teams, and giving its facilities a much-needed facelift. “It's all about balancing tradition with the needs of a growing community,” Anne explains.

## A Warm Welcome for All

When asked what advice she'd give to potential new Members, Anne's response is heartfelt: “We welcome everyone with open arms. Whether you want to patrol, volunteer, or simply be part of the family, there's a place for you here.”

With its rich history, strong sense of community, and plans for the future, Pacific Surf Life Saving Club is more than a Surf Club—it's a place where memories are made, traditions thrive, and everyone's welcome.







# EMPOWERING LIFESAVERS EVERYWHERE: THE COMMERCIAL EDUCATION ARM OF SLSQ

Surf Life Saving Queensland (SLSQ) is famous for its beach patrols and life-saving work, but what many may not realise is we play a big role in workplace safety training through our commercial education programs. This arm of SLSQ not only delivers critical first aid and CPR training but also reinvests its profits directly into the life-saving services that protect Queensland's beaches. We sat down with Jennifer Wiebe, Client Services Manager, to learn more about how they're helping businesses, and individuals, stay safe.

## Building Capacity Beyond the Beach

The SLSQ commercial education team comprises three trainers, supported by two dedicated administrative staff. Their mission is clear: deliver high-quality, industry-relevant training to businesses and individuals, ensuring workplaces are equipped with the skills to respond effectively in emergencies. "We're well-known for saving lives on the beach, but our goal is to extend that capacity into the commercial space," explains Jen, Commercial Training Manager.

The move into commercial training started over 10 years ago with a growing demand for first aid courses, which lifeguards used to teach in their local areas. Seeing the need, SLSQ set up a dedicated training division to make these courses more formal and widely available.

## A Range of Life-Saving Courses

SLSQ offers a variety of courses tailored to meet industry needs, including:

- **CPR**
- **First Aid**
- **Advanced Resuscitation**
- **Low Voltage Rescue (LVR) for the electrical industry**
- **First Aid in Education Settings**
- **Certificate IV in Training and Assessment (TAE)**

Public courses are available monthly at

locations such as Mermaid Beach and Surf Rescue House, with plans to expand into the Sunshine Coast. Additionally, courses can be customised for businesses, from small teams to large-scale organisations.

## The Blended Learning Advantage

One of SLSQ's recent innovations is the introduction of a blended learning package. Participants complete up to six hours of online coursework at their own pace, followed by a three-hour practical assessment. This flexible approach minimises disruptions to work schedules while maintaining a high standard of training. "Instead of sitting in a classroom for eight hours, learners can focus on the content most relevant to them and complete it when it suits them best," says the team.

## What Sets SLSQ Apart

Unlike many training providers, SLSQ's commercial education arm directly supports frontline life-saving operations. Profits are funnelled back into surf Clubs to fund equipment, training, and other resources essential for volunteer lifesavers. "Ultimately, every dollar earned contributes to saving lives."

Another key differentiator is the real-world expertise of SLSQ's trainers, who bring firsthand experience from careers as paramedics, police officers, and lifesavers. "Our trainers use genuine examples from their own experiences, which helps participants relate to the scenarios and build confidence in their abilities to respond in emergencies," Jen adds.

## Tailored Solutions for Every Industry

SLSQ understands that different industries face unique challenges, so they customise their training to focus on the issues most relevant to each client. For instance, in industries where insect bites are a

common concern, trainers can delve deeper into managing those risks. This adaptable approach has made SLSQ a trusted training partner across a wide range of industries.

### Expanding Horizons

Looking ahead, SLSQ is excited to grow its commercial education offerings with plans to introduce mental health first aid courses and expand trainer capacity. A big focus is building awareness among Members. "A lot of our own Members don't realise we have a commercial training division," the team shares. With over 36,000 Members across the state, SLSQ sees an incredible opportunity to tap into this network, spreading the word and reinforcing its reputation as a trusted training provider.

### Real Impact, Real Stories

The practical knowledge imparted by SLSQ's courses often extends beyond the workplace, with many participants recounting life-saving moments at home. One participant recognised the signs of cardiac arrest in her husband due to prior training and was able to act swiftly and confidently. "It's stories like these that remind us why we do what we do," Jen shares.

### Facing Challenges Head-On

Operating in a highly competitive market, SLSQ must continually evolve to stay relevant. From integrating blended learning to participating in industry consultations, the team remains committed to delivering high-quality training. "We're ensuring our courses meet modern needs while staying true to our mission," Jen affirms.

SLSQ's commercial education space is more than just a training provider; it's a vital extension of the organisation's life-saving mission. By equipping businesses and individuals with essential skills, the team not only enhances workplace safety but also empowers everyday heroes who make a difference both on and off the beach. Together, they are creating a safer, more prepared Queensland.

If you're interested in booking a course or learning more about how SLSQ's training can benefit your workplace, visit our website or reach out to the team directly. We'd love to hear from you!

CLICK HERE TO  
**LEARN MORE** >>

Or Email us on  
**bookings@lifesaving.com.au**



# EMPOWERING CLUB LEADERS FOR A STRONGER FUTURE

Surf Life Saving Queensland (SLSQ) has always been dedicated to supporting the backbone of our organisation—our Clubs and their hardworking volunteers. With this commitment in mind, SLSQ is proud to introduce the Successful Surf Club Series, a brand-new initiative designed to empower individuals involved in Club leadership and operations.

The series, officially launched in mid-November 2024, offers a curated library of recorded presentations from subject matter experts across a range of vital topics, such as governance, risk management, leadership, diversity and equity, and marketing. Each session is concise, engaging, and practical—ensuring that even the busiest volunteer leaders can find value in the resources.

## Supporting Sustainable Clubs

“Our Clubs are the lifeblood of SLSQ,” says Alex Walker, SLSQ’s Member Experience Manager and host of the series. “Well-run, sustainable Clubs are essential not just for the safety of our beaches, but for fostering community spirit, engagement, and resilience. With the Successful Surf Club Series, we wanted to provide our Clubs with the tools and knowledge to thrive.”

Recognising that time is a precious resource for volunteers, each video in the series is approximately 20 minutes long, accompanied by an easy-to-digest fact sheet summarizing the

key points. This approach ensures that clubs can access vital information in a way that fits into their busy schedules.

## Topics Designed to Meet Club Needs

The Successful Surf Club Series offers a diverse array of topics tailored to address the challenges faced by surf clubs. From technical guidance on Surfguard to practical tips for successful surf sports carnivals, the series delivers actionable advice to enhance club operations.

Some of the highlights include:

- **Navigating Surfguard**
- **Successful Surf Sports Carnivals**
- **Development Camps & Programs**
- **Diversity, Equity, and Inclusion (DEI)**
- **Effective Communication & Collaboration on a Board**

Each topic is designed to address real-world challenges and provide practical solutions that can be implemented immediately.

## Engaging and Growing Together

Alex emphasises that the series is an evolving resource: “We’re always striving to provide relevant, impactful information to support

our Clubs. As new challenges and opportunities emerge, we’ll continue to expand the series to meet the needs of our Members.”

To that end, SLSQ is actively seeking input from club members. Have an idea for a future topic? Email your suggestions to [membership@lifesaving.com.au](mailto:membership@lifesaving.com.au) to ensure the series continues to grow in value.

## Building a Legacy of Knowledge

By creating a comprehensive, accessible resource, the series aims to enhance the experience of those involved in surf life saving clubs, ultimately strengthening the movement as a whole.

Alex concludes: “This series is about helping our Clubs and their leaders succeed, not just for today, but for the future. By investing in knowledge-sharing and fostering collaboration, we’re building a legacy of excellence that will carry SLSQ forward.”

The Successful Surf Club Series is just one of the many ways SLSQ continues to innovate in its mission to save lives, create great Australians, and build better communities.

For more information, contact SLSQ’s Membership Team at [membership@lifesaving.com.au](mailto:membership@lifesaving.com.au) or visit the SLSQ website

[www.lifesaving.com.au/sscs](http://www.lifesaving.com.au/sscs)





# PERFORM 360: SUPPORTING SUNSHINE COAST SURF LIFESAVING WITH PASSION AND PURPOSE

The Sunshine Coast branch of Surf Life Saving recently celebrated a remarkable milestone, receiving a generous \$30,000 donation from Perform 360. This contribution marks another chapter in the gym's ongoing partnership with the lifesaving community, bringing their total support to over \$100,000 in just three years. The dedication of Perform 360's team and Members has left an indelible impact on frontline surf lifesaving efforts across the region.

### A Community-Driven Initiative

Founded in 2015 by Brent Coglan and Jason Clark, Perform 360 is committed to delivering a complete personal training experience that prioritizes health, consistency, and community. This ethos extends beyond the gym walls, as the team actively supports Surf Life Saving Sunshine Coast. Their fundraising efforts, including the annual 360 Games, trivia nights, and workout challenges, have become a cornerstone of their partnership with the lifesaving community.

Tragically, the loss of a close friend and colleague in a drowning accident on the Sunshine Coast fuelled their determination to make a difference. This heartfelt connection to surf lifesaving has inspired Perform 360 to honour their friend's memory while making a tangible impact on beach safety.

### Empowering Lifesavers Through Funding

With nearly 14,000 volunteer lifesavers patrolling beaches from Rainbow Beach to Redcliffe Peninsula, the funds raised by Perform 360 have been pivotal. Their contributions have supported lifesaving programs and provided essential training and equipment, including:

- **Oxy-Viva and Defibrillators:** These lifesaving devices enhance safety at events,

training sessions, and within local clubs.

- **Tourniquet Mannequin:** An advanced training tool that equips Members with critical first-aid skills.

- **Gear Trailer:** A vital resource for transporting equipment to development events and carnivals across the region.

Additionally, Perform 360 has supported development programs such as PULSE Junior, Camp Commando, PULSE Advanced Lifesaving, and the Youth Ball. These initiatives play a critical role in fostering the next generation of lifesavers and building leadership skills among young Members.

### A Lasting Impact on the Sunshine Coast

Kirsten Phillips, Director of Youth & Member Development for the Sunshine Coast branch, highlighted the profound impact Perform 360's support has had:

"Through their endless hard work, they have shown the spirit of community that defines not only the 'red and yellow' but everything that Perform 360 strives for. Their support has a direct impact on the lives of those who visit our beaches and shores every day."

Tim Ryan OAM, Sunshine Coast Branch President, echoed this sentiment, expressing gratitude for Perform 360's unwavering dedication:

"Your partnership not only enhances the safety of beachgoers but also fosters a sense of unity and collaboration within our community. Your generosity is truly commendable."

### Looking Ahead

Perform 360's commitment to surf lifesaving remains steadfast. As they continue to grow the 360 Games and other fundraising

initiatives, their vision for the future is clear: to deepen their partnership with Surf Life Saving Sunshine Coast, raise greater awareness, and amplify their support for lifesaving programs.

"Seeing our Members' hard work contribute to beach safety and honour our late friend's memory is both humbling and inspiring," said Perform 360's founders. "Together, we aim to make an even greater difference in improving beach safety and supporting the heroes who protect our coastline." Perform 360's story is a testament to the power of community and the impact of giving back. Their partnership with Surf Life Saving Sunshine Coast ensures that lifesavers have the resources, training, and support they need to continue safeguarding our beautiful beaches for years to come.



# JOIN THE WOMEN IN LIFESAVING NETWORK



**Women** make up nearly **50% of membership** within **SLSQ** but are underrepresented in **leadership roles**.

**Surf Life Saving Queensland (SLSQ)** is committed to accelerating activity towards **Gender Equity** and **providing opportunities** for more **women** to take on leadership roles in life saving and to encourage male allies to advocate and **support women in our organisation**.

## WHAT IS THE WOMEN IN LIFESAVING NETWORK?

The **Women in Lifesaving Network** is a collective of women and male allies who aim to **pursue development opportunities**, take **part in events**, **provide feedback** and **help us** shape the future of **Surf Lifesaving in Queensland**.

## WHY JOIN?

- Hear about the latest **news and updates**
- Access to **events and development** opportunities
- Opportunity to provide **feedback through engagement surveys**
- Be a part of a network that **supports** in accelerating progress towards **gender equality**.

**Join Us**

For more information  
scan the QR code →



Queensland



# SPOTIFY PLAYLISTS FOR EVERY MOOD AND OCCASION: DIVE INTO OUR PLAYLISTS

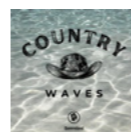
Whether you're hitting the surf, relaxing by the beach, or simply looking to vibe out, we've got the perfect soundtrack for every moment. Our Spotify account is packed with 8 specially curated playlists designed to match every mood and vibe, created with the spirit of Surf Life Saving Queensland in mind. Here's a quick profile for each one to help you find your perfect playlist!

### 1. The Hype Zone



Need a boost of energy? This playlist is filled with high-energy tracks to keep you pumped and ready to go, whether it's training, a beach workout, or powering through your day. Expect a mix of upbeat hits, electric beats, and high-octane jams to keep your adrenaline flowing. Perfect for hitting the surf with full force!

### 2. Country Waves



For those who love a laid-back, easy-going vibe with a touch of coastal charm, Country Waves delivers the best of country with a beachy twist. Think feel-good tunes, sunny vibes, and soulful lyrics perfect for a relaxed afternoon by the water. Ideal for unwinding and soaking up the sun!

### 3. Rock Mix by the Beach



Turn up the volume and let the rock flow! From timeless classics to modern rock

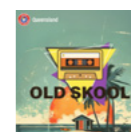
anthems, this playlist is made for those who love to crank it up by the waves. Expect gritty guitars, raw vocals, and high-energy rock to fuel your coastal adventures. Great for road trips or powering through a surf session!

### 4. Surf House Specials



When you're looking to get into a groove, this playlist will have you hooked. Filled with smooth, deep beats and pumping electronic rhythms, Surf House Specials brings the energy of house music straight to the beach. Perfect for late afternoons, beach parties, or just vibing out with friends by the water. Let the electronic waves carry you away!

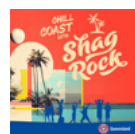
### 5. Old Skool Tunes



Take a trip down memory lane with the best of old-school hits. From classic rock to iconic pop and soul, this throwback collection will have you singing along to familiar favourites. Perfect for reminiscing or adding a nostalgic twist to your beach day!

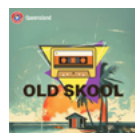


### 6. Chill Coastal x Shag Rock



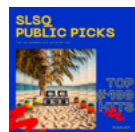
A dreamy, chill combination of Shag Rock and coastal chill-out vibes. Soft melodies, mellow guitars, and calming rhythms make this playlist ideal for relaxing by the shore, sipping a cold drink, or slowing down to appreciate the beauty around you. Best paired with a sunset.

### 7. Vibin with the Tides



Perfect for those moments of pure bliss by the sea, Vibin with the Tides is all about smooth rhythms, relaxed beats, and soothing tunes. This playlist flows like the tide, perfect for letting your mind wander as you watch the waves roll in. Dive in and let the music take you away.

### 8. SLSQ's Public Picks



Curated by you, this playlist is a celebration of local legends and favourites. Filled with tracks that inspire, energise, and celebrate lifesaving, it's the perfect mix for those who live and breathe surf safety and community. Support your beaches, your Club, and your crew with these carefully chosen songs!

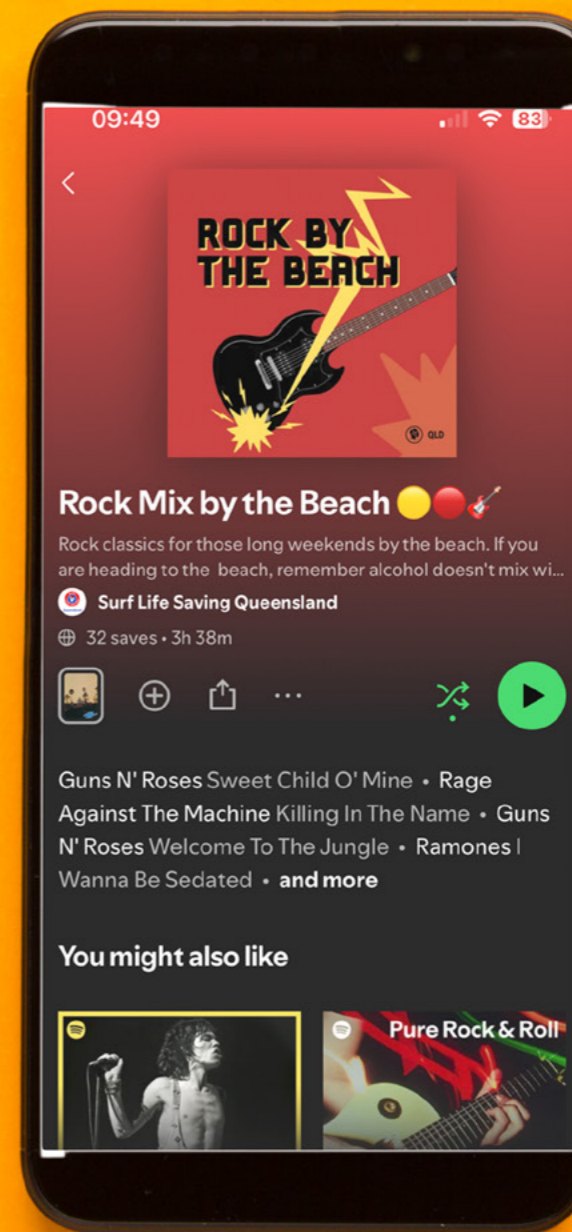
So, whether you're gearing up for a surf, chilling by the waves, or just need a playlist to set the mood, these 8 playlists have got you covered. Follow Surf Life Saving Queensland on Spotify and let the music guide you through every coastal adventure!

## LISTEN NOW!

Scan the QR Code below



## Or Click here





# ASH BARTY: FROM WORLD CHAMPION TO COMMUNITY CHAMPION

Ash Barty, a name synonymous with excellence on the tennis court, has seamlessly transitioned from her professional sporting career to a role that champions community, education, and opportunity through the Ash Barty Foundation. In this exclusive interview, Ash shares insights into her journey from world-class athlete to philanthropist, the lessons she's carried with her, and the legacy she hopes to build beyond the world of sport.

## Roots and Inspiration: Building a Foundation of Giving

For Ash, the seeds of giving back were planted early. Reflecting on her upbringing, she credits her parents for instilling a strong sense of gratitude and service.

"Mum and Dad taught my siblings and I to respect others and help where we could. They instilled values about giving back and being appreciative of what you have," Ash shares. A pivotal figure in her life has been Evonne Goolagong Cawley, a trailblazer in Australian tennis and a mentor to Ash from a young age.

"Evonne was incredible at using her talents to give back. She ran community programs and inspired me to follow in her footsteps," Ash says, highlighting the influence of strong role models on her path to creating the Ash Barty Foundation.

## From Court to Community: The Transition to Philanthropy

Ash's tennis career wasn't just about accolades; it was also a training ground for her philanthropic endeavours.

"Tennis teaches you strong community values. My first coach, Jim, made sure everyone at the club had a positive experience. That shaped my understanding of the power of sports to connect people," Ash recalls. Her transition from professional athlete to philanthropist wasn't marked by a singular moment but was the culmination of her lifelong passion for community work.

"During my playing career, I was fortunate to participate in programs with the WTA and Tennis Australia. Connecting with communities around the world was always a highlight, so dedicating more time to this post-retirement feels very natural," she explains.

## Inspiration and Vision: The Heart of the Foundation

The Ash Barty Foundation focuses on two of Ash's greatest passions: sports and education. "I've always dreamt of starting my own foundation. After retiring in 2022, I knew this was the way I could make a difference," she says.

Whether donating equipment to schools, engaging with kids at local clubs, or visiting the Tiwi Islands and Uluru, Ash's work is deeply personal.

"Seeing the pure excitement and joy sport can bring is unmatched. Visiting Uluru after winning the Australian Open felt like a full-circle moment. It was surreal and solidified my passion for giving back," Ash recalls.

## Connecting Communities: A Collaborative Approach

For Ash, collaboration is key to making a meaningful impact.

**"Working with community partners like Surf Life Saving Queensland ensures we support programs that align with our values and create lasting change," she notes.**

Her foundation prioritises authentic passion, which Ash believes is essential for encouraging others to get involved.

"When people see genuine passion and connection, they want to support. That's what we're striving for as a foundation," she says.

## Balancing Passion and Priorities

Juggling personal life, professional responsibilities, and foundation commitments isn't easy, especially as Ash embraces motherhood.

"Balancing everything comes down to setting aside time for what matters most—family, work, and the foundation," she shares.

Staying hands-on is a source of fulfillment for Ash.

"Knowing you can make a difference in someone's life is all the motivation I need. Seeing young people smile when I visit schools or clubs is priceless," she says.

## Creating a Legacy Beyond Sport

Ash hopes her legacy will be defined by authenticity and her efforts to uplift the next generation.

"If I'm remembered for staying true to myself and creating opportunities through the foundation, I'll be happy. Making a positive difference is what matters most," she says.

"I don't think it's ever been about competition, for me it's about the values that were instilled in me from a young age and seeing how people like my family, and people who I look up to including Evonne, Pat Rafter and Glenn McGrath, go out of their way to give back to others. If I can try and have that same impact as them, I'll feel very proud of that."

## The Bigger Picture: A Champion for Change

Ash Barty's journey from world champion to community champion is a testament to the power of staying true to one's values. Whether it's on the tennis court, visiting communities, or inspiring the next generation, Ash is driven by a simple yet profound goal: to make a difference.

Through her foundation, she's proving that champions aren't defined by trophies alone but by the legacy they leave behind.





# TAKE 3 FOR THE SEA: INSPIRING ACTION THROUGH THEIR PROGRAM FOR SURF LIFESAVING CLUB

Plastic pollution is a critical challenge for our oceans, and one grassroots initiative is leading the charge in making a difference: the Take 3 for the Sea Surf Life Saving Club (SLSC) Program. Born from co-founder Mandy Marechal's vision of embedding environmental stewardship within her local surf club, this impactful program has since grown into a nationwide movement. Supported for the 2024/25 season by Norwegian Cruise Line, the program equips clubs to tackle plastic pollution head-on and inspire change within their communities.

### Goals of the SLSC Program

The Take 3 for the Sea SLSC Program aims to:

- Educate and inspire Club Members and the community about the dangers of plastic pollution.
- Create litter prevention ambassadors and environmental stewards.
- Encourage a reduction in the amount of litter and plastic that ends up in the ocean.
- Raise national awareness of the risks litter and plastic pose to marine wildlife and beachgoers.
- Collect and analyse data about the litter collected to better understand and address pollution patterns.

Participating Clubs receive a free resource toolkit to guide activities such as beach clean-ups, plastic reduction initiatives, and marine debris data collection. The program encourages Clubs to hold at least one beach clean-up activity, share the Take 3 message, and contribute valuable litter data to help pinpoint problem areas.

### Aligning with Take 3 for the Sea's Mission

The program perfectly aligns with Take 3 for the Sea's mission to inspire simple yet powerful actions to reduce plastic pollution and protect our oceans. By providing tools and knowledge to SLSCs, the initiative fosters environmental awareness and empowers young leaders to drive change in their communities.

### Success Stories and Milestones

The program's impact is evident through its achievements. Last season alone, over 750 Surf Life Saving Club Members removed more than 80kg of litter from beaches, accounting for 4,500 pieces of waste.

- At Kingston Beach SLSC in Tasmania, 200 Nippers participated in the "Green Beaches" weekend, learning about waste reduction and sustainability. Parents and educators alike praised the initiative, and the beach buzzed with enthusiasm as children cleaned up their surroundings.
- Bronte SLSC in New South Wales has integrated clean-ups into their patrols, requiring each team to fill at least four buckets of rubbish every weekend. Additionally, they mobilize with the local council after Christmas Day celebrations to mitigate the environmental impact of holiday litter.

These success stories highlight how the program not only removes litter but also fosters conversations, teamwork, and environmental awareness.

### Positive Impacts on Clubs and Communities

SLSCs report that the program promotes sustainability leadership among younger



Members. The toolkit encourages youth to take an active role in planning and executing clean-up events, giving them valuable leadership experience and inspiring them to become champions of sustainability in their Clubs and beyond.

Collaboration between neighbouring Clubs is another highlight, with joint clean-up events fostering camaraderie and the exchange of ideas. Additionally, the removal of hazardous debris enhances beachgoer safety, preventing injuries from sharp objects or litter in the water.

Everyday Actions to Reduce Plastic Pollution  
Individuals can contribute to reducing plastic pollution by adopting simple habits:

1. Dispose of rubbish responsibly or take it home.
2. Use reusable bottles, cups, and cutlery.
3. Pick up litter when you see it and lead by example.
4. Participate in the #Take3fortheSea initiative by collecting three pieces of rubbish during beach visits or water activities.

#### Supporting the Mission Beyond the Surf Club

Even those outside the surf lifesaving community can join the movement by:

1. Taking three pieces of rubbish from any environment.
2. Taking three actions to reduce their plastic footprint.
3. Encouraging three others to join the effort.

#### Future Vision

The long-term vision for the Take 3 for the Sea SLSC Program is to see SLSCs nationwide embrace the initiative, creating lasting change. If every Member took just three pieces of rubbish this year, nearly 600,000 pieces of litter could be prevented from polluting our oceans.

Continued collaboration with SLSCs is key to addressing marine debris. By educating and inspiring the lifesaving community year after year, Take 3 for the Sea is laying the foundation for a cleaner, healthier ocean environment for generations to come.

**Register your Club today to join the movement and make an impact.**



[REGISTRATION LINK](#)

# THE OCEAN'S ROLE IN BUILDING LIFESAVERS' MENTAL RESILIENCE

As lifesavers, we dedicate our time and energy to protecting others on the beach, balancing the demands of volunteering with our busy work and personal lives. This commitment often leaves little room for self-care, yet maintaining strong mental health and resilience is essential—not just for us, but for those we protect. Fortunately, the environment we serve in, the ocean and beach, offers one of the most accessible and effective tools for supporting our mental wellbeing.

Scientific research consistently highlights the positive effects of “blue spaces”—coastal environments, rivers, lakes, and even fountains—on physical and mental health. The therapeutic value of the ocean is particularly significant for us as lifesavers, given our deep connection to the water.

## The Proven Mental Health Benefits of Blue Spaces

Dr. Mathew White, a senior lecturer at the University of Exeter, has spent years studying the health benefits of blue spaces. His research confirms that spending time near the ocean has three primary pathways for improving mental health:

1. Environmental Factors: Coastal areas often have cleaner air and higher levels of sunlight, both of which contribute to better physical and mental health.
2. Physical Activity: Proximity to the ocean encourages movement, whether through swimming, walking, or other activities, which are known to reduce stress and boost mood.
3. Psychological Restoration: The ocean's rhythmic qualities, such as the ebb and flow of tides, promote mindfulness and reduce negative thought patterns like rumination, which are linked to anxiety and depression.

For lifesavers, the psychological restorative effects of the beach are particularly

relevant. Our work can be mentally demanding, requiring quick decision-making, high levels of concentration, and an ability to manage stress in emergency situations. The ocean's calming presence helps shift our focus outward, away from internal stresses, allowing us to recharge emotionally and mentally.

## Time by the Ocean: A Natural Prescription

The benefits of spending time by water are not just anecdotal but backed by solid science. A 2013 study that surveyed 20,000 participants found that coastal environments were the happiest locations, surpassing urban green spaces. The researchers noted that even two hours per week near the ocean can have measurable positive effects on mental health, a commitment that's realistic even for lifesavers juggling multiple responsibilities. This connection to water isn't just limited to being in it or near it. Studies show that even visual access to the sea—like a quick glance at the waves during a patrol—can reduce stress and improve mood. It's a reminder that the beach doesn't just symbolise our mission; it actively supports our mental health.

## Resilience Through Connection

Resilience is a critical trait for lifesavers. Whether it's staying calm under pressure or recovering from challenging days on the beach, our mental toughness is key. Coastal environments provide a unique setting to build this resilience. Dr. White highlights that being immersed in natural forces, such as wind and waves, helps us gain perspective on our lives and challenges. This aligns with the findings of Dr. Lewis Elliott, another researcher at the University of Exeter, who emphasises that the benefits of blue spaces extend across all socioeconomic groups. Coastal areas are inherently inclusive, allowing anyone,

regardless of background, to enjoy their therapeutic qualities. For us, this shared environment fosters not only individual resilience but also a sense of community and purpose, which are vital for mental wellbeing.

### **Balancing Lifesaving and Mental Health**

The dual pressures of volunteering and working full-time can sometimes feel overwhelming. As lifesavers, we are often so focused on serving others that we neglect our own mental health. Yet, it is essential to remember that taking care of ourselves enables us to continue making a difference in our communities.

By prioritising time by the water, we can harness the ocean's restorative powers. Even a short walk along the beach after a patrol, a moment of quiet reflection by the waves, or a quick swim can provide the mental reset we need to face our next challenge.

For those of us who may not live near the coast, the research suggests that even smaller water features, like rivers or fountains, can offer benefits. In urban areas, a stroll along a river or sitting by a lake can replicate some of the positive effects of being by the ocean.

### **Moving Forward**

The ocean is not just where we serve; it is also where we heal. With mental health challenges becoming increasingly prevalent in today's fast-paced world, the science behind blue spaces offers a powerful reminder of the importance of reconnecting with nature—something we as lifesavers are uniquely positioned to do.

As we are mid-way into another busy lifesaving season, let's make time to focus on our own mental health. The ocean is there not only for those we protect but also for us. By leaning into its benefits, we can strengthen our resilience, improve our wellbeing, and continue to bring our best selves to the sand and surf.

Ultimately, taking care of our mental health is not a luxury—it's a necessity. And as lifesavers, we are fortunate to have one of the world's most powerful natural resources for mental restoration right at our feet.



# LIFESAVING MEMBERS OF THE MONTH

## November Winner

### Paul Figallo, Moore Park SLSC

Paul Figallo - 'Figsy' a Bronze lifesaving legend in our local area.

Paul a great Husband and Dad to 5, runs a local business and he also wears many lifesaving hats. His current club repertoire includes Surf Sports Officer, IRB Officer, Board Member, Official, Water Safety, Patrol Captain, Deputy Club Captain, Age Manager, Fundraiser, Club Trailer Hauler etc plus life skills motivator.

All of this coupled with rostered patrols every three weeks, Paul arrives with a sensational attitude that makes everyone feel welcome and happy! A true legend who does what he does, day in and day out without issue.



## December Winner

### William Barwick, Bilinga SLSC

This season, Will was appointed Vice Club Captain for Bilinga SLSC and has done a remarkable job so far! Will is also a Patrol Captain, a Wave Runner Operator, and is currently undertaking the Assessor Skill Set to assist the Club with training and assessing!

I joined Bilinga this season and Will has made me feel at home within the Club by always being a friendly face and cracking jokes! I am constantly learning about Lifesaving whilst on Patrol with Will.

His knowledge about Lifesaving is outstanding. Will is a true inspiration and I am excited to continue my journey within Lifesaving at Bilinga with Will by my side!

Will is always lending a hand at the Club, whether it be a Venue Coordinator at the recent Point Danger Branch Little Mates Carnival or giving new members (who are completing their Bronze Medalion) a few pointers about Patrolling. Will is an amazing asset to the Club, I couldn't ask for a better Patrol Captain and friend!



**STOP** ✓ **LOOK** ✓  
**STAY ALIVE** ✓



# INSIDE THE SLSA SUMMER SAFETY CAMPAIGN

## A New Era of Beach Safety

When the heat rises and Australians flock to the beach, Surf Life Saving Australia (SLSA) springs into action to ensure everyone stays safe. This summer, SLSA's groundbreaking Summer Safety Campaign aims to increase water safety awareness and reduce drowning fatalities with innovative messaging and tools. We sat down with Brett Morgan, Senior Marketing and Brand Manager at SLSA, to learn more about this impactful initiative.

## Revolutionising Safety Awareness

"The primary goal of the campaign is to increase water safety awareness and reduce the number of drowning fatalities over the summer months," Brett explains. "A major innovation is the introduction of Beach Passport, a virtual training program that provides an easy, 10-minute introduction to water safety. It's designed for people of all ages and makes safety education accessible and effective."

What inspired the campaign slogan, Stop. Look. Stay Alive?

"We wanted to evolve the successful Stop Look Plan campaign by shifting to more outcome-oriented language. As a marketer I also love the fact that Stop. Look. Stay Alive. conveniently has the acronym SLSA and that certainly should help make it easy for people to remember!"

## Data-Driven Insights

"The foundation of this campaign is the National Coastal Safety Report, which analyses drowning statistics and highlights lifesaving impacts," Brett shares. "For instance, Important statistics such as the number of drownings occurring at unpatrolled locations and a heavy male skew definitely helped to shape the direction of the campaign."

Consumer testing played a pivotal role in refining the campaign's messaging. "Stop. Look. Stay Alive. outperformed other iterations, resonating strongly with audiences," Brett notes.

Testing of the final ad revealed impressive results: 87% of viewers said it made them think about how to stay safe at the beach, and 85% agreed that the ad made them want to swim between the red and yellow flags where possible.

They were also two times more likely to be aware of hazards at the beach as a result of being exposed to the 30" television commercial.

## Speaking to the Audience

"With 86% of coastal drownings being male, men are clearly the most at-risk group and the primary target of the campaign. It was important that we found the right personality to help deliver the message and we were lucky enough to be able to work with actor and filmmaker Angus Sampson who is not incredibly talented but who fits the demographic perfectly and grew up in Sydney as a member of Freshwater SLSC and was naturally passionate about the cause."

The team faced challenges in perfecting the script and navigating the elements during the shoot. "I spent a long time refining the script with Angus to make sure we hit the right cues and got the best out of his performance. The entire piece was essentially shot in one-take so as you can imagine, that presents challenges in itself, along with shooting outdoors on a beach and in the elements.

The next challenge is just reaching enough people but with the support of SLSQ and other Surf Life Saving organisations around the country as well as state and federal governments, we've been able to deliver a campaign that will reach more people than ever before.

## Bringing the Vision to Life

"We wanted to showcase Surf Life Saving's efforts while delivering key safety messages," Brett explains. "Once we'd settled on the basic one-shot monologue concept, we further developed the script to ensure that it would capture attention and entertain as well as showcase Surf Life Saving all while delivering the important safety messages. It wasn't easy but if you're watching the [long version](#) closely you

will see patrolling members with tubes, boards, and IRB, an ATV and SLS-branded car. We even managed to get an old belt and reel in there!"

## Spreading the Message

**"This summer, we're reaching more people than ever through TV, online platforms, social media, outdoor billboards, and even Qantas in-flight entertainment"**

In addition to state and federal government support, Qantas and Airbnb are helping us reach more tourists and holidaymakers, along with SLSA's other major national partners DHL, Isuzu and Westpac.

"It's early days, but the response has been incredible," Brett reports. "The online video reached over 100,000 views within days, and Beach Passport has already educated over 20,000 people in under two months."

## Looking Ahead

"Message consistency is crucial and I'm happy to say that both Stop. Look. Stay Alive. and Beach Passport are here to stay," Brett affirms. "This campaign is part of a broader safety ecosystem, including education, research, and on-the-ground efforts."

As Australians are hitting the waves this summer, SLSA's campaign serves as a vital reminder to prioritise safety. With innovative tools and targeted messaging, they're paving the way for a safer future on our beaches.



# NQ RECRUITMENT CAMPAIGN: BUILDING STRONGER COMMUNITIES THROUGH SURF LIFE SAVING

In the stunning, sun-drenched beaches of North Queensland, Surf Lifesaving is more than a pastime—it's a vital lifeline for communities, providing safety, fostering connections, and embracing the Australian beach culture. As Surf Lifesaving Clubs across the region gear up for a Member recruitment campaign, Jen Rees, the North Queensland Regional Operations Manager, sheds light on the goals, strategies, and profound impact of this initiative.

## The Campaign's Core Mission

The primary objectives of the campaign are threefold: raising awareness of what surf lifesaving offers the community, recruiting new Members, and retaining existing ones. "We aim to appeal to people of all ages," Rees explains. From children and teenagers to parents and grandparents, surf lifesaving clubs provide opportunities for everyone to connect, contribute, and thrive.

## Why Surf Life Saving Matters in NQ

In a region defined by transient communities, surf lifesaving Clubs act as a beacon of stability and connection. They offer families and individuals a chance to integrate into their communities while promoting safety on North Queensland's beaches. "Our clubs ensure safe swimming environments for residents and visitors while fostering a social, active, and beach-loving community," Rees says.

The impact of these Clubs extends beyond safety. Members acquire lifesaving and leadership skills, from radio operations and first aid to drone piloting and rescue boat management. These skills, coupled with opportunities for personal growth and engagement, build stronger, more connected communities across North Queensland.

## Overcoming Challenges

Despite their critical role, North Queensland's Surf Life Saving Clubs face significant challenges, particularly low patrolling membership in smaller clubs, as well as the vast amount of marine stingers across the region. To address barriers like time commitments and lack of awareness, the campaign focuses on flexible membership options and targeted outreach.

**"We're committed to showing that there's a place for everyone, whether they want to patrol the beaches, help with fundraising, or mentor the next generation of lifesavers"**

As for the stingers, Surf Life Saving Queensland prioritises the importance of being educated around the marine creatures, and actively works to protect beachgoers through a combination of proactive measures and community outreach. This includes deploying stinger nets at popular swimming beaches, providing up-to-date stinger warnings, and equipping patrolling lifeguards with the necessary tools to respond to stinger incidents. Campaigns like the one we are putting forward, are also a cornerstone of these efforts, by helping residents and visitors alike understand the risks and best practices for staying safe during stinger season.

**JOIN**  
MY  
**CLUB**

### Measuring Success

Success will be measured through membership growth, increased community participation in Club activities, and enhanced awareness of Surf Life Saving value.

"Ultimately, it's about creating a sustainable network of Clubs that can continue serving their communities for generations," Rees notes.

### A Vision for the Future

Looking ahead, Rees envisions a future where North Queensland's surf lifesaving Clubs are thriving hubs of activity and connection. With a dedicated team supporting compliance, training, and resource allocation, the region's clubs are well-positioned to maintain safe patrol services and welcoming environments.

"Over the next five years, we're committed to ensuring our clubs are not just places for beach safety but also spaces where people feel a sense of belonging and purpose," Rees says. This vision underscores the essence of the campaign: building stronger communities through the shared mission of surf lifesaving.

### Join the Movement

As the recruitment campaign gains momentum, the message is clear: surf lifesaving is for everyone. Whether you're looking to make a difference, learn new skills, or simply be part of an iconic Australian tradition, there's a place for you in North Queensland's surf lifesaving community.

**Visit our website to get started today!**



THERE'S  
A ROLE FOR  
EVERYBODY IN  
**LIFESAVING**





# DO IT NOW.



## ENGINE

- CHAMPIONS CHOOSE ENGINE -

## 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 cornerstone of our organisation; through open and honest communication, and by always delivering on our commitments.



### INTEGRITY

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



# Our Partners

## PRINCIPAL PARTNERS



## GOVERNMENT



## COMMUNITY



## BUSINESS





Queensland

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