

Surf Life Saving Queensland Magazine

ISSUE FIVE



Queensland



# SHORELINE





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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- An aerial photograph of a sandy beach. In the lower-left corner, several people are visible, some sitting and some standing. Long, dark shadows of the people and a person standing further up the beach are cast across the sand, indicating a low sun position. The background is a vast expanse of golden sand.
- 4** PRESIDENT & CEO UPDATE
  - 8** NATIONAL COASTAL SAFETY REPORT
  - 10** 2024 AWARDS OF EXCELLENCE
  - 14** BRAD MARSDEN: A LIFESAVING HERO
  - 16** LIFESAVING MEMBER OF THE MONTH
  - 18** 2024 - 25 SURF SPORTS CALENDAR
  - 22** 2024 LIFESAVING WORLD CHAMPIONSHIPS
  - 24** THE LADY BUG CAP
  - 26** WORLD TITLES: BANGLADESH SURF CLUB
  - 28** BROTHERLY BONDS IN SPORT: CALLUM AND HENRY SIMPSON
  - 32** POINT DANGER CELEBRATING A CENTURY
  - 36** CLAUDE JEANNERET OAM: A LIFESAVING LEGACY
  - 40** LEADING THE CHARGE IN EMERGENCY RESPONSE
  - 44** WESTPAC LIFESAVER RESCUE HELICOPTER SERVICE SUCCESS STORY
  - 46** CELEBRATING A DECADE OF DEDICATION: MITCH YATES
  - 50** KAL GLANZNIGS'S VISION FOR OCEAN HEALTH
  - 54** FROM THE UK TO THE SUNSHINE STATE
  - 56** BRIELLE'S JOURNEY TO MENTAL WELL-BEING
  - 60** RETHINKING RESCUE: HOW RESEARCH IS SHAPING THE FUTURE OF SLS
  - 62** THE BEACH: A NATURAL PATH OF HAPPINESS

# PRESIDENT'S MESSAGE

As we embark on another volunteer lifesaving season, I'm reminded of the long and proud history we share as surf lifesavers in Queensland. Our more than 36,000 members, dedicated to patrolling our beaches, are once again advocating for safety and supporting the communities we hold so dear. From seasoned veterans to new recruits, each Member plays a crucial role in ensuring that beachgoers can enjoy our beautiful coastline safely. I'm incredibly proud to see our volunteers continue this tradition, stepping up to face the challenges of the season ahead. (Noting, of course that our fellow members in North Queensland are approaching the end of their season.)

This year's SLSQ Annual General Meeting was an important moment for me personally as I was honoured to be re-elected as President for another 2-year term. It is a privilege to represent and advocate for this remarkable organisation and I remain committed to working closely with our Clubs, Branches, volunteers, and staff to ensure we move forward with purpose, vision, and unity.

I also congratulate and welcome Jennine Tax (Miami SLSC) on her election for a first term on the Board, and Manuel Barth (Mooloolaba SLSC) on his re-election as Director of Finance. On behalf of our members, I also extend my deep gratitude to Tom Sealy for his exceptional service to the organisation over the past 6 years on the Board. Tom's contributions will leave a lasting impact, and we are incredibly thankful for the time and effort he has devoted to furthering the mission of SLSQ.

Finally, I'm thrilled to share some exciting news about a new partnership that promises to make this season even stronger. SLSQ is proud to welcome Anaconda as a Major State Partner. This partnership marks an important milestone for us, with Anaconda's support contributing directly to our lifesaving efforts across Queensland. Members will see the iconic "red and yellow" patrol shirt featuring the Anaconda brand on the sleeve being progressively rolled out across the State as Clubs order new uniform stock.

Over the next three years, this collaboration will provide vital support, including enhanced summer safety campaigns and targeted drowning prevention messaging aimed at both beachgoers and Anaconda customers. Anaconda's backing will significantly benefit our 58 clubs, from Port Douglas to Rainbow Bay, allowing us to continue the crucial work of keeping our beaches safe. Additionally, you'll see a range of co-branded merchandise in Anaconda stores later this year, with a component of all sales being directed to not just SLSQ, but to all our fellow State organisations. There will also be a specific "SLSQ member offer" to encourage all our members to support Anaconda.

I look forward to seeing many of you on the beach this season and working together to protect and serve our community. Let's make this season one of impact, safety, and continued success for all.

Yours in Lifesaving,

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





I'm incredibly proud to see our volunteers continue this tradition, stepping up to face the challenges of the season ahead.

# GERARD O'BRIEN

**PRESIDENT,**  
Surf Life Saving Queensland



SURF  
LIFESAVING  
QUEENSLAND



# CEO'S MESSAGE

Welcome to the latest edition of Shoreline!

In this issue, we delve into the stories that truly make Surf Life Saving Queensland such a special community. From moments of triumph to years of dedication, these stories highlight the heart and spirit that drive our organisation forward.

We kick things off with a review of the 2024 Lifesaving World Championships, where thousands of athletes from around the globe descended on our beautiful shores. This event was a spectacular showcase of skill, teamwork, and colour! So many incredible memories have come out of it, and I want to extend a heartfelt thank you to everyone who played a role in making it such a memorable occasion.

Speaking of special, we also highlight the 2024 Award of Excellence, a wonderful celebration of our lifesaving community. After a long season of protecting our beaches, this event gives us the opportunity to come together, recognise the achievements of our Members, and yes, even let our hair down a little. It's always one of the standout moments of the year, and this time was no exception.

We also shine a spotlight on the incredible longevity within our movement. In this issue, you'll find stories from Point Danger Branch as they celebrate a century of dedication to keeping beachgoers safe. You'll also read about a remarkable Member who has been with us since 1948, and a lifeguard who has gone above and beyond in serving the community for over a decade. These stories remind us of the lifelong commitment so many make to our cause, and they continue to inspire us all.

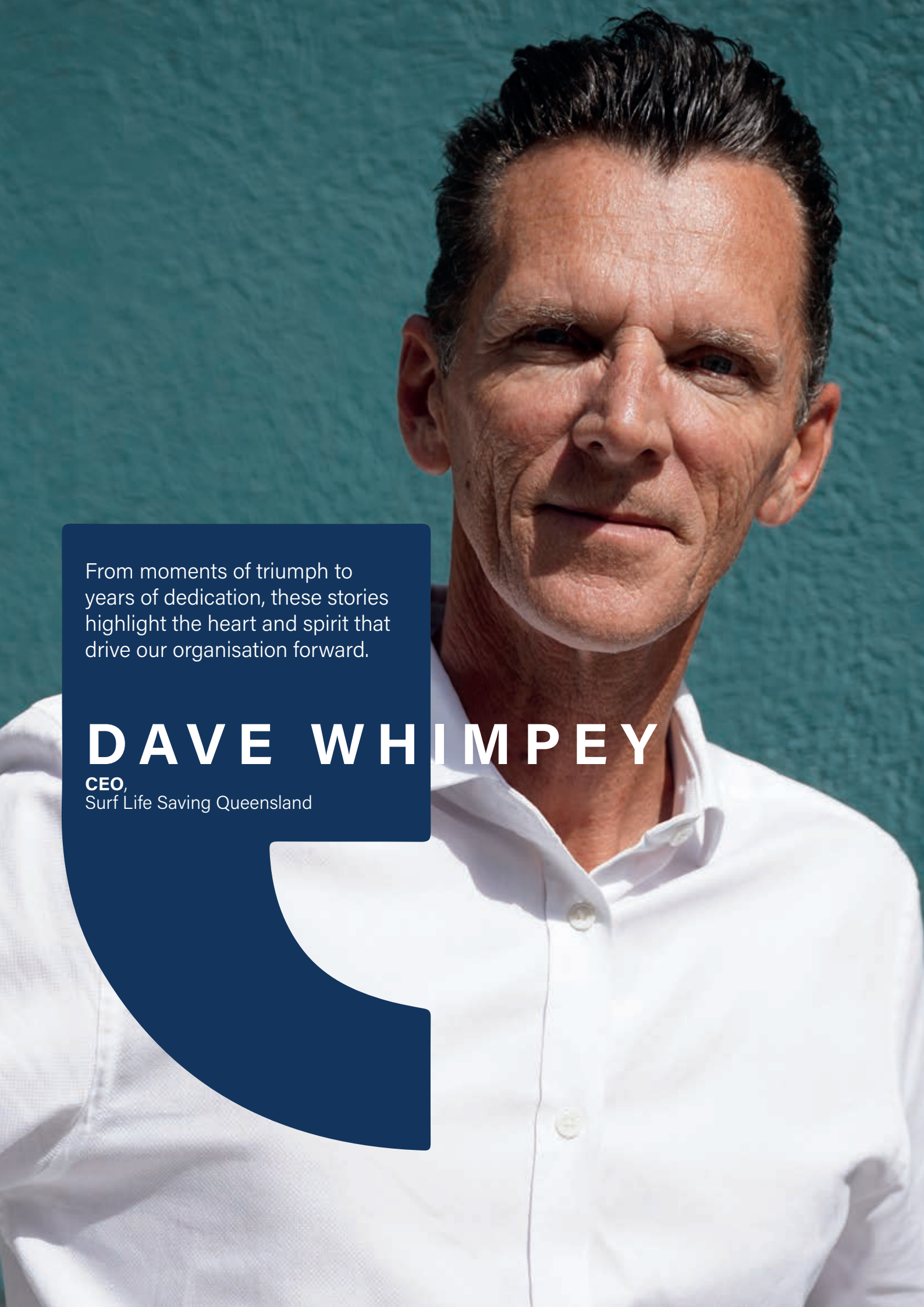
Of course, there are many more stories to share, and I hope you enjoy reading them as much as we enjoyed putting this edition together.

As the season unfolds, I wish everyone a successful and safe time on the beach. I look forward to seeing you out there, making a difference, and continuing the proud legacy of Surf Life Saving Queensland.

Warm regards

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





From moments of triumph to years of dedication, these stories highlight the heart and spirit that drive our organisation forward.

# DAVE WHIMPEY

CEO,  
Surf Life Saving Queensland





**NATIONAL COASTAL  
SAFETY REPORT  
HIGHLIGHTS RECORD  
LIVES SAVED  
BY VOLUNTEER  
SURF LIFESAVERS**



**Surf Life Saving Australia** released the 2024 National Coastal Safety Report at the start of patrolling season with the new research revealing over the past **12 months** there were more than **16 million coastal visitations, 258 coastal deaths, 150 due to drowning (58%)** and almost **9,000 rescues** which equates to an additional **1,600 lives saved**.

The report highlights that the coastal drowning burden would have been over **1,684** and a further **1,010 critical injuries** could have occurred if it wasn't for the dedication of volunteer surf lifesavers and lifeguards across the country who performed a record **2.4 million preventative actions**.

As more than **45,000 volunteers** start to patrol Australia's beaches again this season, the National Coastal Safety Report reveals that **8,857 rescues** were performed across the country's coastline in the last 12 months, as well as more than **2.4 million** preventative actions by surf lifesavers and lifeguards to keep beachgoers safe. This was an **increase of 29%** from last season.

**Surf Life Saving Australia CEO** Adam Weir said surf lifesavers are committed to keeping people safe at the beach but urged all Australians to make surf safety a personal priority.

**"We are deeply saddened by the drowning numbers this past year, each one was preventable and one death is one too many,"** said Weir. "The numbers are alarming and we encourage everyone to take notice.

"I am however incredibly proud of the work of our volunteer surf lifesavers across the country who performed a record number of preventative actions which has ensured this drowning number was not significantly

higher. Never before have our surf lifesavers been asked to do so much. Our research shows that our efforts represent a **\$9.5 billion** dollar value to the community.

"As the Australian population continues to grow, more and more people are visiting the coast and swimming away from Surf Life Saving services remains a major risk. Drowning incidents along our beaches are extending beyond the traditional holiday periods with summer extending well into March with drowning incidents 64% above average.

"We want to ensure everyone can enjoy our coastline safely and return home to loved ones," added Weir. "Our message remains simple: swim at patrolled locations, know your limits and be aware of your actions and decisions around the water"

The National Coastal Safety Report 2024 insights include:

- **Males were 6.5 times more likely to drown than females, accounting for 86% of the coastal drowning burden**
- **Swimming and wading drowning deaths increased by 49% from the 10-year average.**
- **Beaches were the leading drowning location with 1 in 3 beach drowning deaths due to rip currents, which remain the number one coastal hazard**
- **Coastal drowning deaths were 64% higher in February and March, and 24% above average in Winter.**
- **16.6 million** Australians visited the coast in the last 12 months
- **8,857 rescues and 2.4 million preventative actions were performed across the Australian coastline in the past 12 months**





# Queensland

AWARDS  
OF EXCELLENCE

# 2024 AWARDS OF EXCELLENCE: A SHOWCASE OF RED AND YELLOW SPIRIT

The Surf Life Saving Queensland community gathered in Brisbane on Saturday, 21 September for the much-anticipated Awards of Excellence, a vibrant celebration of the dedication and service from our Members along Queensland's iconic coastline.

## CELEBRATING COMMUNITY DEDICATION

Surf Life Saving Queensland CEO David Whimpey set the tone for the evening, emphasising its significance, "The Awards of Excellence highlight the extraordinary commitment of our volunteers who tirelessly safeguard our beaches and support their communities year-round"

Whimpey highlighted the vast reach of SLSQ, noting, "With 36,000 volunteer Members across 58 Clubs patrolling 8,000 kilometres of coastline, from Port Douglas to Rainbow Bay, our Members play a crucial role in ensuring the safety of both locals and visitors."

## HONOURING OUTSTANDING CONTRIBUTIONS

The evening saw numerous awards that were presented to standout individuals and Clubs, recognising their exceptional contributions during the 2023/24 season.

**CALAN LOVITT** from Point Lookout SLSC

has been named **Surf Lifesaver of the Year**, an honour that reflects his outstanding leadership during his 15th season as Patrol Captain. Calan's words capture the profound impact of his lifesaving journey: "Becoming a surf lifesaver is incredible; it's lifechanging and full of opportunities. It's fantastic for your resume for people going into lifeguarding, ambulance, police, but beyond that, it's life changing in other ways—meeting new people and becoming a valued Member of the community is just phenomenal."

• **Volunteer of the Year:** Zoe Naylor, whose dedication at Mudjimba SLSC exemplified the spirit of volunteerism central to Surf Life Saving.

• **Club Awards:** Point Lookout SLSC was named MARSH Club of the Year, while Forrest Beach SLSC received recognition as the Junior and Youth Development Club of the Year.

## EXCELLENCE IN ATHLETICS AND COACHING

Highlighting athletic achievements, **LANA ROGERS** of Northcliffe SLSC received the prestigious Athlete of the Year Award. Rogers secured top honours throughout the season, including victories at the Australian Ironwoman Championships, Kellogg's Nutri-Grain Overall Series, and the Coolangatta Gold, she says: 'It's very exciting, I didn't



really expect it at all. I kind of moved on from last year and trying to focus on what's coming up – which is the Coolangatta Gold, I'm really looking forward to it. This is a bit of a last minute thing for me, it's special!

Recognising the crucial role of coaching in these achievements, **NAOMI FLOOD** of Northcliffe SLSC was named Professional Coach of the Year. Flood's coaching prowess was evident in her athletes' success, with six finishing in the top ten of the Kellogg's Nutri-Grain Series and her female squad clinching multiple medals at State and National Championships.

## FUTURE GUARDIANS OF THE COASTLINE

The Awards of Excellence also celebrated the next generation of lifesavers:

- **Youth Lifesaver of the Year:** Jemma Wagner of Coolangatta SLSC, whose commitment to training and community safety was exemplary.

**TRAVIS LOVELL** of Kawana SLSC was awarded the prestigious **Under 14 Junior Lifesaver of the Year**, recognized for his remarkable dedication and skills in lifesaving. Hearing such heartfelt words from someone so young is truly inspiring. When asked about his achievement, Travis said, "I was so happy just to be nominated, but winning the QLD U14 Junior Lifesaver of the Year, feels so good. I love representing Kawana SLSC. I love helping out and look up to our lifesavers and love being one." His passion and maturity at such a young age are a testament to the bright future of lifesaving, making his win even more special.

The 2024 Awards of Excellence underscored not only individual and Club achievements but also the enduring spirit of camaraderie and service that defines Surf Life Saving Queensland. As the evening concluded, CEO David Whimpey expressed gratitude to all volunteers, stating, "Your dedication and selflessness are the heart of Surf Life Saving, ensuring Queensland's beaches remain safe and accessible for everyone."

The event served as a powerful reminder of the invaluable contributions made by the surf lifesaving community, reinforcing their pivotal role in Queensland's coastal safety and community well-being.







# BRAD MARSDEN: A LIFESAVING HERO'S DARING RESCUE

On a seemingly ordinary February afternoon, Brad Marsden's (a 59-year-old from Coolangatta SLSC) quick thinking and heroic actions turned a potential tragedy into a story of survival. As he drove south of the Boyds Bay Bridge in Tweed Heads, heading to visit family, Brad's day took an unexpected turn that would showcase the true essence of bravery.

At around 3:00 PM on February 10, 2024, Brad witnessed a chilling sight: a white Audi, carrying a young family with two children, had been run off the road into the Tweed River by an alleged drunk driver. Without a moment's hesitation, Brad pulled over and saw the car begin to sink. "When I saw the car go under, I knew I had to act fast," Brad recalled.

Brad quickly instructed two nearby boys to call emergency services and make sure they provided the right details. With the help of two other bystanders, Brad dived into the water, determined to save the trapped occupants. The parents in the front seats managed to escape, but the two children in the back were stuck.

The car's doors were jammed, and Brad, along with the children's father, struggled to break the windows. They eventually managed to open the rear door, but the seatbelt was stuck, making it hard to free the young girl.

Brad made three attempts to undo the seatbelt. "There was a point when I didn't think we were going to make it," Brad admitted. Despite the mounting pressure and growing concern, he finally succeeded on his third try, pulling the girl to safety. **"I was relieved she was breathing,"** he said.

When emergency services arrived, no first aid was required, and the family was taken to the hospital as a precaution. Remarkably, they were back home later that night—shaken but safe, thanks to Brad's bravery and quick action.

Brad's training and experience as a surf lifesaver was crucial in this rescue. His quick thinking, combined with his lifesaving skills, made all the difference in saving the young girl and her family from a dire situation. His heroic actions have been honoured with a SLSQ Bravery Medal, marking him as the sole recipient last season.

Brad Marsden's story is a testament to the impact of lifesaving skills and the profound difference one person's courage can make. His efforts on that fateful day remind us all of the power of quick thinking and selfless action in the face of danger.



Queensland  
**BRAVERY AWARD**

- AWARDED TO -  
*Bradley Marsden*  
Coolangatta SLSC

10th February, 2024  
South Side Boyd's Bay Bridge,  
Tweed Heads

Gerard O'Brien  
SLSQ President

Simon Richards  
State Lifesaving Officer

Queensland

**LIFESAVING  
EXCELLENCE AWARD**

Bradley Marsden  
For the rescue of 2 patients in  
the Tweed River on the 10th of  
February 2024.

Gerard O'Brien  
SLSQ President

Simon Richards  
State Lifesaving Officer





# LIFESAVING

# MEMBER

# OF THE MONTH



## Queensland

**Jose Rodrigues de Sousa** moved his family from Portugal to Australia and joined the **Mackay SLSC in 2018**. He initially achieved his **Bronze Medallion** and commenced **patrolling of Harbour Beach Mackay** with fellow Club volunteers. He has continued to build his expertise, achieving awards now including Silver Medallion Patrol Captain/ Beach Management, Marine Stinger Award and IRB Crew certification.

After serving as a **Vice Patrol Captain** he has now become a respected and highly valued **Patrol Captain**. Alex's contributions and achievements are quite remarkable considering English is not his first language.

He has continually demonstrated his **pride in being a Surf Life Saver** and always strived to honour and fulfil the role to the highest standards. At this year's Club awards ceremony, he was the recipient of the

President's Award for Outstanding Vigilance & Service.

He is a great Club patrol role model, who presents himself very professionally in uniform and always engages proactively with his team and the community. He is a regular volunteer for the Club when providing water safety for community events and fundraisers. He continually seeks to maintain his life saver fitness training and achieve new awards to improve himself in his role. Alex also often commits to extra patrols when Members are not available.

On several occasions Alex has conducted additional volunteer patrols at neighbouring Clubs that were short of patrol Members. Our Club is very proud of Alex's achievements and very fortunate to have such a dedicated and enthusiastic Surf Life Saver on our team.



**2024-25**

**SURF SPORTS**

**CALENDAR IN**

**FULL SWING**

The 2024-25 Surf Sports season has kicked off with some thrilling events, which have set the stage for an epic year. The Endurance State Championships was held in September, the competition was fierce, with teams from all over Queensland battling it out across various endurance events, showcasing incredible stamina, skill, and team spirit.



# SURF SPORTS







## CHAMPIONS CROWNED AT ENDURANCE STATE CHAMPIONSHIPS

The atmosphere was charged with excitement as teams from across Queensland converged to compete in a series of demanding events. After a day of fierce competition, Noosa SLSC emerged triumphant by securing the coveted top spot in the championships. Alexandra Headland SLSC followed closely, clinching second place, while Burleigh Heads Mowbray Park SLSC displayed impressive performance to claim third. These results underscored the dedication and prowess that define Queensland's Surf Life Saving Clubs, setting a high standard for the thrilling season that lies ahead.

### HERE'S SOME INSIGHT INTO NOOSA SLSC

Craig Law, Surf Sports Manager, shared his thoughts on the team's triumph at the State Endurance Championships and the road ahead for the Club.

"Winning the State Endurance Championship was a great result for the Club, and a credit reflection of the hard work our athletes have put in," Law said. With many of the competitors returning to training as early as July, their dedication has already paid off. For many, the Endurance Champs served as a key event in their preparation for the gruelling Coolangatta Gold.

"Both the State Endurance Champs and Coolangatta Gold serves as ideal opportunity for the athletes to establish a strong base for what shapes as another exciting season of tough racing and fierce competition."

Law continues, "Noosa has a great reputation in the Endurance space," Law noted, recalling the Club's considerable success last season at the Aussies in distance swimming and running, both individually and in team events. "It was great to see those athletes up and about once again. We

had great spread of athletes across the Youth, Open and Masters groups, each performing very well and providing a great team environment for the whole group."

"Notable efforts from our Masters led by Wes Greene and Belinda Marsh, along with Open athletes Finella Gibbs-Beal, Kai Thompson and Courtney Bryant set the tone for the team with strong performances in the water, while Mia Caple and Jai Walsh dominant on the beach in the distance runs.

Young gun Barnaby Moore-Barton had a day out with multiple medals across the swim, board and run legs, while fellow youth teammates Henry Hopper and Sophie McClellan were also strong and amongst the medals."

The State Endurance win is a great way to start the season and serves as a strong launching pad into what we hope to be a very strong and resurgent Surf Sports season for the Noosa Club.

### WHAT'S NEXT? THE FULL SURF SPORTS CALENDAR

The excitement doesn't stop here. The 2024-25 SLSQ Surf Sports Calendar is now live and packed with events ranging from beach sprints to surf ski races, board rescues, and more. Whether you're an athlete or a spectator, the calendar offers opportunities to engage in surf sports year-round.

For more information on upcoming competitions and to plan your season, the full schedule is available now on the Surf Life Saving Queensland website. With major events lined up, including Branch championships, State titles, and national competitions, there's plenty to look forward to.

Stay tuned and get involved as we celebrate the spirit of competition and community throughout the surf sports season!



# 2024 LIFESAVING WORLD CHAMPIONSHIPS: A CELEBRATION OF SKILL, SAFETY, AND COMMUNITY



The **2024 Lifesaving World Championships** was an unforgettable event that showcased the best in lifesaving sports. Australia stood out by winning medals in both ocean and pool events, while Japan and Belgium made their mark in the sprint and flag events, proving themselves as fierce competitors with their speed and precision.

Youth and interclub teams added even more excitement with close races like the Rescue Tube Relay and Beach Sprint. Young athletes from South Africa, New Zealand, and the UK impressed everyone, showing that a new generation of talent is rising in the sport.

One of the most inspiring aspects of the championships was the participation of developing lifesaving nations. Teams from the UAE, Chile, and the Philippines made remarkable progress, despite being relatively new to the international scene. Their involvement highlighted the global growth of the sport and its importance not just as a competition but as a vital skill that transcends borders. These teams didn't just compete—they helped spread awareness about lifesaving in their home countries, adding a deeper purpose to the event.

Beyond the competitions, the championships reinforced the core mission of lifesaving. Throughout the event, there were demonstrations of essential rescue techniques like CPR and advanced first aid. These sessions reminded everyone that lifesaving is about more than winning medals—it's about promoting water safety and equipping people with the skills to save lives.

The event was also a celebration of community. It brought together people from diverse backgrounds, fostering camaraderie and creating lasting memories. The energy and enthusiasm of the crowd, volunteers, and organisers were profound, making the championship an unforgettable experience.



As the event came to a close, the final ceremony was a fitting end. It celebrated not just the athletes who won medals but also the unity and shared mission of the global lifesaving community. While athletes pushed themselves to their limits, they never lost sight of the ultimate goal: saving lives.

The championships wouldn't have been the same without the tireless efforts of the volunteers. They were both behind the scenes and on the front lines, helping with everything from logistics to event support. Their dedication was invaluable and played a key role in making the event a success.

The 2024 Lifesaving World Championships will be remembered not just as a sporting event, but as a celebration of lifesaving's dual purpose—challenging athletes while promoting water safety and rescue skills worldwide.

We are thrilled to share that this event was a wonderful success! Athletes from around the world showcased their skills in thrilling competitions. The spirit, dedication, and passion on display were truly inspiring, with several records being broken. This success was made possible by the incredible support of everyone involved, and we are deeply grateful for your contribution.



Dolphin



**THE LADY BUG CAP  
EVERYONE'S  
TALKING ABOUT -  
HOW HARSEWINKEL  
GOT THEIR SPOTS**

It was the question on everyone's lips at the Lifesaving World Championships, what's the story behind the ladybug caps of German club Harsewinkel?

Proud team official, Dirk Brockmeyer, explained that in 1998 the Harsewinkel club turned up to their first World Championships in Auckland, New Zealand without any cap at all.

**"We arrived and learnt we must wear a cap"** said Dirk, **"We didn't know what the caps were"**.

They ran off to the local shops in Auckland and chose the now famous red and black polka dot material.

**"My grandpa then made the caps for all the team"** Dirk said, beaming at the memory.

The team then travelled to Muriwai Beach for the competition. **"Everyone was saying what's this cap, and we said it's Harsewinkel"**.

**"Everyone we met was wanting pictures with us"** Something that has carried through from the 1998 Championship to the 2024 Gold Coast competition, with many Australian and international teams seeking photos with the locally dubbed Harsewinkel Ladybugs during the competition.

After the New Zealand Worlds Championships, Dirk's grandpa took the caps back to Germany where they were quickly adopted as the competition cap for the club. The German club of about 500 members do a lot of pool swimming and kayaking. **"In Nippers, Youth and Opens we have maybe 80 members competing in Germany,"** Dirk explained.

As club hopeful Ben Brinkmann lined up for the start of the youth men's ski quarter final, the team said they were very proud to see him as the only international athlete in the race.

**"We mainly train in the German rivers near our home, in flat water. But twice a year we travel to France for training camps in the Atlantic Ocean,"** Ben said.

Despite the rare chances they get to train in surf, the competitors were excited to be competing in surf conditions on the Gold Coast and are certainly showing their might in the big swell.

Ben battled several sets on his way out to the cans and only narrowly missed out on progressing to the semifinal.

**"We are a strong German team and we are wanting to beat the Australians, but it doesn't always work,"** the team official said with a goodhearted laugh.

After such a random beginning, the Harsewinkel team are so happy to wear the red and black polka dot cap in every competition in Germany and around the world.

**"THIS CAP, IS OUR CAP FOREVER"**



**WORLD TITLES**

**PROVIDES INSPIRATION**

**FOR GROWING**

**BANGLADESH**

**SURF CLUB**

Mohammad Saifullah Safit is the lone representative from Bangladesh at the World Lifesaving Championships. Here as an official he has travelled to the event to learn how to build the sport for his club to in turn save lives.

"Bangladesh has a lot of water bodies so we have a lot of drownings every day. Lifesaving can change people's lives by saving lives. In Bangladesh I am a lifeguard trainer and surfer, I have built these skills so I can share them with others.

"In 2014, I founded Surf Lifesaving Bangladesh and through this organisation we are teaching under privileged kids how to save themselves in the water.

"We start them swimming and surfing and then we introduce them to surf lifesaving activities. I am here because I love lifesaving - it is sport where the skills provide a true humanitarian purpose in being able to save a life."





Mohammed said that the club started to introduce a sporting approach to their activities in 2018 to make it more fun and to encourage more people to take part.

**“I found out about the Worlds through the ILS, I went online and learned how to officiate so I could be part of the event.**

Being here has helped to see how athletes compete and how competition is run so that I can help develop the sport in my country.

“I have known a lot about Australia from when I was young – mainly from the cricket,” he says with a big smile. “But I have always wanted to come to Australia, it is a beautiful country.”

Mohammed has invested the equivalent of a year’s worth of wages to come to Australia to be part of the World Championships and learn from other lifesavers. He’s most grateful to the Broadbeach Surf Lifesaving Club who have thrown open their doors and provided him accommodation with some of their team in their clubhouse.

“Since I have been here I have visited a number of clubs and have seen their lifesaving programs.

“Being here to see it has completely changed my mind about what my club can be.

“Staying at the club at Broadbeach I have been able to see every aspect of the club and there are many, many things I have seen that we need to put in place – technical and operational things we need to do”

When he returns to Bangladesh Mohammed has big plans.

“When I return I will be getting ready for the season coming up and will look to start to introduce what I have learned. I would like to run a lifesaving championship for our country. Maybe in two years time we will be able to compete in Morocco.

But he says his biggest challenge is funding. “I am hoping I can gain some financial support from the community to get this off the ground as our biggest challenge will be getting equipment and any support for this will help us build our club.”

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Two young men, Callum and Henry Simpson, are standing on a beach. They are both wearing dark green Australian team polo shirts and dark blue shorts. Callum, on the left, is wearing a red medal around his neck. Henry, on the right, is wearing a blue medal around his neck and has a large collection of colorful medals (yellow, blue, and red) hanging from his neck. They are both smiling. The background shows a beach, the ocean, and a city skyline in the distance under a clear blue sky.

**BROTHERLY BONDS  
IN SPORT:  
CALLUM AND  
HENRY SIMPSON'S  
REMARKABLE  
JOURNEY**

Growing up by the water, Callum and Henry Simpson from Alexandra Headlands Surf Life Saving Club have carved their own paths in sport, each achieving remarkable success on the world stage. While Callum represented Australia at the Paralympics in Paris, Henry has made waves at the World Lifesaving Championships, both inspiring each other along the way.

### **Callum Simpson: From Therapy to Paralympic Glory**

For Callum, swimming initially served as a form of therapy for his body, although it quickly evolved into a passion that has taken him to the Paralympic stage. Inspired by icons like Braedan Jason and Brenden Hall, he turned competitive swimming into a career aspiration and set his sights on the Paralympics.

"I really fell in love with the sport, and I wanted to go to the Paralympics like my idols," Callum shared. His hard work paid off in Paris, where one of his most memorable moments was winning the 100m freestyle in front of a cheering crowd filled with family and friends from both the UK and Australia. "Looking up to the stands after I won will be a memory that will live with me forever."

Callum's involvement in lifesaving has been crucial to his success. "It has helped me feel very comfortable, safe, and relaxed in the water," he explained. Being part of Alexandra Headlands SLSC also brought him into contact with Braedan Jason, one of his role models.

When asked about advice for other young athletes aiming for the Paralympics, Callum says, "Dream big and chase your dreams. Anything is possible if you work hard and surrounded yourself with people who are invested in helping you achieve your dreams. Change your mindset—disability isn't a hindrance; it's your superpower."

### **Henry Simpson: Racing for Australia and Alexandra Headlands SLSC**

Henry has also enjoyed a stellar sporting career, particularly at the World Lifesaving Championships, where he proudly represented Australia and his home Club. "It was an honour to race under the Green and Gold cap for Australia and the Black and Gold cap for Alex," Henry said, reflecting on his international experience.

One of Henry's proudest moments was defending the National Youth World Championship title and winning the Youth Ocean and Beach Championship for Alexandra Headlands. But it wasn't easy; competing for two weeks in both the ocean and pool requires immense physical and mental endurance. "Surf carnivals are intense, and to sustain being at the top of your game for two weeks was significant," he noted, crediting his surf coach Jack Hanson and swim coach Peter Carswell for helping him stay race-ready.

Looking forward, Henry has his eyes set on the Shaw and Partners Iron Series trials at Tugun and hopes to continue developing his skills for future competitions.



## Brothers Supporting Brothers

As brothers pursuing success in two different sports, Callum and Henry have a strong support system in each other. "We are always encouraging each other to get better and try to watch each other's races when we can," they said. When the family is on holiday, the brothers often train together, pushing each other during swim, run, or gym sessions.

Their family has played a pivotal role in their achievements. "It takes a village, and our whole family has supported us," the brothers acknowledged. From grandparents to family friends helping with logistics to their parents being their biggest fans, the Simpson family has been there every step of the way.

## Looking Ahead

Both Callum and Henry have big dreams for the future. Callum hopes to make the Australian swim team for the 2026 Lifesaving World Championships and aims to compete in the next Paralympics in LA and Brisbane. Whereas Henry is determined to break into the Shaw and Partners Iron Series in the hopes of eventually winning an Australian title. He also aspires to make the Australian Lifesaving team as an open athlete.

Despite their international success, both brothers cherish the community at Alexandra Headlands SLSC. "We love hanging out with mates on the beach and being part of such an amazing community at Alex," they said.

With their sights set on even greater heights, Callum and Henry continue to inspire through their dedication, perseverance, and mutual support as brothers and athletes.









# CELEBRATING A CENTURY: POINT DANGER'S 100TH ANNIVERSARY

In a remarkable celebration of its 100th anniversary, the SLSQ Point Danger Branch staged a historic 100 Hour Patrol and Community Event over the Easter weekend at Coolangatta SLSC. This milestone not only honoured the legacy of the Branch but also highlighted the commitment of volunteer lifesavers to beach safety and community engagement.

## THE 100 HOUR PATROL

The event commenced on Wednesday, March 27, 2024, with a ceremony that featured a Parade of Colour. Lifesavers proudly marched in with flags from each Club, accompanied by a Welcome to Country performance, speeches from dignitaries, and, fittingly, a downpour of rain. At 4:00 PM, the flags were raised, marking the start of a continuous 100 Hour Patrol.

Manned by dedicated volunteer lifesavers in full patrol uniform, the patrol was strategically situated on the grasslands outside of Coolangatta SLSC. This placement ensured Member safety and discouraged swimming after dark, while still showcasing the branch's commitment to vigilant beach patrols. The continuous patrol included normal rostered shifts by Coolangatta SLSC Members throughout the weekend.

## A WEEKEND OF COMMUNITY ENGAGEMENT

From 3:00 PM to 8:00 PM on Saturday, March 30, and Sunday, March 31, the community event brought together families and friends for a day of fun and engagement. Attendees enjoyed carnival rides, food trucks, a face painter, and a special visit from the Easter Bunny on Sunday. The stage came alive with live performances and local entertainment, while a variety of lifesaving

demonstrations took place throughout the weekend.

Demonstrations included:

- **IRB Race Training Techniques** by Kirra SLSC
- **CPR Basics Talk** by Coolangatta SLSC
- **Helicopter rescues** by the WLHRS crew, featuring two of the Youth of the Month winners
- **R&R demonstrations** by members including Mal, Jess, and Ella Crispe
- **Surf Boat Training**
- **On-stage interviews** with prominent Branch figures, including President Jared Clark and Manager Rachael Clark

The event culminated in a festive atmosphere, concluding with a countdown and a spectacular fireworks display at 8:00 PM on Sunday.





## **A MESSAGE FROM LEADERSHIP**

Reflecting on this monumental occasion, Jared Clark, the 18th President of SLSQ Point Danger Branch, expressed his honour in leading the branch through its centenary celebration. "This is a momentous occasion, one that none of us will see again in our lifetime," he remarked.

## **A LEGACY OF LIFESAVING INNOVATION**

For the past 100 years, the Point Danger Branch has stood as a guardian of the southern Gold Coast beaches. Its Members have pioneered numerous lifesaving

innovations, from the early days of radio communications at North Kirra to the introduction of helicopters and jetboat services.

As the Point Danger Branch looks to the future, it remains committed to its mission of safety and service, inspired by the remarkable legacy of its past. This 100 Hour Patrol was not just a celebration of history, but a confirmation of its ongoing dedication to the community and the beaches they protect.









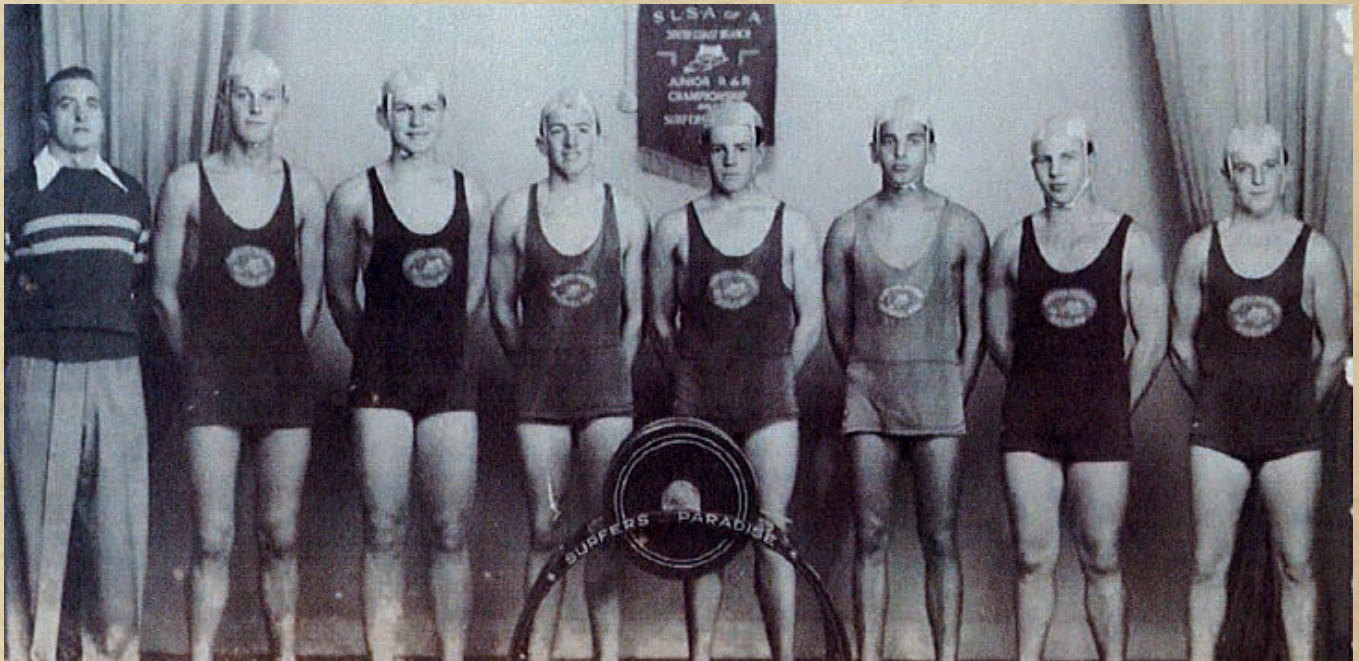


# Claude Jeanneret Bam:

## A LIFESAVING LEGACY SPANNING 70+ Years

At 94 years old, Claude Jeanette's journey with surf lifesaving is a testament to dedication, community, and the evolution of a movement that's saved countless lives. It all began in 1948 when 17-year-old Claude joined the Surfers Paradise Surf Life Saving Club along with fellow members of the City Pastime Swimming Club. "All my mates from the swimming Club joined Surfers Paradise," Claude recalls, speaking of the friendships that drew him to the Club.





In those early days, lifesaving was a different experience altogether. “When we did patrols, the only tools we had were a reel, line, and belt,” Claude says, marveling at how far the movement has come. Today’s lifesavers have access to advanced equipment, including rescue boards and radios, but in Claude’s time, the focus was purely on skill and teamwork. Without a car or even a pushbike, Claude would hitchhike from Holland Park to the Gold Coast every weekend, proudly wearing his club blazer. “Never had a problem,” he adds with a laugh, reflecting on how different the times were.

One of Claude’s most memorable (and harrowing) moments was a shark attack in 1958, when a young boy was taken by a shark at Surfers Paradise. As the Club Captain at the time, it’s an event that stayed with him. On a more triumphant note, Claude also proudly recalls being part of the Surfers Paradise team that

won gold for R&R at the Australian Surf Lifesaving Championships at Torquay Beach during the 1956 Olympic Games, an achievement that solidified the Club’s reputation as one of the best in the country.

Throughout the years, Claude’s commitment to lifesaving extended beyond the beach. In 1960, he served on the State Resuscitation Committee, helping introduce mouth-to-mouth resuscitation in Queensland—a technique that has since become a lifesaving standard.

**“Before that, we used the Schafer method and the Holger Nielsen method”**

Claude recalls, proud of his contribution to an essential lifesaving development.



Despite stepping back from patrols after 15 years, Claude has remained deeply involved with the Surf Life Saving community, earning life membership with Surfers Paradise, Northcliffe, the South Coast Branch, Surf Life Saving Queensland and Surf Life Saving Australia. He continues to be inspired by the younger Members of the movement. "The young people in life saving keep me young," Claude says. His advice for new Members is simple: "There are so many opportunities in life saving. Whether it's patrolling, administration, special services like the helicopter or IRBs, or even communications—there's something for everyone."

**There are so many opportunities in life saving. Whether it's patrolling, administration, special services like the helicopter or IRBs, or even communications—there's something for everyone.**

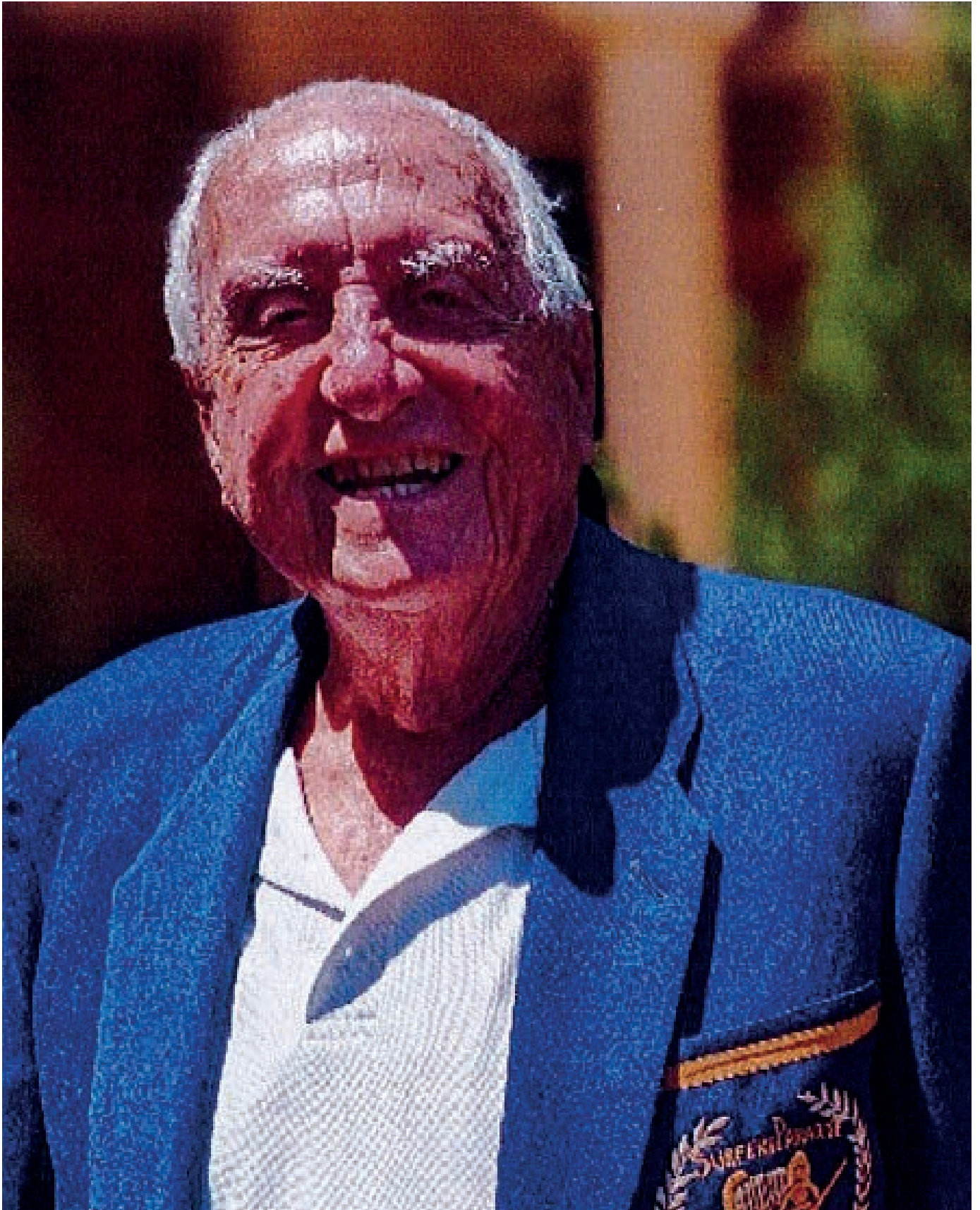
Claude's passion for life saving is rooted in the friendships and sense of community it has provided him over the decades. "It's the greatest social institution I've ever been a part of," he says. And with mates that span generations, it's clear that Claude's legacy in surf lifesaving will continue to inspire long after he hangs up his cap.

As a final note, Claude's titles speak volumes about his lifetime of service: Life Member of Surfers Paradise, Northcliffe, the Queensland Branch, the National Body, and an Order of

Australia Medal recipient, holding numerous positions of responsibility. His contributions to Surf Life Saving are etched in the history of the movement, and his story continues to be a beacon for those who follow in his footsteps.

**In life you have acquaintances, friends and mates. Everybody I know in Lifesaving is a mate.**







**LEADING THE**

**CHARGE IN**

**EMERGENCY**

**RESPONSE:**

**A CONVERSATION**

**WITH CRAIG LUNN**



Craig Lunn, Director of Emergency Response and Capability at Surf Life Saving Queensland (SLSQ) is spearheading a team dedicated to advancing lifesaving operations on and off the beach. In a recent interview, Lunn shared insights into the goals, challenges, and innovative initiatives driving the department's future.

### **A Role with Far Reaching Impact**

Craig Lunn's role is as dynamic as the name suggests. By overseeing strategic and operational planning for the department, his responsibility stretches beyond the typical lifesaving operations.

"My role is essentially to lead the strategic and operational planning and implementation of the Emergency Response and Capability Department," Lunn explains. This includes managing three main areas: Operations Support, Interoperability Systems, and Disaster and Emergency Response. These areas cover everything from unpatrolled beach rescues to disaster

preparedness and response including training and exercising.

### **Vision for the Future**

When asked about the department's vision, Lunn was clear: "Ultimately, we share the same vision as SLSQ, which aligns with our goal of zero preventable deaths in Queensland's public waters." But for Lunn, it extends beyond this, he now aims to expand SLSQ's support to all coastal areas, by working with other emergency services

**"The ability to communicate across services on shared channels significantly improves our coordination and response times during major incidents. It's going to be a game changer for us"**



to offer surge capacity in times of need.

In line with these goals, Lunn emphasises the importance of ensuring SLSQ's volunteers and staff are well prepared: "For me, the goal is to make sure our volunteers and staff are well-prepared, trained and rehearsed, so everyone stays safe and comes home to their families at the end of each day."

### **Advancing Technology: A Game Changer**

One of the major innovations driving SLSQ's evolving emergency response system is the integration of the Government Wireless Network (GWN). These new GWN radios, currently being rolled out across the organisation, provide more reliable communications, increased channels, and allow for seamless coordination with other emergency services such as the Queensland Police and Ambulance Services (QPS and QAS).

Craig notes how this technology has already proven its worth during joint exercises with the State Emergency Service (SES) and the QP **ICEMS (Inter-CAD Electronic Messaging System) - Streamlining Emergency Tasking.**

Another key advancement in the department is the development and rollout of ICEMS. This system enhances coordination between SLSQ and other emergency services by enabling direct electronic tasking from external agencies. Essentially, it allows real time task allocation by emergency services, streamlining the request process.

"When a request for assistance comes in, ICEMS essentially acts as an electronic task manager, instantly transmitting task details to our State Operations and

Communications Centre (SOCC)," explains Craig. "This seamless coordination allows us to allocate resources and dispatch teams faster and more efficiently."

The system significantly reduces the time it takes to mobilise lifesaving teams and other support units, ensuring critical responses are handled without delay.

"In the past, the tasking process involved several steps and communication delays. Now, ICEMS enables instant deployment, which increases our operational efficiency and our ability to respond quickly, especially during crises such as floods or other natural disasters," he adds.

### **Specialised Training: Enhancing Readiness**

To maintain momentum in emergency response capabilities, Craig emphasises the importance of focused training. SLSQ is rolling out new courses tailored to disaster response – in particular flood response, swift-water rescue, and night-time operations.

"We're focusing on both volunteers and staff, ensuring that everyone has access to cutting edge training to increase our ability to prepare for and respond to disaster events in Queensland," he says.

Unmanned Aerial Vehicles (UAVs) are also becoming an increasingly important tool in SLSQ's emergency response arsenal. With thermal imaging and night-time operation capabilities, UAVs offer valuable support for search and rescue missions and mapping flood-affected areas.

"Our next big push is expanding UAV capabilities, with training rolling out in the next few months," says Craig.

## Collaboration and Overcoming Challenges

Despite the breadth of responsibility, Lunn emphasises the importance of collaboration across departments within SLSQ.

“We’re working closely with lifesaving, lifeguards, and the training department to ensure our approach is cohesive and we’re all aligned in our goals,” Lunn says. One of his focuses is integrating SLSQ’s operations into Queensland’s broader disaster management framework, helping to streamline communication and coordination.

Despite the success, the challenges remain. Queensland’s vast geography and diverse environments—from surf in the south to crocodile-dense waters in the north—pose logistical hurdles. “We’re working on building on-call deployable teams who are trained and prepared to respond to emergencies in different regions across the state,” Lunn explains.

Building momentum is another challenge. “When you have a new idea, it’s about bringing everyone along on the journey and ensuring we have the resources and funding to support it,” Lunn says. But he remains focused, particularly on ensuring training meets operational needs, especially in disaster management.

## Recent Successes and the Road Ahead

A notable recent success for the department was through their involvement during Riverfire in Brisbane, where SLSQ was requested by the Queensland Water Police to provide nighttime on-water support. “We were tasked with providing on-water rescue teams to ensure the safety

of eventgoers along the Brisbane River. It was one of our first night-time operations where we integrated the new GWN radios and deployed teams who had recently completed night-time rescue training.”

The results greatly exceeded expectations. Feedback from Queensland Police and other emergency services highlighted the professionalism and coordination of SLSQ’s teams. “The feedback from the Queensland Police Service and Ambulance Service was also incredibly positive. It was a proud moment for our team. The police were impressed by how quickly we were able to respond to incidents in real time without delays.”

Looking ahead, Lunn is optimistic about the future. “There’s a lot more to come as we head into disaster season, and I’m excited about the continued development of our capabilities.”

Craig Lunn and his team are driving SLSQ’s emergency response forward with innovation, determination, and collaboration. As they prepare for the challenges of Queensland’s diverse environments, the department is setting a new standard for lifesaving beyond the flags.







**A WESTPAC  
LIFESAVER RESCUE  
HELICOPTER SERVICE  
SUCCESS STORY**

In a dramatic turn of events off Tallow Beach, Byron Bay, a routine morning body surf for 49-year-old Rick Shearman quickly escalated into a fight for survival. Experienced in the ocean's challenges, Rick found himself a kilometre offshore, overwhelmed by powerful waves that made it nearly impossible to return to shore.

"I copped a couple of big ones on the head and was held under for a while," Rick recalls, panic setting in as he struggled against the relentless surf. Despite his skills as a swimmer and surfer, the ocean's might was unforgiving, leaving him with few options.

With the waves breaking across the entire stretch of beach from Broken Head to Suffolk Park, Rick realised after about 20 minutes that he needed help. His partner was on the beach, but he feared she had left to go shopping, making the situation more urgent.

In that critical moment, Rick remembered the emergency function on his Apple smartwatch—his lifeline. "I managed to locate the emergency function and make the call to triple-0," he said, demonstrating calm under pressure.

As he treaded water, Rick faced the challenge of communicating his dire situation while battling the conditions. "They asked if I wanted police, fire, or ambulance. I really didn't know how to respond," he said, struggling to hear the operator amidst the roar of the ocean. He stayed on the line for an hour, guiding emergency services to his location as the waves continued to crash around him.

Our Westpac Lifesaver Rescue Helicopter Service soon arrived, and Rick was winched to safety and returned to the beach.

Reflecting on the experience, he remarked, "If it wasn't for being able to access that service in my watch, I'd probably be bobbing out somewhere in international waters by now."

Rick expressed deep gratitude for the efforts of the Westpac Rescue Helicopter Service, Surf Life Saving, police, and the Byron Bay Hospital staff. "It's amazing that I was able to use that technology to save my life," he said, emphasising his respect for the ocean's dangers and acknowledging that he underestimated the conditions that day.

### **A CALL TO LIFESAVERS - TECHNOLOGY'S ROLE IN THE FUTURE**

Rick's story is a powerful reminder for all surf lifesavers about the critical importance of being prepared and knowing how to utilise available technology. As the surf life saving community, we must continue to promote safety awareness and encourage beachgoers to recognise the value of lifesaving services and emergency communication tools.

Rick's near-miss not only highlights the incredible work of our helicopter team undertake but also serves as a testament to the life-saving capabilities that modern technology can offer. As we gear up for another season, let's ensure that we, too, are equipped—both physically and mentally—to keep our beaches safe.





**CELEBRATING A  
DECADE OF  
DEDICATION:  
MITCH YATES  
REFLECTS ON  
10 YEARS  
AS A LIFEGUARD**



For many, becoming a lifeguard is more than just a job—it's a calling. Marking his 10-year anniversary as a lifeguard, Mitch reflects on the journey that began with inspiration from a friend and mentor. That friend, MJ, is a now-retired lifeguard whose passion for the role and leadership within the lifesaving community left a lasting impression. "I was looking for a career change, and MJ asked if I'd be interested in lifeguarding. The way he talked about the role with passion and how people looked up to him as a leader is what inspired me." That initial motivation was just

the beginning of a lifelong commitment to saving lives and helping others.

### **Memorable Moments in Lifesaving**

In a career dedicated to public safety, there are inevitably challenging moments. For many lifeguards, the most memorable experiences are also the most confronting. "The most memorable incidents I have, unfortunately, are the ones that can play on your mind for many years," he shared, "Surf Life Saving Queensland has created



a network of Peer Support Officers and Counselling Services that have helped many people through those tough times." This kind of support plays a critical role in helping lifeguards process difficult experiences while continuing their vital work.

### **The Reward of Guiding the Next Generation**

After years on the beach, it's not just the rescues that stand out but also the opportunity to help mentor new lifeguards. "The thing I find most rewarding is helping develop new and upcoming lifeguards. When you can visually see a lifeguard's confidence, skills, and who they are as a person grow, it gives me great pride. Especially when they use those skills in major incidents." Lifeguarding is a profession that demands continuous learning, and being able to pass on knowledge and see it applied in critical moments is deeply rewarding.

### **Changing Challenges Over the Years**

"Working on single-lifeguarded beaches has always had its challenges, and it's the reason we train so hard and work on our skills," he said. Over the past decade, he's witnessed a significant increase in the number of beach visitors, particularly from overseas tourism, which has added complexity to beach management. "At times, it can be difficult to manage the increased number of visitors to the beach," he noted, highlighting the growing demand for vigilance and adaptability in today's beach environments.

### **Staying Prepared, Physically and Mentally**

Being a lifeguard requires not only physical fitness but also mental resilience. For this experienced professional, staying in top shape involves a balanced approach. "Fitness and diet play a huge role for me to stay mentally and physically fit. Having hobbies like surfing and golf help enjoy life." But the most significant support comes from

his personal life: "The biggest thing for me mentally is having a supportive wife who has always been there for me." Lifeguarding can be demanding, and having strong support systems, both personally and professionally, is key to thriving in the role.

### **Lifeguarding Lessons Beyond the Beach**

The skills and lessons learned from a career in lifeguarding extend far beyond the beach. For this lifeguard, those skills opened the door to another life-saving profession—firefighting. "Lifeguarding gave me transferrable skills that helped me become a firefighter, another job that I thoroughly enjoy." The quick decision-making, physical stamina, and mental toughness required for lifeguarding are invaluable in many other aspects of life.

### **Advice for New Lifeguards**

For anyone starting their career with Surf Life Saving Queensland, his advice is simple: "Take your job seriously, ask questions, and have fun. We have the best job in the world, but at the end of the day, we put our lives at risk for the public and are responsible for their safety." Lifeguarding is not just a profession—it's a role of immense responsibility, and those stepping into it need to embrace both the seriousness and joy that comes with the job.

*As Mitch Yates celebrates 10 years of dedicated service as a lifeguard with Surf Life Saving Queensland, we want to take a moment to thank him for his unwavering commitment to keeping our beaches safe. His passion for lifesaving, mentorship of new lifeguards, and ability to stay calm in even the most challenging situations have made a significant impact on our community. Mitch's contributions over the last decade have been invaluable, and we are grateful for his continued service. Here's to many more years of safeguarding our coastline — thank you, Mitch!*



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



Activities included in the program are:

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



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 **Little Lifesavers**



Queensland



# KAL GLANZNIG'S VISION FOR OCEAN HEALTH AND YOUTH EMPOWERMENT

Kal Glanznig, co-founder of Plastic Free Cronulla and an ambassador for Take 3 for the Sea, has dedicated himself to advocating for ocean health and empowering youth through the documentary "Rising Up."

## THE INSPIRATION BEHIND RISING UP

Kal's commitment to ocean health began with a deep connection to Australia's beaches and the statistics that show two in three young Australians are concerned about climate change. "I wanted to give my peers hope in a world that often focuses on doom and gloom," he explains.

This mission developed after his experience speaking at the United Nations Climate Conference in late 2022, where he encountered innovative solutions spearheaded by young activists worldwide. Witnessing this gave him the motivation to document their stories and inspire others to take action.

## A LIFESAVING LEGACY

Kal's journey with surf lifesaving started during his childhood at Wanda in Sydney's south. "I grew up in the ocean, whether it was nippers, surfing, or swimming," he recalls. The community and lessons he gained through lifesaving have profoundly influenced his perspective.

"The biggest takeaway was to love the ocean, not fear it."

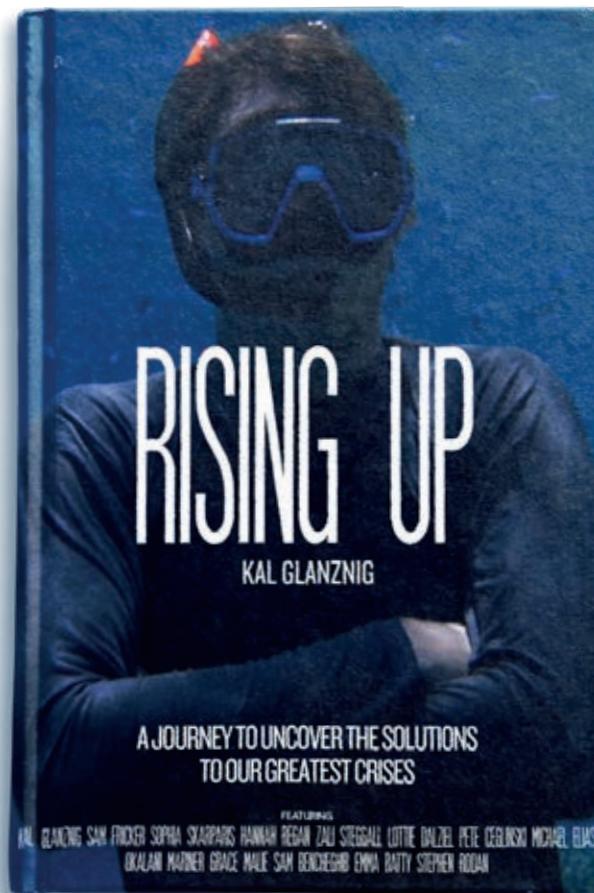
## POWERFUL STORIES OF CHANGE

The documentary features a variety of impactful stories, with one of the most inspiring being that of Sophia Skarparis. At just 14 years old, Sophia started a petition against plastic pollution that gathered 12,000 signatures, leading to the ban of lightweight plastic bags in New South Wales. Kal highlights this as an example of how anyone can spark change, regardless of age. "It all starts with that first step," he emphasises, encouraging others to take action in their communities.

## ENGAGING SURF LIFE SAVING CLUBS

Recognising the unique role of Surf Life Saving Clubs in fostering community and environmental awareness, Kal is offering free screenings of "Rising Up" as fundraisers for these clubs.

"Every Member of the Club wants to see a cleaner, healthier ocean," he states. By sharing the documentary's hopeful message about addressing plastic pollution and climate change, he aims to inspire collective action within the lifesaving community.





## **SIMPLE ACTIONS FOR OCEAN PROTECTION**

As an advocate for ocean health, Kal believes that small, individual actions can lead to significant change.

“Every single piece of plastic that has ever been created still exists today,” he warns, stressing the importance of reducing plastic usage. He encourages actions like picking up litter at the beach and promoting solar energy installations in homes and Clubs, sharing his own experience of raising \$100,000 to install solar panels at his high school.

## **MENTAL HEALTH AND CLIMATE ACTION**

Kal's initiatives also focus on mental health, launching “Blue Minds” to provide free workshops in collaboration with Cooper Chapman, founder of the Good Human Factory and Surfers for Climate. “The future is unwritten,” Kal encourages young people, emphasising that they have the power to create meaningful change. His workshops aim to address the overwhelming feelings many youth face regarding climate issues and to foster resilience and agency.

## **A MESSAGE OF HOPE**

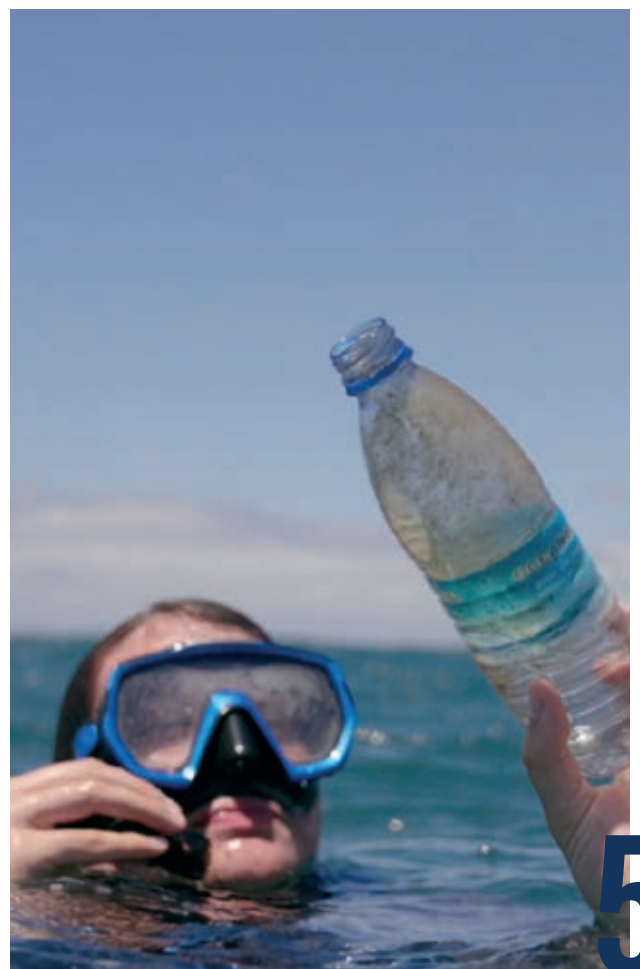
Through “Rising Up,” Kal Glanznig hopes viewers—especially young audiences—will walk away feeling inspired and equipped with practical ideas for making a difference. “Whether it's taking three pieces of rubbish for the sea or encouraging your Club to go solar, our actions together can create a tide of change.”

His unwavering belief in the potential of youth to lead the charge for a healthier

planet serves as a powerful reminder that the future can be shaped by our collective efforts today.

Stressing the importance of reducing plastic usage. He encourages actions like picking up litter at the beach and promoting solar energy installations in homes and Clubs, sharing his own experience of raising \$100,000 to install solar panels at his high school.

**“Whether it's taking three pieces of rubbish for the sea or encouraging your Club to go solar, our actions together can create a tide of change.”**







# FROM THE UK TO THE SUNSHINE STATE: DAMIAN RAXACH'S JOURNEY INTO SURF LIFE SAVING

When Damian Raxach moved to Australia from the UK in 2003, he had no idea that lifesaving would one day become a big part of his family's life. Settling in Queensland with his wife, they started their journey in Bribie Island before finally making a home in Hervey Bay.

Now, Damian's son is involved in Nippers, and Damian himself is an active official in the world of Surf Life Saving.



## **FROM FOOTBALL TO SURF LIFE SAVING OFFICIAL**

Damian and his family have always been very involved in sports, particularly football, but lifesaving was a completely new adventure.

"We are very much a football family, but being near the water has given us a completely different look at sport and how different communities work," he explains.

Tom's growing interest sparked the next step for Damian.

"Tom wanted to compete, and there are rules around participation at carnivals—how many kids can go and how many officials are needed. So, I ended up doing my official's course."

Damian is now a registered official and has even officiated at the State championships—a proud moment for him.

## **A LIFE IN QUEENSLAND**

When Damian and his wife first moved to Queensland, the transition from the UK was a bit of a shock.

"It was really weird, very different," Damian admits. But as someone who loves warm weather (his father is Spanish), he quickly adapted.

"I fell in love with it from day one and wouldn't go back for all the tea in China."

After traveling around Australia in a combi van for a few years, the Raxach family settled near Brisbane on Bribie Island. They eventually found their home in Hervey Bay, where they've built a strong connection to the local community.

## **THE IMPORTANCE OF COMMUNITY**

For Damian, the sense of community has been one of the most rewarding aspects of Surf Life Saving.

"It's great that the kids are in the sport, but what they remember most is the camaraderie, the fun times on the beach, and the friendships they form," he says. Damian is a firm believer in the value of giving back and being part of something bigger.

"If you want something done, you've got to give a hand. You can't expect everyone else to do it for you."

This community spirit extends beyond carnivals. Damian and his family now help at their local surf Club in other ways, including working behind the bar. "We've really been welcomed into the community, and people have been very good to us. Lifesaving is definitely a big part of our lives now."

## **SURF LIFE SAVING: A LIFELONG COMMITMENT**

With his son competing and himself officiating, Damian has no plans to step back from the surf anytime soon.

"We've already booked to go to the State Championships next year," he says. And he encourages anyone who's moved to Australia to get involved.

"It's helped us make new friends and taught us to understand and respect the ocean. Plus, it's a great way to give back to the community."

As for the future, Damian hopes to continue being an active part of the lifesaving community, whether as an official or in other volunteer roles. "We've really embedded ourselves in this community, and I don't see that changing anytime soon."

Damian's journey from the UK to Australia, and from football to water, is a testament to the power of community and sport. His story is one of adaptability, involvement, and the joy of seeing his son thrive in a classic Australian pastime.



# BRIELLE'S JOURNEY TO MENTAL WELL-BEING, EMBRACING INDIVIDUALITY & SELF IMAGE



Growing up on the Gold Coast, Brielle's journey into Surf Life Saving began at the Kurrawa Surf Club when she was just eight years old. With friends who needed teammates, Brielle joined the Club and quickly fell in love with the sport. Her self-dedication and passion have driven her to become not only an accomplished athlete but also a full-time primary school teacher. In this candid interview, Brielle shares her insights on mental health, self-image, and the strategies she uses to maintain a healthy work life balance.

## THE ATHLETE'S ROUTINE

'Over an entire week, I'm trying to do four swimming sessions, two running sessions, a gym session, two iron sessions, and two board sessions,' Brielle explains. Her schedule is intense, with training sessions spanning Monday to Saturday and a rest day on Sunday. Despite the demanding routine, Brielle emphasises the importance of mental preparation and setting both small and big goals to stay motivated. 'I love what I do, so the motivation comes naturally. It makes me feel energised, and I find it harder to concentrate when I haven't trained in the morning.'

For Brielle, training is not just about physical exercise; it's also about the social aspect and being part of a community. 'Training really gives me that opportunity to do something that fulfills me. I'm surrounded by people I love to hang out with, and that keeps my motivation high and fills up my cup,' she says.

**I love what I do, so the motivation comes naturally. It makes me feel energised, and I find it harder to concentrate when I haven't trained in the morning.**

This sense of community plays a crucial role in preventing burnout and managing fatigue. 'Being organised is key. I plan out my week, including meals and training sessions, around my work. My support network, especially my partner, is incredibly helpful. I probably couldn't teach full time and do what I do without him.'

## OVERCOMING PRESSURE AND SELF-DOUBT

Winning the series at 18 was a pivotal moment for Brielle, but it also brought immense pressure and expectations. 'I struggled the following year with the expectation that I should be winning all the races. Even now, I feel the pressure to perform while balancing full-time teaching.' Brielle has learned to manage this pressure by focusing on enjoyment and making memories. 'Last year, I had the most enjoyable series since my first one. I took the pressure off and made sure to enjoy each round with my family and friends. I may not be winning anymore, but I still love what I do. I get to live out both dream jobs.'

Knowing when to push and when to rest is a challenge many athletes face. 'I love hard work and often go to training even when I shouldn't. But I've learned that taking a break when I'm sick helps me recover faster,' Brielle admits. She emphasises the importance of having people around who can remind you to rest. 'Surround yourself with supportive people who understand you and will pull you up when needed.'



## EMBRACING INDIVIDUALITY AND BODY IMAGE: BRIELLE'S EXPERIENCE & ADVICE

Brielle encourages young athletes, especially girls, to embrace their unique body types and focus on their strengths. 'In the Ironwoman series, everybody is a different size and shape. There's no one-size-fits-all. I'm a lot smaller than other girls and not naturally muscular, but I've worked hard to become strong. It's important to understand that your body type doesn't define your capabilities.'

She continues, 'Each athlete's body has different strengths, and it's crucial to leverage them. Celebrate small victories and set goals that are about performance and health, not just appearance.'

She also highlights the importance of mentorship and role models in promoting a healthy body image. 'Having mentors and role models who exemplify body positivity and strength in diversity is key. They can provide guidance, share experiences, and help young athletes understand that there is no single standard of beauty or fitness. It's all about being the best version of yourself.'

Brielle's journey as an athlete and teacher is a testament to the power of passion, community, and self-awareness. Her advice for young athletes is clear: 'Surround yourself with supportive people, set goals, and most importantly, enjoy the journey.' As she continues to balance her dual roles, Brielle remains a shining example of resilience and dedication. Keep an eye out for her future endeavours, as she continues to inspire with her incredible journey.

**In the Ironwoman series, everybody is a different size and shape. There's no one-size-fits-all. I'm a lot smaller than other girls and not naturally muscular, but I've worked hard to become strong. It's important to understand that your body type doesn't define your capabilities.**









**RETHINKING  
RESCUE: HOW  
RESEARCH IS  
SHAPING THE  
FUTURE OF SURF  
LIFE SAVING**

My name is Ogilvie and I am a member of the amazing N patrol at Mooloolaba SLSC. I am also privileged to be the Medical Advisor to Surf Life Saving Queensland and a member of the Medical Advisory Group, SLSA.

Apart from being a life saver and an Emergency Physician, I am also a researcher. For the last six years, I have been researching drowning. And I would like to tell you about some of that research and how it may help us all be better life savers.

### **THE ROLE OF OXYGEN THERAPY IN DROWNING**

Despite drowning being a result of lack of oxygen, surprisingly, no one had explored whether oxygen therapy makes a difference when treating a drowning victim. I led a study to assess whether oxygen administered by lifeguards improved outcomes. The results were unexpected—oxygen therapy did not notably enhance patients' oxygen levels. One reason for this could be that we weren't measuring those oxygen levels during rescues. I presented this finding to the Life Saving Committee, and they were equally surprised. Keen to improve, the committee responded by rolling out pulse oximeters to every patrol location. These devices allow us to measure if our oxygen therapy is working. We'll revisit the research soon to see if this change has made an impact.

### **UNDERSTANDING RESCUE TRIGGERS**

Another aspect of my research delved into understanding what leads people to need rescuing from the surf. We, as lifesavers, are deeply familiar with our home beach. We know where the channel rips are, how

the water moves, where the banks are. We probably also know that two beaches further along, it's a very different story. So I looked at 8500 rescues across the beaches of South East Queensland and several patterns emerged.

- 1.** Every swimmer outside of the flags is ten times more likely to need rescuing than those between the flags.
- 2.** Low tide levels have more rescues and more rip activity than high tide levels.
- 3.** Beaches protected by headlands such as Noosa and Kirra, have a much stronger relationship between increasing wave size and increasing numbers of rescues. Much more so than the open beaches.
- 4.** The hazard rating (check your Beach Safe App!) for each beach has no relation to how many swimmers need rescuing. In fact, some of the "safest" beaches had some of the highest rescue-per-swimmer ratios. Clearly, we need to try and understand why this is the case.

In surf lifesaving, knowledge is power. These findings remind us that while we're highly skilled, there's always room to adapt and improve. By understanding where things go wrong, we can develop new ways to educate the public, prepare our teams, and ultimately, save more lives.



An aerial photograph of a beach. The left side shows the sandy shore with gentle waves lapping at the edge. The right side shows the ocean with more turbulent waves and white foam crashing against the shore. The water transitions from a light turquoise near the beach to a deeper green further out.

**THE BEACH:**

**A NATURAL PATH**

**OF HAPPINESS**

It's no secret that many people feel a sense of peace and joy when they visit the beach, but recent research suggests that this feeling might be more than just a fleeting moment of bliss. Studies from both the United States and Britain have highlighted the profound effects beach environments can have on our happiness, general wellbeing, and even brain function.

In the United States, residents of Hawaii have been ranked as the happiest in the country for six consecutive Gallup surveys. This enduring joy might be linked to the state's extensive coastlines and beach culture. Research from Kobe University in Japan echoes this sentiment, revealing that individuals living with a view of the ocean experience greater calm compared to those without such views.

Similarly, data published in Health Place indicates that Brits residing by the coast report better physical and mental health. This correlation is supported by findings reported in Medical Daily, which suggest that sea water contains beneficial minerals like magnesium, potassium, and iodine that could enhance the body's ability to fight infections. Additionally, the refreshing sea air may offer respiratory benefits, potentially leading to more restful sleep.

Clinical psychologist Richard Shuster, a TedX speaker, offers insight into why being at the beach has such a calming effect. According to Shuster, the sense of tranquillity is not solely attributed to the benefits of vitamin D. He explains that the colour blue, prevalent in beach settings, is commonly associated with feelings of calm and peace. Observing the ocean can induce a meditative state and alter brain wave frequencies, further enhancing relaxation.

The rhythmic sound of waves crashing and receding also plays a crucial role in this relaxation process. Shuster notes that these sounds can stimulate the parasympathetic nervous system, promoting a state of calm by reducing overall brain stimulation. "It kind of de-stimulates our brains," Shuster explains. Moreover, the tactile sensation of sand between your toes contributes positively to wellbeing. A study published in Psychiatry Research found that regular meditation, which often includes mindfulness practices similar to those experienced at the beach, led to significant improvements in brain function. Specifically, the brain's stress-related regions shrank, while areas associated with empathy, reasoning, and memory expanded.

Shuster encourages making the most of beach visits by focusing on the sensory experiences: "Focus on how your body feels warm from the rays of the sun, what it feels like to have your feet in the sand, breathe deep, and smell the ocean air."

So, if you need any more compelling reasons to spend more time at the beach, your health is a great one. The beach is not just a place of relaxation and fun; it's a natural sanctuary that supports both mental and physical wellbeing.



# 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





