



Issue 6
24 September 2017

WEBSITE: WWW.KINGSTONBEACHSLSC.COM.AU EMAIL: KINGSTONBEACHSLSC@GMAIL.COM

UPCOMING DATES

Secretary's Report

Our president Paul Munday has been enjoying a lovely overseas holiday in Europe over the past couple of months, so in his absence I am lucky to write the small introductory message for our first newsletter of the 2017/18 season.

Hasn't the past couple of months just flown! With the season just around the corner the respective committees have been working hard to prepare for the coming season, on what was a busy and successful 2016/17 season.

The Nippers committee have been very busy planning the Junior Development program for the Summer and they are pleased to announce the finalised dates in this newsletter edition. Please take note of the nipper pool proficiency dates as it would be great to see all nippers ready to get in the water on the first day back on the beach!

On top of the pool dates, the club is also excited to publish the official date of our Open Day this season. November 12th is planned to be a fantastic day (as always) and we look forward to meeting lots of new and prospective members. I encourage you to share this date with any family or friends who are interested in joining Kingston Beach SLSC.

We are all looking forward to the season activities getting up and running but I stress how important it is for members to get organised NOW so November/December can run smoothly for the whole club. Our registrar Michelle has included the 2017/18 Membership fees in this newsletter so I encourage all families and members to take up the early bird rate and pay your membership fees early!

A notice about Working with Vulnerable People registrations has also been included in this edition. I remind all members over the age of 16 to please apply for a volunteer registration and provide the club with a photo of your card. This is a requirement from the government and our Member Protection Officer will be cracking down on all registrations this season!

Finally, a pre-season dinner has been organised by our lovely Lizzie (Social Coordinator). The evening will be held on 20th October at the Salty Dog and will be a very casual get together. I encourage all nipper families and patrolling members to come along so everyone can catch up and meet some new people!

A big thank you to everyone for such a successful 2016/17 season. I look forward to seeing you all on the beach soon!

Bring on the summer fun!

-Bridget Fasnacht

OCTOBER

Sunday 8th, Nipper Pool Proficiency 1 @ Kingston Pool

Saturday 14th & Sunday 15th, Lifesaving Weekend @ Ulverstone

Friday 20th, Club Pre-season social event @ Salty Dog

Sunday 22nd, Nipper Pool Proficiency 2 @ Kingston Pool

NOVEMBER

Sunday 12th, Club Open Day

Saturday 18th, Button Day Fundraiser

Sunday 19th, Nipper Pool Proficiency 3 @ Kingston Pool

DECEMBER

Saturday 2nd, Patrol Season starts

Saturday 9th, Kingston Beach SLSC Nipper Carnival

Surf Life Saving Tasmania Awards of Excellence Dinner

12th August 2017
MONA

Premier Club

Kingston Beach SLSC

Surf Life Saver of the Year

Philippa Lohrey

Community Program of the Year

*Kingston Beach SLSC
'Beach2Beach' Swim*

Volunteer of the Year

Bridget Fasnacht

Assessor of the Year

Philippa Lohrey



Club Membership & Season Fees

Now that the 2016/17 season is just around the corner, it's time to update membership details and pay your annual membership fees! Regular membership fees have gone up slightly this year but the early bird rate prices have remained the same from last season to encourage all members to pay early and grab a great deal! A quick reminder to all nipper parents that if you considering assisting at nippers this season that is a requirement you pay the *associate* membership fee due to insurance regulations.

To make the process smooth for all members, please see the instructions below on how to pay your club fees and update your personal details. If you have any difficulties, please contact the SLSA help desk on 1300 724 006 (email: ithelp@slsa.asn.au) or alternatively email me at kingstonbeachslsc@gmail.com

Please note: early bird rates will shut on November 26th!

-Michelle Neill (Club Registrar)

MEMBERSHIP FEES 2017/18

Category	EARLY BIRD FEES (BEFORE 26 TH NOVEMBER)	SEASON FEES
FAMILY	\$270	\$320
ACTIVE (PATROLLING MEMBER 16 years and over)	\$130	\$160
CADET (13-15)	\$120	\$150
JUNIOR (U8-U12)	\$100	\$130
SEAHORSE (5 & 6 YEAR OLDS)	\$85	\$95
ASSOCIATE (NON-ACTIVE/ SOCIAL MEMBER)	\$65	\$80

How do I pay my membership fees and update my details?

1. Go to portal.sls.com.au
2. Enter your username and password to login into your portal account
3. Select the tab **Lifesaving Online**, then click -> **Online Payments**
4. Click **Membership Renewal** and you should then be redirected to a page to pay for your membership and also update any personal details (email address, phone numbers etc).

Fundraising- How You Can Help

Fundraising is essential to enable the Kingston Beach Surf Lifesaving Club to buy training equipment for nippers, cadets and patrolling members. The club has several fundraising events throughout the year. These include the nipper BBQ, ocean swim races and water safety events. The club also has two major fund raising events:

JMC Motors Packing

Periodically throughout the year, the club packs wine glasses and wine into gift packs for *JMC Motors*. With 10-12 people, this only takes 2 to 3 hours and is usually followed by pizza (covered by the club). Two sessions of packing these gift packs raises roughly \$3600. It would be really great to see some new faces helping out, including some of our nipper children (10yo+). The more families that help means the less often we all have to help. This is a lot of fun and the new packing boxes are a lot easier to put together!



A big thank you to all the members that came down to JMC today and helped pack the gift packs. We packed over 1500 gift packs and it was a great chance for everyone to catch up.

The next packing session is planned to be in November. Check our Facebook page and your emails for the next date!

Button Day Fundraiser- Saturday November 18th 2017

Button Day is a state-wide collection day for all Tasmanian surf lifesaving clubs. It is the biggest fundraiser of the year for the club and we will be collecting on the street at various locations in the city and Kingston. Please put this date in your diary - the more helpers we can get, the more money we will collect. We would LOVE to beat our fundraising record of \$2900!!

Look out for more information on this event on our Facebook page and in club emails.

Lifesaving

Hi patrolling members!

The 2017/18 season is just around the corner - hasn't that come around quickly! Please see some important information below about the upcoming patrolling season and how to complete your proficiencies for all your awards.

Please contact me at pjlohrey@gmail.com if there are any concerns or issues.

-Philippa Lohrey (Lifesaving Manager)

Patrolling Preferences

I am currently beginning the process of creating the patrol roster, so if you have any dates you are unavailable or on holiday etc please let me know ASAP. If you have any requests for patrol teams, or friends to patrol with, I will try and accommodate these, bearing in mind we have to fulfill our patrol obligations with the required skill sets and experience.

Once the roster has been published, you will need to organise any substitutions for patrols you are unable to attend and let your patrol captain know. This can be done through the www.inpatrol.com.au app and through advertising on Facebook, texting other members etc.

Please email me on pjlohrey@gmail.com with any patrolling preference requests.

Proficiencies (Skills Maintenance)

All patrolling members will need to complete their annual update for their surf awards (Bronze Medallion, SRC, IRB Crew/Driver, ART) before 31st December 2017. As we did last year, all members need to complete the theoretical side of the proficiencies on-line through the Life Saving Victoria website – *Members Training from Anywhere* <http://mt.lsv-from-anywhere.com.au/login?org=lsv>). These are available now and the can be completed from now. Our normal beach proficiencies dates will be advertised shortly and all members will need to complete the run-swim-run, rescue, CPR, signals, radio etc as per normal. Please see the document attached to end of this newsletter which outlines a step-by-step how to complete the online component of your skills maintenance.

New Awards

As the season begins, it's good to think about any new awards you would like to obtain throughout the season. If you know of any friends or family who may be interested in obtaining their Bronze Medallion or Surf Rescue Certificate please let them know to contact our Training Officer (Bridget Fasnacht).

Training & Education

SRC and Bronze Medallion Course

A SRC and Bronze Medallion course for any current and new members will begin in October. The course is expected to take 4-5 weeks to complete and will involve weekday evenings and weekend training sessions, using scenario based training and theory sessions. A compulsory pre-requisite pool swim will be conducted for all candidates at the beginning of the course this year and it is a requirement from SLSA that you complete this swim before you do any training in the ocean.

If you are interested in getting your Surf Rescue Certificate or Bronze Medallion, please email kbslsctraining@gmail.com to register. An introductory pack will be sent to all participants including course dates, locations and course information.



IRB Crew and Driver Course

Alyce Hancock and her team of IRB trainers are gearing up for another season of IRB training. IRB training dates and assessment dates are currently being finalised but the club is calling for Expressions of Interest for members who are keen to join the next IRB training group. The course will be in from October-December. The pre-requisites for the courses are:

IRB CREW: Bronze Medallion, at least 15 years old on assessment date

IRB Driver: MAST Boat License, IRB Crew Certificate, Bronze Medallion and be at least 17 years old on assessment date

If you completed your Bronze Medallion last year the IRB course is a great course to do to get more experience in the surf and to add to your awards list!

If you are interested in getting your IRB Crew Certificate or IRB Drivers Certificate, or would like to ask a question on the qualifications, please email kbslsctraining@gmail.com.



Uniform

Lost your club cap? Need a new high-visibility pink vest? Keen to buy a club hoodie for those cold days on the beach?

We have some great news for you! Club uniform is all stocked up for the season and will be available at all the pool proficiency sessions and at the beach on Nipper mornings.

Uniform on offer this season:

- Bonds Long sleeve nipper rash vests (limited stock)
- *High visibility pink vests*
- *Club caps*
- *Seahorse caps (blue)*
- *Girls and women's bathers*
- *Boys and men's bathers/jammers*
- *Hoodies (blue)*
- *Polo shirt (blue)*
- *Training Singlet (black)*
- *Sun shirt (white)*
- *Red patrol beanies (limited stock)*
- *Track suit pants*

The 2016/17 Uniform Price List will be uploaded to our website next week- keep posted!



Swimwear

Our new bathers range has arrived! Designed by *Zealous Swimwear*, the new bathers are stocked in all sizes and are available for both children and adults.

Make sure you check the bathers out at the beach and purchase a pair. There are limited numbers in all sizes- so don't miss out!



Nippers

It is that time of year again where our Nippers program preparation has begun. Our Nippers program will be once again held on Sunday mornings from November-March and there will be extra sessions during the week for nippers to practice their surf skills. This nipper season is set to go off with a bang, so make sure you don't miss out and get your family organised before Open Day!



Pool Proficiency Sessions

Surf lifesaving clubs are NOT a learn-to-swim business so it is a requirement from Surf Life Saving Australia that all Nippers from U8 – U14 are to participate in a preliminary water skills evaluation to be able to participate in Nipper activities on a Sunday. The club will hold three pool proficiency sessions at the Kingston Pool prior to the start of the season so we can tick off as many nippers as we can to allow them to enter the water at the beach. All nipper families are encouraged to attend these so their nippers can enter the water when we start on the beach on Nov 12th. Forms are also available from the club for learn-to-swim teachers to sign nippers off at their private lessons. Please contact our registrar Michelle at kingstonbeachslsc@gmail.com for a copy of the form. The following dates are scheduled for the pool proficiency sessions:

8th October 4.45pm-6pm @ Kingston Pool

22nd October 4.45pm-6pm @ Kingston Pool

19th November 4.45-6pm @ Kingston Pool



LOCATION:
**10 Mertonvale Circuit,
Kingston**

Open Day: 12th November 10am-11.30pm

Open Day is one of the biggest events in the calendar for Kingston Beach SLSC. It is a fantastic chance to showcase our nipper program and all the other activities the club has for the community to get involved with. Open Day will be the first beach session for current nippers but it will run very differently to a normal nippers morning due to the large numbers on the beach and varied experience levels of the groups.

If you have some friends or family members who are keen to join Kingston Beach SLSC please bring them down to the Open Day! The Nippers program will be free of charge on this day and there will be a free BBQ put on for everyone.

Promotional posters will be on Facebook soon and in the local paper so please share the date with your networks!



Working with Vulnerable People Check

The start of the season acts as a timely reminder for all patrolling members, social volunteers and parents involved with the Nippers program to apply for a *Working with Vulnerable People Registration*. This is a requirement by the Government and it is **COMPULSORY** for all volunteers over the age of 16 to hold one.

The process is really **EASY** to apply for one! Head to justice.tas.gov.au and fill out the online application form (choose volunteer option) -> press submit and then record your reference number. Then head into a Service Tasmania Shop, with your reference number, photo ID and \$18.60 (volunteer price). They will take your photo and send your card out in the mail. This can take up to 6 weeks, so a good idea to do it now before the start of the season.

Once you receive your card (or if you already have one), please take a photo of it and send to kingstonbeachslsc@gmail.com so we can record it on file, alternatively show your card to our registrar (Michelle) on the beach at nippers. More information on this seasons WWVP procedure will be published soon by our Member Protection Officer- keep posted!

Social

A social pre-season club dinner will be held at the Salty Dog at Kingston Beach on 20th October. All families and children are invited. We are hoping it will be warm night so we can all sit outside.

Keep posted for an official invite to be emailed out soon and a Facebook event.

I look forward to seeing lots of people there!

- Lizzie Taylor (Social Coordinator)



Other News

Swimming Lessons at the Kingston Pool

The Talbot Family have been long standing members of the Kingston Beach Surf Lifesaving Club and 2 years ago purchased the "Kingston Pool". The pool specialises in the following services to the community which the pool believe can be of benefit to club members and their families. Learn to Swim from 3 Months of age operating 7 days a week for about 46 weeks of the year with no breaks for School Holidays & designed swimming programs with the assistance of a Sports Scientist called "Aquatic Wonders" & "Swim Safer" specifically targeted at the younger age groups. The pool also offers casual swimming times, Group Exercise classes in both Aqua Aerobics and Gentle Aqua Aerobics plus their famous Birthday Pool Parties. They also host the clubs proficiencies each year for our KBSLSC Nippers program.



As an introductory offer for KBSLSC members, all new enrolments will receive their first lesson for FREE!

If you are interested in any of the services the pool has on offer please check out the website or contact the pool either via email or phone.

Website: www.kingstonpool.com.au

Email: office@kingstonpool.com.au

Phone: 03 62296017

Nipper BBQ Team- WE NEED YOU!

Are you going to be a part of our Nippers program this year?

We are trying to organise a BBQ team, no experience necessary just enthusiasm and a big smile. We would like to get together a team of 8 or more that can help set up, cook, clean, serve and pack up the BBQ. With a team, we can run rosters so you are not committed every week.

Come along and be part of the BBQ team club- fun and laughter guaranteed!

If you can help out this season, please contact Mark at: mark.cubit@imc.com.au



Surf Sports Training

Keen to increase your fitness before the season starts?

Have a nipper (10 years +) who is keen to improve their swimming skills?

Want to learn how to sprint on the beach?

Dylan Davey has taken on head surf sports coach this year and has organised many sessions for members to improve their skills and fitness. Dylan has stressed that the sessions are for beginners as well as competitive nippers/seniors, so he welcomes everyone to attend. He is really keen to get lots of KBSLSC competitors at carnivals this year and would love to see some members (including nipper parents) try out some new surf sports- including board, beach flags and the ski! Dylan has posted several sessions on our private club Facebook page and is currently planning more pool swimming sessions for everyone.

If you are interested in attending some pool, beach or ocean training sessions, please email Dylan Davey at ddavey36@gmail.com or call him on 0428 471 476



Communication

Our club has many communication channels! Stay connected by keeping social with us.

Website: www.kingstonbeachslsc.com.au

Email: kingstonbeachslsc@gmail.com

Instagram: [kingstonbeach_slsc](https://www.instagram.com/kingstonbeach_slsc)

Public Facebook page- Search 'Kingston Beach Surf Life Saving Club'

Private Facebook Group: Search 'Kingston beach Surf Life Saving Club' and click on the GROUP (not the page).

This private group is used for everyday information, nipper updates and member communication. When you request to join, it is recommended you tell the registrar at nippers or send us an email to notify the club who you are. The club only accepts members due to privacy and security reasons.



Patrolling member?

Need some assistance completing your skills maintenance online?

Follow this step-by-step document:

Using the new training and skills maintenance website



Dear Members,

Surf Lifesaving Tasmania has entered into a partnership with Lifesaving Victoria to streamline training and skills maintenance (proficiency) resources.

This season all theory for proficiencies should be done online before coming to the beach for the practical elements of the skills update such as CPR, rescues and Run-Swim-Runs. Completing the theory online will greatly reduce the time you spend at the club and on the beach doing your proficiency for various awards.

Reminder: All Run-Swim-Runs are done at the beach this year. There are no pool proficiency sessions.

Please complete the online theory for each award you need to update. e.g Bronze, ARTC, IRB etc.

You do not have to print your completion certificate for each award as lifesaving managers have access to the data regarding which members have finished their theory.

If you have difficulties with some answers, you may need to refer to your Bronze manual - Public Safety and Aquatic Rescue or Powercraft manual for IRB.

If you are having difficulties using the Lifesaving Victoria online resources please contact me and I can help you sort out any problems.

Best Wishes

Philippa Lohrey
Lifesaving Manager

INSTRUCTIONS FOR ACCESSING ONLINE SKILLS MAINTENANCE

1. Go to the following web address www.lsv.com.au/training

Click on this link

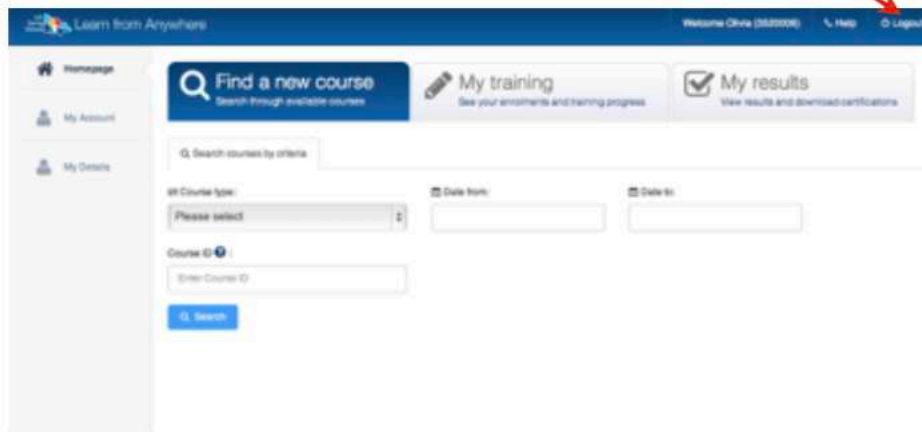


Create an account

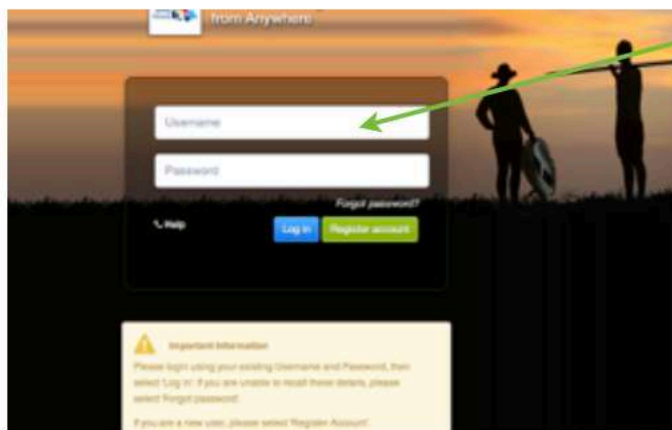




2. Once registered you should see this screen. **Now logout.**

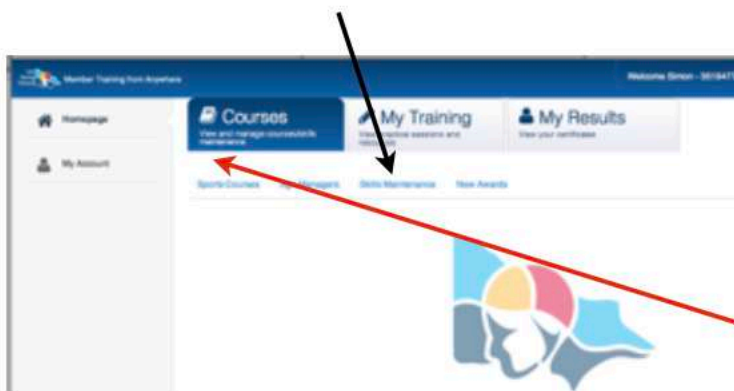


3. Now go to the members website at: www.lsv.com.au/membertraining
You should see this screen.



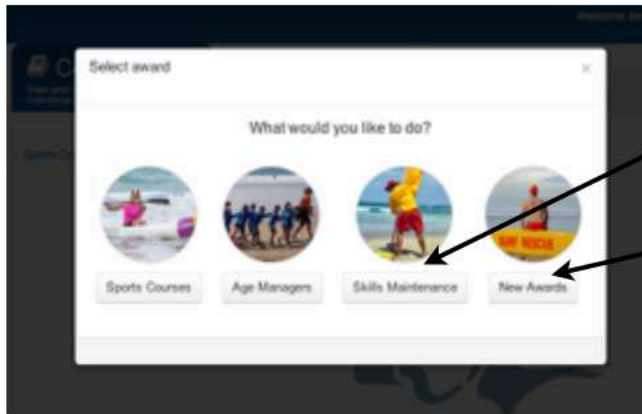
Login using your username and password.

4. Click on **"Skills Maintenance"**



This season you can also register for new awards by going to the COURSES link.

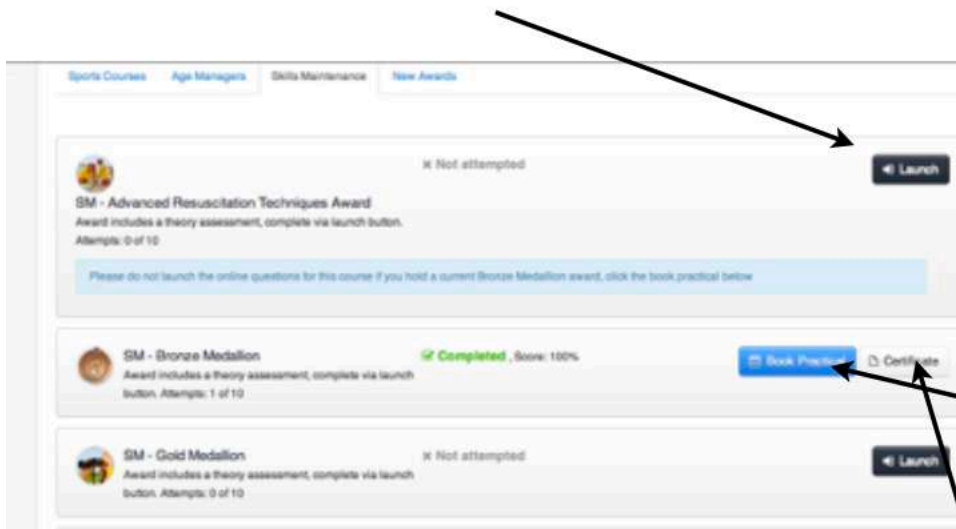
OR you may be sent to this page:



If you are sent to this page click on Skills Maintenance.

NEW AWARDS and training at our club can also now be booked by going to the NEW AWARDS section.

5. To start your theory click LAUNCH.

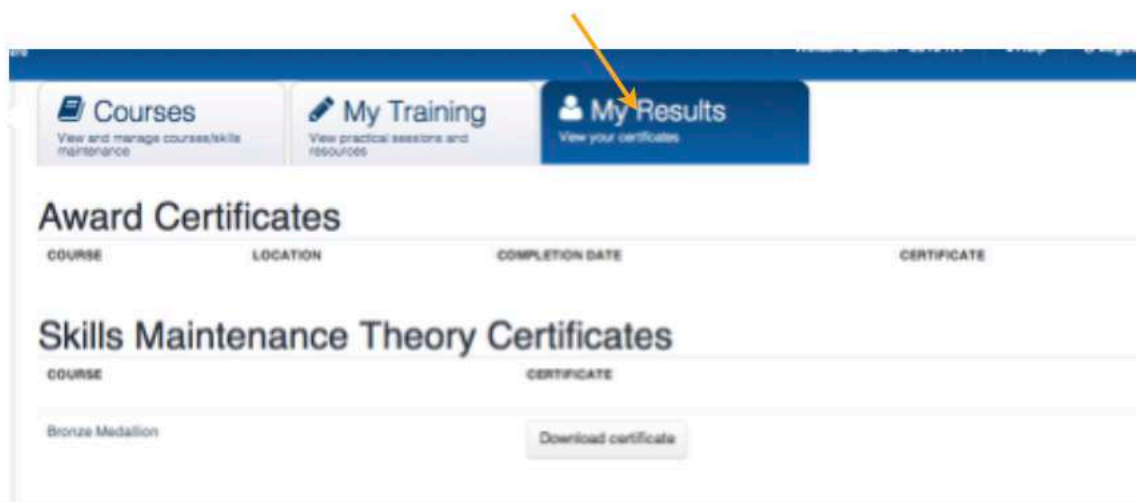


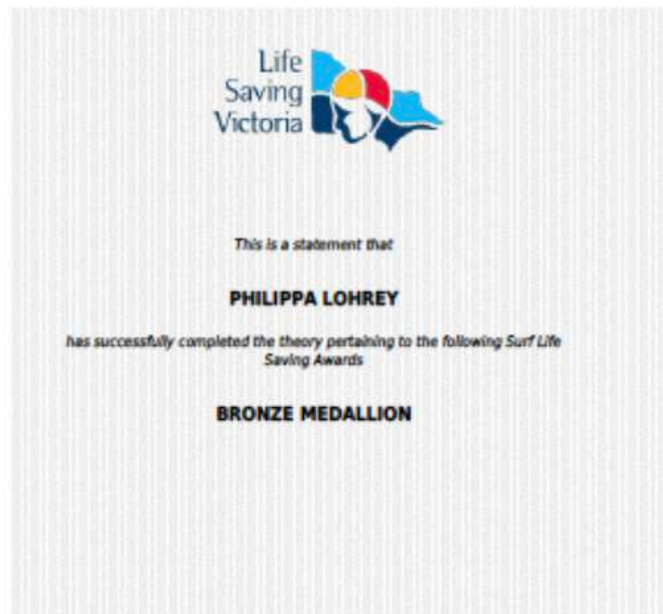
If you get a question wrong, repeat the assessment and it will just go to the incorrect questions.

You can now book into a beach session to complete the practical elements at Kingston.

You can also download completion certificates.

OR once completed you can go to **My Results** to download certificates for all your awards. (For your records only)





5. The completion certificate looks like this.

REMEMBER:

The club does have access to results so you DO NOT have to bring your certificates to the club when you do your practical assessment.

This will make life easier on the day for assessors and YOU. It will reduce the time it takes to complete your proficiency as you will no longer need to do the paper theory test at the club.

The theory for NEW AWARDS can now also be done online through your account. This will also make it easier for you to undertake courses as members now only need to go to the club to complete the practical aspects of new awards.

Please persevere with the new training and skills maintenance system. If you are having difficulties I am happy to assist.

Thanks,

Philippa Lohrey
0417533835

pjlohrey@gmail.com

