

NT Surflife 29 October 2009

NT Surflife is for members and supporters of Surf Life Saving Northern Territory. It provides brief information on the latest news and activities on the National and Territory scene. It is not intended to replace club newsletters – the primary source of news from your local club.

NEW ITEMS IN THIS EDITION ...

Coolangatta Gold on TV this Sunday afternoon

Try Out for the Nutri Grain Ironman Series

Pool Comp events – skills and fun

Bronze Medallion course on offer

National Coastal Safety Report a must for all serious lifesavers

Coolangatta Gold on TV this Sunday 2pm-4pm

The 2010 nib Coolangatta Gold is the ultimate ironman challenge. Australia's best ironmen and ironwomen will compete for the richest prize in surf sports. Forty-six kilometres of grueling torture across sand and surf, from Surfers Paradise to Coolangatta and back. Watch this special 2 hour broadcast on the Channel 7 network on Sunday 1 November, 2pm-4pm.



Try Out for the Nutri Grain Ironman Series

Talented athletes are invited to try out for the Kellogg's Nutri-Grain Ironman Series at Tugun in Queensland on the weekend of 5-6 December 2009. For any NT member willing to have a go your flights and accommodation will be covered. Entries close on the 19th of November. All the details are available from SLSNT.

Pool Comp events – skills and fun – Sunday 8th November

On Sunday afternoon, 8th November a pool competition will be held at Casuarina Pool to help members and officials develop their skills and knowledge of pool rescue events. The pool competition will be contested by teams of 4 competitors with at least 2 females in each team. Age divisions will apply; Junior (11-U14), Senior (U15+), Masters (40+). The following events will be contested

1. 100m Obstacle Swim (50m for juniors)
2. 4 x 50m Obstacle Relay
3. 100m Manikin Tow for seniors (50m for Juniors)
4. 4 x 50m Medley Relay
5. Line Throw
6. Double Board Rescue
7. Surfing Race (novelty event)

Members need to enter via their club. Clubs should use the Surf Sports online entry system (same as the recent Championships) on or before Thursday 5 November.

Bronze Medallion course on offer

The Surf Life Saving Bronze Medallion is unique. Its also a Certificate II in Public Safety and includes a lot more than self survival, first aid, resuscitation and simple rescue techniques. It also includes heart defibrillation, oxygen therapy, radio communications and getting to your patient with rescue tubes and boards, even how to guide a rescue helicopter to an emergency evacuation site. The swimming standard is higher than other similar awards but with a bit of effort anyone can do it! This course is delivered through a combination of flexible on-line learning and practical skill sessions. Call Julie Snelling, Academy Manager, on 8985 6588 to register your interest or email julie.snelling@lifesavingnt.com.au

National Coastal Safety Report a must for all serious lifesavers

The SLSA National Coastal Safety Report shows that Australian men are nearly nine times more likely to drown around our coastline than women with young men aged between 30 and 39 most at risk. Among the other key findings, the report found that;

- There was a total of 94 coastal drowning deaths in 2008/09 – this is an increase of six on the previous year and higher than the five year average of 87.
- There were 23,075 rescues, 1,322,212 preventative actions, 69,013 first aid treatments and 87 resuscitations.
- 44% of those who drowned lived less than 10km from the coastline
- 36% drowned within 10km of home.
- There was not a single drowning death recorded for people swimming between the red and yellow flags.

The need for a comprehensive Coastal Safety Report has become obvious in recent years and for the first time the SLSA report features data from local government services which indicates that lifesaving activity around the coastline has been significantly under-reported in the past. A hard copy of the report is available from SLSNT by calling 8985 6588. A pdf format is also available by emailing surf@lifesavingnt.com.au

Jo Gardiner Coolangatta Gold Hero

Jo Gardiner completed Australia's premier endurance Ironman race, the nib Coolangatta Gold, last Sunday. Starting from Surfers Paradise beach on a beautiful Gold Coast morning Jo paddled her surf ski and board, swam and ran the 30.5km course to be 8th in the Masters Womens division (see times below). Surf Life Saving NT President, Bob Creek, was one of the first to congratulate Jo and said she was an outstanding athlete with a big record of success in surf lifesaving competition. When Jo returned to Darwin on Tuesday, she thanked everyone who had sent messages of support on email and SMS. Here are Jo's times...

| | |
|---|----------------|
| SURF SKI Surfers Paradise-Currumbin (15 km) | 1:51:55 |
| BOARD Currumbin-Burleigh (4.5km) | 0:55:22 |
| SWIM Burleigh-Nth Burleigh (2.5km) | 0:39:14 |
| RUN Nth Burleigh-Surfers Paradise (7.5km) | 0:46:45 |
| TOTAL | 4:13:17 |

Catch all the Coolangatta Gold action on Channel 7, Sunday 1st November, 2-4pm (check local guide).

National IRB Review

SLSA is conducting a national review into all IRB operations to further improve member safety and reduce injuries. All aspects of IRB operations will be addressed including competition, lifesaving, equipment, training, assessing, coaching, technique, culture, and data collection. The review began in late September and initial recommendations from the panel will be presented to the relevant national boards in early 2010. More info is in SLSA Circular 34/09-10 'National IRB Review'.

Members who wish to contribute to this review should use the template in the circular and submit by 30th October 2009.

Tickets Going Fast

Nearly half of the tickets for the SLSNT Annual Presentation Evening have been sold. The SLSNT Annual Presentation Evening on Saturday 14th November at the 'The Coffee Club', a brand new café-restaurant in the glorious Waterfront precinct, will celebrate our 20 years as a peak body for surf life saving in the Top End. The function will be held from 6.30pm with food and a complimentary drink on arrival.

Tickets are essential but are limited: Adults \$25 (18 years and over), Youth \$10. Highlights of the evening will include the announcement of our Surf Lifesavers of the Year, Volunteer of the Year and Lifeguard of the Year. We'll also be presenting some Lifesaving Commendations and the first SLSA Bronze Medallions to members of the Walngawu Djakamirri Surf Life Saving Club. Pay online – go to www.slsa.asn.au, click on 'Payment Gateway' and follow the prompts.

Beach Patrols finishing this month

Weekend beach patrols finish this month and all lifesavers are encouraged to maintain their vigilance and advise anyone going near the water of the Top End 'Stinger Season', officially 1st October to 31st May. A huge thank you to everyone who helped their club by donning the red and yellow uniform and being available to the hundreds of Territorians and visitors who have need advice or a helping hand. On the last day of patrol club members are urged to:

- ensure all patrol equipment is cleaned and stored in dry, well ventilated conditions.
- core lifesaving equipment should remain as 'rescue ready' as possible.

Jetski Patrols Warn Swimmers, Rescue Yacht

Members of the SLSNT Search & Rescue Team, Craig Croke, Cameron Griffin and Paddy Donohoe, visited most Darwin beaches last Sunday to ensure the Stinger Season message was getting through to people at the beach. Although most people are doing the right thing a mother and three young children were warned of the dangers and promptly heeded the advice given. Later in the afternoon a small yacht off Larrakia Point was in trouble and towed to safety. Close to sunset the focus was Mindil Beach where over 1,000 people enjoyed a very high tide and asked lots of questions of the SAR Team members and the Mindil Beach patrol. The SLSA Fact Sheet on Stingers and waterproof advice cards, highlighting the need for protective clothing during the Stinger Season and providing basic emergency care advice, are available from SLSNT.

Nominations called for Interstate Team

Being a member of the NT Interstate Surf Life Saving Team is a great sporting experience and heaps of fun. For 2010 the Interstate Championship will be held in Sydney as follows...

- 24 January – Pool Rescue events at the Warringah Aquatic Centre.
- 25 January - Surf and Beach events at Freshwater Beach near Manly.

To maximise this sensational sporting experience Interstate Team members are also encouraged to attend.

- 23 January – Westpac Manly Open Carnival, Manly Beach.
- 26 January - Freshwater Australia Day Carnival, Freshwater Beach – an awesome surf and beach experience!

A travel subsidy is offered with all the details and nomination forms in SLSNT Circular 10. A Team Manager, Coach and two competition officials are also required.

Nominations close on Monday 9th November 2009.

Nominations open for Northern Territory Young Achiever Awards

The Northern Territory Young Achiever Awards recognises the achievements of young Territorians, aged between 14-26, in nine categories. It is free to nominate and every nominee will receive a certificate of recognition and could have the chance to win **\$2,000** thanks to TIO. Nominations are now open in the following nine categories.

- The Charles Darwin University Arts Award
- The Perkins Shipping Sports Award
- The Somerville Community Services Award
- The ConocoPhillips Environment Award
- The Northern Territory Government Career Achievement Award
- The Power & Water Science & Engineering Award
- The McArthur River Mining Regional & Rural Initiative Award
- The Northern Territory Government Young Carers Award
- The Minister for Young Territorians Excellence in Youth Leadership Award

You can nominate online at: http://www.awardsaustralia.com.au/YAA_nt.html.

Nominations close Friday 27th November

We're looking for our heroes...

Over the next 3 weeks nominations are being called for Surf Life Saving NT's peak recognition awards ...

- Surf Lifesaver of the Year (U17, U19, Open)
- Volunteer of the Year
- Lifeguard of the Year
- Lifesaving Commendations – anyone performing an outstanding act of lifesaving

For the Surf Lifesaver and Volunteer of the Year nominations clubs are invited to submit one nominee each. Circulars 06, 07, 08 and 09 have all the required information – please email surf@lifesavingnt.com.au or call 8985 6588 for all the details. **Nominations close Friday 31st October.**

Pool Comp on Sunday 8th November

SLSNT's competition season will officially finish with a Pool Rescue Competition on Sunday afternoon, 8th November, 2-5pm at Casuarina Pool. Events will be contested in 4 person teams and will include the 200m Obstacle Relay, Line Throw, and Manikin Tow, some adapted events such as Board Rescue, and some fun team events including the hilarious Lane Surfing event. Age categories for the teams are Junior (U11-U14), Seniors (U15 & above) and Masters (each competitor aged 40 years or over). Teams can be all one gender or mixed. Circular 11 has all the details or call SLSNT on 8985 6588.

General Information...

SLSNT contact details follow...

Phone: (08) 8985 6588. CEO mobile phone is 0417 173 287.

Fax: (08) 8985 4737

Post: PO Box 96, Nightcliff, NT, 0814

Email addresses follow:

CEO, Tony Snelling: tony.snelling@lifesavingnt.com.au

Academy Manager, Julie Snelling: julie.snelling@lifesavingnt.com.au

Finance Manager, Leanne Lane: finance@lifesavingnt.com.au

Schools Coordinator, Amy Rudolph: schools@lifesavingnt.com.au

Lifeguard Supervisor: Cameron Griffin: lgsupervisor@lifesavingnt.com.au

General/Public Enquiries: surf@lifesavingnt.com.au

Key Dates for your Diary...

Sat 31 October: Surf Wedding for Ross & Courtney, 4pm, offshore from Casuarina Beach.

Sat 31 October: Darwin SLSC & Gove Peninsula SLSC Presentation Evenings.

Sun 1 November: nib Coolangatta Gold on Channel 7, 2-4pm

Sat 7th November: Mindil Beach SLSC Senior & Junior Presentation Evening.

Sun 8th November: Pool Rescue Competition, 2pm-5pm, Casuarina Pool.

Sat 14 November: SLSNT Annual Presentation Evening, Coffee Club, Waterfront Precinct from 6.30pm.

23 Jan 2010: Westpac Manly Open Surf Carnival.

24 - 25 Jan 2010: Interstate Championships, Warringah Aquatic Centre and Freshwater Beach.

26 Jan 2010: Freshwater Surf Carnivals.

Tue 16 March - Sun 21 March, 2010: Whereis Australian Surf Life Saving Championships, Kurrawa Beach on the Gold Coast.

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