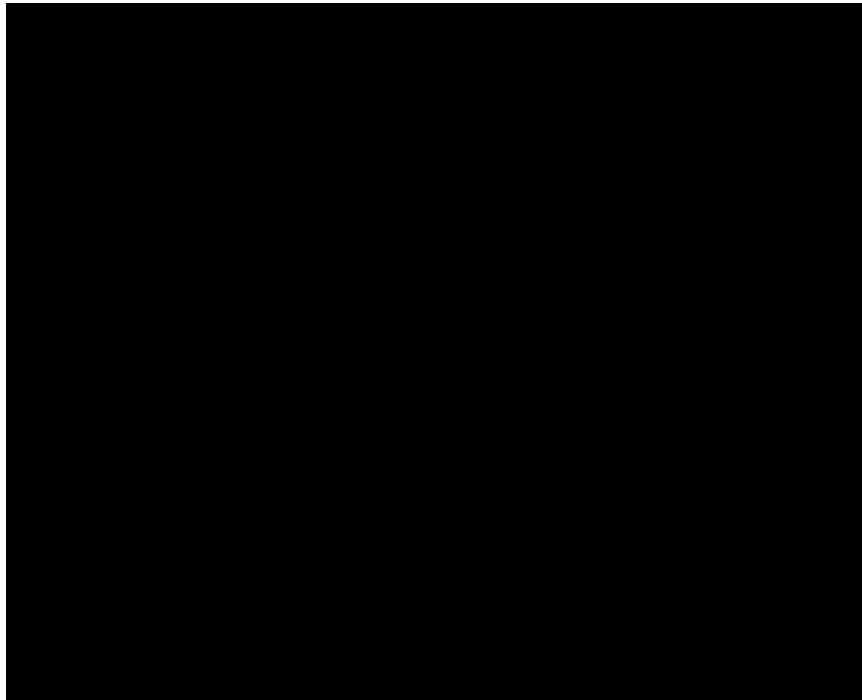


# Lyall Bay Surf Life Saving Club

## Members Booklet 2013 – 2014



Lyall Bay website:	<a href="http://www.lyallbayslsc.org.nz">www.lyallbayslsc.org.nz</a>
Administrator email:	<a href="mailto:admin@lyallbayslsc.org.nz">admin@lyallbayslsc.org.nz</a>
Chairman email:	<a href="mailto:chair@lyallbayslsc.org.nz">chair@lyallbayslsc.org.nz</a>
SLSNZ website	<a href="http://www.surflifesaving.org.nz">www.surflifesaving.org.nz</a>
FaceBook Group	Lyall Bay Surf Life Saving Club
Twitter	LyallBaySLSC
Clubhouse Phone:	(04) 387 2024

## General Club Information

### ***Patrolling Since 1910***

The Lyall Bay Surf Life Saving Club is based at Lyall Bay beach, on Wellington's south coast. This is the main surf beach within Wellington city. The club has been providing a volunteer service focused on saving lives and preventing injury over the last 101 years.

Lyall Bay, established in 1910, was the first surf lifesaving club to patrol in New Zealand. Last season we celebrated the 100<sup>th</sup> anniversary of our club. For more information about the beginnings and history of the Lyall Bay club go to the *About Us* page on our website: [www.lyallbayslsc.org.nz](http://www.lyallbayslsc.org.nz)

Club colours are royal blue and white. Our club beanie (competition hat) is blue with a white diamond on top.

### ***Mission Statement***

**To prevent drowning and injury at Lyall Bay while providing opportunities for members to develop and participate in a range of Surf Life Saving activities**

### ***Surf Life Guarding at Lyall Bay***

Patrols at Lyall Bay run from November to March on Saturdays, Sundays and public holidays.

We provide a voluntary service to the public keeping the beach safe and clean. We also provide life guarding to events like triathlons and sea swims.

Lyall Bay has a proud tradition of competing in surf sports and many of our members are actively involved. Surf Competitions called carnivals are held around the country throughout the season.

Wellington's local competition is called the Whitehorse Trophy and the premier event for the season is the Surf lifesaving Nationals in March which is held at a different Beach each year. The club offers members lifesaving and sporting opportunities and also has a great social side.

### ***How to join our club***

All new members need to complete a form on the Surf Life saving NZ website. Club fees will be invoiced to you from the club. New members will be inducted by a senior member of the club.

New members can register online at [www.surflifesaving.org.nz](http://www.surflifesaving.org.nz) [www.surflifesaving.org.nz](http://www.surflifesaving.org.nz) (click on "**Join a club**" and select Lyall Bay).

### ***Club Management***

The club is run by a management committee (see committee members details at end of book).

Please contact the Chairman, Arie Moore, or Club Captain, John Elsmore, if you would like to discuss any issues.

For payments, general enquiries, committee minutes or information on policies contact the administrator, Kelsey Moffatt at [admin@lyallbayslsc.org.nz](mailto:admin@lyallbayslsc.org.nz).

For information on our sports programme please contact our Head Coach, Walter Maxwell.

Lifeguarding is coordinated by Leza Papps.

The Junior Surf program (7-14 yrs) is run by Darryn Kingi

The Little Nippers program (1-6 yrs) is run by Michelle Elsmore

Boats contact Arthur Turchie

Canoes contact Matt Flannery

### ***Our main methods of communicating with you are:***

**Email:** During the summer season a weekly email reminds you of upcoming events and other important notices. So make sure you notify the administrator of any change to your email address. We are happy to send emails to several addresses per family (i.e. each parent or child). Our group email lists are based on age groups so your family may receive the same email a number of times if you have children in different age groups.

**Website:** Check frequently for the latest on training, competition and general club news.

**Facebook:** Follow us on facebook for latest news and comments. Search for Lyall Bay Surf Life Saving Club to find us and request to join the group. Children under 16, please ask parent's permission first.

### ***Payments to the club can be made by***

Sending a cheque to P O Box 14-615, Kilbirnie, Wellington

Internet banking to (make sure you use your surname/invoice # as a reference):

Lyall Bay Surf Life Saving Club  
Westpac, North End  
A/C # 03-0539-0384706-000

EFTPOS - available for payment at the club at certain times (no credit cards)

Setting up an automatic payment to spread the cost of subscriptions and other club costs over several months. Please advise the administrator when an automatic payment is set up and ensure all amounts due are cleared by 31 March.

### ***Membership Subscriptions for 2013/14 Season:***

Subscriptions are due now.

Category	Membership sub	Sports levy	Total
Junior Surf (non-Oceans)	\$70	n/a	
Junior Surf (Oceans)	\$70	\$140	\$210
Junior Surf family	\$150	n/a	
Lifeguard Only	\$80	n/a	
Associate	\$80	n/a	
Sport Competitor	\$80	\$170	\$250

\*The Sports Levy is in addition to Membership Fee for those members wishing to train and compete at Oceans, Senior or IRB competitions. Is not a requirement if you are only attending Junior Surf Sunday only sessions and carnivals. The levy:

- Entitles Member to attend weekday training at LBSLSC
- Covers entry into the following club sanctioned SLSNZ events:
  - Pool Champs
  - Eastern Regionals
  - Ocean Athletes
  - Capital Coast Champs
  - Surf Boat Series
  - IRB Nationals & North Islands
  - Nationals (part subsidy)

### ***Club Rules***

#### **Please follow these rules for looking after your clubrooms:**

Keep it clean-put all rubbish in the bins!

Don't take anything from the club that does not belong to you

No food/drink in the changing rooms

Hang all wet gear in change rooms, don't leave we gear lying around

Put all gear back where it belongs-let Walter, Darren or John know if gear is damaged

Don't take out gear that has been damaged

Only use gear that you are permitted to.

### ***Important dates***

November 3<sup>rd</sup> - Registration Day

November 30<sup>th</sup> - Start of Patrols

November 23<sup>rd</sup> - Whitehorse Carnival 1

December 21<sup>st</sup> - Whitehorse Carnival 2

February 1<sup>st</sup> - Whitehorse Carnival 3

February 11<sup>th</sup> - Whitehorse Carnival 4

February 20-23<sup>rd</sup> - Oceans

March 7-9<sup>th</sup> - Nationals

April 13<sup>th</sup> - Club Prize giving

March 30<sup>th</sup> - Last Patrol

A more Detailed calendar is available on the club website.

### ***Training Times***

Ski training times are currently 5.30pm Tuesday and Thursday and 5pm Sundays. Club runs at 6pm Monday and Fridays. Nippers and little nippers are run at 10am on Sundays as are the IRB classes. For board and ironman training please contact Walter Maxwell. If interested in training for boats or canoes please contact Arthur Turchie or Matt Flannery

### ***Patrol Roster***

The Patrol lists and roster will be made available online after registration day.

### ***Policies***

The club has in place a number of policies on fundraising, gear allocation and payments. These are on the website.

Anyone outside of the committee who needs to spend money on behalf of the club should consult with the Chair or Treasurer first.

All fundraising and sponsorship that has been done in the name of the club must be approved by the committee and monies must be banked through club funds before being dispersed for a project.

### ***Buildings***

We operate from two clubhouses:

- #1 is the white clubhouse closest to the airport. This is the main base for patrols, gear storage and changing rooms. Lyall Bay owns this building.
- #2 is upstairs in the clubhouse next door (above the public changing rooms). This is our social and training area. These rooms are available for hire to members and the public for classes, functions, conferences etc. Currently yoga and dancing classes are held there on some evenings. We lease these rooms from the WCC. Contact the Chair for club hire.

The clubhouse is alarmed – if you set the alarm off ring the alarm company (number by phone).

When leaving check if anyone is left downstairs- the last person out must close the basement doors and set the alarm.

## Senior Members

The senior section of the club is for members 14 years plus who have gained their Surf Lifeguard award and commit to patrolling the beach on a roster system.

Seniors may also compete in carnivals in Wellington and other events throughout NZ

### *Life Guarding*

We patrol Lyall Bay beach from 12-5pm on Saturdays, Sundays and Public Holidays from November – March. All members in the senior section will be placed on a patrol roster which will contain an experienced patrol captain, and where possible, qualified IRB drivers.

It is expected that you turn up for your rostered patrols. If you cannot make a patrol please arrange to swap with someone from another patrol and inform your patrol captain. It is your responsibility to arrange for a swap – not the Patrol Captain.

All members who wish to compete at the National Championships must complete 20 hours of patrols over the season.

### *Lifeguard Uniform*

This is set of red and yellow DHL shirt and shorts that all lifeguards must wear on patrol and can be purchased from the club.

### *Life Guard Awards*

There is a pathway of lifeguard awards available to those interested in becoming more involved with lifesaving activities.

The compulsory award for all those over 14 years is the Surf Life Guard award which involves:

400m swim in under 9 minutes	Sea swim
Patient tube rescue	First aid
Resuscitation & cardiac massage	Surf Knowledge

We also encourage members to gain their IRB crew and driver's award, first aid certificate and senior and advanced lifeguard awards. The club runs classes through the season for these awards – please see Brad Lawson for more information.

Once qualified, seniors need to sit a refresher test each season to continue patrolling and competing.

### *Event Safety teams*

See Leza Papps or Cameron Turchie if you are interested in being part of Event safety crews (often paid) this summer.

### *Senior Surf Competitions*

Surf carnivals are held through the season in Wellington and throughout NZ. The junior surf and senior carnivals are generally held separately.

For local carnivals in Wellington, entries are taken on the beach for each event and no entry fees are payable.

For major/national events, entries need to be completed by a specified date by the administrator. The club coaches select all teams and entries.

Competition events for seniors include:

- Craft events (board, ski, relays, iron man/diamond, taplin, board rescue, double ski)
- Swim events (surf race, surf teams, tube rescue, run-swim-run)
- Beach events (sprints, relays, beach flags)
- Boats & Canoes
- IRB races

Seniors must be qualified (and 'refreshed' each year) and complete their patrolling duties to be able to compete. Seniors must wear the Lyall Bay beanie (hat) and club togs in competition.

### ***Gear***

The club purchases gear for members to use in training and in competition. This includes boards (senior and junior surf), skis, canoes, boats, tubes, fins. This equipment is expensive (e.g. \$2000 per board) and members need to look after the gear.

Some gear may be allocated to those in a training squad on the basis of ability and size of the gear. Some club members purchase their own equipment and store this at the club.

Allocated and privately owned gear is not available for general club use. Note that private gear is not insured by the club and members may need to make their own arrangements to transport to carnivals. There will be a pool of general club gear available for all members to use.

Due to the often windy conditions at Lyall Bay, care must be taken transporting the gear onto the beach and ensuring that it is not left unattended on the beach. Make sure the ends of boards are taped and skis have bungs. All gear should be washed down after use and any damage reported to the coach. If you are unsure about what gear you may use then please check with a coach or the patrol captain.

Deliberate abuse or carelessness will mean a member's allocated gear rights may be removed. Parents can help by reminding members how to care for gear and helping carry down to the beach. When attending carnivals all members are expected to meet at the club to help load and unload gear onto the trailer. If you are able to help with towing the trailers please contact Walter.

We rely on funding and sponsorship to purchase new gear. Please let us know if you can help with sponsorship approaches, or if your firm is interested in sponsoring Lyall Bay.

### ***Competition uniform***

All age groups must wear a Lyall Bay beanie while competing. Seniors must also wear club togs (royal blue). Club rash shirts are also available for training/competition to protect from sun exposure.

If teams (e.g. boat or canoe crews) wear other items such as rash vests, singlets or shorts the whole team must be uniform.

### ***Optional clothing***

The club also has the following optional range of club clothing for sale including sweatshirts, T-shirts. Caps and rash vests.

See the club website for more information on the styles, prices and how to order clothing.

## Junior Surf Members

Junior Surf (often called 'Nippers' or "U14") is a fun filled series of activities for a wide age group of children from 7 – 13 year olds. Our objective is to promote surf lifesaving through the education of junior members in all aspects of surf awareness, safety, skills and competition while having fun and enjoyment in a beach environment. The skill levels and amount of water activity increases as the child gets older.

The junior surf section is one part of the Lyall Bay club. We encourage junior surf members to gain their lifeguard qualification once they turn 14 and join the senior section. Our senior members get a great sense of pride and satisfaction in providing voluntary patrol services at Lyall Bay and helping out with event safety in many Wellington water based events. We also compete in senior carnivals in Wellington and throughout NZ in surf boats, swimming and craft events. Some of our members have continued a long tradition of being national champions in New Zealand surf lifesaving teams.

Junior surf members and parents are welcome and encouraged to get involved with any of our activities. Please read the remainder of the information booklet to see what else our club does.

### *Little Nippers*

This year we are also running a program for 1 -6 years olds called Little Nippers. For a child to participate, one of the parents must be a member of the club. Little nippers will run November 10th until February 23rd. with no sessions on the 29th of December and 5th of January. Parents do need to be actively involved. For all enquiries contact Michelle Elsmore.

### *Sunday Junior Surf Training*

Junior surf training sessions are held **on Sundays** in the summer.

The first few sessions will be held at Freyberg pool to teach basic water safety and to check on the ability levels before swimming the surf.

Beach sessions will start later in November and run through until March with a break over Christmas.

Check the website for information when and where sessions are being held.

Note there will be **NO** training sessions at Lyall Bay on Junior Surf carnival dates (see calendar).

### *Age Groups*

The following age divisions apply to children in the junior section. All Junior Surf ages are calculated as at the 30<sup>th</sup> September and the child then remains in that age group all season.

- 5 - 6 years
- 7 – 9 years
- 10 – 11 years
- 12 – 13 years

Members who turn 14 after 30 September may compete in both junior surf and senior carnivals (once they have gained their Surf Lifeguard award) if they wish.

### *What happens at the sessions?*

After a briefing and 'latest news' update, members will separate into different age groups. Each session lasts approximately 45 minutes for 5 – 9 year olds and up to 90 mins for 10 – 13 year olds. Depending on weather and water conditions, the session is planned to allow



training in the various aspects of surf lifesaving. Each session will include some form of sprint and beach flags training, wading / swimming and board/boogie board skills. All sessions are designed to provide a smooth transition for all participants through to eventual involvement in beach competitions (Surf Carnivals).

In general, land based events begin a session and water based events complete it. Sessions are held rain or shine – if the weather is especially bad we will hold surf safety activities and lessons in the clubrooms.

### ***What should I bring to training?***

**Club beanie**, togs, rash vest

Wetsuit (full or short style)– we do have some wetsuits that can be lent for a session

Warm clothing for warm up and beach activities

Suntan lotion, hat, water, towel

### ***Club Clothing***

The following club clothing is available for junior surf members. We encourage members (and parents) to wear club clothing at training and competitions to build team spirit and easily identify our members. Clothing can be purchased from the club on Sunday mornings (cash, cheque, eftpos) and the website has information on pricing and sizes.

- **Club beanie** (compulsory for all training & competition-tie it around your neck before leaving home)
- Club togs (highly recommended)
- Club rash vest (highly recommended)
- Sweatshirt, t-shirt

### ***What are parents expected to do?***

The most vital component of our surf programme is parental involvement. All of our coaches and managers are also parents. We know that you are interested in helping make surf lifesaving an enjoyable and safe experience for your child, and greatly appreciate your involvement. Some specific ways you can be an active parent is:

**It is compulsory that you are present throughout the entire training session to support your child should any incident arise. This is a standard requirement with all surf clubs**

Take your turn to ensure all members are safe – either in the water or on the beach. Volunteer as an age group manager, coach or official at our weekly sessions or carnivals (courses and support provided)

Volunteer your skills and your contacts for sponsorship, fundraising and social events. Read all your club communication notices, check the website regularly and attend meetings. Support the Coaches and Club Officers with a positive attitude, and if you have any concerns contact a Junior Surf committee member straight away.

Encourage and support your child and others with positive words and actions. This is the Junior Surf division - we want our members to enjoy their surf life saving experiences.

Gain your lifeguard qualification so you get a greater understanding of surf safety and can crew or drive the IRB (contact Club Captain for more information)

### ***Reinforcing Water Safety***

Throughout the whole Junior Surf program, there remains an emphasis on water safety,

reminding participants of their need to respect the Water and the basics of "Swimming between the Flags", "Swimming only when accompanied by a responsible Adult" and "Raising one hand straight up if you are in trouble in the water".

The club reminds everyone that the Junior Surf session is NOT a Swimming Club, nor is it a child minding service. The ocean is not an ideal environment for learning how to swim and the Coaches' role is not to either teach those skills or to babysit. Their responsibility is to reinforce water safety for each individual, encourage all participants to be actively involved in a safe and welcoming environment and to create tomorrow's lifeguards.

Our senior club lifeguards will be available to help with water safety but there are strict guidelines imposed by Surf Life Saving NZ on the number of lifeguards/adult helpers actually in the water with the children. All parents will be rostered for these duties throughout the season. A wetsuit is highly recommended and the club has some to loan to adults.

### ***What happens at Surf Competitions?***

Competitions ("carnivals") are held throughout the season at beaches around the Wellington area for junior surf members to test their skills against other clubs. These are a lot of fun and cater for both participation and competitiveness depending on the motivation and skill of the member.

Age appropriate races are held for each gender and year group in different arenas. Points are given for placings and at the end of the season prizes are awarded for the top Wellington place getters in each year group over the season.

You are required to wear club 'beanies' at competitions and we encourage club togs and rash shirts to easily identify our members.

Parents are required to help out with supervising and managing the various age groups at competitions.

Carnivals normally start in the morning and run all day.

### ***Ocean Athletes***

For some of our U14 competitors, surf lifesaving is a sport and they want to put in more training hours at the beach. Therefore we provide mid week training squads for members who wish to compete at a higher level and in particular attend the Ocean Athletes.

Ocean Athletes is the National U14 year Surf Life Saving competition held at Mt Maunganui beach every summer for 10 – 13 year olds. This is a large competition (over 700 competitors from all over NZ) that is a lot of fun for both children and parents.

Lyall Bay has taken a team away to Ocean Athletes for many years. If your child is interested please talk to the club Coach, Walter Maxwell about what is required and also expectations around training.

## Lyall Bay Committee 2013 - 2014

*Patron: The Rt. Hon Dr Lockwood Smith*

President: Marilyn Moffatt	<a href="mailto:marilynmoffatt@xtra.co.nz">marilynmoffatt@xtra.co.nz</a> 027 233 3373	Chairman: Arie Moore	<a href="mailto:chair@lyallbayslsc.org.nz">chair@lyallbayslsc.org.nz</a> 027 457 9203
Administrator Kelsey Moffatt	<a href="mailto:admin@lyallbayslsc.org.nz">admin@lyallbayslsc.org.nz</a> 027 303 8180	Finance Director: Sam Kelleher	<a href="mailto:Kelleher@nz1.1bm.com">Kelleher@nz1.1bm.com</a> 021 813 288
Club Captain John Elsmore	<a href="mailto:elsmore@rocketmail.com">elsmore@rocketmail.com</a> 027 777 0511	Head Coach/Sports Director: Walter Maxwell	<a href="mailto:under.ground@paradise.net.nz">under.ground@paradise.net.nz</a> 021 2571189
Lifeguard Coordinator: Leza Papps	<a href="mailto:leza.papps@gmail.com">leza.papps@gmail.com</a> 021 022 529555	Junior Surf Andrew Simes	<a href="mailto:Andrew@simes.net.nz">Andrew@simes.net.nz</a> 027 272 5236
Committee Grant Fahey	<a href="mailto:grant.fahey@cardno.co.nz">grant.fahey@cardno.co.nz</a> 027 3110464	Committee: Matt Flannery	<a href="mailto:Matt.flannery@aurecongroup.com">Matt.flannery@aurecongroup.com</a> 021 668 350
Committee: Lauren Mann	<a href="mailto:Laurenjmann01@gmail.com">Laurenjmann01@gmail.com</a> 027 698 6111	Committee: Anton van der Wilt	<a href="mailto:Anton.VanDerWilt@fnzc.co.nz">Anton.VanDerWilt@fnzc.co.nz</a> 027 451 4805

### Other Contacts

Clothing: Mirsha O'Donnell	<a href="mailto:m.odonnell@wellington-college.school.nz">m.odonnell@wellington-college.school.nz</a> 027 212 7052	Junior Surf Coach: Darren Kingi	<a href="mailto:z_design@paradise.net.nz">z_design@paradise.net.nz</a> 027 442 4561
IRB Coordinator: Kieran Coburn	<a href="mailto:kdcoburn@hotmail.co.nz">kdcoburn@hotmail.co.nz</a> 027 867 8282	Building Maintenance/ Boat Captain: Arthur Turchie	<a href="mailto:turchie.family@xtra.co.nz">turchie.family@xtra.co.nz</a> 04 388 3404
Event Safety: Cameron Turchie	<a href="mailto:camturchie@gmail.com">camturchie@gmail.com</a> 027 721 6739	Little Nippers: Michelle Elsmore	<a href="mailto:elsmore@rocketmail.com">elsmore@rocketmail.com</a>
Surf Ski Coach: Craig Jones	<a href="mailto:craigj@auldhouse.co.nz">craigj@auldhouse.co.nz</a>		