

Our 90th Season



PORT NOARLUNGA SURF LIFE SAVING CLUB

Member Handbook

2022 - 2023



CONTENTS PAGE

Welcome.....	2
Our Charter, Our Vision, Our Objectives.....	2
Surf Life Saving Patrols.....	4
Patrol Hours.....	4
Skills Maintenance.....	5
Awards and Training.....	5
Patrol Roster.....	8
Position Holders, Sub-committees and Life Saving Panels.....	9
Club Membership and Fees.....	10
How to renew your membership online	10
Club Pride and Team Spirit.....	14
Club Gymnasium.....	15
Inflatable Rescue Boats (IRB).....	16
Surf Boats.....	16
Surf Sports – Youth, Seniors and Masters.....	17
Competition Calendar.....	17
Juniors.....	18
Clubrooms and Functions.....	27
Annual Awards.....	27
Club Sponsors.....	28
Resources.....	29

WELCOME TO PORT NOARLUNGA SURF LIFE SAVING CLUB

Here at Port Noarlunga Surf Life Saving Club we pride ourselves on being able to keep the general public safe at our iconic beach throughout the patrolling season.

Our objective is to ensure we help educate the community, of all ages, to be competent and safe at the beach and in all waterway environments.

By joining our club, you are sharing in our vision of zero preventable deaths in public waterways. We rely on volunteer members to join us and become lifesavers, undertaking a range of awards and qualifications and supporting our club to continue to grow and evolve into the future.

This season we are excited to be celebrating our 90th Anniversary. Throughout the season we will be acknowledging our past and present members and taking the opportunity to commemorate the journey of our club.

Our Charter

Port Noarlunga Surf Life Saving Club Incorporated (hereinafter referred to as “PNSLSC”) is a charitable service-based institution. The core business of the PNSLSC is to provide a safe aquatic environment for users of the Port Noarlunga Beach and surrounds at any time that its members are present.

The Strategic Plan was been prepared to achieve the following:

- by the members for the members
- to provide all members with an understanding of the aims and philosophies of the PNSLSC
- the underlying principle is that the plan is subject to continual review by the members in a changing environment
- outcomes should always be a measurable
- act as “blueprint” to the management committee who are empowered by the members to embrace the plan and apply the principles of the plan in achieving the “Objects” of the club and its members
- the management committee, as custodian, performance may be measured against the agreed KPIs targets set by the members to ensure that their aims and requirements are being met

Our Vision

- To become a leader in surf lifesaving on the mid coast and in South Australia
- To see growth in all departments
- Be most progressive with activity, systems and growth of members

Our Objectives

An extract of the Objects of the PNSLSC are:

- Participate as a member of a single uniform entity through and by which surf lifesaving and the preservation of life in the aquatic environment within South Australia can be conducted, promoted and administered.

Our Objectives (continued)

- Conduct, promote, advance and control the work of surf lifesaving, its many aspects devoted to aquatic safety and management and the preservation of life in the aquatic environment.
- Conduct research and development for the improvement in methods of surf lifesaving, including its techniques and equipment and in all ways to improve and safeguard the use of the aquatic environment.
- Produce, develop, create, licence and otherwise exploit, use and protect the Intellectual property, including but not limited to logos, trademarks, copyright and names in any surf lifesaving equipment, product, publication or event developed by Port Noarlunga Surf Life Saving Club Incorporated.
- Cooperate with any organisations in improving methods of life saving (whether in aquatic environment or elsewhere) and the securing of public recognition and financial support for Life Saving Institutions.
- Strive for Governmental, commercial and public recognition of PNSLSC as an authority on aquatic safety and management within South Australia.
- Ensure that environmental considerations are taken into account in all surf lifesaving and related activities conducted by PNSLSC.
- Promote the health and safety of members and all other users of the aquatic environment and seek and obtain improved facilities for their enjoyment.
- Encourage members to realise their potential and athletic abilities by extending to them the opportunity of education and participation in surf lifesaving activities, regardless of gender or age, within the limits of membership categories.
- Encourage and promote performance enhancing drug free competition /environment.
- Recommend and support awards to members and others, in honourable public recognition of hard and meritorious rescues from the sea, deeds of exceptional bravery from time to time performed in the course of life saving and other distinguished services and acts.
- Recommend and support where appropriate, recognition for members to obtain awards, civil honours or public recognition for services to surf lifesaving or other fields of endeavour.
- Promote uniformity of laws for the control and regulation of the aquatic environment and to assist the authorities in enforcing these laws.
- Effect such purposes as may be necessary in the interests of surf lifesaving and the aquatic environment.

SURF LIFE SAVING PATROLS

At Port Noarlunga SLSC lifesaving is our number one priority and our members take this responsibility very seriously.

Patrols are a great way to spend time at the beach, building skills and developing close knit relationships within the patrol team. This ensures team work is at the fore creating a safe and fun environment for both lifesavers and the general public.

A patrol team consists of around 10 people, including a captain and vice-captain who are responsible for leading the patrol and keeping all on the beach safe. They also have access to additional services including the SLSSA Jet rescue boat and Westpac Helicopter. These additional resources can often be seen stopping in and liaising with the patrol on the beach.

Our life savers use a range of equipment on the beach including rescue boards and tubes, first aid kits, defib and oxygen, radios for communication, the Inflatable Rescue Boat (IRB) and the patrol vehicle.

When patrolling, our lifesavers can be found wearing:

- Yellow Patrol shirt
- Red Patrol shorts
- Bathers
- Red and Yellow quartered cap
- Cap / Hat

Patrol Hours

The patrolling season is from the middle of October and continues through to Easter Monday each year.

Saturday, Sunday & Public Holidays

October, November, March, April - **12pm to 5pm**

December, January, February - **12pm to 6pm**

(Christmas Day 2pm to 5pm - Voluntary)

Our patrol agreement is signed each year with SLSSA and outlines our minimum requirements for patrol of people, times and equipment. Please familiarise yourself with the agreement so you understand what is required of your patrol team. Breaches to the patrol agreement could see the club fined. Please contact Club Captain Caitlin or Vice Club Captain Daryl if you have any concerns.

Please report to the Patrol Captain at the beginning of patrol to sign on. **If you are unable to attend, please make every effort to find a fill-in so your patrol isn't left short.**

Hot Weather Patrols - There may be times throughout the season when we are asked to patrol on weeknights or start early. If you are available, please let the Club Captain or Vice Club Captain know.

SURF COM 13 7873 (13SURF) is the number that operates 24/7, which is answered by State lifesaving personnel or duty officers outside of patrol hours. It is there for the assistance of members only.

NOTE: IN A LIFE-THREATENING EMERGENCY PLEASE PHONE 000

Patrolling members (or their parent/care giver) are encouraged to join the Port Noarlunga SLSC Patrol Group on Facebook, where general patrol communications are announced. All relevant information will also be sent via email.

SKILLS MAINTENANCE

Is completed once a year to ensure we keep our skills and knowledge up to date with practical sessions including revisiting skills such as Resus, radios, run swim run, rescues and scenario work. Dates are limited and are advertised once set. Practical sessions will need to be booked into and there will be an online component to complete. This can be done via the eLearning in the Members Area.

AWARDS AND TRAINING

There are many pathways to becoming a valued member of the patrolling team at PNSLSC. To see some of the courses offered and their prerequisites by PNSLSC and externally by SLSSA see table on the following page.

Surf Life Saving training pathways Courses facilitated by the club include:

Award	Prerequisite	Course content	Approximate Timeframes
Surf Rescue Certificate	Minimum age of 13 years 200m swim in 5 minutes	Wellbeing, surf awareness, rescues, resus and radios	3-4 weeks
Bronze Medallion & Certificate II in Public Safety (Aquatic Rescue)	Minimum age of 15 years 400m swim in 9 minutes	Wellbeing, surf awareness, rescues, resus, radios, Emergency Care, Spinal management and patrol operations	6-8 weeks
Advanced Resuscitation Techniques Certificate	Minimum age of 14 years Provide First Aid HLTAID011	Resuscitation Use of oxygen, defib OP airways and suction	8hrs/4wks
IRB Crew Certificate	Proficient in Bronze	Code of Conduct Crewing techniques Retrieval of casualties	15hrs/5wks
Silver Medallion IRB Drivers	Minimum age of 17 years Proficient in Bronze & IRB Crew Boat Licence	Code of Conduct Driving of IRB in surf Retrieval of casualties	25hours/8wks

Contact club Chief Instructor via email trainingpnsllsc@gmail.com for more information

Courses facilitated by Surf Life Saving SA include:

Provide First Aid		First Aid, Resuscitation
Silver Medallion Aquatic Rescue	Minimum age of 16 Proficient in Bronze 400m swim in 8 minutes	Advanced Search and rescue techniques
Silver Medallion Patrol Captain	Minimum age of 18 2 years patrolling experience	Managing patrol operations, leadership and incident management
Training Officer Certificate Assessor Certificate	Both require proficiency in the award wishing to train or assess	Training Officer Skillset or Assessor Skillset as required
Jet Rescue Boat Crew RWC Crew Helicopter Crew	Subject to a range of prerequisites including swimming and running	Watch for circulars calling for expressions of interest

Note: First Aid courses run all year round and can be booked into via state centre or the SLSSA website. Other courses are more limited and are advertised via circular. Keep an eye on the SLSSA website for more information. All state facilitated courses may have fees attached.

TRAINING NEW AWARDS AT PNSLSC

All upcoming courses are advertised however the Chief Instructor is always happy to provide assistance and answer any questions you may have.

Every course we offer takes a different amount of time and are delivered in a range of ways including face to face and online components.

To join any course, you will first need to ensure you are a financial and registered member of PNSLSC and then enrol.

More information:

If you have further questions or require assistance, please contact the Chief Instructor via email trainingpnspsc@gmail.com

2022 – 2023 PATROL ROSTER

The below roster also includes the competition calendar of events

PATROL TIMES

OCT, NOV, MAR, APR - 12PM - 5PM

STANDBY PATROLS REQUIRE MINIMUM OF TWO BRONZE HOLDERS ONE BEING ARTC QUALIFIED
OR

DEC, JAN, FEB - 12PM - 6PM

TWO BRONZE HOLDERS AND ONE ARTC

October	SAT 8	Sun 9	Sat 15	Sun 16	Sat 22	Sun 23	Sat 29	Sun 30				
	VOL	VOL	VOL	VOL	VOL	VOL	VOL	VOL				
Standby 12-5pm	Skills Maintenance OPEN DAY	Skills Maintenance			Board Riding State Champs				Kozil Enduro U12-Masters			
	Sat 5	Sun 6	Sat 12	Sun 13	Sat 19	Sun 20	Sat 26	Sun 27				
November	Rocks	Dunes	Dolphins	Waves	Reef		Jetty	Rocks				
Full patrol 12-5pm				SA Surf League #1			Junior Carnival #1	SA Surf League #2				
December	Sat 3	Sun 4	Sat 10	Sun 11	Sat 17	Sun 18	Sat 24	Sun 25	Mon 26	Tues 27	Sat 31	
	Dolphins	Dunes	Jetty	Reef	Rocks	Waves		VOL	Dolphins	Dunes	Jetty	
Full patrol 12-5pm		Senior Carnival #1	Surf Boat Carnival	Junior Carnival #2				XMAS Day Vol Patrol	Boxing Day	XMAS Day PH		
January	Sun 1	Mon 2	Sat 7	Sun 8	Sat 14	Sun 15	Fri 20	Sat 21	Sun 22	Thurs 26	Sat 28	Sun 29
	Reef	Rocks	Waves	Dolphins	Dolphins	Dunes		Jetty	Reef	Waves	Rocks	Dolphins
Full patrol 12-5pm		New Years Day		Senior Carnival #2		Surf Boat Carnival	First Aid State Champs		Short Course Surf Boat States Junior Carnival #3	Australia Day	SA Surf League #3	Senior Carnival #3 (water)
			SA Super Surf Teams League NSW Fri 13-Sun 15									
February	Fri 3	Sat 4	Sun 5	Fri 10	Sat 11	Sun 12	Sat 18	Sun 19	Sat 25	Sun 26		
		Dolphins	Dunes		Jetty	Reef	Rocks	Dolphins	Waves	Dolphins		
Full patrol 12-5pm	Senior Carnival #3 (beach)	Champion Lifesaver & Patrol Comp States	Brighton Jetty Classic	First Aid State Champs	Pink & Blue Swim	Junior Carnival #4	Junior State Champs Day 1	Senior State Champs Day 1				
	Sat 4	Sun 5	Sat 11	Sun 12	Mon 13	Sat 18	Sun 19	Sat 25	Sun 26			
March	Dunes	Reef	Waves	Dolphins	Jetty	Rocks	Dunes	Dolphins	Reef			
Full patrol 12-5pm	Senior State Champs Day 2&3 Moana		Senior States (beach)	Senior States (beach flags)	Adelaide Cup	Junior State Champs Day 2&3 Port Noarlunga	Aussies Sat 25th March - Sun 2 April Perth					
			Masters State Champs Glenelg	Masters Long Swim								
April	Sat 1	Sun 2	Fri 7	Sat 8	Sun 9	Mon 10						
	Jetty	Waves	Dolphins	Rocks	Dolphins	Dunes						
Full patrol 12-5pm	Aussies Sat 25th March - Sun 2 April Perth		Good Friday				Easter Monday					
Public Holiday		Dolphins	Dunes	Jetty	Reef	Rocks	Dolphins	Waves	Volunteer			

POSITION HOLDERS, SUB-COMMITTEES & LIFE SAVING PANELS

Club Committees Position Holders

POSITION	NAME	CONTACT
President	Kate Barnes	president@pnspsc.com.au
Vice President	Darcy Lines	
Secretary	Jacqui Corbett	secretary@pnspsc.com.au
Club Captain	Caitlin Stone	patrols@pnspsc.com.au
Vice Captain	Daryl Stanton	patrols@pnspsc.com.au
Finance Director	Carly Lane	finance@pnspsc.com.au
Junior Chair Person	Lee Partington	juniors@pnspsc.com.au
Junior Secretary	Darcy Lines	
Chief Instructor	To Be Filled	trainingpnspsc@gmail.com
IRB Captain	Dave Lowrey	
Boat Captain(s)	Michael Critchley Grant Brown	
Craft Captain	Warwick Armstrong	
Radio Officer	Stewart Lawrie	
First Aid Officer	Victoria Barnes	
Competition Officer	Robert Reid	
Cadet Coordinator	Jacqui Corbett	
Uniform Officer	Haylee Lines & Marie O'Connell	uniforms@pnspsc.com.au
Web Master	Craig Fowler	
Promotions & Sponsorship Officer	Shaun O'Sullivan	
Fundraising Officer		
Function Manager	Karri Guy	functions@pnspsc.com.au
Child Reporting Officer	Shaun O'Sullivan	
Child Safety Officer	Kate Barnes	
Child Safety Officer	Marie O'Connell	

A club email address has been provided where available. Please contact our secretary if you require contact details for any of our other committee members.

Club Sub-Committees & Panels

Members of the following sub-committees meet on a regular basis throughout the season to discuss and plan specific requirements under their banner:

Finance Committee	Juniors Committee	Building Committee
Constitution Committee	Fundraising Committee	Special Events Committee

In addition to our sub-committees, we have the below the groups who are called upon on an as needed basis and the combination of people used may vary based on the situation and our constitution requirement. These panels are made up of members who have specific expertise required for the specific panel:

Dispute (Grievance) Committee	Judicial Panel	Patrol Tribunal Panel
Carnival Disciplinary Panel	Life Member & Honours Panel	

CLUB MEMBERSHIPS & FEES

Membership Category	Annual Fee
Full Active Membership	\$150.00
Family Membership	\$295.00
Single Parent Active/Associate plus one Junior	\$195.00
Associate/Associate Parent/Guardian	\$50.00
Introductory NEW Junior Membership U6-U13 (Parent FREE for the first year)	\$150.00
Please ensure you pay for the correct membership category. For primary school aged children who have not used their \$100 Sport Voucher in 2021, you may deduct this from the total membership fees when paying. Please add a detailed description in the payment details field, in doing so you agree to reimburse the Club if the Sports Voucher claim is unsuccessful. Please email a completed Sports Voucher to secretary@pnsisc.com.au	
Senior Competition Fees (Not including State Titles)	\$90
Gym Membership Patrolling Member/Life Member	\$75.00
Gym Membership Active Member (Office Holder/Official)	\$150.00
Gym Membership Social/Associate Member	\$300.00
Note: all gym membership renewals are due 01/10/21	
Club Access Fob	\$25.00

How to renew your membership online

Log in to members.sls.com.au

Click the “Renew Family Memberships” button

Make sure Season 2022/2023 is displayed

Tick all family members being renewed on the left then click Submit:

[REDACTED]

Family - Membership Renewal

Family Group Organisation: Port Noarlunga

Season: 2022/2023

	Member ID	First Name	Last Name	DOB	Membership Status	Membership Category	Season
<input checked="" type="checkbox"/>	5501184	[REDACTED]	[REDACTED]	[REDACTED]	Active	Cadet Member (13-15 years)	2021
<input checked="" type="checkbox"/>	5438848	[REDACTED]	[REDACTED]	[REDACTED]	Active	Active (18yrs and over)	2021
<input checked="" type="checkbox"/>	5438844	[REDACTED]	[REDACTED]	[REDACTED]	Active	Active (15-18 yrs)	2021
<input checked="" type="checkbox"/>	5438852	[REDACTED]	[REDACTED]	[REDACTED]	Active	Active (18yrs and over)	2021

Submit
Cancel

Select the appropriate Membership and fee payable for the first adult member from the dropdown menu. Note: for the other family members you can select the \$0 fee – Included in Family Group option.

RENEW

Please select your desired Renewal Fee(s) from the options available below:

Family membership can consist of one or two parent/guardians plus up to three children of same family

If claiming one or two Sports Vouchers you can select the Family Membership with reduced fees.
Note: Please email completed Sports Vouchers to secretary@pnsisc.com.au

RENEW

Please select your desired Renewal Fee(s) from the options available below:

Family membership can consist of one or two parent/guardians plus up to three children of same family. You agree to reimburse the Club if Sports Voucher claim is invalid.

Next

Select your add-on fees for each family member

Addon Fees

- ☒ \$75.00 - Active (18yrs and over) - Gym Fee - Patrol Member
- ☐ \$25.00 - Active (18yrs and over) - Club Entry Fob/ Gym Fob
- ☐ \$100.00 - Active (18yrs and over) - Senior Competition Fees
- ☐ \$20.00 - Active (18yrs and over) - Competition Skull Cap
- ☐ \$18.00 - Active (18yrs and over) - Hi-Vis Vest
- ☐ \$20.00 - Other - Competition Skull Cap
- ☐ \$25.00 - Other - Club Entry Fob/ Gym Fob
- Member must be 16 or over to hold their own fob.
- ☐ \$18.00 - Other - Hi-Vis Vest

- ☐ \$75.00 - Active (18yrs and over) - Gym Fee - Patrol Member
- ☐ \$25.00 - Active (18yrs and over) - Club Entry Fob/ Gym Fob
- ☒ \$100.00 - Active (18yrs and over) - Senior Competition Fees
- ☐ \$20.00 - Active (18yrs and over) - Competition Skull Cap
- ☐ \$18.00 - Active (18yrs and over) - Hi-Vis Vest
- ☐ \$20.00 - Other - Competition Skull Cap
- ☐ \$25.00 - Other - Club Entry Fob/ Gym Fob

- ☐ \$20.00 - Cadet Member (13-15 years) - Competition Skull Cap
- ☐ \$18.00 - Cadet Member (13-15 years) - Hi-Vis Vest
- ☒ \$100.00 - Cadet Member (13-15 years) - Senior Competition Fees
- ☐ \$20.00 - Other - Competition Skull Cap
- ☐ \$25.00 - Other - Club Entry Fob/ Gym Fob
- Member must be 16 or over to hold their own fob.
- ☐ \$18.00 - Other - Hi-Vis Vest

- ☒ \$75.00 - Active (15-18 yrs) - Gym Fee 16+ - Patrolling Cadet
- ☐ \$100.00 - Active (15-18 yrs) - Senior Competition Fees
- ☐ \$20.00 - Active (15-18 yrs) - Competition Skull Cap
- ☐ \$18.00 - Active (15-18 yrs) - Hi-Vis Vest
- ☐ \$20.00 - Other - Competition Skull Cap
- ☐ \$25.00 - Other - Club Entry Fob/ Gym Fob
- Member must be 16 or over to hold their own fob.

Check your selections and continue. You can go back and amend or add items if needed. Scroll down to Declarations section.

Order Summary

Please find below a summary of your order.

Other - Family Membership - Renewing Families (1 Sports Voucher)	\$195.00
<i>Family membership can consist of one or two parent/guardians plus up to three children of same family. You agree to reimburse the Club if Sports Voucher claim is invalid.</i>	
Active (18yrs and over) - Gym Fee - Patrol Member	\$75.00
██████████	
Other - Included in Family Group	\$0.00
Cadet Member (13-15 years) - Senior Competition Fees	\$100.00
██████████	
Other - Included in Family Group	\$0.00
Active (18yrs and over) - Senior Competition Fees	\$100.00
██████████	
Other - Included in Family Group	\$0.00
Active (15-18 yrs) - Gym Fee 16+ - Patrolling Cadet	\$75.00
<hr/>	
Total	\$545.00

Insert your first name and surname in the boxes then scroll down to tick the Membership Declaration boxes on the left. Click Next.

SLSA Membership application and declaration

☒ I have read, understood, acknowledge and agree to the [declaration](#) including the warning, exclusion of liability, release and indemnity. I acknowledge that if my application for membership is successful I will be entitled to all benefits, advantages, privileges and services of SLSA membership.

I, am the parent or guardian of the applicant.

☒ I authorise and consent to the applicant undertaking the SLS Activities. In consideration of the applicant's membership being accepted I expressly agree to be responsible for the applicant's behaviour and agree to personally accept in my capacity as a parent or guardian the terms set out in this membership application and declaration including the provision by me of a release and indemnity in the terms set out above. In addition I agree to be bound by and to comply with the SLSA constitution and any regulations and policies made under it.

☒ I have read, understand, acknowledge and agree to the declaration and application and conditions of membership. I warrant that all information provided is correct.

[Previous](#)

Next

Click **MAKE A PAYMENT** – your membership renewal will not be approved without payment.



Hi, [REDACTED]

[Home](#) [Memberships](#) [Patrols](#) [eLearning](#) [News and Events](#) [Document Library](#) [History](#) [Forms](#) [Reports](#) [Sports Hub](#)

RENEW

You have almost completed your new membership application to Port Noarlunga SLSC

Your order number is # [REDACTED]

The application needs to be approved before you become a member and you must fulfill all of the Terms and Conditions of the membership process required by SLSA and the Club.

Step 1: DONE - Your online application has now been submitted

Step 2: Please make your membership fee payment by clicking the 'Make Payment' button below.

MAKE A PAYMENT

Click PAY ONLINE to pay with credit card and follow the prompts to finalise your memberships renewals.

Use the button below to pay now using your credit card.

PAY ONLINE

Port Noarlunga SLSC

Phone Number(s)

0424958747
0883821376

Email Address

secretary@pnsisc.com.au

Website

pnsisc.com.au

Physical Address

Cnr Saltfleet St and Esplanade
Port Noarlunga 5167

Please click here to complete your 2022 Sports Vouchers: [PROCESS YOUR SPORTS VOUCHER](#)

Alternatively copy the below link into your browser:

https://www.sportsvouchers.sa.gov.au/__data/assets/pdf_file/0020/35615/2022Voucher_v2.pdf

For an Individual renewal follow steps 1-7 below

1. Go to members.sls.com.au
2. Click the tab **Memberships**.
3. Click the sub tab **Renewals, Payments & Transfers**.
4. Review your details.
5. To proceed you must tick your agreement to declaration/s in the 'beige' section.
6. Click the **Submit** button.
7. You must make payment to confirm memberships - Go to *Making your payment* steps shown below

Making your payment

First complete the Membership step above

Then when still in the Members Area, follow these steps to make your payment.

1. Click the LINK "**Click here if you wish to make a payment**".
2. On the Enter Payment Details - make sure the Club/Organisation is "Port Noarlunga".
3. Review price list - make the appropriate payment amount (based on membership type and date).
4. Transaction type: Membership fee
5. Payment Details: Type the names of your family name (meaningful payment detail)
6. Click "Add another Transaction" to add Gym fees/Club key etc.
7. Amount: Total fees payable.
8. Add your Payer's Details, Click the **NEXT** button
9. Follow the prompts to enter credit card details, Click the **NEXT** button
10. Enter the verification code shown in the box and click **CONFIRM**

CLUB PRIDE AND TEAM SPIRIT

CLUB COLOURS

Our club colours are Maroon and Gold.

The club cap is Maroon with a Gold star.

A variety of clothing in club colours and/or with the club badge is available all year round and is on display during the Saturday nipper session. Contact our Uniform officer for more information.

TEAM SPIRIT

Team spirit exists when we all work together in harmony - respecting, helping, sharing, supporting and encouraging each other.

Remember, there is no 'I' in the word TEAM and no one person is bigger than the team itself. Let's all pull together and wear the Maroon and Gold with pride

CLUB SONG

Below are the words to our club song, which is sung to the tune of the Crows team song – they also borrowed it from someone else. We are proud of our club, so let's sing it loud and proud.

*We're the pride of Port Noarlunga
We're the Mighty Porties Club
We're all proud to be Lifesavers
We're the Mighty Porties Club
We can beat them on our boards and skis,
In our boats and on the beach
IN the state our IRBs are best
We're the Mighty Porties Club*

CLUB GYMNASIUM

Our gymnasium has been created to provide a safe, secure and professional place for our members to exercise and it is a space we are very proud of. Access to the gymnasium is only permitted to fully financial members, who have also purchased a gym membership. Membership enquiries can be directed to our Club Secretary.

Membership prices are reviewed and published on an annual basis. Refer to the membership fee table for pricing.

It is currently a mandatory requirement that all user's check-in using the QR Code or manual record sheets provided. Social distancing should be practiced whenever possible and practical.

GYM CODE OF CONDUCT

1. The sign in and sign out sheet must be completed each time you use the gym.
2. No smoking, eating or drinking (other than water bottles) is permitted in the gym.
3. Do not remove equipment from the gym without prior permission.
4. Always use a separate towel for hygiene purposes and wipe down equipment after use.
5. If you are on your own, or the last person to leave the gym, switch off all electrical equipment when leaving.
6. Lifters must use collars on every set and must not drop weights on the floor.
7. Lifters must use spotters on all moderate to heavy sets.
8. Move weights from the racks to the bar only. Do not leave weights on the floor.
9. Return all equipment to its allocated position.
10. Gym users must dress appropriately at all times.
 - a. Lower Body Clothing: Athletic shorts, tights or clothes designed for exercise
 - b. Upper Body Clothing: T-shirts, singlets, sweat shirts, unaltered tank tops required or clothes designed for exercise
11. Athletic shoes must be worn with laces tied at all times. No bare feet or open toed shoes permitted.
12. Prescription glasses are permissible. No sunglasses permitted unless suitable medical evidence supporting the need to wear them is provided.
13. Any jewellery that may possibly injure a user, including rings and necklaces, is not permitted. Small earrings and items that cannot inhibit or injure a user are permitted.

The Port Noarlunga Surf Life Saving Club board of management reserve the right to cancel a gym membership at any time if it is deemed there has been a breach to the Code of Conduct.

INFLATABLE RESCUE BOATS (IRB)

The SLS Inflatable Rescue Boat (IRB) is a motorised inflatable boat crewed by two (2) trained lifesavers to conduct SLS operations in our waterways. The primary purpose of an IRB is to safely, but quickly negotiate the surf conditions to reach a person requiring assistance, and are an essential part of the surf lifesaving services we provide to the community.

As well as following the necessary training pathway to obtain IRB crew and driving qualifications, IRBs also form part of the Surf Sport competition offering.

Competition Training

IRB Competition training runs from mid-March through to the end of the IRB season in mid-July. There may be other sessions scheduled throughout the summer. Trainings are usually held on a Sunday morning for about 3 hrs.

Competition Season

The IRB Competition season runs from the first Sunday in May through to state titles in July. Aussie titles are usually held a couple of weeks after our state titles. As a part of the competition season there is usually a Robe or Beachport Competition over the June long weekend.

SURF BOATS

Surf Boats were one of the traditional vessels used to perform surf rescues and have been around since the early 1900s. Surf lifesavers used to row these wooden boats out through the surf to rescue stranded swimmers. As with all surf rescue techniques, lifesavers would compete with each other to practice rescues and hone their skills. Like IRBs, they form part of the Surf Sport competition offering.

Competition Training and Season

Surf Boat Competition training runs from November through to the end of the summer surf lifesaving season, which is typically mid-March to early April. Our Boat Captain will announce training sessions at the beginning of the season.

SURF SPORTS - YOUTH, SENIORS AND MASTERS

Surf Sports showcase the skills and physical abilities required to save a life and form a key part of who we are as a club. Unlike any other sporting code in the world, the intent of our competition is to aid in developing the skills necessary to carry out Surf Life Saving's core purpose – saving lives.

As well as IRB and Surfboat racing, surf sports encompass a range of disciplines including beach events, ironman, boards, skis, swimming, lifesaving and pool rescue.

Getting involved in surf sports is a great way for people of all ages to continue to develop their skills and prepare for competition. If you have a child who is preparing to graduate from the Juniors arena, please contact our Youth Coordinator, Jacqui at secretary@pnspsc.com.au to obtain more information on development, training and competition pathways.

Youth, Seniors and Masters Weekly Training Schedule

Day	Session	Time
Monday	No Scheduled Training	
Tuesday	Suggested: Kayaks with OCC	5pm
Wednesday	Boards	5pm
Thursday	Skis	5pm
Friday	Iron	5pm
Saturday	Boards	3pm
Sunday	Ski	9am

The above training schedule is accurate at the time of publication and may be subject to change. We suggest you request to join the Port Noarlunga Senior Competition Group on Facebook to stay up-to-date on any changes to the training schedule and competition information.

Competition Calendar

Here is the link to the SLSSA 2022-2023 Competition Calendar: [2022-2023 Competition Calendar](#)

If you are unable to use the live link, please go to the following website to access the calendar:

<https://www.surflifesavingsa.com.au/calendar>

JUNIORS

Strong, confident people who become Life Savers usually start their journey from an early age. Port Noarlunga Surf Life Saving Club welcomes all little 'Nippers' to come and be part of the fun. Here at Port Noarlunga, we are dedicated to providing a fun and safe environment to teach our juniors surf awareness. The nipper program is a sequential program of skills that help develop their confidence and knowledge in the beach environment. By enhancing these skills and teaching them about surf lifesaving in a fun and interactive activities we are preparing our nippers to eventually be patrolling members of our club.

Saturday Nipper Sessions

The intent behind our Saturday Nipper Program is provide our children with a fun environment to learn and understand the principles and skills involved in Surf Life Saving in a way that is not only fun but inclusive. Our Saturday program is based around skills development through fun and inclusive activities, whilst our optional training sessions throughout the week are available to all members who have attained the required proficiency standard and would like to increase their skills and compete for the club at a carnival throughout the season.

Our Saturday Nipper Sessions are held during the morning throughout the season.

Start time for U8s to U13s: 10:15am
Start time for U6s to U7s: 10:45am
Finish time: 12:30pm for all age groups

What to bring on Saturdays

The following items need to be brought to training every week.

- Bathers
- Rash vest or protective top – this must be worn to begin each session
- Wide brim hat – this must be worn to begin each session
- Sunscreen SPF 30 or higher (water resistant)
- Goggles
- Towel
- Water bottle
- Hi-vis vest – provided with membership
- Skull Cap - available at the uniform shop

Please ensure all clothing and belongings are labelled. We also require parents/caregivers to take responsibility for ensuring the children in their care to apply sunscreen. Age Group Managers can only offer reminders and cannot physically apply sunscreen.

All children in age groups U8s to U13s need to be ready every Saturday by 10:15am and be sitting in their relevant age group. Children in tadpoles – U6s and U7s need to be ready every Saturday by 10:45am and sitting in their relevant age group. This allows time for the Junior Chief Instructor to give a brief welcome and deliver any important news or events that may be coming up.

All juniors will be responsible for carrying, returning, washing and packing away all boards that have been used on the day.

Age Group Managers

All age groups will be allocated an Age Group Manager. They are parents or interested members, who have volunteered to manage the age group. They are responsible for the co-ordination of activities on Saturdays along with overseeing event entries and activities at Carnivals.

- Current registered member of Port Noarlunga Surf Life Saving Club
- Completed relevant legislated clearance to work with children
- Be a minimum age of 16 years old
- Have completed Age Group Managers Course
- Hold a current Bronze Medallion (desirable)

Age Group Managers

Under 6 & 7 – Jamie & Michelle Rose

Under 8 – Emma Cox

Under 9 – Mike Woolford

Under 10 – Lee Partington

Under 11 – Patrick Brennan

Under 12 – Mikayla O’Sullivan & Tomas Parker

Under 13 – Steve Bowes

Additional Training for Competitions

Any child in age groups U8s through to U13s has the opportunity to participate in competitions throughout the season. (See proficiency requirements).

We offer additional training for these children throughout the week to further their skills. The training calendar will be shared by the Junior Chief Instructor at the beginning of the season.

Hot Weather Policy

Please watch the Friday night evening forecast on Channel 7 News.

If the weather is forecast to be 38 degrees or higher our Saturday training time will be modified and primarily water based.

Start Time: 9:15am U8s to U13s

Start Time: 9:45am U6s and U7s

Finish Time: 11:30am for all age groups.

Inclement Weather Policy

Inclement weather shall be deemed as low temperatures, high winds and high seas. The junior training program will be modified to include alternate learning opportunities such as theory sessions and depending on the conditions (in adopting our duty of care) may be cancelled. This decision will be made by our Junior Chief Instructor.

Uniform and Heat Policy

Club clothing is available for purchase through our Uniform Shop. Club bathers, rash vests, hats and more can be purchased. For further information and pricing please email: uniforms@pnsllsc.com.au

All kids are required to be 'Sun Smart' during training. This includes hats, sunscreen SPF 30 or higher (water resistant), rash vests or tops.

Port Noarlunga Surf Life Saving Club recognises Surf Life Saving SA's Sun Smart Policy and Sports Medicine Australia's Safety Guidelines for children in sport and recreation.

Responsibilities of Parents/Caregivers

A parent/care giver is required to be in attendance throughout the duration of all training programs.

Exception to this rule: Where a parent(s) is involved as an Age Group Manager, Water cover or is on General Life Saving Patrol or is performing another active member role.

All parents/care givers need to 'sign in' their child/ren at the beginning of training with their Age Group Manager. Please ensure at the end of training you 'sign out' your child/ren before leaving the club. This is a mandatory requirement of Surf Life Saving South Australia and helps us to ensure we keep track of all children during training.

Parent/Care Giver Involvement

We invite and encourage all parents/care givers to participate and share the experiences of nipper activities with their children/children in their care. Helping out commonly enhances the enjoyment of your kids' experience. Involvement with other aspects of the club is also welcomed. Parent membership is encouraged and is vital for the operational success of the club.

You can help by:

- **Setting up the beach before training.** You can be of great help by arriving 30 minutes early to offer assistance.
- **Washing off boards** or helping to **pack up the beach equipment** at the end of training.
- **Assist the Age Group Manager** during training – wear your bathers and join in with the games.
- **Undertaking an Officials Course** – This allows you to be involved in officiating at carnivals and learning more about the competition side of life saving
- Assist with **Fundraising** activities.
- Volunteer to help with the **BBQ** – This is conducted by way of an age group roster system.

Assistance by parents/care givers is definitely always welcomed and appreciated at our club.

Swimming Policy

Swimming is a big part of Surf Life Saving however we are **not** a 'learn to swim' program. Unfortunately, we do not have the resources to provide swimming instruction for children who are unable to swim. Minimum survival skills (refer to Preliminary Skills Assessment – on the following page) will be required to be assessed before any aquatic activities can be undertaken.

Swimming Policy (continued)

We encourage all parents to obtain 'qualified swimming tuition' for their children to ensure the above standard is met.

Endurance swim training is available for all junior members on Tuesday nights at Noarlunga Leisure Centre. **Please note this is not a swimming lesson with a qualified instructor.** The requirement to take part in this training is the completion of the Preliminary Skills Assessment.

The pool entrance fee will need to be paid at the pool for each session attended and a parent **must** stay for the duration of the session.

We do recognise that swimming in the sea is a new experience for many kids. The role of the Surf Life Saving Club and the Age Group Managers is to encourage kids and to help develop their confidence and skills as well as provide surf education.

Preliminary Skills Assessment

Every junior member is required to participate in this evaluation prior to commencing any water activity, training, or competition. It includes a swim and a float that is progressively increased by each age group.

Competition Evaluation Ocean Timed Swim

Every junior member who wishes to compete in water events at recognised carnivals must complete this assessment (not including wade events).

Surf Education Awards

The Junior Development Program pathways knowledge and skills learning outcome through lessons that are tailored to each of the age groups; ensuring the content is relevant and in-line with lifesaving and surf sports most up to date training standards.

For more information, please head to the Surf Life Saving South Australia Website.

Age groups are determined by a child's age on the 30th September each year. (i.e.: If you are 9 on the 30th September, you are in the U10 age group).

Please refer to the table on the next page for more details on the awards taught and obtained by each age group.

Surf Life Saving SA Junior Award Summary Table

Age Group	Preliminary Skills Assessment	Competition Evaluation: Ocean Timed Swim	Surf Education Awards
Under 6	Shallow water activities only	Not applicable	Surf Play 1
Under 7	Shallow water activities only	Not applicable	Surf Play 2
Under 8	25 metre swim (any stroke) 1 min survival float	150m ocean swim (competition course)	Surf Aware 1
Under 9	25 metre swim (any stroke) 1 min survival float	150m ocean swim (competition course)	Surf Aware 2
Under 10	25 metre swim (freestyle) 1 ½ minute survival float	150m ocean swim (competition course)	Surf Safe 1
Under 11	50 metre swim (freestyle) 2 minute survival float	200m ocean swim (competition course)	Surf Safe 2
Under 12	100 metre swim (freestyle) 2 minute survival float	200m ocean swim (competition course)	Surf Smart 1
Under 13	150 metre swim (freestyle) 3 minute survival float	200m ocean swim (competition course)	Surf Smart 2

Club Craft – Junior Equipment

- You must be a financial member.
- A combination of foam and fibreglass nipper boards are to be used at trainings on Saturdays.
- If you wish to use a board outside of nippers training, please have the courtesy to ask a member and only use the foam nipper boards.
- **NO** boards are to be taken home.
- Please ensure that the board you have used gets washed down after use and returned to the rack in which you got it from.
- Report any damages to your Age Group Manager, the Junior Chief Instructor or a Committee Member as soon as possible.
- There is some space available for private craft, please see the Junior Chair to be allocated a position. No craft outside of nipper boards are permitted. Each Nipper if permitted will only be able to be allocated one position for personal craft.
- There is to be no dragging of any boards. They are to be carried at all times.

Medical Conditions

Please ensure all relevant health information has been supplied at time of registration. All medical conditions and any special requirements for a junior participant must be brought to the attention of their Age Group Manager prior to undertaking activities.

Insurance

All members who sign The Surf Life Saving Australia membership form and pay the club's designated fees are insured under Surf Life Saving SA's Policy. This includes participation in club training and competing at sanctioned Surf Life Saving SA Events.

For further details please contact Surf Life Saving SA by phone on 8354 6900 or head over to their website www.surflifesavingsa.com.au

Club Reporting Officers

Port Noarlunga Surf Life Saving Club has members trained as Club Reporting Officers (CRO's) for the Nipper Safe Program. They are trained to recognise behaviours and have the resources and knowledge to assist others through any reporting process.

Any registered member of Surf Life Saving SA can be trained to be a CRO. Please register any interest with Surf Life Saving SA.

Child Safety Officer

Port Noarlunga Surf Life Saving Clubs Child Safety Officers role is to educate and promote awareness.

They may provide training, distribute or promote the Child Safe Policy, assess risks to child safety and ensure all volunteers have undertaken the correct screening according to the legislation.

Nipper Safe

Nipper Safe is a Member Protection Strategy developed by collaboration between the South Australian Police and Surf Life Saving South Australia, with support from Children Family and Youth Services, the Sexual Offender Treatment and Assessment Program and the Office for Recreation and Sport. It has a very simple objective – To reinforce Surf Life Saving Nippers as a safe and positive environment for children to learn and develop.

State Carnivals

Here is the link to the SLSSA 2022-2023 Competition Calendar: [2022-2023 Competition Calendar](https://www.surflifesavingsa.com.au/calendar)

If you are unable to use the live link, please go to the following website to access the calendar:

<https://www.surflifesavingsa.com.au/calendar>

End of Season Junior Awards

Age Group Club Champions Male and Female U/8's to U/13's

These awards are decided using the results from the following State Carnivals throughout the season. One male and one female will receive this award per age group.

Junior Clubman

At the end of the season one Junior Member (male or female) is awarded the Junior Clubman Award. Age group managers, coaches and junior committee vote each week for a minimum of 8 weeks to decide this award. The criteria for the award encompass the following:

The junior member should be an all-rounder in both competition and lifesaving. They are generous in helping out their fellow peers, show leadership skills to an outstanding level and excel in all areas to be an outstanding Junior Member.

Vern D'Cruz – Encouragement Award

At the end of the season one Junior Member (male or female) is awarded the Vern D'Cruz Award. Age group managers, coaches and junior committee vote each week for a minimum of 8 weeks to decide this award. The criteria for this award encompass the following:

This award is an encouragement award and is based on the person that has improved in all aspects of Surf Life Saving including competition. It also looks at their personal growth and development. It is someone who shows great leadership skills and is looked up to by their peers.

Junior Lifesavers of the Year – Male and Female

Junior Lifesavers of the year needs to be voted on as **two** different people – **one male and one female**.

At the end of the season two Junior Members (one male and one female) are awarded Junior Life Saver of the Year. Age group managers, coaches and junior committee vote each week for a minimum of 8 weeks to decide these awards. The criteria for this award encompass the following:

Attendance and participation at junior club training and activities. They need to represent the club at carnivals and other surf sport events, show self-initiative and have willingness to be involved in all areas of junior training (beach/water/club).

They need to demonstrate good leadership and sharing skills and be able to follow instructions. A good general knowledge of Surf Life Saving and a genuine interest in club activities. They need to have obtained any relevant awards and have a past and future involvement in Surf Life Saving. They are respected by other junior lifesavers and seen as a role model.

Most Improved Awards

All Nippers from the age group of U8 through to U13 are eligible for the following awards. General criteria for most improved awards include, but is not limited to the following:

- Improved throughout the season
- Attitude has remained positive throughout the season
- Continually has the effort and desire to improve
- All awards to be vetted by Junior Committee

Most Improved Pool Swimmer

The Most Improved Pool Swimmer Award is usually awarded by the Pool Coach, with input from parent helpers and assistants throughout the summer season. This is then reviewed by the Junior Chairperson and Chief Instructor. It is awarded to the Nipper who has made the most gains during the season. This will not always be the nipper that started the season with the least amount of experience, or swimming skill. The award may go to an established swimmer whom makes

significant progress in his or her swimming skill in the context of surf sports and their ability throughout the season.

Most Improved Ocean Swimmer

The Most Improved Ocean Swimmer Award is awarded by general consensus between all Age Group Managers and the Chief Instructor. It is awarded to the Nipper that has developed their ocean swimming the most throughout the season. As with the Pool Swimmer award this award will not always go to the swimmer with the least amount of experience or skill, it may go to an established swimmer whom makes significant progress with his or her swimming in the context of surf sports and their ability throughout the season.

Most Improved Board

The Most Improved Board is awarded by general consensus between all Age Group Managers, the Board Coach and the Chief Instructor. It is awarded to the Nipper that has developed their board paddling ability the most throughout the season.

Most Improved Beach

The Most Improved Beach is awarded by general consensus between all Age Group Managers, Run Coach, and the Chief Instructor. It is awarded to the Nipper that has developed their beach skills the most throughout the season.

Chief Instructors Award

The Chief Instructor Award is awarded by general consensus between all Coaches, Junior Chair and the Junior Instructor. The criteria for this award are dynamic. Although all Nippers cannot receive awards this award can be awarded to any Nipper for numerous reasons, whether it be consistency, sportsmanship, significant achievement, mentoring younger Nippers always encouraging etc.

Competition, Carnivals and State Titles

Informal Competition

This is encouraged each week during Saturday Training. All junior members will be encouraged to do their best and develop to their full potential whilst having fun.

Formal Competition

This will be encouraged for children in the U8 – U13 age groups through State Carnivals. Carnivals are a great way for nippers to practice their skills in a friendly atmosphere but are not compulsory.

Carnival Days

On carnival days all junior competitors need to report to their Age Group Managers at the Port Noarlunga Tent by 7:00am. Events start at 8:00am.

Children are to remain with their Age Group Managers during carnivals as they are responsible for the children during events. Parental assistance carrying towels, water bottles etc. is necessary and invaluable. All children are required to wear a long sleeve top and hat when not competing.

State Titles

State Titles are held late February or early to mid-March each year at the end of the season. All children are encouraged to compete at the State Titles.

There is an expectation that a junior member will attend 2 carnivals prior to attending the Junior State Qualifying Titles immediately preceding the Junior State Titles.

Team Selection

The Head Coach, in consultation with the other coaches, will select teams primarily based on ability and performance at training, carnivals and club championships. If necessary, match races will be used to finalise selection (e.g., paddle/swim/run offs). Other factors to be considered are availability, the competitor's ability in the different conditions, willingness to compete, commitment to training (attendance and performance), illness/injury, past performances, consistency and workload. Notice of Team Selection will be given during Nipper Training session approximately one week prior to the competition.

For a more detailed policy on the Team Selection process please refer to the Port Noarlunga Surf Life Saving Website.

Port Noarlunga Surf Life Saving Club www.pnslsc.com.au

Competitors Code of Conduct

- Play by the rules and never argue with an official. If you disagree it is your Age Group Manager who needs to approach the Official after the Competition.
- Work hard for yourself and your team.
- Be a good sport. Applaud all good performances regardless of the club the person is from.
- Treat all participants as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Participate for your own enjoyment and most importantly have fun!!

Parents Code of Conduct

- Encourage your child/ren to participate – do not force them.
- Focus on your child/ren's efforts rather than winning or losing.
- Encourage them to participate in accordance with the rules.
- Never ridicule or yell at a child for making a mistake or for coming last.
- Remember children learn from example. Applaud all efforts by all participants.
- Respect Officials' decisions and teach your children to do likewise.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.
- Show your appreciation towards Age Group Managers, Coaches, Officials and Administrators. Without them your child could not participate.
- For full information on Policies and Code of Conduct please visit the SLSSA website.

TeamApp – Communication

All our information gets posted and is regularly updated in Team App. Calendars, Newsletters, Flyers and Circulars and a Chat room on Team App

PORT NOARLUNGA SLSC
NOW HAS ITS OWN APP

Download our awesome new app now and stay up to date with all the latest information!


Install the PORT NOARLUNGA SLSC App on your smartphone or tablet now!

Follow these steps:

1. Download Team App from the Apple or Google Play app store.
2. Sign up to Team App. You will be sent an email to confirm your registration.
3. Log into the App and search for "PORT NOARLUNGA SLSC".
4. Choose your applicable access group(s).
5. If you don't have a smartphone go to portnoarlungaslsc.teamapp.com to sign up and view this App online.

Need help?
Contact: Nathan Kachel
Email: nath.lisa@kaasas.com

TEAM APP
Your Team Your App



teamapp.com

ANNUAL AWARDS

Each year annual awards are given out in recognition of service and achievements undertaken throughout the most season. Awards include but are not limited to, Club Person of the Year, Most Consistent Life Saver, Youth Member, and those listed in the Juniors section of this handbook.

CLUBROOMS AND FUNCTIONS

Our clubrooms are open on Friday nights between late October and late March every year. Our members, along with the general public, are welcome to join us for a meal and drinks and the opportunity to enjoy the amazing view from our club rooms balcony. Members get to enjoy our generous members price for all drinks.

Or book the Port Noarlunga Surf Life Saving Club for your next milestone birthday, engagement, anniversary or social event and it will certainly be an event to remember. Enjoy our endless view from the open-air balcony, floor to ceiling windows in our function room and the luxury of breath-taking sunsets throughout providing the perfect backdrop for your celebration. We offer an all-inclusive package so all you have to do is arrive!

Contact our Functions Manager, Karri Guy at functions@pnsllsc.com.au for more information

CLUB SPONSORS

We rely heavily on the continued generosity shown by our Club Sponsors. We very proud to acknowledge and thank the following local businesses for supporting our club.

Gold Sponsors

Magain Real Estate * Morphett Vale Conveyancing * Becks Bakehouse Port Noarlunga * Solomons Flooring Reynella * Rosemane Funerals

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Rosemane Funerals

Silver Sponsors

Solomons Flooring Reynella



Bronze Sponsors

Studio 60 * Mid Coast Painters * City 2 Surf Electrical



We also want to acknowledge and thank the City of Onkaparinga Council for their ongoing support

RESOURCES

Websites

Port Noarlunga Surf Life Saving Club
Surf Life Saving SA
Surf Life Saving Australia

www.pnslsc.com.au
www.surflifesavingsa.com.au
www.sls.com.au

Social Media Platforms:



PNSLSC Public Page

Port Noarlunga Slsc

Groups with restricted access:

Seniors Competition Group

Port Noarlunga SLS Senior Competition Group

Juniors Group

Port Noarlunga SLS Juniors Group

Patrol Group

Port Noarlunga SLSC patrol group



PNSLSC Public Page

@portiesslsc



Club Communication

External Training Providers



Noarlunga Leisure Centre

13 Seaman Road, Noarlunga Centre SA 5168

Phone: (08) 8488 2099



Southern Performance Swimming Club

Contacted through Noarlunga Leisure Centre

13 Seaman Road, Noarlunga Centre SA 5168

Phone: (08) 8488 2099



The Onkaparinga Canoe Club

22 Wearing Street, Port Noarlunga SA 5167

Phone: (08) 8326 4885