

# PORT NOARLUNGA SURF LIFE SAVING CLUB

**Member Handbook 2023 - 2024** 



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#### **WELCOME TO PORT NOARLUNGA SURF LIFE SAVING CLUB**

Here at Port Noarlunga Surf Life Saving Club (PNSLSC) we pride ourselves on keeping the public safe at our iconic beach throughout the patrolling season. Our objective is to ensure we help educate the community, of all ages, to have an enjoyable and safe time at the beach.

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

#### **Our Vision**

- To become a leader in surf lifesaving on the mid coast and in South Australia
- To be a welcoming club for members of all ages and abilities, with something on offer for everyone whether it be nipper activities, active life saving or surf sports or simply helping out by cooking a BBQ.

#### **KEY CLUB COMMUNICATIONS**

**Handbook** – this document contains vital information for all areas of our club.

Website - www.pnslsc.com.au

**SLACK:** our one stop shop for all our comms. Important information will still come out via email but most will happen on SLACK and can be accessed via your phone or computer.

Simply click on the Link: <u>Join SLACK</u> then follow the prompts to sign up and you are done. Once you have signed up you will be provided with information welcoming you to SLACK and guided on how to personalise what and how you are connected.

Remember you only need to sign up for the channels that are relevant to you.

**Other resources** – can be found on page 20 of this handbook.

## **BOARD OF MANAGEMENT, OFFICERS & SUB-COMMITTEES**

#### **Board of Management**

<u>POSITION</u>	<u>NAME</u>	<u>CONTACT</u>
President	Darcy Lines	president@pnslsc.com.au
Vice President	Lee Partington	
Secretary	Elle Rogers	secretary@pnslsc.com.au
Finance Director	Abigail Jeffries	finance@pnslsc.com.au
Club Captain	Caitlin Stone	patrols@pnslsc.com.au
Vice Captain	Kate Perry	patrols@pnslsc.com.au
Junior Chairperson	Jamie Rose	juniors@pnslsc.com.au
Other officers		
Junior Secretary	Emma Cox	
Assistant Secretary		
Chief Instructor	To Be Filled	trainingpnslsc@gmail.com
Radio Officer	Stewart Lawrie	
First Aid Officer	Patrick Brennan	
IRB Captain	Dave Lowrey	
Competition Officer	Rob Reid	
Craft Captain		
Boat Captain	Grant Brown	
Youth Coordinator		
Promotions Officer	Shaun O'Sullivan	
Social Media Officer	Dannie Trezise	
Web Master	Craig Fowler	
Fundraising Chair		
Function Manager	Karri Guy	functions@pnslsc.com.au
Uniform Officer	Marie O'Connell	uniforms@pnslsc.com.au
Grievance Officer(s)	PJ Perry, Craig	
	Fowler & Kate	
	Barnes	
Child Reporting Officer	Elle Rogers &	
	Emma Cox	
Child Safety Officer	Jamie Rose & 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 and panels meet on a regular basis throughout the season to address specific items relevant to their banner:

Junior Activities	Club house Committee	Constitution Committee
Committee		
Finance Committee	Fundraising Committee	Special Events Committee

We also have the following specialised committees called upon when required:

Judicial Panel	Patrol Disciplinary	Carnival Disciplinary
Building Committee Honours Panel		

## **CLUB MEMBERSHIPS & FEES**

Membership Category	Fee
FULL ACTIVE MEMBERSHIP includes:	\$150.00
<ul> <li>Must be a Bronze Medallion holder OR Cadet Active 14-15 with proficient Surf Rescue Certificate</li> <li>Bronze Active 16-18 passed Bronze Medallion, passed annual proficiency test.</li> <li>Use of Club Craft (if qualified).</li> <li>Opportunity to undertake club offered course free of charge</li> <li>Car Park Permit Sticker (1 per Patrolling adult member).</li> <li>Voting rights at AGM if Bronze holder aged over 16.</li> <li>Use of Club facilities.</li> <li>Member bar prices at Club events &amp; Surf Life Saving events</li> <li>*DOES NOT INCLUDE COMPETITION/CARNIVAL ENTRY FEES</li> </ul>	
FAMILY MEMBERSHIP includes:	\$295.00
<ul> <li>Compulsory hi-vis vest for up to 2 children</li> <li>2x Full Active OR Associate Member parents</li> <li>All children U18, may include full time students if 18+</li> <li>Use of Club Craft (if qualified)</li> <li>Use of Club facilities</li> <li>Member Sticker or Car Park Permit Sticker (for Patrolling adult members only)</li> <li>Voting rights at AGM if parents Full Active Members, Committee or Office Holder</li> <li>Member bar prices at Club events &amp; Surf Life Saving events</li> </ul>	
SINGLE PARENT ACTIVE/ASSOCIATE PLUS	\$195.00
ONE JUNIOR includes:	
<ul> <li>Compulsory High-vis vest for 1 junior</li> <li>1 x Full Active OR Associate Member parent</li> <li>1 x Junior (U6-U13) member</li> <li>Use of Club craft (if qualified)</li> <li>Use of Club Facilities</li> <li>Member Sticker</li> <li>Member bar prices at Club events &amp; Surf Life Saving events</li> <li>NO voting rights unless parent/guardian is Full Active member, Committee Member, Club Office Holder</li> </ul>	

<ul> <li>ASSOCIATE/ASSOCIATE PARENT/GUARDIAN includes:         <ul> <li>Use of Club facilities</li> <li>Member bar prices on Friday night Clubbie Bar &amp; Surf Life Saving events</li> <li>Member Sticker</li> <li>NO use of Club Craft</li> <li>NO voting rights at AGM unless Committee</li> </ul> </li> </ul>	\$50.00
INTRODUCTORY NEW JUNIOR MEMBERSHIP U6-U13 (PARENT FREE FOR THE FIRST YEAR) includes:  • Hi-vis vest for Junior which is compulsory for all training sessions • Use of Club Facilities • Member Sticker • Member bar prices at Club events & Surf Life Saving events • NO voting rights at AGM	\$150.00
SLSSA COMPETITION FEES:  ALL competition fees are to be paid by 12pm on the Saturday prior to the carnival.	
GYM MEMBERSHIP: There are 3 levels of gym membership.  • Patrolling Member/Life Member  • Active Member (Office Holder/Official)  • Social/Associate Member	\$75.00 \$150.00 \$300.00
CLUB ACCESS FOB Request will need to be facilitated by coordinator	\$25.00

#### **NOTES:**

- Club activities for juniors aged 5 to 13, is not a "DROP & GO". A parent must remain on the beach with their child/children.
- Parents of Junior members are required to join with their children with an Associate Parent or Family Membership. When joining as a Family Membership, each Family Member must be registered individually.
- Please ensure you pay for the correct membership category.
- For primary school aged children who have not used their \$100 Sport Voucher, you may use this towards their membership fees. Please add a description in the payment details field if you wish to do this. If Sports voucher claim is unsuccessful you will be required to reimburse the Club. Please email a completed Sports Voucher to <a href="mailto:secretary@pnslsc.com.au">secretary@pnslsc.com.au</a>
- ALL gym membership renewals are due end of October each year.

#### See Appendix for help on Joining or Renewing your Membership

#### Insurance

All members who sign the SLSA alia membership form and pay the club's fees are insured under Surf Life Saving SA's Policy. This includes participation in club training and sanctioned Surf Life Saving SA Sporting Events. Contact SLSSA for more info.

## **SURF LIFE SAVING PATROLS**

Patrols are a great way to spend time at the beach, building skills and developing close knit relationships within the patrol team. Our lifesavers spend time every year honing their skills to ensure they are up to date and maintaining a high level of skills. Each team is led by a captain and vice-captain and have a range of have a range of equipment on the beach including rescue craft, first aid kits, defib and oxygen, radios, Inflatable Rescue Boat (IRB) and the patrol vehicle at their disposal. Our patrols are also supported by the SLSSA Emergency Operations group which includes resources such as the Jet rescue boat and Westpac Helicopter.

When patrolling, our lifesavers can be found wearing:

- Yellow Patrol shirt
- Red Patrol shorts
- Red and Yellow quartered cap

#### **Patrol Hours**

The patrolling season commences in the middle of October and ends on Easter Monday each year, with patrol operations every **Saturday**, **Sunday & Public Holiday**.

- October 2- 5pm
- November & December **12pm to 5pm** (except Christmas Day 2 to 5pm)
- January & February 12pm to 6pm
- March & April 12 to 5pm

Each year we sign a patrol agreement with SLSSA which outlines our minimum requirements for patrol. If you are a patrolling member, please make sure you are aware of what is required.

Please check the Patrol roster carefully for your rostered dates and 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 and remember to notify your Patrol Captain.

#### 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. Want to get involved but your swimming isn't there yet? You can start by completing a Provide First Aid course and patrol as a First Aider only. Swim well? Jump straight in for your Bronze Medallion.

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

Award	Prerequisite	Course content	Approximate Time frames
Surf Rescue Certificate	<ul><li>Minimum age 13 years</li><li>200m swim in 5 minutes</li></ul>	Wellbeing, surf awareness, rescues, resus and radios	3-4 weeks
Bronze Medallion & Certificate II in Public Safety (Aquatic Rescue)	<ul><li>Minimum age of 15 years</li><li>400m swim in 9 minutes</li></ul>	Wellbeing, surf awareness, rescues, resus, radios, Emergency Care, Spinal management and patrol operations	6-8 weeks
Advanced Resuscitation Techniques Certificate	<ul> <li>Minimum age of 15 years</li> <li>Provide First Aid HLTAID011</li> </ul>	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	<ul> <li>Minimum age of 17 years</li> <li>Proficient in Bronze &amp; IRBCrew</li> <li>Boat Licence</li> </ul>	Code of Conduct Driving of IRB in surf Retrieval of casualties	25hours/8wks
Observers Award	Minimum age of 13 years	Basic introduction to surf awareness, signals, mental health and SLS as a work place	1 hour

All upcoming courses are advertised but feel free to ask any questions you may have along the way. All of our courses have a blended delivery mode with face to face and online training.

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

Contact club Chief Instructor via email <a href="mailto:trainingpnslsc@gmail.com">trainingpnslsc@gmail.com</a> for more information about club courses.

## **Courses facilitated by Surf Life Saving SA include:**

Provide First Aid	Minimum age 14 years	First Aid, Resuscitation
		COST: \$50 for SLSSA members
Silver Medallion Aquatic Rescue (SMAR)	Minimum age of 16 Proficient in Bronze 400m swim in 8 minutes	Advanced Search and rescue techniques
Silver Medallion Patrol Captain (SMPC)	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.

## **JUNIORS**

PNSLSC welcomes all 'Nippers' from age 5-13 years to come be part of the fun.

#### **Saturday Nipper Training Sessions**

Our Saturday Nipper Program is designed to provide our children with a fun environment to learn the knowledge and skills involved in Surf Life Saving. All junior members are encouraged to do their best and develop to their full potential whilst having fun.

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

Start time for U8s to U13s: 9:45am Start time for U6s to U7s: 10:15am Finish time: 12pm for all age groups

Children are allocated to age groups which are determined by a child's age on the 30<sup>th</sup> September each year. (i.e.: If you are 9 on the 30<sup>th</sup> September, you are in the U10 age group).

#### What to bring on Saturdays

The following items are needed every week at training:

- 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 belongings are labelled and sunscreen has been applied prior to commencing training. Age Group Managers are unable to apply sunscreen.

All Age groups meet on the deck out the front of the club, with children requested to sit in their age groups. The session will begin with a briefing from the Junior Chief Instructor who will provide instructions for the session and share 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 Manger who is responsible for the coordination of activities on Saturdays along with overseeing event entries and activities at Carnivals.

Age Group Managers are generally parents or interested members, who have volunteered for the role who meet the following requirements:

- 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)

## **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 may include low temperatures, high winds and high seas. The junior training program will be modified as appropriate and depending on the conditions may be cancelled. This decision will be made by our Junior Chief Instructor.

#### **Sun smart Policy**

Keeping in line with SLSSA's Sun Smart policy - All children are required to be 'Sun Smart' during training. This includes hats, sunscreen SPF 30 or higher (water resistant), rash vests or tops.

#### **Uniforms**

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@pnslsc.com.au

## **Responsibilities of Parents/Carers**

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

Unless a parent(s) is involved as an Age Group Manager, Water cover or is performing another active member role.

**ALL children must be 'signed in'** by their parent/carer at the beginning of training with their Age Group Manager.

**ALL children must be 'signed out'** by their parent/carer at the end of training.

This is a mandatory requirement of SLSSA and is in place to ensure we keep everyone safe during training.

#### Want to get involved?

Parent involvement is vital for the operational success of both Nipper activities and the club. We encourage all parents/carers to join in and share the experiences of nippers with their children/ children in their care. Involvement in other aspects of the club such as fundraising is also welcomed.

You can help by:

- **Setting up the beach before training** this starts 30 minutes prior to the start of session.
- 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 the games.
- **Become a carnival Officials by doing the course** and officiating at carnivals.
- Assist with Fundraising activities.
- Volunteer to help with the BBQ

#### **Competitions**

Any child in age groups U8s through to U13s has the chance to participate in competitions throughout the season subject to meeting the proficiency requirements. To support this, we offer additional training for these children throughout the week to further their skills. The Junior Chief Instructor will provide further details at the beginning of the season.

#### **Swimming Policy**

Swimming is a big part of Surf Life Saving however we are **NOT** a 'learn to swim' program. To ensure everyone's safety, survival skills will need to be assessed before any aquatic activities can be undertaken. We encourage all parents to obtain 'qualified swimming tuition' for their children to ensure the minimum 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 <u>must</u> stay for the duration of the session.

#### **Preliminary Skills Assessment**

To keep everyone safe for water activities, every junior member is required to participate in a Preliminary Skills evaluation prior to commencing any water activity. It includes a swim and a float that is progressively increased by each age group. See table below.

#### **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). See table below.

#### **Surf Education Awards**

The Junior Development Program includes a series of lessons tailored to each of the age groups to foster the Nippers knowledge and skills with a Surf Education Award earned.

#### **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 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. Please check with your child's AGM before taking a board out and ensure parental supervision is provided at all times.
- 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 or Junior Chief Instructor as soon as possible.
- Boards are to be carried at all times as dragging will damage them.

#### **Medical Conditions**

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

#### Child safe environments - Child Safe Officers

Are selected for the role due to their understanding of the SLSA Member protection policy and their training in Child Safe environments - Responding to Abuse and Neglect. Under SA law they are required to report any concerns about a child's safety. They may also support others when concerns are raised about the safety of a child or young person.

#### **Carnivals and State Titles**

All children in U8 – U13 age groups are encouraged to compete in State Carnivals. They are a great way to practice their skills in a friendly atmosphere but are not compulsory.

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. All children are required to wear a long sleeve top and hat when not competing.

State Titles are held 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.

## **Competitors Code of Conduct**

- Be fair, considerate, and honest with others
- Show respect to coaches and officials
- Be responsible for your own actions
- Thank coaches, officials, and all volunteers
- . Be a positive role
- . Most importantly, have fun!

#### **Parents Code of Conduct**

- Be enthusiastic
- Cheer and acknowledge good competition by ALL competitors and teams
- Accept officials' decisions they are human & can make mistakes
- Remain in allocated spectator areas at all times
- Thank the coaches and officials
- Volunteer to help
- PLEASE REMEMBER These are KIDS They are here to have FUN

For full information on Policies and Code of Conduct please visit the SLSSA website

#### **End of season presentations**

To celebrate our junior members achievements across the season a number of awards are presented at the end of season presentations, including age group champions, Junior clubman, the Vern D'Cruz Encouragement award, Most Improved and our Junior Life savers of the year

## YOUTH, SENIOR AND MASTERS SURF SPORTS

#### **CLUB COLOURS**

Our club colours are Maroon and Gold and we compete under our club capwhich is Maroon with a Gold star.

We have a variety of clothing in club colours and/or with the club badge available and on display during the Saturday nipper session. Contact our Uniform officer for more information.

## **SURF SPORTS OPPORTUNITIES**

Getting involved in surf sports is a great way for people of all ages to continue to develop their skills and test their skills against others. There are a range of disciplines our members can be involved in such as IRB's, Surfboat's, beach events like sprints and flags and water events such as boards, skis, swimming and ironman events. There is lifesaving competition, pool rescue and individual and team events.

To be eligible to compete at the State Championships or Australian Championships you will need to be proficient and have completed 16 patrol hours by December 31st.

## **INFLATABLE RESCUE BOATS (IRB)**

The Inflatable Rescue Boat (IRB) is crewed by trained lifesavers to conduct SLS operations in our waterways. They are designed to quickly negotiate the surf conditions to reach a person requiring assistance and are an essential part of our lifesaving services. A great way to hone our skills is through IRB competition in the winter.

IRB Competition runs during winter, ending around mid-July with training starting in mid-March.

If you're interested, you need to be a proficient IRB crew or Driver and keep an eye out for when competition training starts. Contact the IRB Captain for more information.

## **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. They no longer form part of rescue equipment but they are a popular Surf Sport offering during the summer season.

If you're interested in rowing surf boats you will need to be a proficient Bronze member. Contact the Boat Captain for more information.

## **BOARDS AND SKI'S**

Boards are a key part of our rescue equipment and along with Skis are a popular offering in surf sports and are included in many events such as individual board and ski races, relays, rescue events and the most challenging event of all – the IRON PERSON.

If you're interested in competing in Board and Ski events, you will need to be a proficient Bronze member. Contact the Craft Captain for more information.

## **CARNIVAL ENTRIES AND FEE PAYMENTS**

For the majority of our SLS competitions, entries close on the Wednesday morning prior to the event. If you wish to compete you will need to let the Competition Officer or coach know and make sure your **entry fees are paid by 12pm on the Saturday prior to the close of entries.** 

You can pay your entry fees online via the Members Area, over the bar on a Friday night or at the Nipper BBQ on Saturday's when Nipper training is on.

NOTE: It is your responsibility to provide evidence of payment to the competition officer for your name to be added to competition entries.

## **Competition Calendar**

Please go to the following website to access the SLSSA calendar with all the competition dates on it: <a href="https://www.surflifesavingsa.com.au/calendar">https://www.surflifesavingsa.com.au/calendar</a>

## **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.

#### **GYM CODE OF CONDUCT**

- 1. No smoking, eating or drinking (other than water bottles) is permitted in the gym.
- 2. Do not remove equipment from the gym without prior permission.
- 3. Always use a separate towel for hygiene purposes and wipe down equipment after use.
- 4. If you are on your own, or the last person to leave the gym, switch off all electrical equipment when leaving.
- 5. Lifters must use collars on every set and must not drop weights on the floor.
- 6. Lifters must use spotters on all moderate to heavy sets.
- 7. Move weights from the racks to the bar only. Do not leave weights on the floor.
- 8. Return all equipment to its allocated position.
- 9. 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
- 10. Athletic shoes must be worn with laces tied at all times. No bare feet or open toed shoes permitted.
- 11. Prescription glasses are permissible. No sunglasses permitted unless suitable medical evidence supporting the need to wear them is provided.
- 12. 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.

## **ANNUAL AWARDS**

To celebrate the achievements of our Senior members each season we hold our Annual Presentation Dinner in the off season. This is advertised club wide, and tickets sell fast so don't forget to book your seat.

### **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 <a href="mailto:functions@pnslsc.com.au">functions@pnslsc.com.au</a> for more information

## **CLUB SPONSORS**

We rely heavily on the continued generosity shown by our Club Sponsors. We are 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









## Rosemane Funerals

#### **Silver Sponsors**

Solomans Flooring Reynella Surf Electrical



## **Bronze Sponsors**

Studio 60 \* Mid Coast Painters \* City 2







We would also like to thank the City of Onkaparinga Council for their ongoing support

## **RESOURCES**

#### **Websites**

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

Surf Life Saving SA www.surflifesavingsa.com.au

Surf Life Saving Australia www.sls.com.au SLS Members Area

SLS Members Area - Login

#### **Social Media Platforms:**

**PNSLSC Public Page** Port Noarlunga Slsc

PNSLSC Public Page @portiesslsc

# slack Club Communication

## **External Training Providers**



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



#### **Appendix:**

#### To join for the first time:

Visit <u>SLS Members Area - Login</u> and click here to set up an account and join as a member

Not a member of a surf club? Click here to join

## To renew Membership:

Log into <u>SLS Members Area - Login</u> and enter your log in details.

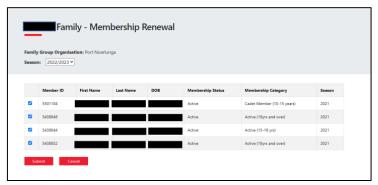
Can't remember your username or password then click on Forgotten \*(If this doesn't work please contact club secretary)

Forgotten username or password?

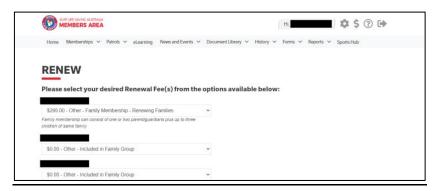
#### **How to renew a Family Membership:**

**Log in to the Members Area** then Click the "Membership" tab then on "Family" to renew family memberships.

Make sure Season 2023/2024 is displayed at the top. Tick all family members being renewed on the left then click Submit:



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.



If claiming one or two Sports Vouchers you can select the Family Membership with reduced fees. Note: Please email completed Sports Vouchers to <a href="mailto:secretary@pnslsc.com.au">secretary@pnslsc.com.au</a>

Select your add-on fees for each family member



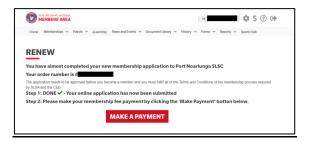
Check your selections and continue. You can go back and amend or add items if needed. Scroll down to Declarations section.



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



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



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

#### For an Individual renewal:

- 1. Go to the Members Area
- 2. Then you need **Memberships** tab and sub tab **Renewal, Pay, Transfer &**Archive.
- Scroll down to find "Renew"



- 5. Review your details and tick the declaration/s before Clicking the **Submit** button.
- 7. You must make payment to confirm membership Go to <u>Making your payment</u> steps

#### To make a payment

To make payments via the Members Area for Membership or carnival fees etc

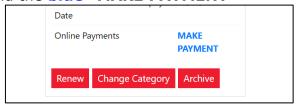
#### Making your payment for Membership fees

- 1. First complete the Membership step
- 2. Click here if you wish to make a payment".
- 3. Enter Payment Details
  - a. Make sure the Club/Organisation is "Port Noarlunga".
  - b. Review price list make the appropriate payment amount (based on membership type)
  - c. Transaction type: Membership fee
  - d. Payment Details: Type the names of your family name (meaningful payment detail)
  - e. For other fees eq. Gym fees Click "Add another Transaction"
  - f. 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**

#### Making other payments eg competition fees etc via the Members Area

Click Memberships then Renewal, Pay, Transfer & Archive

1. Scroll down to find the blue "MAKE PAYMENT"



- 2. Make sure the Club/Organisation is "Port Noarlunga".
- 3. Review Transaction type and select appropriate option eg carnival entry fee
- 5. Enter Payment Details: eg. Your name and carnival date
- 6. Click "Add another Transaction" to add extra payments 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 NEXT to finalise payment