



2007 Year
of the Surf
Lifesaver



N O R T H E R N E X P O S U R E

Newsletter for the North Haven Surf Life Saving Club
www.northhavenslsc.com.au

**Club
Patron**

Mr Robert
Gerard AO

October 2006 Edition

**Major
Sponsors**



Club Registration & Proficiency Days

This year, the club will be holding two further days for registration and proficiencies. It is hoped that as many club members as possible will be able to attend one of the days, as without the use of the clubroom building, chasing people up later may prove to be somewhat difficult.

The two days remaining this year are Saturday the 21st and 28th of October. Starting at 1pm, members will be able to arrive and complete their registration and pay membership fees. Following this, a full proficiency can be completed by members for all their awards.

We will also be taking names of people who are interested in training for new awards this season. As we have previously asked, we are looking to train as many members as possible in the IRB Crewperson and Advanced Resuscitation Certificates. Members can also contact Brett Nankervis or David Lucas directly to indicate their interest in being a part of the squad. For those members who have already shown interest in these awards, the training for the IRB Crewperson award will be starting within the next couple of weeks.

If there are any further questions, comments, or queries on the proficiency and registration days, please contact Brett Nankervis – 0409 671 716, or Troy Jamieson – 0400 844 976.

Note: A patrol captains meeting will be held at 1pm on Saturday the 28th of October for the following people

Troy Jamieson, David Lucas, Brett Nankervis, Grant Simpson, Michael Pumpa,
Garth Tierney, James Trezona, Brendan Searle

ATTENDANCE IS MUCH APPRICIATED



GOOD SPORTS

The North Haven Surf Life Saving Club
is a registered *Good Sports* Club

Promoting Responsible Service and Consumption of Alcohol



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Board & Ski Squads

If any members are interested in paddling boards and-or skis this season, please contact Gavan Farmer and arrange times for training this season.

Club Ironman Event

Advance notice of the club ironman event to all members. The event for all age groups is scheduled to happen on Saturday the 25th of November.

Please stay tuned to the newsletter and your emails for more information on precise details of the day.

Thinking Of Training For Awards?

With the summer about to start, we're in the process of starting our training squads for the new season. We already have a IRB Crewperson squad started, as well as a IRB Drivers squad nearing exam time.

We're preparing to start a Bronze Medallion squad, so if you are (or know of anyone) interested, now is probably the best time to get started. Other awards we are ready to train for are the Advanced Resuscitation Certificate, and Senior First Aid Certificate.

If you are interested in any awards for this season, get in touch with Brett Nankervis - 0409 671 716.

State Championships – Short Board & Malibu Board Riding Events

Nominations are now open to persons wishing to compete in the State Championship events of Short Board and Malibu Board Riding.

These events are being held at Middleton, on Saturday 4th for the Short Board event and Saturday 11th for the Malibu Board event.

Nominations for these events close at 4pm on Wednesday the 25th of October for the Short Board event, and at 4pm on Wednesday the 1st of November for the Malibu Board event.

For further information on either of these events, including information regarding the patrol hour requirements for entry, please see the circulars located on the Surf Life Saving SA website – www.surfrescue.com.au/sports.html

Building Renovation Progress

The good news is that the building is well and truly starting to look like a proper building from the inside now. The boat shed has it's roller doors on, there's glass in the windows and external doors are in place.

Ceiling has been put in place in the toilet areas and, the boat shed has had it's ceiling painted for a number of weeks now. The long awaited air conditioning has had it's units installed and is ready to be connected.

To keep up to date with all the renovations, pop down the club for a few minutes every now and then, and keep a watch on the club website, as well as the new online photo gallery, which is constantly updated with progress photos.

Commencement and Rostering of Patrols

Patrols will be commencing on Saturday the 4th of November as normal. During the renovations, this will be a testing time for all involved.

A briefing for all patrol captains will be held at the club on Saturday the 28th of October, starting at 1pm. This should only be a short meeting, and it is important that all captains attend as you will need to be aware of how patrols, and in particular the setup and pack up of patrols, will be operating during the renovations.

A patrol roster that covers the patrols for November and December has been issued with this roster to all members that are rostered for patrol.

As it currently stands, North Haven will be hosting Junior Carnival #4, on Saturday the 3rd of February. This is scheduled to be a teams carnival

As with all carnivals, we will require as many members as possible throughout the duration of the day, which normally starts around 6 am, and through



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to 4 or 5 pm. Members will be required for water cover, setup and pack up work force, and hands are required in the kitchen and on the BBQ. We will also be required to provide a rostered public beach patrol from 1 to 5 pm

Further details will be circulated closer to the date of the carnival

If you have any concerns with the rostering or commencement of patrols, please contact David Lucas via email on d_lucas@bigpond.net.au or phone 0414 853 018.

State Jet Ski Operators & Jet Rescue Boat Crewpersons

At a recent State Council meeting of Surf Life Saving SA, it was noted that while there had been a record interest in the Silver Medallion courses this year, a unexpectedly low number of applications were received for operators for the newly aquired Rescue Water Craft.

There may still be spots available for patrol members who wish to join this new support service group. If you wish for more information on requirements to join the Rescue Water Craft squad, please contact:

Shane Daw
State Operations Manager
Surf Life Saving SA
shaned@surfrescue.com.au
Phone: 8354 6900

The Jet Rescue Boat squad is always on the lookout for patrolling lifesavers who are interested in crewing both Lifesaver 1 and Lifesaver 3 jet boats. These patrols are typically conducted with 2 or 3 other lifesavers from various clubs, from 10am to 6pm during the patrolling season. It can be arranged for members to spend a day or two on a jet boat patrol to gain some exposure to the service, and if you're keen, you can then be rostered as a trainee for the Jet Rescue Boat Crewperson certificate.

If you would like more information on the Jet Boat Service or would like to ride along on a patrol with another club member, feel free to speak to Peter Jamieson.

Club Merchandise Now Available!

Club jackets are available for \$85 each. Normally retailing for up to \$140, these weatherproof jackets are a must for anyone attending carnivals and any early morning starts. The jackets are not available for immediate delivery. Orders must be taken prior to the club ordering them from the supplier. A minimum \$10 deposit must be made upon placing your order with the club, and balance paid when the club places it's order with the supplier.

Our new bottle openers are strong, sturdy, and affordable. At the low cost of \$8, these stylish openers come equipped on a key ring, engraved with North Haven Surf Club, it's an essential buy for anyone looking to support the club. Available now for immediate pickup or delivery.

To purchase the merchandise, please get in touch with David Lucas. Email d_lucas@bigpond.net.au or phone 0414 853 018. We are also looking at various other options that we can market and sell to members and the public. If you have any ideas that you would like us to investigate, please get in touch with David.

Fundraising Chocolates

Thanks are extended to all members who took a box or two (or more) of chocolates to sell for the club. It would be greatly appreciated if the money can be returned as soon as possible after being sold, so that we don't have to spend the summer chasing up the money.

You can return the money on any of the registration and proficiency days, or alternatively contact David Lucas on 0414 853 018 or d_lucas@bigpond.net.au to arrange a time for collection.

Alternatively, please bring your money down to one of the two remaining registration and proficiency days at the club.



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Surf Life Saving South Australia Registrations of Interest

Assessor Accreditation Program

SLSSA is now calling for current Training Officers that wish to undertake the Assessor training and qualify as Assessors (formerly Examiners) to conduct squad exams for SLSSA.

Candidates must be a minimum 18 years of age, and currently hold Training Officer Certificates for the relevant courses that they wish to assess. During this course, they will complete: Plan and organise assessment; Assess competence; Participate in assessment validation.

SLSSA will be running the Assessor Program on 3 consecutive Saturdays, November 25th, December 2nd and December 9th. Each will start at 9am and finish approx. 5pm. The venue for the course is yet to be advised.

THIS COURSE IS RUN OVER THREE DAYS, AND CANDIDATES MUST ATTEND ALL THREE DAYS OF THE TRAINING COURSE

You must complete and return a Registration of Interest to Surf House no later than 5pm Wednesday the 27th of October. The course will have both minimum and maximum numbers. Please register ASAP to ensure your position. Should minimum numbers not be achieved, the course will be postponed.

Application forms and a further information circular for the course are both available from SLSSA website www.surfrescue.com.au or by phoning Surf House on 8354 6900

For further information please contact

Aaron Tuckfield

SLSSA Development Officer – Education
Direct: 8354 6913 General: 8354 6900
aaron@surfrescue.com.au



Pergola over Members Area, outside Training Room



Extended veranda, and new garden entrance doors



Boat shed, looking from beach end



New entrance, looking towards beach



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PRIORITY NOTICE



CHANGES TO RESUSCITATION PROCEDURES FOR ALL LIFESAVING AWARDS

Effective for all assessments including proficiencies after 1st August 2006

Members may have been made aware through the media and discussion with other members, that there have been some changes made to the resuscitation policy and procedures. These changes are made as a result of the Surf Life Saving Australia Board of Management adopting recommendations by the Australian Resuscitation Council. As of the 1st of August 2006, all assessments for new awards, and all proficiency testing for existing awards, must be conducted to the new procedures.

All current Bronze Medallion, Surf Rescue Certificate, Advanced Resuscitation Certificate, and Senior First Aid Certificate holders are affected by this change, and should take note of the following information prior to completing proficiency testing for Season 2006/07.

These changes seek to simplify the procedures, and remove confusion that was caused when various patients and numbers of rescuers are involved in the resuscitation of a patient. There is now also a greater emphasis placed on starting External Cardiac Compressions (ECC) earlier, and more frequently during the resuscitation period.

SUMMARY OF CHANGES

All ECC is now performed at a rate of 30 compressions to 2 breaths

A complete removal of Expired Air Resuscitation (EAR) procedures

Removal of pulse checks to patients who are unconscious and non breathing

5 initial breaths given to a non breathing patient reduced to 2 breaths, and known as 'Rescue Breathing'

Lifesavers performing ECC are to be rotated every 2 minutes

The major change that people will notice during resuscitation is the rate of compressions. Prior to these changes, the rate was 15:2 at 4 cycles per minute for adults and 6 cycles per minute for children and infants. When 2 operators were involved, the rates changed to 5:1 at 12 cycles per minute for adults and 20 cycles per minute for children and infants. This has now changed. In all situations, regardless of age of patient or number of operators, the rate is 30 compressions to 2 breaths, at a rate of 100 compressions per minute (approximately 2 and a half cycles per minute).

EAR has been completely removed from the resuscitation procedure. Studies have shown that up to 70% of trained persons such as First Aiders, Lifesavers, and even nurses and health care professionals, who do not regularly perform resuscitation will misjudge whether or not a patient has a pulse, potentially not performing ECC (or CPR) and only breathing for the patient, when their heart is not beating. Studies have shown that performing ECC on a patient who has a current pulse causes no further damage, and may improve circulation of blood throughout their body, resulting in increased chances of survival. In the new procedures, where a patient is deemed to be unconscious and non breathing (at the Breathing stage of DRABC), the operator shall deliver 2 rescue breaths, and immediately commence ECC at a rate of 30:2.

Prior to these changes, at the Breathing stage of DRABC, 5 breaths in 10 seconds were delivered prior to checking the pulse. These 5 breaths have been reduced to giving 2 breaths in approximately 4 seconds. This is known as Rescue Breathing. Giving 5 breaths increased the chances of over inflating, and causing distension of the stomach, and ultimately increasing the chances of regurgitation. It also delayed performing CPR. 2 breaths is enough to supply oxygen to the body prior to commencing ECC.

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CHANGES TO RESUSCITATION PROCEDURES FOR ALL LIFESAVING AWARDS

Continued

Where possible, lifesavers who are performing ECC on a patient are to be rotated every 2 minutes, or after approximately 5 cycles. This is due to the fact that during resuscitation, operators will come fatigued quite quickly, and fail to deliver compressions that are deep and quick enough to ensure maximum benefit to the patient. To attempt to combat this, lifesavers should be rotating where other trained personnel are available – as in a patrol situation.

As mentioned, the new procedures remove the initial step of checking for the pulse. This includes the old requirement to check for a pulse after 1 minute of CPR, and every 2 minutes after that. By removing these time consuming steps – when the operator may not accurately detect a pulse, it allows for continued ECC of the patient. The alternative for checking for a pulse during resuscitation is now to check for ‘Signs of Life’. Signs of Life is determined as normal breathing, movement, coughing, or consciousness. Resuscitation and ECC should be continued until Signs of Life return, a ambulance crew arrives, or until all personnel physically can not continue.

USE OF OXY-VIVA AND DEFIBRILLATOR

The procedures on use of oxygen aided resuscitation, and defibrillators has not changed. Oxygen should be introduced as soon as possible by a trained operator (in SLSA’s case, someone who is proficient in the Advanced Resuscitation Certificate), and used as normal with the new resuscitation procedures. The rate of 30:2 does not change, and neither does the rotation of ECC operator.

The introduction of a Automated External Defibrillator (AED) should not be delayed either. AEDs are devices designed to deliver a shock to a patient in attempt to restart the heart into it’s normal rhythm. Where available, a trained AED operator should ensure that the unit is used correctly and control the resuscitation scene. All prompts given by the defibrillator should be followed, including instructions to stop compressions and stand clear of the patient.

Please note: North Haven SLSC currently does not have a defibrillator, and it is not a required patrol item. These units can cost up to several thousand dollars, and the club at this time can not afford to bear the cost itself. The Management Committee is in the process of applying for grants and funding to attempt obtain a suitable defibrillator.

DRABCD Flow Chart

D	Danger	Check for danger to yourself, bystanders, and patient
R	Response	Check patient for response
A	Airway	Check airway, clear if necessary
B	Breathing	Check breathing. If not present, deliver 2 breaths
C	Compressions	Commence ECC at a rate of 30 compressions : 2 breaths
D	Defibrillation	Attach a AED as soon as possible

Continue resuscitation until ambulance crew arrives, or patient shows Signs of Life

Further information can be found on the SLSA website – www.slsa.com.au. Follow the links to Lifesaving -> Members -> Lifesaving pages. You can also view [SLSA Circular 8 - 06/07](#), which lists the changes, and further answers some questions you may have regarding the changes. Members will be given ample opportunity to practice the new procedures prior to their proficiency assessments. Updated training manual units for Resuscitation and Oxygen are available on the SLSSA website – www.surfrescue.com.au.

All resuscitation components in all awards (including Surf Rescue Certificate) will undertake the new changes
Look for SLSA Information Signage that will be placed in Patrol and First Aid Rooms of the clubroom