



2007 Year
of the Surf
Lifesaver



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

Club Patron

Mr Robert
Gerard AO

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

September 2006 Edition

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GOOD SPORTS

Annual General Meeting Wrap-Up

The club AGM for this year was held on Sunday the 27th of August, and was well attended by the members. This was in fact only the second time in the club's history that the Annual General Meeting was not held at a lifesaving club. The only other meeting was the inaugural AGM held on October 22nd 1967, which officially formed the Taperoo Surf Life Saving Club.

The Management Committee wishes to advise all members that the following appointments were made at the meeting.

President	Troy Jamieson	0400 844 976
Vice President	Ashley Ruth	0417 829 012
Treasurer	Greg Nankervis	0421 545 114
Administrator	Andrew Osborne	0415 815 130
Captain of Lifesaving	Brett Nankervis	0409 967 716
Captain of Competition	Rebecca Maslen	0403 556 209
Junior Chairperson	- Not Appointed -	
Promotions Officer	David Lucas	0414 853 018
Members Representative	Elaine Farmer	0419 145 200
Club Manager *	- Not Appointed -	

The above positions will form the Management Committee for Season 2006/07.

* Formerly Bar Manager

Report continues on next page

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

Promoting Responsible Service and Consumption of Alcohol



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AGM Wrap-Up Continued

The following people were also elected to the following positions and should be contacted if there is concern regarding any issue in their area of concern.

Chief Instructor	Brett Nankervis	0409 967 716
Capt-Charge-Patrols	David Lucas	0414 853 018
Fundraising Officer	-	<i>Not Appointed</i> -
Gear Steward	-	<i>Not Appointed</i> -
Under 19 Coordinator	-	<i>Not Appointed</i> -
Board Captain	Gavan Farmer	
Swim Captain	-	<i>Not Appointed</i> -
Ski Captain	-	<i>Not Appointed</i> -
Beach Captain	-	<i>Not Appointed</i> -
Boat Captain	-	<i>Not Appointed</i> -
IRB Captain	Mick Homes	0407 310 362
Female Rep.	-	<i>Not Appointed</i> -
Radio Officer	Brian Burrowes	0402 265 680
First Aid Officer	David Lucas	0414 853 018
Maintenance Officer	Brendan Searle	
4WD Officer	Brendan Searle	
OH & S Officer	-	<i>Not Appointed</i> -

Any positions above not filled will be filled by the Management Committee. Any members wishing to nominate for a unfilled position either on the Management Committee or any other club officer position should contact a member of the Management Committee as soon as possible. The first committee meeting is to be held this Wednesday evening, the 6th of September. If you wish to nominate, please do so to Andrew Osborne prior to this meeting.

The other major event at this year's AGM was the discussion of the changes to the Constitution. As a result of the meeting, a number of changes to the Constitution were approved by a majority of members present and eligible to vote. Those sections that were changed are:

- Clause 5.1 – Membership (General Membership)
- Clause 5.1 – Membership (Honorary Membership)
- Clause 8.1 – Management Committee
- Clause 9.7 – Powers of Management Committee
- Clause 10.1 – Management and Meetings
- Clause 10.3 – Management and Meetings
- Clause 11 – Voting (*Partial changes only, see below*)
- Clause 12 – Committees
- Clause 14.5 – Finance, Banking, Payments

With the exception of Clause 11, after much debate on some issues, all the proposed changes were passed without alteration. Clause 11 was broken down into 4 separate motions for each proposed section of voting rights. The only motion passed was the alteration to the requirement for someone to hold a Bronze Medallion and perform a minimum of 4 patrol hours. This wording has been changed to 'hold a Bronze Medallion, or other patrol based award, who has attained the age of 15 and performed a minimum of 4 patrol hours'. The other three points, based around people fulfilling duties in a official capacity, associate members and families of 3 years membership, were NOT passed, and are not eligible to voting rights at the AGM.

A updated copy of the Constitution will be made available on the club website in the near future. If you wish to have a new copy in the mean time, please do not hesitate to contact a member of the Management Committee, who will be able to source you a copy.

At this point, thanks are extended to Troy Jamieson, who allowed his backyard to be used to hold the meeting, and subsequent BBQ and drinks. We would also like to thank all those who did turn up and allowed us to run the meeting on the original day, and to those 2 or 3 who answered their phones and made the extra effort to attend when we did not have enough numbers to start the meeting.

Building Renovation Progress

For those who haven't had a look at the club over the last few months, you'd be in for the shock of your life.

With all demolition well and truly complete, the builders have been hard at work ensuring that progress has moved with lightning pace. The walls have been completed for the Training Room/Members Bar, as well as the brand new extended Boat Shed. The roof is almost complete for the Training Room and Members Bar and is well underway for the Boat Shed.

The framework for all the new internal walls is complete, and once the roof has been relaid, work can start on putting some boards up against the framework, and turning the forest of timber into proper walls.

The plumbing has been completed for the new bar and kitchen, as well as for the new toilet and shower



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area, and other various areas that required new or upgraded plumbing.

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.

Prior to commencement of the season, all Patrol Captains will be briefed on the operational logistics of setting up, maintaining, and packing up of patrols for each day, along with storage of equipment.

A patrol roster will be distributed in October that will cover the November patrols. It is hoped that we will have a number of members pass their IRB Drivers early in the season, allowing us to roster a larger number of patrols for the remainder of the season, ultimately reducing your roster workload.

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.

Club Proficiencies

Please watch the club website for more information on this year's round of proficiencies.

There have been some rather significant changes to the Resuscitation Policy and Procedures. Please read the notice on the last 2 pages of this newsletter for a detailed brief on the changes. This should be done prior to you turning up for Proficiency testing.

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

In attempts to raise some funds to start this new season, and while the renovations are underway, the club has obtained a small number of Cadbury Fundraising chocolates.

Boxes of 24 chocolates are available for members to sell. Each box contains a mix of Dairy Milk, Dream, Fruit and Nut, and Caramelo blocks, selling for \$2 each. These chocolates will sell themselves in your workplace lunchroom, or equally well at home in your own fridge.

Contact David Lucas via phone or email (0414 853 018 or d_lucas@bigpond.net.au) to arrange pickup or delivery of your fundraising box.

Surf Life Saving South Australia Registrations of Interest

Spinal Management Certificate

This year, a new award is being introduced to South Australia, the Spinal Management Certificate (SMC). This award is designed for members who hold their Bronze Medallion and wish to undertake more



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training in the management and treatment of patients with suspected/known spinal injuries.

It is important to note that the use of stifneck collars will no longer be a part of the Advanced Resuscitation Certificate, as they now are assessable only under the SMC. Patrol members who wish to remain proficient in the use of stifneck collars, will need to undertake the SMC course.

At the moment, these courses are only being run by Surf Life Saving SA, and there are 4 courses planned for September. In detail, they are:

Course 1

Monday 11th September, 7:30pm
Moana SLSC

Course 2

Wednesday 13th September, 7:30pm
Seacliff SLSC

Course 3

Tuesday 19th September, 7:30pm
Grange SLSC

Course 4

Thursday 21st September, 7:30pm
Christies Beach SLSC

Each course should last approx 2 to 3 hours, and members will only need to attend one night of their preference.

You must hold either a proficient Bronze Medallion, or a current Senior First Aid Certificate (either SLSA or other equivalent).

You must complete and return a registration form to SLSSA before Tuesday the 5th of September. Numbers are limited, so please register ASAP to ensure your position in the course of your choice.

Training Officer Program

Members wishing to be accredited with the Training Officer Certificate are required to attend a Train-The-Trainer course prior to receiving their award. Any members who have successfully trained a squad and are yet to attend this course, or those who wish to train a squad in the further, should take note of the following.

Candidates for the Training Officer Certificate are required to be a minimum 17 years of age, and be proficient in the award in which they wish to train. They must also attend this course: Provide training through instruction and demonstration.

SLSSA will be running this course on Saturday October 7th and Saturday October 14th, both from 9am to approx. 4:30pm. The venue for this course is still to be advised.

THIS COURSE IS RUN OVER TWO DAYS, AND CANDIDATES MUST ATTEND BOTH DAYS OF THE TRAINING COURSE

Registrations of Interest must be returned to Surf House before Friday the 22nd of September. Numbers are limited, so please ensure you fill out and return your form ASAP.

Assessor Accreditation Program

SLSSA is now also 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.



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Application forms and further information circulars for all courses and certificates are available from SLSSA website www.surfrescue.com.au or by phoning Surf House on 8354 6900

For further information on these certificates and courses, please contact

Aaron Tuckfield

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

Westpac Lifesaver Rescue Helicopter Crew

SLSSA is now calling for interested and suitably qualified lifesavers who wish to apply to join the Westpac Lifesaver Rescue Helicopter Service as a crewperson. This is a highly respected position, yet very physically and mentally demanding for those who succeed.

The service supports beach patrols, along with the other support services and other emergency services, including Police, Fire, Ambulance, and Australian Search and Rescue (AUSSAR).

Members should be aware that the following requirements apply for your application to be considered:

- Proficient Bronze Medallion
- Proficient Advanced Resuscitation Certificate
- Current Senior First Aid Certificate (SLSA or other equivalent)
- Minimum 21 years of age
- Financial member of a SLSA club
- Completed minimum 4 years of patrolling service
- **WRITTEN ENDORSEMENT FROM CLUB MANAGEMENT COMMITTEE**
- 400m swim in less than 8 minutes
- 1.6km run in less than 7 minutes
- Simulated aircraft departure from 10m diving platform
- Other physical tests may apply as per SLSSA discretion

Patrols with the helicopter service are generally from 10am to 7pm on Saturday, Sunday and public holidays during the patrolling season. Other patrols may be conducted on days of extremely warm weather, or as deemed required by SLSSA. Due to

the amount of training required, new crew candidates can expect to be rostered at least once every 2 to 3 weeks for training and patrol. Crew members may also be called upon for emergency response operations 24 hours a day, 7 days a week, 52 weeks a year.

Positions for this season's intake are limited, and may be as little as 2 to 4 persons required.

Members who would like further information should contact:

Peter Marshman

Westpac Lifesaver Rescue Helicopter Service
Aerial Services Officer
0427 964 613

Shane Daw

Westpac Lifesaver Rescue Helicopter Service
Crew Chief
0419 145 201

Applications that have been endorsed by club management must be received by Surf House no later than 12noon Thursday 21st September

Absolutely no late applications will be considered

The application form, along with information Circular can be viewed on the SLSSA website www.surfrescue.com.au



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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