

**WARRNAMBOOL SURF LIFE SAVING CLUB INC.**

ABN: 37 766 767 683

**ANNUAL REPORT**

**2022 / 2023**



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## PRESIDENT'S REPORT

This season the Warrnambool Surf Life Saving Club celebrated the 93rd year of patrolling the beach and serving the community. In delivering this service for another year we can proudly say we maintained the position of no lives lost. It's what we train for. It's what we do.

'Vigilance and Service'.

In my third term as President, I continue to be grateful for the support of our great Board of Management. Our Directors lead their respective portfolios with a minimum of fuss producing great outcomes for our club. Training, media, surf sports, nippers, patrols, member development, and our resources both physical and financial have continued to be well managed and developed.

Supporting our Directors in all they do are our hundreds of member volunteers who patrol the beaches, officiate at carnivals, coach and keep safe our nippers, maintain our equipment, help at social functions, sell apparel, cook BBQ's, train our competition teams etc etc. Your efforts are invaluable in making this club what it is. And that is a great community of which we are all valued.

As mentioned annually our core business of patrolling does not happen by itself. Our Patrol Captains and Vice Captains have been invaluable with their organisation and upskilling of their groups. Our Patrol structures, attendance and diligence has been outstanding, which is a testament to our Club Captain, Josephine McDowall. Jo has again been tireless in building patrols and the club is indebted to her longevity in the role. Jo is her tireless in her role as Club Captain and I wish to both acknowledge and thank Jho for her continued efforts this season. The club is very fortunate to have Josephine McDowall.

The annual necessary evil that is skills maintenance, thanks to Dean Kilpatrick, was as seamless as it's ever been. Dean and his team of trainers, including those from Brauer, Emmanuel and Warrnambool Colleges saw record numbers for our club assessed which was reflected in the huge numbers of active patrol members. Skilled members are the cornerstone in the delivery of our emergency service response. This skill base is due to Deans commitment to his role as Director – Training and we are indebted to him for his passion, thoroughness and knowledge.

Our competition squads continue to grow in numbers and skill. Dedication and hard work at training pays off and thus year our athletes have impressed across the competition spectrum. The coaches (Steve Kerr, Jackson Fary, Travis Madigan and John Cook) have been instrumental in the success and culture of the squads and are to be commended on their leadership. Regardless of competition results It makes me very proud to say that all our competitors are great ambassadors for our club. Of course, involvement in competition doesn't just happen. To our 'competition coordinators' (John Cook & Trav Madigan), Officials, IRB personnel, water safety and first aid crews – a big thank you for enabling our comp teams to participate in a sport they love.

To Clint Joseph our Director – Junior Activities, a huge thank you for another season of Nippers. For the last five years Clint had held this role, each year with excess of 220 nippers, with the success of this program being reflected in strengthening nipper transition into both our Cadets and Patrol groups. This season our nippers were again spoilt with the LSV Junior Lifesaving Championships being held on our home beach. This is the 10th consecutive year we have hosted a State

Championship on the March Labor Day Weekend. And again, I like to acknowledge Warrnambool City Council, The Lions Club of Warrnambool, Matt Wood and Al Aulsebrook for everything they do to continually make these Championships such a success.

This season saw us, via the efforts of James Kol, continue to build our social media profile and general presence in the community. These platforms have consolidated and strengthened our sponsor relationships to the point where many sponsors are committing to multiple year agreements. James's ability to utilise the capabilities and potential of social media has been of enormous benefit. Our online presence is the envy of many clubs and for our own members the constant updates on club events, nippers and carnivals has been integral in timely and appropriate information dissemination. I can't thank James enough for his work and commitment to the club as his skills are truly first class and we have been fortunate to have him.

As a club we are indebted to Liz Duncan and Clinton Hill for their valuable and significant assistance they have both provided to the finance and administration of our club. Our club continues to be financially sound, risk aware and both strategically and operationally well administered. So, on behalf of the whole membership, I would like to thank Liz and Clinton who have admirably served the club.

The events and social side of our club this season was all thanks to Jacinta Roache. Pink Patrol, Men's Patrol, Let's Talk Patrol, Solstice Swim were all very well supported and enjoyed by club members. LSV Leadership opportunities have been a focus for our emerging leaders this season and a big thank you must go to Jacinta for driving these leadership development opportunities.

I would like to thank the Redevelopment Committee for continued efforts on the future of the Warrnambool Surf Life Saving Club master plan. I've become less naïve about our political landscape and remain hopeful of a positive outcome with regards to our proposed new clubhouse.

In conclusion, I am proud to be a member of this club and to serve as its President. I am extremely grateful to my family, Will, Jack, Ruby, Molly and Leah for their patience and support. I am blessed to have great people around me and I am confident of continued vigilance and service.

**John McNeil**

## CLUB CAPTAIN

Each season the level of commitment by our club volunteers continues to impress. We are so fortunate as a club to have a committed group of members as our patrol captains and vice captains and also the trainers and assessors who ensure that our lifesavers are ready for the season ahead.

This season we have worked on succession planning within our patrol groups. A number of experienced members are acting in a Vice-Captain capacity to enable other members to gain experience as captains. We are also continuing to encourage members via an incentives program to gain advanced lifesaving awards to boost patrol capacity and also to enable split shifts on patrols so the same members aren't always relied upon to be on duty. We have continued our after hours response group but refined the structure and operations. We also had three club members go and complete the new Silver Medallion Patrol Captain award (which replaces Beach Management). The new award is designed to better equip patrol captains to manage their team, assess risk, plan incident response and to gain skills to work better with other emergency service agencies. We plan to roll this new award out to members in the 23/24 season.

Lifeguard services at our beach now operate from early December to the end of February on weekdays and Saturday morning. This is a result of advocacy by our club over the past few years to increase this service in response to the large volume of tourists on our foreshore and wouldn't be possible without the support of Warrnambool City Council. The value of this service has been proven with an increased number of rescues on our beach, many of these carried out by our lifeguards on one day with particularly dangerous conditions.

I would like to extend a thank you to those members who responded to patrol text reminders, strove to keep their patrol commitments, helped organise subs when they couldn't attend, ensured they patrolled enough hours to meet competition requirements and who answered the call when we were short on numbers. To our patrol captains in particular – your role in chasing numbers, mentoring members and maintaining the quality of our patrol service is greatly appreciated.

Congratulations to our Lifesaver of the Year Jackson Fary.

Jacko in previous years was a Lifeguard on South West beaches and also in the UK. He has been instrumental in the encouragement of youth leadership in lifesaving and as a patrol captain and Director of Lifesaving he has been a mentor to other patrol captains and vice captains. He is a trainer/assessor in Bronze Medallion and IRB, a competitor and ski coach. Jacko also assists in patrol rostering, event water safety and equipment maintenance.

Finally, I'd like to extend a special thank you to the following people. Without their support, input and considerable time contribution lifesaving services at our club would not be possible.

Director of Lifesaving: Jackson Fary

IRB & Gear Steward: John Whitson

Chief Instructor: Dean Kilpatrick

Western District Training & Assessment Officers: James Green (Port Campbell), Darryl Patterson (Port Campbell), Kristie Chiller

Western Area Lifesaving Operations Officer: Justin Houlihan

Western Area Lifeguard Co-ordinator: Mick Owen

All trainers and assessors of Bronze Medallion and Advanced Lifesaving awards, we couldn't run patrols without you!

Patrol Captains	Vice Captains
Jackson Fary, Ben Logan John Whitson, Monique Jones, Travis Madigan, Ben Johnson, Jane McMeel, David Black, John Cook	Justin Houlihan, Kristie Chiller, Jo McDowall, Noah Steel, Ben Pennington, David Owen, Emma Ragg, Molly O'Brien, Clint Joseph, Wil McNeil, Catie Ragg, Dean Kilpatrick, Ellie Johnson, Balun Cumming, James Kol, Chris Hoffmann, Mick Owen, Rodney Owen

A snapshot of our season is outlined below:

#### Patrol Statistics 2022/2023

Number of Active Patrolling Members	195
Volunteer Patrol Season Dates & Times	26th November to 25th April Every Sat 12-5pm, Sun 10am-5pm Public Holidays 10am-5pm Boxing Day to Australia Day 5.30pm finish
Lifeguard Season	Beginning December to end of February Mon-Fri 10am-6pm, Sat 10am-1pm
Total Beach Attendance	29185
Total number of volunteer member patrol hours	3695 (Average 19 hours per member)
Rescues	9
Major First Aid (ambulance attendance)	5

#### Josephine McDowall

**DIRECTOR - FINANCE**

To be tabled under separate cover.

**Liz Duncan**

## **DIRECTOR – JUNIOR ACTIVITIES**

A big thank you to our volunteers for your assistance throughout the 22/23 season including 50 volunteers at each nipper education session, 20 water safety / trainers at competition squad sessions, age managers and officials at competitions.

The commencement of our season was in doubt due to water quality issues from recent flood events and bay dredging. Through engagement with local authorities and water quality testing we were able confidentially return to the water, this was in comparison with bayside and surf coast areas that were not so lucky with delayed or beach only programs until their water returned to normal.

This year saw a number of changes made across nippers.

Our nipper education season schedule saw a change in format allowing our members to attend junior and senior competitions, swim and club events whilst also allowing a successful nipper education program to be run. A combination of mid-week, Friday evening and Saturday morning sessions were held with consistent numbers attending each of the 10 sessions offered concluding with club champs.

We saw the introduction of a three-day SRC training camp before Christmas that was well received by parents and trainers alike with 22 obtaining their SRC and joining patrols for the first time.

Another new was the introduction of Starfish nippers, an all ability / inclusive program with modified beach and water programs. Hard to say who gained the most satisfaction and enjoyment out of the program, the nippers themselves or the volunteers running the program.

Thank you to the volunteers taking on and supporting these new initiatives.

We saw approximately 210 nippers enrolled this year, down slightly on prior years but in turn providing more participation opportunities and time to learn new skills. Age managers reported increased attendance rates when compared to prior years. The change in format was well received, evident in feedback received by our end of season survey monkey questionnaire.

We saw the return (post covid) of the New Years Eve tin rattle through the caravan parks, highlighted by so many positive comments and compliments directed towards both the club and the nippers themselves including “thank you” & “you do a great job” from the holiday makers.

Our competition squad saw the return of approximately 58 nippers back in October for training. Our first carnival scheduled for Ocean Grove was relocated to Lorne due to the water quality emanating from the Barwon River. Carnivals following, we attended were Cosy Corner, Point Leo (qualifier) Anglesea and states at Warrnambool. Our athletes showed great dedication, sportsmanship and determination over the season with many great results not only at states but also the regional carnivals.

Thank you to the coaches, managers and volunteers, especially those undertaking additional training such as our new sport officials for the culture they maintain, making the competition season fun, inclusive and in turn successful.

The ongoing benefit of the competition squad coaches and trainers involved in our nipper education program has been noted by many including visiting LSV delegates. Benefits include increased adult



participation with an increasing number of parents gaining their bronze medallion boosting our water safety numbers, a sense of involvement and belonging and allowing more comprehensive teaching / training on the beach and in the water for an improved program and experience for our nippers.

As my final year in the nipper program concludes I take this opportunity thank everyone for your support and friendship especially over the last four years during my role as director.

**Clint Joseph**

## **DIRECTOR - LIFESAVING**

It has been another fantastic and action packed season for Warrnambool Surf Life Saving Club. From volunteers assisting with flood relief in Northern Victoria for LSV and Water Police to patrolling, and conducting water safety for swim and surf carnivals, it has been a busy year for volunteers.

The gear inspection in October started well and it was a good opportunity to donate old rescue boards to other organisation such as the Warrnambool Yacht Club to assist with their water safety during the summer and to audit the current quality of surf club equipment. John Whitson and Mike Vafiades (unsure how to spell Vav last night) in organising all IRB maintenance and ensuring there are operational IRBs during patrol and out of hours.

Before the season's commencement, multiple club members such as John Whitson, Mick Owen and Ben Pendleton assisted with the flood relief work. The assistance provided by Warrnambool and the entire LSV volunteers was greatly needed and appreciated by emergency services and the public affected by flooding.

The patrol season was a busy year with large numbers of visitors to Warrnambool post covid era which cause an action packed season with multiple rescues and preventative actions. The paid lifeguard services did a fantastic job patrolling Port Campbell, Warrnambool, Port Fairy and Narrawong during the peak season. It was the first time that extended patrols in Warrnambool occurred outside of the peak season. I would like to say thank you to Mick Owen and all paid lifeguards for the great work they do during the season to keep the patrol beaches safe.

The participation for board and ski training during last season was incredible and for the future, WSLSC has great young adults coming through the competition season and it is fantastic to see them putting the hours in patrol, and upskilling awards. It has been a record number in participation for ski paddling for many years and it is great to see a large number paddling with Ben Johnson in the river during the winter. I would like to say thanks to Steve Kerr and Ben Johnson for all the guidance and assistance in coaching.

The volunteer patrols were also kept very busy with rescues, missing people, major first aid incidents and patrolling the water. I would like to say thank you to all Patrol Captains and everyone who participated in patrols this season, it was a busy year and all your time spent down patrolling, preparation with patrol, training new and upskilling members. Warrnambool Surf Life Saving Club is in a great position with members helping and mentoring the upcoming lifesavers.

**Jackson Fary**

## **DIRECTOR – MEDIA AND COMMUNICATIONS**

The Warrnambool Surf Life Saving Club has continued to progress into the 21st century using a mix of digital and traditional media channels designed to promote the social and community aspects of the club and to encourage members, old and new, to make and build friendships and connections. This year an effort has been made to use technology that would allow the club to not only reduce the administrative workload but deliver new opportunities through sponsorship and to engage with our community.

This year we continued to use our very own independent membership payment portal as well as an online store. This gives our members the most direct approach to renewing and purchasing their membership whilst co existing with Surf Life Saving Australia's membership portal. The platform was designed for ease of use whilst significantly reducing administrative tasks for members of the board. The online store also allowed members to purchase apparel and carnival entries. Significant infrastructure upgrades saw the club implement a multi vision surf cam which we continue to use and maintain allowing viewing from anywhere in the world for free. The cameras provide constant 24/7 monitoring of beach conditions as well as sponsorship opportunities for the upcoming season. A new CCTV system has also been installed around the club to provide better security for club craft and equipment.

Over the past three years our sponsorship program has played a vital role in ensuring that the club could stay financially sound. With the help of Alan Aulsebrook and John McNeil it has been a key focus to streamline the administrative duties surrounding this and to present a valuable offering to our supporters of the club. We are extremely grateful to the businesses and organisations who continue to come on board with the club and it is focus to continually strengthen and maintain these relationships going forward.

This season we also continued to produce our member engagement content series. Producing this content allows us to engage with our current and past members as well as the general public with a strong focus on giving them a feel of what the WSLSC is and what we do in the community. In the upcoming season we will exist to create an inclusive culture which promotes a healthier and happier community throughout our club.

**James Kol**

## **DIRECTOR – MEMBER AND LEADERSHIP DEVELOPMENT**

2022-2023 was another successful season in the MLD area. We began with the reinvigorated season launch which welcomed old and new members to herald in the new season and reconnect after the winter hiatus.

WSLSC is actively supporting our youth members to consider leadership opportunities in the future by nominating outstanding young members for LSV Leadership Development Camps. These opportunities give our youth the chance to engage with other clubs sharing knowledge and ideas and building networks not only along the surf coast but across Victoria. The board recognises the challenges faced by the rural and regional clubs and is committed to investing resources to enable our youth, to access learning and networking opportunities.

WSLSC now has an LSV Junior Advisory Committee Member in Bethany Ferguson with the hope of expanding the voice of our young people and building youth engagement, creating pathways and feeder groups across the club. The hope is that by enabling younger members to have a say in all aspects of club activities they will see themselves as custodians of our club and build leadership skills that will benefit the club and the community in future years.

As part of the LSV Membership and Leadership Development youth programs, we were able to support 8 of our youth members to attend camps and leadership days. William Ralston, Grace Corbett, and Claire Benson attended the 2023 Mike Martin Champion Junior Lifesaver Development Day, and Nellie Boyle, Jessica Renolds, Maya Furphy, and Tulli Wadling attended the U/13 LSV Leadership Camp. Nellie Boyle said that she, “really enjoyed the LSV camp, it was great fun and there was a broad range of different activities. I made lots of friends . . . ., and got to know people I’ve competed against in competitions. All the activities were fun and interactive and helped us grow our leadership skills”. All camp participants returned with positive feedback on the program, friendships, and opportunities the camps offered. Grace Corbett participated in the U/15 Development Camp. These opportunities have been shared at the club level to improve retention and expand participation.

This year we supported our Director of Junior Activities, Clint Joseph to attend the SLSA National Leaders’ Masterclass in Adelaide. The program was an immersive experience of collaboration in leadership and strategic planning and we hope to see some of the learnings from the program implemented as part of our continuous improvement.

The Club gym continues to have increasing patronage, particularly during the off-season. Three induction sessions were held for new members with the support of Karen Benson. We thank all members for their support in maintaining the gym so it can continue to be a valued resource.

This year we witnessed our first female master’s team in recent history compete at the Master State Championships with great success. This is exciting for the club and we hope this achievement will encourage other women to have a go and perhaps follow, Melody Jane, Lisa Wadling, Jacqui Eberbach, and Linda Said to take up the sport and represented our club.

Kristy Chiller was nominated this year for the LSV Women in Leadership IWD Recognition. This award recognises the amazing contribution of women such as Kristy who contribute across varied areas of our club and go above and beyond in their commitment to volunteerism.

Our second Blue Patrol / Men's Patrol initiative had an excellent turnout. Members actively participated in a discussion on all things blokey when it comes to health. While the club celebrates the importance of promoting women, they also acknowledge that at times men's health can be overlooked. This season the, Men's Patrol welcomed a guest speaker, endocrinologist, and the Clinical Director of general medicine at Southwest Health with a special interest in men's health and wellbeing. The format of the presentation was along the lines of the TV series, "YOU CAN'T ASK THAT", and opened up an important conversation on issues of men's health.

Our Pink patrol was again well supported. The day saw a good turnout of our active female members, some of whom it was their first or second time in the red and yellow. It was great to see the young females of the club connecting and learning from women who have been patrolling for many years. The Pink Patrol acknowledges and celebrates the role of women in lifesaving. It is hoped that positive role modeling will inspire and empower future generations of women and girls to confidently pursue opportunities in lifesaving and aquatics. We hope to build on this event in the new season.

We again thank our Club's Child Safety & Wellbeing Officers: Kath Madigan and Ben Johnson for their contribution to supporting our membership throughout the season.

Our annual Awards Dinner concluded our season and was again well supported, representing all areas of our membership.

We have been well represented and successful with our Club Leaders being acknowledged as part of the South West sports assembly awards and the LSV Awards of Excellence this year. Club Captain Jo McDowall was the winner of the Women in Sports Leadership Award and our club was nominated as a finalist in the Sports Club of the Year. Club member Chris Hoffmann was also a finalist in the Coach/Official of the Year at the SWSA Awards. The LSV Awards of Excellence acknowledged, Mia Cook who was awarded, Open Athlete of the Year, and Chris Hoffmann who was awarded, Official of the Year. We are also proud to have been shortlisted for the Club of the Year.

During the off-season, we once again celebrated the Winter solstice. On a chilly Saturday evening, a large crowd of brave club members took the plunge returning to a warm fire and wonderful social catch-up. This event highlights the sense of community and comradery that is our club.

Upon reflection, we had a great season for M&LD I want to thank everyone for their involvement or encouragement for these programs and events as the development and engagement of our members are as important to our club as patrols, sports, or training. Looking towards the future, we want to continue to grow our emerging leaders, we will continue to develop connections and celebrate the extraordinarily knowledgeable, generous, and valued members that we have by building on our existing programs.

**Jacinta Roache**

## **DIRECTOR – SURF SPORTS**

Surf sports training resumed in August 2022 under Head Coach Steven Kerr. Steven had oversight of the Club program and was predominantly aligned with the general fitness program and board paddling. Our ski paddling numbers again increased this season and were under the expert coaching of Jackson Fary and Ben Johnson with an occasional cameo role from Rodney Owen that really helped our novice and seasoned paddlers alike. The Club and our athletes owe a big thank you to these designated and co-opted coaches and for those senior paddlers; John Hart, Paddy O'Brien and Harry McNamara that also lead the groups at various times.

In the pre-season the competition squad spent two nights in Port Fairy at a training camp which certainly pushed their endurance capacity and brought the team together to set some standards. Training took place in and around Port Fairy and Tower Hill, this was made possible through the assistance of our coaches and parents that pitched in providing meals and logistical support.

The first real hit out of serious competition was the Victorian Endurance Championships held at Cosy Corner, Torquay in October, 2022. The Club had Rory Fawcett win the Under 15 Female Board 4km, Jackson Fary win the Open Male 10km Ski, Mia Cook win the Under 17 Female 6km Ski and Under 17 Female Board 4km. Interestingly Jackson was in the lead at the end of the first lap of the course and inadvertently went to the starting buoy making his win a bit sweeter due to the extra distance he put in his race!

The Club attended the annual Jim Wall event in Torquay in January which was made part of the Summer of Surf series, once again the Torquay crew put on a great day of racing. In a first for Warrnambool we had an Open Female Iron champion in Mia Cook. Mia also took out the Open Female Board, Under 17 Female Board and Ski races.

The Victorian Super Surf Teams League and Victorian State teams competed at Maroubra Beach, Sydney from January 13 to 16, 2023 with Warrnambool being represented by Mia Cook in both.

Once again the Surf Sports athletes travelled to Sydney to compete at the Manly and Freshwater Carnivals and were hosted by the North Steyne Surf Life Saving Club. Without this support from our friends on the Northern Beaches the competitors would be responsible for their own accommodation and also miss the history and the team building environment that such an experience brings; our huge thanks go to the Committee and Members at North Steyne.

On January 28, 2023 the Club hosted the Battle of the Bay in conjunction with the Summer of Surf team. Martin O'Brien was the key coordinator for this event from the WSLSC and his efforts along with many other club members is greatly appreciated. A great day of racing was held in super conditions with many of our members having podium finishes including Georgia Ierodionou winning the Under 15 Female Board final and Rory Fawcett coming in second in this race too. The U17 Female Ski and Board, Open Female Board and Open Iron Woman finals were all won by Mia Cook. Coach Steve Kerr also won the Open Mens Board final on our own beach, some great results that all contributed to points in the Summer of Surf to these individuals.

Ocean Grove Surf Life Saving Club hosted the Victorian State Championships in February and the club was well represented with 40 competitors trying their utmost in reasonable conditions. Both Beach and Surf athletes acquitted themselves very well with the team bringing home a total of 30 medals. See the appendix for the complete list of medal winners at States.

The final event of the season, The Aussies, was held at Scarborough Beach Perth from March 25 to April 2. WSLSC had 11 members journey across the country to compete, 5 Masters, 3 Youth and 3 Open competitors all raced against the best in the country with some transferring their competition rights to other clubs so they could race in teams events which is an unique factor of the sport. Of the group Mia Cook placed third in the Individual Under 17 Female Board Final and also in the Under 17 Female Board Relay Final; this effort of 2 Bronze Medals was just rewards after the training and the results of her surf sports season.

The final celebration of the surf sports season took place at the annual LSV Awards for Excellence with Mia Cook taking out the Open Athlete of the Year category.

I would like to acknowledge that the racing season and our obligations at carnivals does draw on a considerable number of people within the Club; to get the race craft to the venue, to drive and crew IRB's, to officiate and coach the teams on the beach is something we need to keep developing our resources in. Special thanks to the Board of Management who have shown great support to the athletes this season.

**John Cook**

## **DIRECTOR - TRAINING**

### **Introduction:**

Training for life-saving is a critical aspect of emergency response and preparedness. It is essential to equip individuals with the necessary skills to respond effectively in emergency situations, where time is often a crucial factor. This report aims to outline the key elements of training for life-saving.

### **Importance of Training for Life-Saving:**

Effective life-saving training is essential for the following reasons:

**Saves Lives:** The primary goal of life-saving training is to equip individuals with the necessary skills to save lives in emergency situations. The knowledge and skills gained from such training can mean the difference between life and death.

**Increases Preparedness:** Life-saving training prepares individuals to respond quickly and effectively in emergencies. It equips them with the necessary knowledge, skills, and tools to respond to emergencies, thereby increasing overall preparedness.

**Enhances Confidence:** Life-saving training builds confidence in individuals, enabling them to respond quickly and confidently in emergency situations. This confidence is vital in high-stress situations, where the ability to remain calm and composed can save lives.

### **Types of Training Available:**

**First Aid Training:** First aid training is the most common type of life-saving training. It covers basic skills such as CPR, wound care, and treating shock.

**Water Safety Training:** Water safety training is essential for individuals who work in or around water, such as lifeguards. It covers topics such as water rescue techniques, basic life support, and water safety protocols.

### **Best Practices for Effective Life-Saving Training:**

**Interactive and Hands-on Training:** Interactive and hands-on training is essential for effective life-saving training. It enables individuals to practice and apply the skills they have learned in a simulated environment, thereby increasing their confidence and ability to respond in real-life situations, therefore skills maintenance is essential for all members to attend.

**Regular Refresher Courses:** Regular refresher courses or skills maintenance are essential for ensuring that individuals maintain their skills and knowledge in life-saving techniques.

**Simulated Scenarios:** Simulated scenarios are an excellent way to test an individual's skills and knowledge in life-saving techniques. They provide a realistic environment that enables individuals to practice and apply their skills in a controlled setting.

### **Conclusion:**

Training for life-saving is essential for equipping individuals with the necessary skills to respond effectively in emergency situations. The type of training required will depend on the individual's role and responsibilities. However, all life-saving training should be interactive, hands-on, and include regular refresher courses and simulated scenarios. By following these best practices, individuals can be adequately prepared to respond quickly and effectively in emergency situations, ultimately saving lives.



### Members:

We thank our members for this increased commitment to furthering their knowledge and training, it greatly boosts our patrol capacity and it enables more flexibility within our patrol groups. It was great to see members gain their advanced awards which in turn helps at patrol, as we need these advanced awards in addition to the Bronze medallion to conduct patrols.

This season, LSV successfully introduced the new Silver Medallion Patrol Captain. Two members travelled to LSV for a two day course where hopefully we can role this out next year. The new Silver Medallion Patrol Captain (SMPC) Award has been developed and released to help better prepare Club Patrol Captains of the future.

The course has been reviewed and refined and now incorporates a blended learning approach and features embedded scenarios that surf lifesavers may face whilst on patrol.

### Skills Maintenance:

This year skills maintenance reverted back to its original format with an emphasis on online content and demonstrations. Participants this year were back demonstrating all components of CPR.

Skills Maintenance this year saw us conduct two main individual skills maintenance sessions, with 8 sessions in total with 4 of these including Advanced Resuscitation Techniques. This saw over 200 members enhance their skills in all aspects of Life Saving. We were able to cover different components for the season with information about membership renewal, new club board members, how patrols would run and patrol rosters and the main reason to refresh skills. A very big thankyou to the Port Fairy Life Saving Club for the use of their facilities, due to the water quality of the Warrnambool Beach from the overflow of the rivers from the recent floods.

Course ID	Course Type Name	Start Date	Finish Date	Candidates
1910593	Skills Maintenance	06/11/2022	06/11/2022	25
1913700	Skills Maintenance	26/11/2022	26/11/2022	24
1918595	Skills Maintenance	12/12/2022	12/12/2022	2
1916534	Skills Maintenance	26/11/2022	26/11/2022	17
1919922	Skills Maintenance	15/12/2022	15/12/2022	22
1913355	Skills Maintenance	06/12/2022	06/12/2022	14
1904718	Skills Maintenance	23/10/2022	23/10/2022	9
1916246	Skills Maintenance	02/12/2022	02/12/2022	14

Figures are from members enrolling online.

### Schools:

We had another successful year of Bronze Medallion training by Michael Owen (Emmanuel College) Jason Kermeen (Brauer College) and Jackson Green (Warrnambool College) with these students going on to join our patrols over the summer season. Our school BM training programs encourage many young members to join our club and volunteer. Most importantly they learn essential surf lifesaving skills. The students were very successful in ensuring the progression onto patrols for all those who completed their Bronze and SRC training has helped to boost our patrol capacity and we welcome these new members into our club.

Appreciation:

Again I would like to thank all the trainers, assessors and those who assisted with training at our club. The number of awards that were completed this season would not have been possible without the hard work. I would also like to thank Sean Murrhly and the Port Fairy SLSC for their support through the season.

Season 22/23 Statistics:

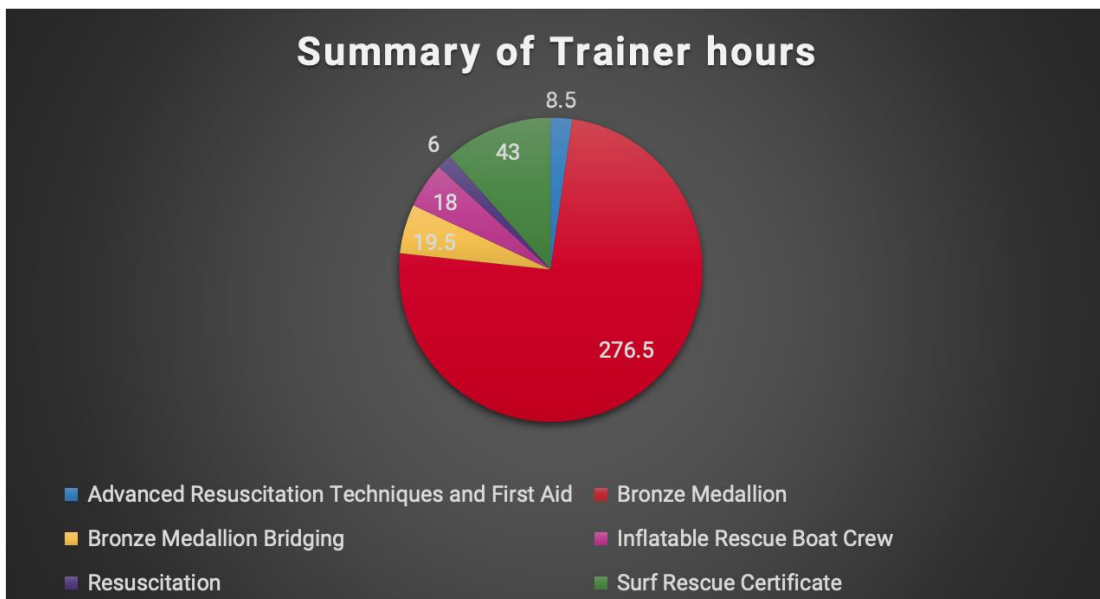
Course ID	Course Type Name	Start Date	Finish Date	Candidates
1913356	Advanced Resuscitation Techniques and First Aid	20/11/2022	20/11/2022	15
1906358	Bronze Medallion	10/10/2022	25/11/2022	12
1906366	Bronze Medallion	17/10/2022	18/11/2022	8
1906367	Bronze Medallion	17/10/2022	18/11/2022	15
1905849	Bronze Medallion	29/10/2022	13/11/2022	9
1916245	Bronze Medallion	22/11/2022	02/12/2022	5
1906357	Bronze Medallion	10/10/2022	25/11/2022	12
1921279	Bronze Medallion	20/12/2022	08/01/2023	5
1905939	Bronze Medallion Bridging	04/11/2022	13/11/2022	4
1909157	Inflatable Rescue Boat Crew	12/11/2022	19/11/2022	9
1926271	Resuscitation	20/02/2023	20/02/2023	12
1914924	Resuscitation	17/11/2022	17/11/2022	5
1904719	Resuscitation	23/10/2022	23/10/2022	17
1918596	Resuscitation	12/12/2022	12/12/2022	5
1918597	Surf Rescue Certificate	16/12/2022	22/12/2022	16
1921218	Surf Rescue Certificate	17/12/2022	22/12/2022	7

Appreciation:

A very big thank you to Josephine McDowall, who also ran courses and skills maintenance in Mildura, Kristie Chiller, Jason Kermeen, Michael Owen, Jackson Green, Marli Blackney-Notor, David Ferguson, Clint Joseph, Ben Logan and Travis Madigan.

Congratulations on another productive year in training. Hope to see you all and look forward to working with old and new members in 2023/24

Course name	Trainer course instances	Blended course hour requirements	Total Hours
Advanced Resuscitation Techniques and First Aid	1	8.5	8.5
Bronze Medallion	7	39.5	276.5
Bronze Medallion Bridging	1	19.5	19.5
Inflatable Rescue Boat Crew	1	18	18
Resuscitation	4	1.5	6
Surf Rescue Certificate	2	21.5	43
<b>Total</b>	<b>16</b>	<b>108.5</b>	<b>371.5</b>



**Dean Kilpatrick**

## **LIFE MEMBERS REPORT**

The Life Members would like to extend their thanks to the Board of Management for the continued work in running the club. To hold a state championship for the tenth year running is a great achievement and many Life Members enjoy the atmosphere of a big event and have helped out in many ways throughout all those years.

Many have commented on the successes of the junior programs in place as guiding young people through to adulthood will hopefully see the next group of leaders emerge. It has also been noted that the lifesaving season was very successful in that no major first aid or fatalities were recorded.

We are always looking for opportunities in which Life Members can become involved and also to get together as a group to rekindle friendships. We usually meet in the off season and it was great to have a meal together at the Lady Bay to catch up, which saw great attendance and a jovial mood. We also had a meeting in early April.

With no nominations for Life Membership from last season, we encourage members to submit applications before 1st April every year if it is believed the requirements are met. One nomination will be put forward at the AGM for this season.

Finally, the Life Members express gratitude to all club members and volunteers who continue to make a difference in the club's endeavours.

**Justin Houlihan**

# 2022/23 ANNUAL AWARDS

Life Saver of the Year	Jackson Fary
Nipper of the Year	Riely Sheill
Junior Club Person of the Year	Bethany Ferguson
President's Award	Josepine McDowall
Club Person of the Year	Travis Madigan

## Competition Awards

### Club Champions

#### U14

Male Club Champion	Reily Shields
Female Club Champion	Matilda Burns

#### U15

Male Club Champion	Blake Ward
Female Club Champion	Rory Fawcett

#### U17

Male Club Champion	Will Main
Female Club Champion	Mia Cook

#### U19

Male Club Champion	Isaac Owen
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#### Senior

Male Club Champion	Paddy O'Brien
Female Club Champion	Mia Cook

### Competitor of the year

U/15 Competitor of the Year	Georgia Lerodiconou
U17 Competitor of the Year	Mia Cook
U19 Competitor of the Year	Isaac Owen
Senior Comp of the Year	Steve Kerr

### Coaches Awards

Alana Johnson
Ellie Johnson

**WSLSC Membership List      Season 2022-2023**

**Active (15-18 yrs)**

**(64 Total)**

Amor	Hannah
Austen	Tommy
Austin	Charlie
Barnard	Annabelle
Bridgewater	Darcy
Callaghan	William
Clements	Niamh
Cook	Mia
Cooke	Oscar
Couch	Rachael
Cumming	Maiya
Droste	Tom
El-Hage	Hannah
Evans	Freya
Fawcett	Deny
Finch	Curtis
Garner	Jordan
Ginley	Fionn
Glynn	Lana
Gorman	Harvey
Grayland	Jett
Harrison	Spencer
Hoffmann	Cooper
Hoffmann	Henry
Holland	Eleanor
Holland	Klara
Hutchins	Kyle
Joseph	Eva
Joseph	Eva
Kelly	Zara
Mahony	Emily
Main	Will
McCoy	Fergus
Mcinerney	Darcy
McNeil	Jack
Mills	Luke
Mitchem	Fletcher
Mitchem	Kelsey
Moncrieff	Harvey
Murray	Lucy
Nepean	Asha
Nepean	Jace
Noonan	Hunter
Noonan	Imogen
Northeast	Nicholas
O'Brien	Lily
O'Brien	Ruby

O'Brien	Ruby
O'Brien	Scarlett
O'Donnell	Curran
Owen	Isaac
Pettigrew	Archie
Phillpot	Cooper
Porter	Macey
Promnitz	Saskia
Ragg	Catherine
Ralston	Alysha
Ralston	Shaylea
Sheppard	Lloyd
Smith	Caitlin
Stromvall-O'Brien	Moses
Stromvall-O'Brien	Nora
Wakely	Ben
Watson	Sidney

**Active (18yrs and over)**

**(126 Total)**

Atherton	Susan
Aulsebrook	Ned
Benson	Adrian
Black	David
Bolton	Mark
Bolton	Penny
Boyle	Sam
Byrne	James
Carlin	Russell
Casamento	Brayden
Casamento	Shayla
Chiller	Brad
Clancey	Paul
Clements	Dean
Clements	Matthew
Clements	Michael
Clissold	Ricky
Cook	Finn
Cook	John
Corbett	Simon
Cumming	Andrew
Cumming	Balun
Dart	Jason
Davis	Mark
Dennis	Phil
Dow	Michelle
Droste	Alexandra
Duncan	Elizabeth
Eberbach	Jacqueline
El-Hage	George
El-Hage	Lucy

Fary	Jackson
Ferguson	David
Flaherty	Sarah
Forbes	Paul
Fry	Atlanta
Furphy	Peter
Galvin	John
Gordon	Kris
Greene	Jackson
Greening	Travis
Gynes	Alex
Harrison	Bradley
Hart	John
Higgins	Danielle
Hildebrandt	Kim
Hill	Clinton
Hill	Maggie
Hoffmann	Chris
Hoffmann	Declan
Holland	Robert
Hose	James
Hughson	Brenda
Jackson	Iain
Jane	Melody
Jansz	Emily
Johnson	Alana
Johnson	Ben
Johnson	Elissa
Johnston	Alexander
Jones	Andrew
Jones	Isaac
Joseph	Clint
Kane	Leigh
Kermeen	Jason
Kilpatrick	Dean
Kilpatrick	Harrison
Kol	James
Lamb	Todd
Lawlor	Chris
Logan	Benjamin
Madigan	Travis
Main	Kurt
Martin	Glen
McCarthy	Grant
McCoy	Jemima
McDowall	Josephine
McKane	Nathan
McKenzie	Riley
McLaurin	Angus
McMeel	Jane
McNamara	Harry



McNeil	William
Mitchem	Jeremy
Moncrieff	Charlie
Moncrieff	Leigh
Moncrieff	Sarah
Mungean	Lara
Nepean	Dale
Newson	Hannah
Noonan	Ashlan
O'Brien	Leonard
O'Brien	Martin
O'Brien	Molly
O'Brien	Paddy
O'Brien	Steve
O'Shannessy	Alyce
Owen	Hannah
Owen	Jim
Owen	Oliver
Pennington	Benjamin
Ragg	Emma
Ragg	Joseph
Roache	Jacinta
Said	Linda
Sharp	Caytlyn
Shiell	Darren
Skilbeck	Sandra
Smith	Mark
Steel	Jobe
Steel	Noah
Stromvall-O'Brien	Elsa
Stromvall-O'Brien	Greta
Taylor	Luke
Thornton	Xavier
Van Zyl	Hannah
Wadling	Peter
Walsh	Ben
Ward	Ben
Watson	Daniel
Watson	Jon
Weymouth	Daniel
Whitson	John
Wood	Matthew
Wood	Ty
Wood	Wren

**Associate**

**(172 Total)**

Ambrose	Matthew
Adcock	Luke
Ambrose	Helen
Amor	Rebecca

Ballinger	Sheree
Barfus McCoy	Jo
Barraclough	Nick
Battistello	Leesa
Battistello	Mathew
Beard	Clare
Beard	Robert
Benson	Karen
Bolton	Penelope
Brian	Daniel
Bridgewater	Andrea
Bridgewater	David
Brosowsky	Amanda
Brosowsky	Tim
Brown	Amanda
Burleigh	Mark
Burns	Ash
Bussell	James
Callaghan	Jenny
Callaghan	Stephen
Campling	Anthony
Carlin	Heather
Casamento	Becky
Casamento	Darren
Casey	Jemma
Cleverley	Tyron
Collins	Megan
Cook	Christine
Corbett	Emily
Cornell	Kristin
Coulson	Sue
Coverdale	Mary
Crothers	Melissa
Crow	Chantelle
Davis	Mark
Down	Anthony
Down	Olivia
Duckworth	Chris
Dufty	Jacki
Dufty	Leigh
Dufty	Thomas
Dwyer	Kellie
El-Hage	Sarah
Elliott-Jackson	Natalie
Fawcett	Neil
Ferguson	Tonya
Finn	Haylee
Fish	Jove
Fish	Megan
Fish	Paul
Forbes	Michelle

Gilmour	Tabatha
Ginley	Daphne
Ginley	Sean
Goodall	Ben
Graesser	Brigitte
Greening	Clare
Griffin	Wade
Gunn	Karoline
Hammond	Megan
Heazlewood	Anthony
Horwill	Kane
Howard	Justin
Ierodiconou	Daniel
Jansz	Mark
Jones	Brooke
Joseph	Cindy
Kane	Catherine
Karcew	Rebecca
Karcew	Robert
Kelly	Darren
Kilpatrick	Brianna
Kilpatrick	Lachlan
Kilpatrick	Sally
Knell	Adam
Knell	Jodie
Lane	Liz
Lawlor	Jennifer
Leonard	Elizabeth
Loughran	Andrew
Loughran	Fiona
Madigan	Katherine
Main	Rachael
Manson	Kylie
Marr	Bevan
McCulloch	Alex
Mcintosh	Michelle
McLaurin	Tamara
McMahon	Dominique
McNeil	Leah
Miller	Marcia
Milroy	Sarah
Moloney	Jason
Moloney	Paul
Moloney	Stephanie
Nelson	Ben
Nepean	Debbie
Northeast	Bernadette
O' Connor	Andree
O'Brien	Angela
O'Brien	Matthew
Obst	Jarred

O'Kane	John
O'Kane	Katie
Palmer	Kylie
Palmer	Luke
Palmer Baulch	Kate
Pech	Dan
Pech	Naomi
Pettigrew	Susan
Phillpot	Stephen
Porter	Shaundra
Prentice	Gavin
Prentice	Laura
Pritchard	Rosemary
Ralston	Craig
Reichman	Josh
Reid	Daniel
Reynolds	Christopher
Reynolds	Nicole
Rhodes	Geoff
Rogers	Bradley
Ryan	Jennie
Ryan	Kim
Ryan	Liam
Sandri	Aime
Sandri	Luke
Sedgley	Anthony
Sedgley	Erin
Shiell	Suzanne
Shiells	Niall
Shiells	Sara
Smith	Julia
Stevens	Zoe
Stromvall O'Brien	Emma
Talbot	Christy
Taylor	Luke
Taylor	Natalie
Vaughan	Clare
Veenstra	Bauke
Veenstra	Louise
Verhoeff	Hannah
Vesey	Emma
Vesey	Shaun
Ward	Rachel
Watson	Arthur
Watson	Mary-Ellen
Whitehead	Rebecca
Witcombe	James
Wood	Nicole
Woolman	Sally
Ambrose	Matthew
Anderson	Robyn

Dale	Courtney
Dunne	Grace
Hickey	Rebecca
Hill	Michelle
Hutchins	Casey
Kenna	Jane
Kenwright	Meg
Lawlor	Elisa
Ludeman	Terry
Madden	Jaxon
Robertson	Erin
Talbot	Christy
Wakim	Anne
Wakim	Marko
Witcombe	Nicole

**Cadet Member (13-15 years)**

**(57 Total)**

Baulch	Rory
Benson	Claire
Boyle	Stella
Burns	Matilda
Burns	Taijh
Bussell	Amelia
Cook	Mia
Duckworth	Emily
Duncan	Harriet
El-Hage	Flynn
Fawcett	Rory
Ferguson	Bethany
Forbes	Alexandria
Furphy	William
Ginley	Niamh
Griffiths	Sean
Grundy	Lucas
Harrison	Gilbert
Hill	Spencer
Hoffmann	Mikayli
Howard	Kalora
Ierodiconou	Georgia
Joseph	Samuel
Kane	Macey
Karcew	Ramius
Kelly	Ben
Kelly	Benjamin
Kermeen	Paige
King	Freya
Knell	Archer
Laidlaw	Cohen
Lawlor	Rory
Madigan	Joe

McMeel	Joseph
Mills	Luke
Moncrieff	Lexie
Nelson-Hill	Padraig
Northeast	Edward
O'Brien	Ruby
Pritchard	Sierra
Promnitz	Saskia
Ragg	Georgia
Ralston	William
Reid	Skyla
Reynolds	Stephanie
Rhodes	Lucia
Roberts	Scarlet
Stromvall-O'Brien	Thea
Umney	Jenna
Van Vugt	Darcy
Veenstra	Hamish
Vesey	Tahlia
Wakim	Esther
Ward	Blake
Watson	Klara
Duckworth	Will
Wakim	Esther

**Junior Activity Member (5-13 years)**

**(183 Total)**

Adcock	Benjamin
Adcock	Eleanor
Ambrose	Bridget
Ambrose	Robert
Amor	Daisy
Ballinger	Alina
Ballinger	Amelie
Ballinger	Sienna
Barraclough	Ava
Barraclough	Lily
Barraclough	Maeve
Battistello	Sophie
Baulch	Esther
Baulch	Leilani
Beard	Gretel
Beard	Jack
Beard	Patrick
Benson	Zoe
Bolton	Benjamin
Bolton	Grace
Bolton	Maeve
Bolton	Zara
Boyle	Nellie
Boyle	Sadie

Brian	Whyat
Brosowsky	Laylah
Brown	Daisy
Brown	Ethan
Brown	Isaac
Burleigh	Cole
Burleigh	Flynn
Burns	Darcy
Bussell	Eleanor
Byrne	Finn
Byrne	Pippa
Byrne	Sophie
Callaghan	Matthew
Campbell	Lawson
Campbell	Pippa
Campbell	Tilda
Campling	Chloe
Campling	Nabeila
Carlin	Casey
Carlin	Ella
Chiller	Harrison
Chiller	Lenny
Clarke	Paddy
Clements	Audrey
Clements	Hazel
Clements	Mabel
Cleverley	Merryn
Cleverley	Rob
Corbett	Freya
Corbett	Grace
Corbett	Hamish
Corbett	Maggie
Crothers	Isabelle
Crothers	Stella
Davis	Anne
Davis	Zoe
Down	Angus
Down	Ella
Duckworth	Micah
Duncan	Harriet
Duncan	Sam
Dwyer	Finnian
Dwyer	Luca
Fawcett	Hugh
Fish	Charli
Fish	Jove
Furphy	Maya
Furphy	Sophia
Goodall	Fred
Greening	Daisy
Greening	Violet

Griffin	Harper
Griffin	Indi
Hill	Thomas
Hopit	Willow
Hose	Lily
Howard	Dylan
Howard	Hunter
Ierodiconou	Sophie
Ierodiconou	Zoe
Jackson	Mia
Jansz	Miranda
Jansz	Savannah
Jones	Logan
Jones	Meredith
Jones	Tate
Kane	Cohan
Kane	Zeta
Karcew	Cooper
Kerr	Lachlan
Kerr	William
Knell	Maya
Knell	Reuben
Lawlor	Stella
Leonard	Bella
Leonard	Rosie
Long	Eloise
Loughran	Donnacha
Loughran	Oisin
Loughran	Tadhg
Madigan	Eva
Madigan	Quinn
Main	Pippa
Manson	Brodie
Marr	Alice
McCarthy	Hugh
McCulloch	Bonnie
McCulloch	George
Mcintosh	Alice
Mcintosh	Meg
Mcintosh	Zoe
Mclaurin	Indiana
McNeil	Molly
McNeil	Ruby
Milroy	Georgie
Mitchell	Bailey
Moloney	Kai
Moloney	Sid
Moloney	Sonny
Nelson	Jameson
Nelson	Zavier
Northeast	Charles



Oakley	Eli
Obst	Harry
O'Kane	Nina
Palmer	Daisy
Palmer	Jordy
Pearce	Scarlett
Pech	Heidi
Pech	Levi
Phillpot	Hugo
Phillpot	Max
Porter	Jackson
Porter	Lucy
Prentice	Ruby
Prentice	Sebastian
Pritchard	Maxwell
Ragg	Hannah
Ragg	Patrick
Ralston	Patrick
Reichman	Oliver
Reynolds	Jessica
Reynolds	Lachlan
Rogers	Harvey
Ryan	Eve
Ryan	Gretel
Ryan	Lenny
Sandri	Ashton
Sandri	Madison
Sedgley	Toby
Shiell	Evie
Shiell	Riley
Shiell	Tyler
Shiells	Albie
Shiells	Maggie
Smith	Theodore
Smith	Xavier
Talbot	Daisy
Talbot	Nash
Taylor	Lewis
Taylor	Penny
Thornton	Edward
Thornton	Lenny
Turner	Samuel
Veenstra	Matilda
Wadling	Luca
Wadling	Tulli
Wakim	Eli
Wakim	Miriam
Ward	Lottie
Ward	Mollie
Williams	Harrison
Witcombe	Eliza

Witcombe	Isabelle
Woolman	Lucy
Yewers	Angus
Ludeman	Elli
Ludeman	Emma
Oakley	Eli

**Life Member**

**(35 Total)**

Askew	Dulcie
Askew	Gary
Askew	Robert
Aulsebrook	Alan
Blackney	Patricia
Blackney	Sharon
Brodie	Neville
Chiller	Kevin
Chiller	Kristie
Collins	Robert
Cumming	Lorraine
Dart	Robert
Day	Victor
Dunn	Bernard
Guyett	Brian
Harris	Lee
Hart	Gavan
Houlihan	Justin
Johnson	Alan
Jones	Paul
Keillor	Richard
Kerr	Stephen
McGrath	Annette
McGrath	Leslie
McLear	Eril
McNeil	John
Noter	Rebel
O'Brien	Martin
Owen	Bruce
Owen	David
Owen	David
Owen	Mark
Owen	Michael
Owen	Rodney
Pettigrew	Tobias
Vafiades	Elizabeth
Vafiades	Michael

**Long Service**

**(2 Total)**

Brain	Robert
Kerr	Philip

**Reserve Active**

**(6 Total)**

Cooney	Megan
Day	Peter
Jones	Michael
McIntosh	James
Symons	Rodney
Wadling	Lisa

Total Members	<b>645</b>
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## FINANCIAL REPORTS

**Period**      **1/4/2022 to 30/6/2022**

To be tabled under separate cover.

**Period**      **1/7/2022 to 30/06/2023**

To be tabled under separate cover.