



# PATROLLER HANDBOOK

A guide to what awaits



[www.islsc.org.au](http://www.islsc.org.au)



• Our History	3
• Mission & Vision	4
• Our Values	5
• Contacts	6
• Message from Club Captain	8
• Patrol	9
• Clubhouse Accommodation	13
• Gaining Qualifications	15
• Competition	17
• Nippers	19
• YIPS	20
• Leadership Opportunities	21

---

# TABLE OF CONTENTS

# OUR HISTORY

**1998**

## The Grain that built the sandcastle

What started out as a small operation out of an old shipping container has grown to a rich community and facility to support our lifesaving operations and programs.



**2023**

## What's to come

With a youthful past we aim to be innovators and provide new and exciting opportunities for our members. We aim to support all members of the community who visit our beach and ensure a safe and aquatic environment.

# MISSION

Our mission is to provide a safe aquatic environment for the community and an inclusive club environment for all. We strive to uphold an innovative and diverse culture that provides growth and development opportunities for all.

# VISION

Our vision is to be the best club for our members and the greater community. We will achieve this by providing shared experiences through lifesaving community and club activities.



# OUR VALUES

## COMMUNITY

---

To be a community focused club and a welcoming environment for our members and extended network.

## RESPECT

---

We respect our club, our members, the community, and all organisations that we interact with.

## WELLBEING

---

To ensure the safety and well-being of the community, and all members.

## GROWTH

---

Provide opportunities for all members to grow and develop their leadership, personal and professional goals

## INCLUSIVE

---

To be a welcoming club for all.

# IMPORTANT CONTACTS

POSITION	NAME	EMAIL
President	Glenn Arnold	president@islsc.org.au
Director of Operations	Tim Robinson	dlo@islsc.org.au
Secretary	Angela Malan	secretary@islsc.org.au
Treasurer	Stephen Duncan	treasurer@islsc.org.au
Club Captain	David Morris	clubcaptain@islsc.org.au
Chief Instructor	Lucy Tate	chiefinstructor@islsc.org.au
Membership and Leadership Development	Ella Arnold	development@islsc.org.au
Competition Director	Xavier Korb	competition@islsc.org.au
Clubhouse Manager	David Cumming	Clubhousemanager@islsc.org.au

# IMPORTANT CONTACTS

POSITION	NAME	EMAIL
Patrol Manager	Millie Gallagher	Patrolmanager@islsc.org.au
Gear Steward	Lily Comrie	gearsteward@islsc.org.au
First Aid Officer	Jackson Comrie	firstaid@islsc.org.au
Radio Officer	Shae O'Connell	radioofficer@islsc.org.au
IRB Captain	Josh Robinson	Irbcaptain@islsc.org.au
Nippers Coordinator	Lucy Chambers	nippers@islsc.org.au
Grommet Gurus Coordinator	Brydie Smith	grommetgurus@islsc.org.au
YIPS Coordinator	Jackson Comrie and Zoe Cross	yips@islsc.org.au



# MESSAGE FROM CLUB CAPTAIN

Welcome to The Life Saving Season of 2023/24. I am excited to be your Club Captain and assist you through your lifesaving journey. As a patroller you are an important part of ensuring we can successfully help the local community and ensure everyone who visits can come to our amazing beach and return safely. I would like to thank you for volunteering your time, effort and knowledge in the coming season and I hope you can make the most of what is available to you.

Although patrol is a major focus it is important to remember that there are plenty of activities and opportunities that extend the red and yellow flags. This Handbook should help you navigate both patrols and also how you can grow, develop and enjoy your time whilst being an active member at Inverloch.

I hope to see you on the beach across the season

*David Morris*



# PATROL

At Inverloch SLSC we have 4 patrols with approximately 30 members in each. Members are allocated to a patrol, which is rostered to patrol at certain weekends throughout the year. Our club has a high number of patrolling members and we hope that we have an even contribution of efforts from all our patrolling members. This helps to ensure that we have sufficient numbers on patrol each weekend so that everyone can have a good time. Patrolling the beach with lots of other people makes the experience more enjoyable for everyone!

Period	Start	Finish
Shoulder (pre) Season	Saturday 11th November	Sunday 24th December
Peak Season	Monday 25th December	Sunday 28th January
Shoulder (post) Season	Saturday 3rd February	Sunday 14th April

You will receive a phone call/text message from your patrol Leadership Team who will find out if you are able to patrol on the weekend. They will also inform you if they have organised a patrol dinner and remind you to book in at the clubhouse if you need somewhere to stay.

*See Clubhouse Accommodation pg.*





# PATROL LEADERSHIP TEAM (PLT)

The PLT is a great opportunity to develop your patrolling and leadership skills. The PLT is made up of the core award holders for each patrol and are essential to operate on the beach. The PLT positions are:

- Patrol Captain (PC)
- Vice Patrol Captain (VC)
- First Aid (FA)
- Advanced Resuscitation Technique (ART)
- IRB Driver (IRBD)
- IRB Crew (IRBC)
- ATV
- Mentor

It is an expectation that members who nominate to be in these roles will attend all patrols. If unable to attend a PLT member is to request a cover or a switch with another individual with these qualifications.

# UNIFORM

Patrolling lifesavers should be professional and neat in appearance, so as to present the best possible image to the community and be easily identifiable as an on-duty lifesaver. It is the responsibility of the Patrol Captains to ensure that their patrol members are in correct uniform at all times whilst on patrol. Members who don't have their correct uniform won't be able to patrol.

## The mandatory uniform is:

- Yellow long sleeved patrol shirt
- Red patrol shorts
- Peaked cap or wide-brimmed hat
- Red and Yellow Quartered Cap

## Additional uniform includes:

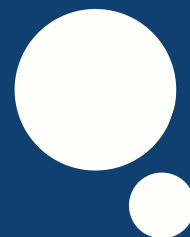
- Yellow Patrol Jumper
- Red/yellow spray jacket
- Red patrol tracksuit pants
- Sunglasses



# TRANSPORT



With so many of our members coming from Melbourne we understand that one of the biggest challenges to patrolling is finding a way down to the club. There are a few options that you might want to utilise to ensure you're available over the weekend.



## Carpool

We have plenty of members spread out across the state with many having access to personal vehicles. If you are in need of transport please contact your Patrol Captain and they may be able to assist in organising a ride for you.



## V-Line

Inverloch has a V-Line bus from Melbourne to Inverloch. Buses Depart from Southern Cross station with a change over bus in Koo Wee Rup. Bus times are typically just over 2 hours. If you are catching the bus please contact your PC who can assist with a pick up from the bus stop in town.

# CLUBHOUSE ACCOMODATION

We understand it's a big commitment to come down for a weekend of patrol and club activities. The club provides accommodation for use by Active Members in the form of three bunkrooms. There is a designated male, female and an 18+ unisex bunkroom. To request a bed at the clubhouse, a booking can be made through the club website.

*Request must be completed by midnight on the Thursday before the weekend (Fri, Sat or Sun nights) you are requesting or, if another night of the week, at least 24 hours prior to first night requested.*

## Step 1

visit [islsc.org.au](http://islsc.org.au) and find accomodation under the 'member info' tab

## Step 2

Complete the booking request form

- If your under 18 you must also complete the 'junior accomodation agreement' form

## Step 3

Await your confirmation e-mail



In order to complete the registration to request Clubhouse Accommodation, you must be a current financial member and, if you are over 18 years of age, hold a current Victorian WWCC. Once you have submitted your registration you will receive an email confirming your request.

Once availability is finalised and appropriate supervision is in place for junior members, you will receive an email to confirm or deny your request.

For any questions regarding clubhouse accommodation, contact [secretary@islsc.org.au](mailto:secretary@islsc.org.au)



# COMMUNICATION

It's important to keep up to date with all information whether that be patrol, club activities or opportunities. There are a range of platforms that we use to communicate.

## Club Website



All club information will lead you back to the website. Our club website is an easy to navigate platform for all your club needs and questions.

## Newsletter

The club newsletter 'Eagle eye' is released to members via e-mail which provides information about past club activities and opportunities and events coming up

## Social Media

Facebook: Members page- Inverloch Surf Life Saving Club

Public Page- Inverloch Surf Life Saving Club- Community Page

Instagram: Inverlochslsc



## LSV information

LSV have recently launched their newest platform for members, Club Gateway. This website provides information/ events from LSV, links to operation systems and resources to assist your area of development

# GAINING MORE QUALIFICATIONS

Once you have obtained your SRC, the next step is to do the Bronze Medallion course once you turn 15. Once you hold your Bronze Medallion there are many other qualifications you can obtain! We hold some of these courses at Inverloch but you can also look on the Member Training website to find dates at other clubs that suit you better.

Book all courses through Member Training: <https://mt.lsv.com.au/login/>  
(use your SLSA Members Area login details)

**Advanced Resuscitation Techniques:** a one day course, often taught alongside First Aid. Must have First Aid prior to obtaining ART. You will learn about how to use oxygen, how to insert oropharyngeal airways during a resus, how to use suction, how to manage a major bleed.

**First Aid:** A one day course, often taught alongside ART. You will learn more detail from the first aid you learnt in Bronze.

Cardiopulmonary Resuscitation: You must re-do this course every year if you hold your ART.

**Inflatable Rescue Boat Crew:** A four day course required to be able to crew (sit in the front) of the IRBs. You will learn how to balance the boat properly when navigating the break, how to rescue patients in different scenarios, how to manage a boat if it flips, how to set up and pack up an IRB.



# QUALIFICATIONS

**Inflatable Rescue Boat Driver:** This is a four day course where you will learn how to drive the IRB in a variety of conditions, how to set up and pack up the motor, how to perform rescues. You must hold your marine licence and be at least 17 years old. You will gain your Silver Medallion.

**Silver Medallion Patrol Captain:** This award gives you the knowledge required to be a Patrol Captain. It is a two day course. You will gain your Silver Medallion.

**Silver Medallion Aquatic Rescue:** This will give you extra skills in search and rescue techniques. We do not currently offer this course at Inverloch. You will gain your Silver Medallion.

**Training Officer Certificate:** This is the first step in becoming a trainer. You must be 17 years old to complete this course.

**Side-by-side Vehicle:** This will give you the skills required to drive the SSV/ATVs.

All courses have online content that you are required to complete before the practical days. When you sign up to courses via the Member Training portal there will be instructions for the specific course you have enrolled in.

There are also a number of lifesaving development camps you can attend.

**Inverloch Lifesaving Search and Rescue (ILSAR):** A four day camp held preseason designed to give candidates more knowledge and experience in search and rescue operations in order to become a Patrol Captain or member of the Patrol Leadership Team.



# BECOME AN ATHLETE COMPETITION

Lifesaving isn't only about patrolling. Competition is a massive part of LSV, and Inverloch offers various opportunities for you to get involved. It's a great way to form strong connections while developing your skills. Have a look at the following options and see if anything piques your interest.

## CLUB CHAMPIONSHIPS

Every January, Inverloch holds its annual club championships. Our members battle it out to prove they are the top of their age group in five events:

- Flags
- Beach Sprint
- Beach Run (longer distance)
- Swim
- Board



This is an inclusive and friendly competition. This is a fun day for everyone and definitely something you should get down to.



# INTER CLUB COMP

## IRB RACING

Taking place in winter, this is a great way to build your IRB skills while having heaps of fun in the off season. Our team travels across the state to compete in a variety of fast pace simulated rescues. Competitors must have their IRB Crew, but no other experience is required.



## SUMMER COMPETITIONS

There are a range of other events offered at the state level that Inverloch is currently not involved in. However, YOU can change that. If any of the below events sound like your thing, reach out for further information.

- Beach (flags, sprints and distance runs)
- Surf (Swim, Board, Ski, and Iron races)
- Rescue and Resuscitation (R&R)
- Lifesaving Events (Patrol Competition, Champion Lifesaver, and First Aid Competition)
- Surfboat Racing
- Pool Competitions



## OFFICIALS

Want to get involved but don't like competing? Become an official! These individuals are in constant demand, and without them, no races can take place.

If any of the above has you interested, reach out to Xavier at [competition@islsc.org.au](mailto:competition@islsc.org.au). We can't wait for you to join the team!



# NIPPERS

The Nippers Program is a program run over two weeks after Christmas at the Inverloch Surf Beach. The Nipper program aims to teach children surf-safety awareness, surf skills, lifesaving skills, teamwork and limited competition skills. You can get involved and help out with your friends in some of the following roles

## Water Safety

The water safety are responsible for the safety and welfare of nipper participants.

Water safety personnel pre-requisites:

- Be a financial member of a lifesaving club.
- Hold Surf Rescue Certificate or Bronze



## Age Managers

Age managers are vital to the safe and successful delivery of the Nipper Education Program. They work with nippers in the U6 - U14 age groups developing their lifesaving skills through fun, safe and organised nipper activities.

Age managers are responsible for the coordination of activities for their group of nippers on the day, as well as encouraging children to learn and progress in their lifesaving journey.

Age manager pre-requisites

- Be 18 years or older.
- Be a financial member of a lifesaving club.
- Hold a current Working with Children Check and is recorded on Surf guard profile.

# YIPS

## YOUTH INVOLVEMENT PROGRAM



The Youth Involvement Program (YIPs) is a Life Saving Victoria initiative that keeps young people engaged in all aspects of lifesaving. The program consists of three levels (bronze, silver and gold), each requiring participants to gain a certain number of points by contributing to their club and the broader lifesaving community. Points can be gained across a number of categories including lifesaving, competition and club activities. Members are rewarded with prizes when they obtain each level.

At Inverloch, participants can easily gain points towards their YIPs through patrol, water safety and by gaining new awards, amongst other things. We will also run fun events over the season, including board paddles and our own designated patrol!



Participants have five years to complete the program once enrolled, capped at age 20.

For more information feel free to reach out to the YIPs coordinators at [yips@islsc.org.au](mailto:yips@islsc.org.au).

**Sign Up for YIPS**





# LEADERSHIP OPPORTUNITIES

Inverloch provides opportunities for all its members to take on leadership positions. Whether you're a seasoned veteran or a new member, there are positions available to suit your skills and interests. As a leader in the club, you can help shape the future of the organization, build relationships with members, and contribute to the community. Don't hesitate to explore the leadership opportunities available and make a positive impact.

## Development Camps

From the age of 12, members can access development, leadership, and lifesaving program opportunities. These programs aim to develop both personal skills and extend lifesaving capabilities. Below is an overview of the programs and opportunities that youth members can access and the prerequisites for involvement.

### LSV Junior Pathways



Youth Opportunity	Age
U13 Development Camp	12+13 years (at time of camp)
Champion Junior Lifesaver Development Day	13 +14 years (at time of program) <i>Must hold SRC qual</i>
Youth Symposium	13+ years
U15 Leadership Development Camp	14 +15 years (at time of camp)
U18 Leadership Development Camp	16+17 years (at time of camp)
Advanced Lifesaving Camp	17+ years

## Ready 2 Lead

The Ready 2 Lead program is a female leadership program aimed at emerging leaders aged 18 years and above from lifesaving, aquatic and emergency services agencies. It is aimed at helping participants recognise the impact they have as leaders, providing them with skills, structured sessions, and a targeted approach to support an ongoing commitment to their development. Throughout the program participants will be guided by successful industry leaders who will share their experience, knowledge, and lessons they have learned along the way.

### **During the program participants will receive the following:**

- Individual personality profile - Highlighting natural preferences as well as likely strengths and weaknesses
- Tailored developmental strategies - Using the identified personality traits, steps for ongoing development will be outlined
- Practical tools / resources - New ways in which participants can tackle challenges they are facing will be suggested
- An increased network of likeminded and committed individuals

Registrations typically open around March, so please keep an eye out for details.

## 18 - 25 Mentor Program

The 18 - 25 Mentor Program supports the development of young leaders by pairing them with experienced mentors to help them face the challenges of current and future leadership roles. It also provides a platform to develop leadership credentials, build on current skillsets, and provide a framework to assist with reaching leadership goals.

The program offers opportunities for our lifesaving leaders to impart their knowledge and real-life experiences and impact the next generation by taking on the role of mentor. Mentors can gain specific skills, broaden their perspectives, and increase their own connections. The Mentor Program is a six-month formal partnership between mentor and mentee, during which mentors will guide and support their mentees through agreed goals throughout the season.



## Life Saving Victoria junior (LSVj)

Life Saving Victoria junior (LSVj) is a platform for youth members aged 14 - 18 years to have a voice, create programs for youth members and an opportunity to assist in creating a sustainable future for lifesaving. LSVj team consists of LSVj club representatives nominated by their clubs, who are led by the LSVj advisory committee. The team work together in event planning, workshops, focus groups and support the development of M&LD programs.

## Grommet Gurus



Grommet Gurus is a mentorship program designed to assist individuals from their Surf Rescue Certificate Assessment to their first day patrolling. Grommets are paired with Gurus who are experienced lifesavers that have been patrolling for at least two seasons. This provides Grommets with an individual they can look to for assistance during their first season. In this program both Grommets and Gurus will build on leadership and patrolling skills as well as get an understanding of Lifesaving Victoria's operational services.

**Grommet Gurus Info**



Good!  
Luck!