

Toowoong Bay News



14 March 2011

Changes to CPR

Please note there have been changes to CPR and processes following changes to guidelines from the Australian Resuscitation Council. SLSC has released an in-depth circular (which all Patrol Captains, Actives and SRC's should have received and is also posted on the board in the gear shed for those not on email) which outlines the changes and what SLSC expects to occur in our training from here on in.

A summary of the changes will be listed below and an implementation guide for the transition will be produced by SLSC, which will be forwarded as soon as it is available.

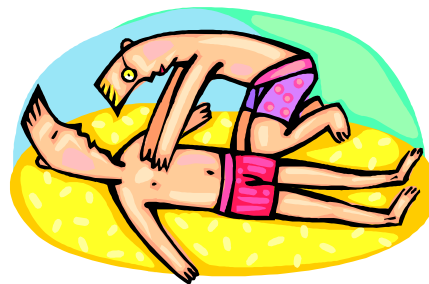
1. Changes are effective in all training and assessment within Surf Life Saving as of 1st June 2011.
2. Increased emphasis has been placed on high

quality CPR.

3. Greater attention on the use of a defibrillator within the resuscitation process.
4. An "S" (Send for Help) has been added to the acronym DRSCABCD.
 - a. **D** - Check for **Danger**
 - b. **R** - Check for **Response** and if **NO RESPONSE**
 - c. **S** - **Send for Help**
 - d. **A** - Check **Airways**
 - e. **B** - Check for **Breathing**
 - f. **C** - Commence **CPR**
 - g. **D** - **A**pply **D**efibrillator
5. The term "Signs of Life" is no longer used, instead "responsiveness" & "breathing".

6. There is **no** change to the guideline for the **drowned person**. The difference between the protocol for the drowned person and the sudden adult cardiac arrest is that for the drowned victim we still deliver two breaths before starting the CPR cycle (30:2) whereas in the sudden cardiac arrest we immediately commence with the CPR cycle, that is, the 30 compressions before the two rescue breaths.

If you have any queries, please discuss with your Patrol Captain.



State and Aussies

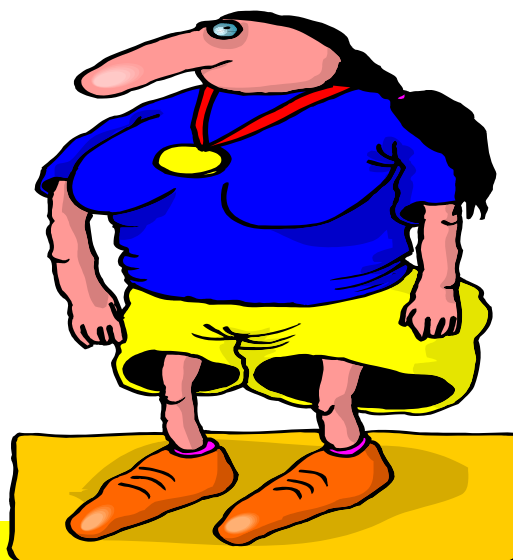
Good luck to all Masters competitors who are making the journey to State (Kingscliffe) to represent our club.

Entries are due this week for all competitors wishing to go to Aussies in early April. Any

questions call Kaye Chaffer on 0417 227 668. Please keep an eye on the notice board outside the gear shed for a team meeting before we go to Aussies. That is, all competitors from 15 up to Masters.

Thanks

Kaye



Duke of Edinburgh Award Scheme

This season TBSLSC is running the Duke of Edinburgh Award Scheme for registered members of the club who are 14 to 25. We desperately need assistance from club members who are interested and able to assist in running and assessing the Adventurous Journey/Expedition for the Bronze Candidates. The journey will be a hiking and camping adventure to explore the **Bouddi Coastal Walk in Bouddi National Park** in the first week of the term 1 break, from Tuesday 12th April to Saturday 16th April (dates to be confirmed). The trip will involve five days away which includes three nights of camping and will be made up of the following activities:

- 2 day practice walk (day 1 and day 2) with overnight camping (Putty Beach)
- Day 3 as a rest day then the qualifying walk and camping overnight.

- 2 day qualifying walk (day 4 and 5) with overnight camping (Putty Beach)

The club is willing to pay the team leader who will be the assessor for the Bronze Duke of Edinburgh candidates. It is important that the team leader has experience in camping and hiking and preferable working with young people in outdoor education (for example - Scouts).

We hope to have approx 6-8 people in the team and older club members are welcome to join in the fun however, we will need to know soon in order to book the camp sites.

If you are able to assist, lead the expedition, or help in some way (eg with camping gear, back packs etc) could you please phone Fiona Wotton, Duke of Edinburgh Co-Ordinator

wottonfamily@bigpond.com
43325779 or 0413056760 or

Denis Hannigan
denish@aubreybrown.com.au

If you are aged 14 (or turning 14 soon) to 25 and you would like to register for Duke of Ed, please go to www.dukeofed.org.au, read the online hand book which has lots of suggestions for what you can do for each section and register under TBSLSC (surf life) for the Bronze Award which takes a minimum of six months to complete. The Bronze Award costs \$80.00 and this fee is payable to TBSLSC and can be made online.

Other members 14-25 are able to participate in our journey, however, there will be an additional charge if you are not registered for the award.

Fiona Wotton
Duke of Edinburgh Co-Ordinator - TBSLSC

Patrol Swap

Adrian Turner needs a swap for 22 April 2011.

If you can help, please send an email to jdstaff@tbslsc.com.au

Toowoan Bay today, 12.30pm 16/3/2011



Operation Super Clubbie

Katie Dixon of Ocean Beach SLSC has been selected as the NSW Sir Adrian Curlewish Scholarship nominee, a very prestigious program and is looking for fellow Surf Lifesavers to complete her online quiz to help understand trends in volunteer workload so she can identify strategies to reduce burnout. The survey takes only five minutes and can be found by visiting <http://www.surveymonkey.com/s/N7QWB73>

History of Toowoan Bay SLSC

John McNamara is still seeking assistance with any memorabilia. He is still looking for:

- Old annual reports, rosters, meeting minutes, newspaper clippings.
- Stories, recollections of people or events.
- Photographs

John will make sure the memorabilia is

returned in the same condition. Please contact John McNamara at the club or on his mobile 0431050226.

John is doing a fantastic job. The trophy cabinet is filling with all sorts of memorabilia and pictures of our committee members are now above the bar. Check it out at **SIPS on Friday night, 18 March 2011.**



Rookie Reward

TBSLSC would like to show its appreciation for the great efforts from the U14 Rookies and reward them with a trip to Jamberoo Rec Park on Saturday 9th April.

Rookies will be leaving at about 6.30am and returning after 8pm on the day. In order to book transport, Janine needs definite numbers by Sunday 20th March (this Sunday). Either email Janine at janineandboys@gmail.com or text :) for acceptance or :(for unavailability and your name to 0412 614 042 ASAP.

To ensure everyone comes, we would like a \$50.00 deposit which will be spent on you! The deposit is also payable by this Sunday 20th March please, either to Janine or Jacqui at the club (or if you are able to make it to SIPS on Friday night 18th March, pay to Helen Clifton).

Please don't hesitate to contact Janine or Greg McMahon if you require further information.

See you at the bay

Janine

2010/2011 Energy Australia Surf Life Saving Awards of Excellence Nominations

An email was sent to everyone on Wednesday 16th March 2011 regarding nominations for 2010/2011 Awards of Excellence. Nominations are due to SLSCC by 29 April 2011 with the awards night to be held 18 June 2011 at Mingara. If you would like to nominate someone or yourself, please fill out the nomination form and return to the club either by hand or email (jdstaff@tblscc.com.au) as soon as possible. A sub committee has been formed to fill out and lodge the nominations and they are having a meeting to discuss the Awards of Excellence on Sunday 20 March. This is not compulsory.

Thanks

Karen Eager

IMPORTANT DATES

- Upcoming SIPS: **18 March, 1 April, and 15 April**
- Senior Presentation **21 May 2011**
- Junior Presentations **Under 6's and 7's - Sunday 20th March**
Under 8's to under 14's - Saturday 26th March
- Upcoming courses:

Friday 25th March	Senior First Aid
Saturday 9th April	Senior First Aid
Friday 15th and Saturday 16th April	Assessors Course
Saturday 16th April	Spinal Management
Saturday 30th April	SM Basic Beach Management

Toowoomb Bay SLSC Senior Presentation 21 May 2011

Get your good gear on, it's happening again! Our Senior Presentation will be held on Saturday 21 May 2011 with basically the same format as the past couple of years. If you have any suggestions/comments on this years night, please contact Donna Egger on admin@tblscc.com.au. To get things underway, attached please find the TBSLSC nomination form for you to ponder over. Please return your nominations to Jacqui

Donadel at jdstaff@tblscc.com.au or slip it in an envelope and slip it under the door to the office.

If anyone has any trophies from last year, could you please return them as soon as possible.

If you can offer assistance with organising the Senior Presentation, setting up, Awards etc, please feel free! Email admin@tblscc.com.au.



