

# Surf Life Saving Illawarra

## Circular 08026



**To:** Illawarra Clubs  
**From:** Amanda Scott  
**Date:** 12<sup>th</sup> January 2008  
**Subject:** Australia Day Demonstrations

---

### **Australia Day Board Paddle North Wollongong Beach – Belmore Basin**

As part of Australia Day Demonstrations, there will be a board paddle starting from North Wollongong Beach into Belmore Basin and finishing at the basin's foreshore.

The paddle is primarily aimed at Junior Members; however, we encourage members of all ages to attend.

Participants are required to be in attendance by 4:30pm to begin the paddle at 4:45pm.

Clubs must notify Surf Life Saving Illawarra prior to the event.

### **Rookie Rescue Challenge**

Rookies involved in the Rookie Challenge will be required to assemble at Belmore Basin by 5:45pm with their displays scheduled for 6:15pm. All Rookies are asked to bring along their Illawarra Credit Union Rookie Life Saver Rash Vests (if they have them), and to be wearing full DHL uniform on arrival.

It is essential Rookies form teams of 5. Each team must take: a Surf Rescue Board, an Illawarra Credit Union Rescue Boogie Board, 1 x pocket mask, gloves, and a rescue tube with swim fins.

Clubs are encouraged to send along more than one team if possible.

Please ensure that your team members are able to perform the individual functions required of them.

All Rookies will be provided with food and drinks, and as a group, will be encouraged to stay with their own club supervision for the fireworks in the basin.

For catering purposes, contact me as soon as possible with attending numbers.



Reports from attending Rookies in previous years affirm not only a great event for Surf Life Saving but also a brilliant time enjoyed by all.

Please see a rescue scenario below.

## Scenario

1. First Team member swims out to position indicated and signals for assistance.
2. Second team member on boogie board paddles from shore and supports patient and then gives assistance required signal to shore.
3. Third team member with tube, swims out stopping two metres before patient being supported by boogie board to reassure patient and pushes tube out towards patient. Patient grabs tube; rescuer fastens tube then swims patient back to shore. Member with boogie board also paddles back to shore.
4. Forth team member swims out to position indicated and signals for assistance.
5. Fifth team member on Rescue board paddles from shore and rescues the patient as unconscious and returns to shore.
6. Team members with gloves on help with patient and then do a two person assessment.
7. Pull patient up on the beach and perform two person resuscitation  
Check response **C**an you hear me? **O**pen your eyes! **W**hat's your name? **S**queeze my hand! **NO RESPONSE**  
Hip and shoulder roll  
Check for **BREATHING & SIGNS OF LIFE**  
**No** signs of life.  
Roll patient over and give 2 rescue breaths.  
Commence CPR and continue until signs of life.  
Roll patient into the recovery position.
8. Followed by IRB and RWC rescues

For further inquires please contact Amanda Scott by email [amanda@illawarrasurf.com](mailto:amanda@illawarrasurf.com) or during office hours on 422 83884.

