

## CONTACT DETAILS

FOR MORE INFO ON BECOMING A SURF  
LIFE SAVING VOLUNTEER CONTACT  
**THE SURF CLUB**



S U N S H I N E B E A C H

Cnr Duke St & Belmore Tce, Sunshine Beach  
PO Box 295 Noosa Heads QLD 4567  
Ph: (07) 5447 5491  
Fax: (07) 5447 2005  
Email: [info@sunshinebeachslsc.com.au](mailto:info@sunshinebeachslsc.com.au)  
Website: [www.sunshinebeachslsc.com.au](http://www.sunshinebeachslsc.com.au)



## PLEASE SUPPORT OUR SPONSORS

FKP Pty Ltd—Peregian Springs  
John Madill Toyota  
Lefkowitz Family Trust  
Noosa Springs  
ABN Amro Morgans  
Adam Dew Project Management & Construction  
Always Cool Air Conditioning & Refrigeration  
Andari Apartments  
ANZ  
C E Electrical  
Century 21 Property Shoppe  
Computer Troubleshooters noosa  
Costa Nova Holiday Apartments  
Darren Magee Constructions Pty Ltd  
Dental Solutions  
Design on Display  
Excel Pest Management  
La Mer Apartments  
Machinery Action Group  
Mortgage Choice  
Netanya Noosa  
Noosa Colour Copying  
Noosa Paint & Panel  
One Aussie  
Options Eyecare  
Noosa Hospital  
Ray White Commercial Noosa  
Redwoods Landscaping  
Scott Braby Health & Fitness  
Sketa  
SPM Law  
Stjernqvist Building & Interior Design  
Suncoast Office Supplies  
Sunrise Beach Meats  
Sunseeker Holiday Apartments  
Sunshine Beach Real Estate  
Sunshine Vista Apartments  
Tom Offerman Real Estate  
Zachary's

# THE SURF CLUB



S U N S H I N E B E A C H

## Active Membership



The life of the beach.

## The Surf Life Saving Movement

For just over 100 years surf life savers have been protecting the bathing public with over 480,000 rescues in that time. Over the last season the patrolling members at Sunshine Beach saved almost 100 lives and performed over 4000 preventative actions. Sunshine Beach SLSC is a community organisation run by volunteers dedicated to protecting members of the public who surf and swim at Sunshine Beach, one of the best open beach surf breaks in Queensland. Volunteer Patrols operate every weekend between September school holidays through to the May Day weekend.



## Who Can Join —The Bronze Medallion

If you're 15 or older and able to swim 400m in nine minutes or less then you can complete The Bronze Medallion Course and join up as an active member. The bronze course will challenge your way of thinking about the aquatic environment and provide you with the skills and knowledge to help keep our beaches safe. You'll meet others who share the same ideals and will have joined a dynamic club that believes in working and playing as a team.

Over eight weeks you will learn to read the surf environment, perform challenging rescues, you will also learn valuable communication systems as used by other rescue services and be qualified in operational 1st aid as a primary responder, including the use of oxygen and defibrillation.

## What Does A Lifesaver Do? - Patrols

Once you have the red and yellow patrol uniform and cap on you are representing Surf Life Saving Australia and Sunshine Beach Surf Life Saving Club. The club is largely dependent upon public support, so we must remain courteous to the public—and to each other—at all times.

We currently have 12 patrol teams which rotate on a 3-4 week roster. There are 2 patrols per day on Saturdays and Sundays during the season. The first patrol begins at 7.00am and finishes at 12noon. The second patrol begins at 12noon and finishes at 5.00pm

## What If I Can't Do My Bronze?

You can become a surf lifesaver if you are young or simply young at heart. There is a role for everyone in or out of the water. You can make a difference to the safety of our beaches, and be part of an Australian icon.

If you are unable to complete the bronze medallion, you can join as either an award member by completing an assessment in one or more of the Bronze Medallion modules or an SRC (Surf Rescue Certificate) member. Anyone over 15 can join as an award member, a valuable part of any patrol. If you're 13 or older and able to swim 200m in five minutes or less then you can join up as an SRC (Surf Rescue Certificate).



## Why Should I Join? - What are the Benefits?

Sunshine Beach Surf Lifesaving club volunteers are vital for patrolling and keeping the beach safe. The time you put in on the beach and at club events relates back to how much enjoyment and reward you receive from your membership.

A quote from a youth member sums it up, "People at school ask me if I've ever saved someone's life. I say yes and they can't believe it. That really makes the reality sink in, because of you someone lived to see another day."

We offer great training programs for all our active members. Sunshine Beach Surf Life Saving Club has some of the best coaches on the coast. Whether competition is your thing or just wanting to keep fit, join in our group training sessions including swim squads, runs, board training and gym sessions.

Membership also includes discounts on food and drinks, subsidised tickets to various Club events, entry to our Members Jackpot draw and various other promotions held throughout the year.

