



GREENMOUNT GRAPEVINE

Members Newsletter

Version: July 2020

Patrolling Greenmount Beach since 1911

PO Box 156, Tweed Heads NSW 2485

Phone—07 5536 6901

Email—thcslsc@outlook.com

Website—www.thcslsc.com.au

FROM THE PRESIDENT

Hi Members

Thanks to all of those who helped out at the recent working bee to clean the gym and the change rooms. It was a great turn out and we achieved a lot between us so thanks again.

This Saturday at 10am is our strategic planning meeting upstairs in the function room. Tea & coffee will be available.

We have also received confirmation from SLSQ that our Covid plan has been accepted and we are in a position to commence using our clubs facilities subject to some very strict guidelines.

Even more importantly than before access must be restricted to club members only who have completed the entry requirements.

Lifesaving training has been occurring for the past two weeks and as of Tuesday 21/7 the strength and conditioning sessions in the training room will return.

This will be followed by board and ski training starting after the completion of the Surf Sports meeting this Sunday.

To coincide with this we will be opening the gym and change rooms from Monday 27/7.

All of these activities are only possible if all members strictly adhere to the requirements of our approval from SLSQ.

If you wish to be involved in any of the above please read the list of requirements attached in the grapevine.

There will be no compromise on these procedures and failure of members to comply will only result in our facilities being closed again to all members. You will also risk suspension of your membership and also a fine from the authorities.

Please understand that all of this is necessary to ensure the safety of our members and that is the primary concern of the Board of Management.

Thanks
David Fuller

SURF CLUB OFFICE

Please note that the office will be closed on the following dates:-

Wednesday 22nd July
Tuesday 28th July
Wednesday 29th July
Wednesday 5th August
Thursday 6th August

Helen C will be checking the club's emails thcslsc@outlook.com
and can be contacted on
Her mobile 0421 751 209 during these times





MEMBERS USE OF THE CHANGE ROOMS

1. All Members must complete a Member Training Agreement and repeat every 14 days. Please scan this document to the club and your security fob will be activated
2. All Members must sign in at each and every time on the attendance record inside the front sliding door. A new page must be used every day.
3. All members must respect physical distancing by distancing 1.5m between people
4. All members must stay at home if sick
5. All members must bring a towel to use
6. All members must use good personal hygiene use hand Sanitiser
7. All shower areas must be disinfected before and after use
8. Maximum numbers must be adhered to

Random Audits will be completed
to ensure paperwork is complete



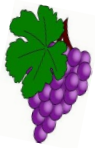


MEMBERS USE OF THE GYMNASIUM

1. All Members must complete a Member Training Agreement and repeat every 14 days Please scan this document to the club and your security fob will be activated
2. All Members must sign in at each and every session on the attendance record A new page must be used every day.
3. All members must respect physical distancing by distancing 1.5m between people
4. All members must stay at home if sick
5. All members must bring a towel to use and water bottles (drinking from the taps is not allowed)
6. All members must use good personal hygiene use hand sanitiser
7. All equipment must be disinfected before and after use
8. Maximum numbers must be adhered to

Random Audits will be completed
to ensure paperwork is complete





ATTENDANCE TO STRENGTH & CONDITIONING SESSIONS

1. All Members must complete Member Training Agreement prior to starting your first training session and repeat every 14 days
2. All Members must sign in at each and every session on the attendance record A new page must be used every day.
3. The Coach responsible for the session must complete a Risk Assessment for each and every session
4. All members must respect physical distancing by distancing 1.5m between people
5. All members must stay at home if sick
6. All members must bring a towel to use and water bottles (drinking from the taps is not allowed)
7. All members must use good personal hygiene use hand sanitiser
8. All equipment must be disinfected before and after use
9. Maximum numbers must be adhered to

Random Audits will be completed
to ensure paperwork is complete





ATTENDANCE TO GROUP TRAINING SESSIONS (Surf Boats, Board & Ski)

1. All Members must complete Member Training Agreement prior to starting your first training session and repeat every 14 days
2. All Members must sign in at each and every session on the attendance record A new page must be used every day.
3. The Coach responsible for the session must complete a Risk Assessment for each and every session
4. All members must respect physical distancing by distancing 1.5m between people
5. All members must stay at home if sick
6. All members must bring a towel to use and water bottles (drinking from the taps is not allowed)
7. All members must use good personal hygiene use hand sanitiser
8. All equipment must be disinfected before and after use
9. Maximum numbers must be adhered to

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Club Position holders for the 2020-21 Season

Patron	Alan Hickling
President	David Fuller
Deputy President	Vaughn Thomas
Secretary	Sharon Leaney
Director of Finance	James Sullivan
Director of Surf Life Saving	Jy Taylor
Director of Surf Sports	Rodney Jones
Director of Properties & Amenities	William Catlin
Director of Junior Activities	Karl Muggeridge
Nominee from the T.H.&C. S.L.S. Supporters Association	Rodney Jones
First Aid Officer	Kaye Gillett
Patrol Co-ordinator	Dean Iwanuscha
Assistant Property & Amenities	Anthony Hillery
Chief Training Officer	Robert Walters
Deputy Training Officer	Daren Healey
Surf Boat Captain	Stephen Mavor
IRB Captain	Robert Walters
Board Captain	TBA
Ski Captain	Geoffrey Carlin
Gear Steward	Bradley O'Rourke
Events / Social Coordinator	Vacant
Publicity Media Officer	Vacant
Team Manager	Leah Jones
Youth Development Officer	Leah Jones
Youth Development Assistants	Mariah Jones & Stephanie Cormack
Surf Swim Captain	TBA
Surf / Pool Rescue Captain	TBA
Beach Captain	TBA
Boardriders Captain	Kane Haley
Building Development Coordinator	David Peate
Representative for the Finance and Audit Committee	Vacant
Representative of the TH&C SLSS Association for the Building Development Committee	Craig Hickling
Membership Officer	Vacant
Grievance Officer	Mark Hryczyszyn

FROM THE IRB AND TRAINING ROOMS



Big Gday to everyone, hoping you are all well and virus free.

Well, the training team are now back in action, having resumed our IRB Driver/Crew two weekends ago. Our last training day was Saturday 18/7/20 with the final assessment on Sunday 19/7/20.

All training has now resumed, which includes our annual Skills Maintenance and our annual Intense SRC/Bronze course during the Term 3 September school holidays. Dates for these courses are as follows:

SKILLS MAINTENANCE.

Sunday 16/8/20
Saturday 12/9/20
Sunday 18/10/20
Saturday 14/11/20
Sunday 13/12/20.

Please note that we have included two Saturday sessions this year. All sessions to commence at 8am and all theory has to be performed online and the certificate of attainment will need to be printed by you and provided to the trainers on the skills maintenance day before continuing with the beach component. We will provide more information on this just as soon as it is received.

Doing the theory on line will greatly speed up the day and get us all home earlier. Do not panic though as help will be made available for those who experience difficulties.

The skills maintenance resource is not on line yet, but expected to be in a week or so. We will let you know when this happens so you can get started.

TERM 3 SEPTEMBER SCHOOL HOLIDAY INTENSIVE SRC/BRONZE COURSE:

Commences Saturday 26/9/20 then every day until assessment day on Sunday 4/10/20. All training days start at 8am and will finish at 12noon.

SRC and Bronze theory must be conducted on line as there will be no theory conducted on the training days, although we will be reviewing certain parts. Candidates must complete the theory component and present a certificate of attainment to the trainers before commencing face to face training. All training days must be attended to be deemed competent.

The theory has been changed and appears to be much more interactive and user friendly but only time will prove this. Go to SLSA members area and create an account if you do not already have one. Go to "E Learning" and select "view courses". If you are doing your SRC in September select this, same for the Bronze. Then select the theory component of your selected course and register on it. You can then start your theory straight away and have it finished by September. Do not forget to print your certificate of attainment as you will not be allowed to progress without producing this to the trainers.

The training manual is available to purchase and download on line for \$10.00, It is recommended that everyone purchase this as it is a new edition and we do not have paper versions. You can get this by downloading the SLSA Publications App and keeping it on your device for easy reference also.

One big change is that Bronze candidates will complete a full First Aid Certificate as part of their training. This certificate is nationally recognised so can be used in your resume and practiced in a workplace etc. The First Aid course takes all day so we will be scheduling this on Saturday 3/10/20, the day before the final assessment. SRC candidates do not have to attend the Saturday First Aid course.

The changes are quite significant, but I think they are far better suited to the young ones who will have no trouble. Older candidates may have trouble getting their head around things, but we will get there. So get started and give it a go, plenty of time to get used to it. For those that are a bit put off by these changes, feel comfortable in the fact that the Trainers are having the same difficulty and we feel your pain.

We have received some interest in running another SSV/Tractor course. This is timely as we have just started using our new big orange tractor to tow the IRB,s around. It is different to the old blue machine and we are learning to use it on the job, so if anyone wishes to have an induction in its use and wish to do the SSV/Tractor induction please send expressions of interest to the surf club office and we will schedule a morning to do this. Only takes about 4 hours.

Do not forget, our first Skills Maintenance day is Sunday 16 August 2020, all theory to be done on line.



FROM THE IRB SHED.

As mentioned earlier, our IRB Crew/Driver course was assessed on Sunday 19/7/20, with all five candidates deemed as competent by the outside assessor, Derek Baldwyn. The assessor complimented the candidates, Jarod, Phil, Darren, Troy and Megan on their performance which is a good indicator that our training is on the right track. We all had a lot of fun during this course, with Jy finally feeling what it was like to be thrown out of the boat when punching a large wave on Saturday, receiving a standing ovation. The candidates all thought that this was the highlight of the course and awarded him with his own Certificate of Attainment.

Jy has now completed his probationary period as an IRB Trainer and is now able to train on his own, so watch out. Big thank you to our Trainers, Chris Van Doorn, Jy Taylor and Deb Scotman, also to our invaluable helpers, John Manning and Ben Matusch for their much needed assistance in the sometimes freezing conditions. Well done everyone.

We experienced a wide variety of conditions during training, from dead flat to 1.5 to 2 mtr surf on Saturday, then dead flat again on assessment day.

All of our boats and motors were exercised during the training and all performed very well. They will be having their full yearly service in the next few weeks so as to be ready for the forthcoming patrol season.

Our training manikins worked well throughout the course when we were not permitted to use live patients in our pick ups. They are rather heavy however when they are wet and have to be handled correctly but this is good training because people come in all sizes and we have to be able to deal with those situations. During the final two weeks of training we were allowed to go back to live patient rescue scenarios, which everyone was happy with.

Well, that's about it for now. Hopefully we will be permitted to conduct our skills maintenance and the intensive Bronze/SRC course in September. Confirmation will be provided closer to the time.

Stay safe

Rob Walters
CTO/IRB Captain.







Limited Spots Available

Patrolling Members Only

Please contact Helen for further details



COURSE INVITATION : ART

COURSE INFORMATION

WHEN	SUNDAY 16 AUGUST 2020
TIME	8:00am – 4:00pm
WHERE	TALLEBUDGERA SLSC TRAINING ROOM
FACILITATOR	TBA
COST	Nil for members participating in an active role (patrols) Members must hold an award and be actively patrolling
WHO	Must be 15 years and over
PREREQ	Must be a registered member of a club Members over 18 MUST have a Blue Card ALL candidates must have a Unique Student Identifier
RSVP	Monday 10 August 2020 @ MIDDAY You must RSVP via this link ART Course RSVP.16.08.20
OTHER	Please bring a pen and lunch with you Maximum of 16 people per course
PROVIDED	Resources & Morning Tea

CONTACT - PDB

PHONE	07 55 346 077
E-MAIL	pdbsurf@slsqpointdanger.com.au



SURF SPORTS



Welcome to another season at TH&C.

Our COVID-19 plan has been approved by State Centre and dry land strength and conditioning training will commence Tuesday 21st of July in the training room at 5.30pm and will continue Tuesdays and Thursdays. All equipment will be cleaned before and after each session.

You must bring your own towel and water bottle and social distancing will be enforced with no shared equipment.

Everyone must sign a COVID—19 declaration before each session.

We have a Surf Sports Meeting this Sunday at the clubhouse at 9am.

All competitors from U/15s to masters are asked to attend.

Carnival information will be given out on Sunday.

Pool Rescue Training will be starting Banora Point Pool at 7.30am on Saturday 25th for anyone interested. Note—you will need to pay for your squad training as this is not covered by the Club.

Rod Jones



BOARDRIDERS REPORT

Hi all,

Welcome back to all boardriders of TH&C!!

Hoping to see as many of our club members as possible in the surf, we are so blessed with our little slice of paradise.

We have some exciting news, with access to our very own boardriders shed, around next to the first aid room. During a working bee a couple weeks back, Dave, Vaughan and a couple 'Old boys' cleaned it out completely, ready to fit racks and set it up to be specifically for the storage of boards for boardriding club members.

As last seasons Gold Coast Titles winners in overall point score, I'm super excited to get even more shredders from our club to compete in a very relaxed fun event to retain our tittle.

We will be aiming to meet the first Sunday of each month at the club at 6/6.30 conditions permitting.

Stay tuned for further info to come on what will be a fantastic year for our club.

Kane Haley
Boardriders Captain
0416968262



CLUB NOTICEBOARD

SUBJECT TO CHANGE DEPENDING ON COVID 19 RESTRICTIONS

NIPPERS

POOL SWIMS (Competences)

OASIS POOLS BANORA POINT
22nd August—Midday to 2PM
5th September—Midday to 2PM

We are hoping to organise a pool swim competency session in Brisbane for our Brisbane Nippers. Further information will be provided once confirmed.

SCHOOL HOLIDAY SRC / BRONZE COURSES

Expressions of Interest are called for the school holiday SRC / Bronze Courses
26th September—4th October (every day)
8am—Midday

Please contact Karl, Isabelle or the office if you haven't already registered for either course.

SURF SPORTS MEETING

9am
Sunday 26th July at the Clubhouse

All U/15—Masters Competitors
are asked to attend

GOLD COAST POOL RESCUE COMPETITON

U/11s—Opens
15th August 2020
Gold Coast Aquatic Centre

2020 QLD POOL RESCUE CHAMPIONSHIPS

U/11s—60+
12th & 13th September 2020
Somerville Aquatic Centre

PATROL & LIFE MEMBERS PARKING PERMITS

2019/20 PARKING PERMITS
HAVE EXPIRED.

Please contact the office
to organise a new permit.

POINT DANGER BRANCH YOUTH CHAMPIONSHIPS

Tugun
6th & 7th February 2021

Call for Nominations SLSQ Board of Directors

Nominations close 28th August 2020

Contact Helen in the office
for further details

POINT DANGER BRANCH SENIOR CHAMPIONSHIPS

TH&C
26th & 27th February 2021



2020/2021 MEMBERSHIP FEES

Due 30th September 2020



ACTIVE SENIOR/JUNIOR/CADET— \$80.00

LONG SERVICE—\$80.00

ACTIVE RESERVE / PAST ACTIVE / AWARD—\$80.00

ASSOCIATE—\$120.00

NIPPER PARENT—\$80.00

NIPPERS (U8-U14) —\$60.00

NIPPERS (U6-U7) —\$40.00

NIPPER FAMILY 1 PARENT, 2 OR MORE U6S—U7S—\$160.00

NIPPER FAMILY 1 PARENT, 2 OR MORE U8S—U14S—\$200.00

NIPPER FAMILY 2 PARENTS, 2 U6S TO U15S—\$200.00

NIPPER FAMILY 2 PARENTS 3 OR MORE U6S TO U15S—\$280.00

LOCKER RENEWAL FEE —\$20.00

GYM MEMBERSHIP PATROLLING MEMBER—\$10.00

GYM MEMBERSHIP LONG SERVICE/PAST ACTIVE/AWARD
NON PATROLLING MEMBER—\$50.00

RENEWING GYM MEMBERSHIP ASSOCIATE MEMBERS—\$100.00

ONLINE MEMBERSHIP RENEWALS

Go to **members.sls.com.au**

log into your account or create one.

Click on Memberships

then select -
renewals, payments & transfers.

Click on renew then check and change details & complete.

Submit

Make a payment

Pay online.

Once you click pay online, a price list will appear for all our Club fees. You can select membership then add another payment for each fee, Gym, Locker etc.



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aged 5 to 17 years?



Would you like
your child to be
more active?



Are you a Health Care Card or
Pensioner Concession Card holder?

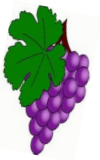
**You may be eligible to apply for up to \$150 for your
child's sport or active recreation participation.**

Visit qld.gov.au/fairplayvouchers
or call **13 QGOV** (13 74 68) to find out more.





"OLD BOYS" UPDATE



G'day to all - Chirpy here with the TH&C SLSC - Old Boys Update

We hope we are turning the corner with the COVID-19 challenge – but still lots of work to do it seems – given the reoccurrence in VIC at present – fingers crossed !!

It's been great to be able to visit the Coast as a 'Queenslander' and enjoy our fabulous Beach and Greenmount Beach Club facilities – now we anxiously await the green light to use the Surf Club facilities as well.

Lucky us - the Ocean water temperature at Greenmount Beach is still a balmy 20/21 deg – some good surf in recent times and nice warm sunny days to accompany same – and this is our Winter period – ENJOY !

O'Boys – Activities – Happily - we now have most of our "home jobs list" ticked off ready to get back into the swing of activity at the Beach and Surf Club.

Our O'Boys Work force crew have been busy assisting our Building Committee under Dave P and Craig H with the New Shed / Back of Club 'facelift' Project and can proudly share some plaudits along with those other Club members who all helped to install sleepers for the Gardens - lay the driveways – install the new special matting / gravel and crusher dust – then to assist with the landscaping to present the new TH&C Surf Club image to all those folk viewing us from Marine Parade and Hill Street – very smart too !

Surf Club Amenities / Gym Sanitation and Clean up – great to see the good roll up last Sat week for this important Working bee for the Club clean up – prior to our new Season.

Bugger – stay clear of Chirpy when the next similar event is planned as I almost 'brained' poor Chris Forbes when I pulled the roller door down on his skull – in readiness to pressure clean same – sorry again big fella :)

INVITATION – the good news is we resumed our monthly Luncheon on July 2 with 25 attendees – so if you are a past member of TH&C or any Aussie Surf Club you are cordially invited to attend our Monthly luncheon which happens on the first Thursday of the month @ 11.30/12.00 pm Qld time – we hope to see you there on August 6 next.

Coming events -

- **Sat July 21 at 10.00 am – TH&C – SLSC** - Strategic Planning Meeting – a continuation of this important Planning Meeting Dave F instigated.
- **Thurs August 6 – 12.00 noon** – is our **GOB-DOT Thursday Luncheon** at the GBC – we hope to see you there!
- **Sat Sept 12 - TH&C – SLSC Presentation night** (previously deferred)
- **Sat Sept 19** – Surf Life Saving Season 2020/21 Commences with Patrols at Greenmount Beach – Ripper!
- **Sat / Sun Nov 7 & 8 – O'Boys AGM / Reunion – Lost - Weekend** - yep – I am getting in early so put this date into your diaries for Nov please.

Sunday Luncheon Raffle spot – "On the Deck" – OK – Marty D has given us the green light to recommence these important Fund raising events – so thanks for the past support to run these Sunday lunch raffle on the Deck – if you want to help – put your hand up – we are gearing up now – so hope to see you soon - 'on the Deck'.

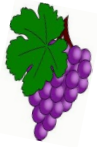
GOB-DOT Newsletter – Well done again 'Scribe' – Bronte Bob – thanks for being the O'Boys News conduit during this recent COVID -19 period. Remember to keep Chirp, Spud and Bronte Bob in the loop for all O'Boys & Club related matters and general 'scutter bug'.

Travelling – I am hearing lots of planning happening and Flight credits from previous best laid plans now being focused on visiting Qld and other areas of AUSSIE - as States open their doors to interstate Visitors / Travellers – good luck all.

Photos – I have forwarded many photos of our various Crews attending the many recent working bees for our recent expansion Project and if you don't see yourself this time – stay tuned as I will try and twist Helen C's arm to rerun the balance of photos next Grapevine issue !

That's all for now – keep safe – and "Enjoy" the Beach / Surf when you can and "Dream" about the gym access and those Hot Showers that will be available in the Surf Clubs Amenities (now all nicely spruced up ready for use !)

Happy days
Chirpy H – Mob 0419654466 -
chirpyh@gmail.com /
Peter Hargrave – 0478498036 -
bnnanas@hotmail.com –
Spud and Di H – 55995873 –
dianehillery46@gmail.com



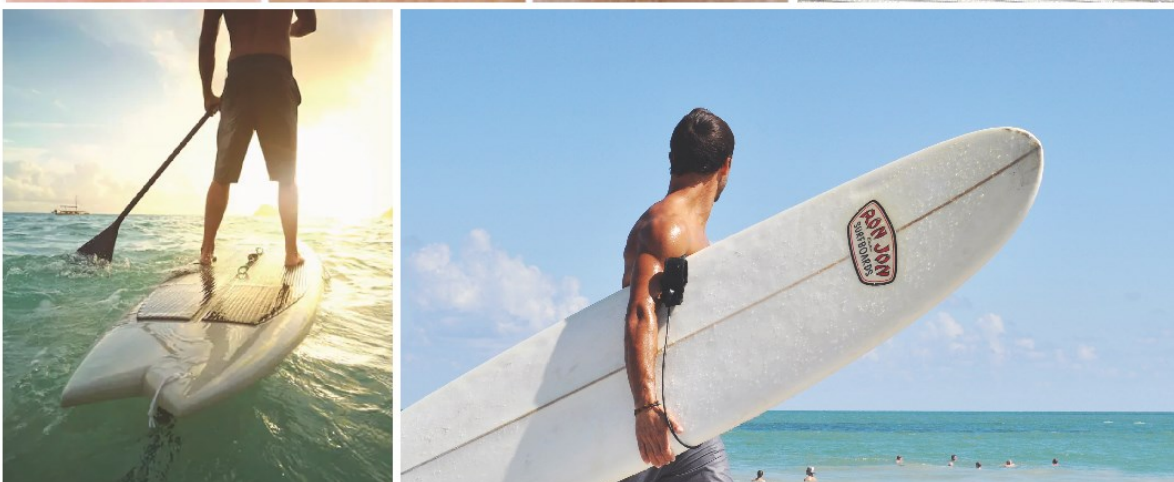


Southern Cross
University

Participating clinic:



FREE Skin Cancer Screening: Research Project Investigating Skin Cancer in Surfers, Swimmers and Stand Up Paddle Boarders



Surfers, Swimmers and SUP Needed for Research Study into Skin Cancer

We are **Brendan Doyle** (Honours candidate), **Dr Michael Stapelberg** (MBBS, PhD Dermatology, Dip Prac Dermatology, FRACGP, ACCSCMS, ACCD) and **Dr Mike Climstein** (FASMF, FACSM, FAESS) and we are conducting a research study investigating the prevalence and types of skin cancers seen in surfers and swimmers.

This research has been approved by the Southern Cross University Human Ethics Committee (Approval number: 2020/047)

Australian Cancer Council: nearly one-third of all Australians have had a skin cancer at some time in their lives, making it the most common type of cancer in Australians. Non-melanoma skin cancers (basal cell carcinomas and squamous cell carcinomas) were the most prevalent with over 750,000 treated each year. Australia has also been recognised as having the highest incidence of melanoma skin cancer in the world.

CRICOS Provider: 01241G

Surfing and swimming are two of the most popular outdoor aquatic activities in Australia. As a result, the expected risk of skin cancer in surfers and swimmers due to long periods of exposure to ultraviolet radiation, wearing less clothing and reflection from the water is of great concern.

RESEARCH AIM: To investigate the prevalence, types and required treatment(s) of skin cancers in surfers and swimmers presenting to this skin cancer clinic.

Inclusion criteria: This research is open to anyone aged 18 and over who surfs, swims or SUPs year-round.

What does the research involve?: You will receive a free skin check by an accredited skin cancer doctor along with treatment (if appropriate) and are required to fill out a short survey.

More info: Please contact Brendan on 07 5601 0495 or b.doyle.16@student.scu.edu.au

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