

Members Newsletter

Version: October 2020
Patrolling Greenmount Beach since 1911

PO Box 156, Tweed Heads NSW 2485 Phone—o7 5536 6901 Email—theslse@outlook.com Website—www.theslse.com.au

FROM THE PRESIDENT

Hi Members

The season is well under way and lots has been happening.

Thanks to those who helped out last week with SOS week to help raise funds for the club. We raised a total of \$858.70

Vaughn has also been successful of late with a number of grants. Well done Vaughn and we look forward to the upgrade of our audio visual equipment in the training room this month and the arrival of more new lifesaving equipment.

In other exciting news we have employed a fellow named Grant Brown to join our team to manage the day to day running of our Surf Lifesaving Club.

Grant has been the President of his local surf club and a life member in South Australia prior to moving north to manage Mermaid Beach SLSC for the past three years. Please make him welcome when you see him around the club as we are confident he will be a great addition to our club.

We also have some events coming up of interest. You may have seen that Beach Rugby is coming to Greenmount Beach in November and we are hoping that this will provide opportunities for our club. We are also still hoping to have a Sports Luncheon prior to Christmas. Please keep an ear out for this as we will send out more details once known. Please also RSVP for the patrol Christmas Party on 5/12 so that we can arrange catering.

Congratulations to some of our members that have achieved great recognition of late.

Mariah Jones has again been selected for the Qld Cyclones Surf Lifesaving team and Rod Jones has also been selected as a part of the coaching team.

Congratulations also to Clayton Schilg as he will be awarded a national meritorious award at the Australian Lifesaving awards on 7/11 for the rescue that he completed last season.

I look forward to seeing you on the beach.

David Fuller





FROM THE IRB AND TRAINING ROOMS

Hello everyone.

Another month gone and the Patrols are in full swing. The training team hit the ground running. Over the school holidays Chris Van Dorn and I conducted an intense SRC/Bronze course, consisting of 16 candidates upgrading to the Bronze while 13 new candidates qualified in their SRC. We had great IRB water safety back up each day provided by Megan and Troy Gillespie, who spent a great deal of time in the water looking out for the trainees. Thanks Guys.

This was a fun course, where everyone fully enjoyed the training and each other's company. They were a very polite and respectful group and we are proud of them all.

In the middle of all this we also conducted a Skills Maintenance day, on which 59 members attended. Everything went exceedingly well and I was impressed as to how members took to the on line component, I was a bit worried about this part.

We are now two days into our IRB Drivers/ Crew course, consisting of 10 crew trainees and two mature age driver trainees. After the first day in the boats they are all hooked and looking forward to each day's training. Five weeks to go.

Also, on Sunday 25/10/20 Jy and I conducted an SSV/Tractor induction course where 16 people turned up. This put a bit of a strain on us as we were also conducting IRB training. We thought that only a few people would turn up and that we could knock this over and get back to the boats. Wrong!

Fortunately for us and the trainees Norm and Steve Mavor stepped up and performed driving duties for us until we could get back to them. Thanks heaps guys, hope you can walk again Norm as you spent quite a bit of time in the boat and conditions were quite choppy.

The paperwork associated with these courses was ridiculous, considering they were not a unit of competency, it took me an additional two hours to complete after everyone had left. There has to be a better way.

We have a new SRC/Bronze course commencing on Sunday 1/11/20 with assessment on Sunday 6/12/20, 8am Qld time starts. Darren Healey and Deb Scotman will be running this, with Chris and I helping when needed.

Next Skills maintenance is being held on SATURDAY 14/11/20, 8am start Qld time. All theory must be done on line and Certificates of completion either sent to the office in advance or given to the trainers on the day.

IRB STUFF.

For goodness sake please remove the rabbit ears (motor flush out ears) after use. The trainees found a set still attached to the motor when performing pre-operational checks on Sunday. This practice is very dangerous and has destroyed a motor in the past. Best to use the flush out tank.

All the boats and motors have been receiving a fair bit of use since the Shark Attack at Greenmount. This is a good thing for our beach users, the motors and Driver/Crew skills development. Keep it up.

Thanks to a grant obtained by Vaughn Thomas we have been able to place a \$5500.00 deposit in a new Generation 3 ThunderCat IRB. Will be a long wait though as they have a big backlog.

Vaughn's Grant obtaining efforts are to be applauded as he has also obtained a grant for 8 I Pads for training (which we now have) as well as a \$13,000.00 grant for Audio Visual training aids for the training room, including a sound system. This equipment could have many beneficial uses to members apart from training. As Club President Dave said "Movie nights, here we come"

That's it for now, stay safe and I will see you on the beach.

Rob Walters CTO/IRB CAPTAIN.









UPCOMING COURSES

BRONZE MEDALLION / SRC @ TH&C SLSC

Commencing Sunday the 1st of November 2020 then every Sunday until the Assessment on Sunday the 6th of December Sessions—8am to Midday

All members who register for the Bronze / SRC course will need to have a <u>Unique Student Identifier (USI)</u> number.

(You only need to do this once)

Please visit www.usi.gov.au and have some form of ID handy to set up your account.
e.g. Drivers Licence, 18+ card, medicare card, birth certificate or passport.
As part of setting up your account, please give permission for SLSQ to view your details and transcript; the organisation code is 2804 and the organisation name is Australian Life Saving Academy.

Once you have your obtained your USI number, please provide your number to the office to be added to Surfguard.

SKILLS MAINTENANCE (PROFICIENCY)

Saturday—14th November—8am Qld Time Sunday—13th December—8am Qld Time

You must register for any of the above courses or proficiency days as there are prerequisites that must be completed before attending

Please contact the office Email—thcslsc@outlook.com or Phone—5536 6901 to register or for further details.

SURF SPORTS



Well the season is in full swing and it seems to be a busy time for everyone.

Please keep an eye out for upcoming carnivals on the notice board in the Grapevine.

Make sure you arrange a sub if you have a rostered patrol when you want to attend a carnival.

A reminder that all Active Members are required to have completed at least 25 patrol hours before the 31st of December to be eligible to compete at the State and Aussies surf and pool rescue competitions in 2021.

Best of luck to our competitors competing at Rd 1 of the Beach Series at Mooloolaba and to those contesting water events at Oceans 38 Rd 1 at North Kirra.

Oceans 38 Rd 2 is at Tugun, please contact Leah on Team App or myself to enter.

Now that carnivals have commenced, water competitors should be in full training, attending the board sessions and doing at least 3 swim sessions a week.

Congratulations to Indiana & Cimarron Crawford, Daniel Holdway, Lily Alford, Izzy Boucher, Barlow Telford, Elli Harriden, Lily McClure & Jazmin Graham on their selection in the Point Danger Branch Team. Well done everyone!

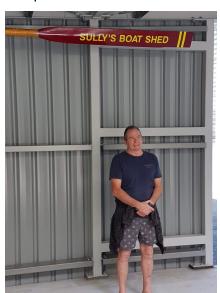
I will forward the details of our next Competitors meeting once a date and time have been confirmed.

Please return your competitors agreement to the office ASAP as we have only received 18 so far.

Rod

BOATIES REPORT

The new storage shed is open and operating and is now quite full.



Congratulations to our ever cheerful and happy Boatie of the Year Jonathon Simon.



This was the morning after the Presentation dinner and he wanted to take the trophy in the boat.



We have crews back training on the water, with our first carnival at Mermaid Beach 14th November. Please contact Myself, Sully or Stumpy if you want to have a try or join a crew.

We are currently looking for interested Masters or reserve grade men to fill a couple of spare seats.

Come and give it a try.

Stephen Mavor





WELCOME TO THE NEW SEASON!

It was a different start to Season 20-21 compared to other years, with many of our Nippers finishing off their winter sports at the end of October as a result of COVID. What we do know, is that everyone is bringing their best attitudes back to the beach, as it's only when something is taken away from us that we realise how important our beach environment is. The marine ecosystem has also bought challenges, which as a collective we are processing in our own ways, and in our own time. A warm welcome to the new families to our club and hope that you make the most of all that TH&C offers, as a large club with many parts.

Thank you to Dan Wellman, our Nipper gear steward, for getting the board leases and safe storage in order for the start of the season. The new locking system should work in everyone's favour.

SURF RESCUE CERTIFICATE - SEPT COURSE

A big thanks to Robbie Walters (Club Chief Training Officer) and Chris Van Doorn, who took a week off work, to facilitate the September holiday BM/SRC course for our Nippers. Thirteen of our u14's completed the course on 4th October. The whole club is very proud of these youth, and look forward to welcoming the SRC's on their first patrol! Some of the comments after the course are:

SRC was an amazing, fun course which enabled me to try new experiences and learn how to become a junior rescuer. I look forward to doing patrols and learning new things to come – Caillie Eriksen



I enjoyed the course and I now feel more confident in the ocean. I recommend it and I learnt a lot – **Amy Cronk**

CLUB CHAMPS #1 – 18 OCTOBER

The first club championships on 18th October presented some significant issues. Surf conditions were quite challenging even for our strongest competitors. An unusual sand bank formation up towards the headland was creating strong currents and rapid like movements into a deep trough, dragging north toward Coolangatta. The combination of a 9am high tide, a 1.3 m strong east swell and 20-25 km northerlies presented deceptively difficult conditions.

This was coupled with a scheduling confluence of the Bronze Medallion proficiency, removing about 50 of our regular water safety personnel. Thanks to Darren Free and Kane Haley, who made decisions on the fly, with the aim to maintain confidence of our newer and less experienced Nippers early in the season.

Those who chose to give the board and swim a try all learnt something from their effort. Some age groups witnessed even greater encouragement of their peers than what would usually occur – when the going gets tough, it's good to know your team mates are there with a positive word, or a clap.



Some of our newest members, the red (u6) and green (u7) taddies, got to have their first ever beach race, surrounded on the edge of the track by their adoring fans. Then the parents got to have a run, with Kane Haley and Jo Wellman being victorious in the dads and mums races respectively.

The board and swim races for Club Champs will be held this Sunday 1st November.

IMPORTANT DATES

1st NOV Club Champs#1 Water events

14-15th NOV u11-15 Gold Coast City
Titles @ Broadbeach SLSC

22nd NOV u8-10 Little dudes carnival @ Coolangatta SLSC

28th NOV GC Board riding

TRAINING

Our surf coach training has attracted solid numbers (up to 12-13) in the past few weeks. The u9-10's have Kane Haley as the Junior Development coach, and the sets can be differentiated based on ability for the kids in older age groups who are just beginners. Trainers of the month are: Josh Wellman (u9), Sooke Paley (u11), Shenae Wells (u13) and Evie Chong (u14). Congratulations! Callum Taylor, our beach coach, also organised 1 of 3 beep tests for the season – a measure of speed and endurance. Well done for those who turned up for the punishment, and we hope you see improvement for test number 2.

CARNIVAL REGISTRATIONS VIA TEAM APP

Last season we moved towards using Team App for many club organisational activities. This includes parents being able to nominate their child for event/s at carnivals. This is an easier way for the age managers to be able to record who is willing and eager to attend. Please use team app for this purpose. If you don't know how to, we'd prefer that you ask for help.

RATIO OF NIPPERS TO OFFICIALS AND WATER SAFETY PERSONNEL

Our club must provide 1 official and 2 water safety personnel for every 10 nippers entered in a carnival.



Many of our current officials hold multiple roles (i.e. age manager, secretary, carnival coordinator, team manager). We really need every age group to be able to supply the right ratio of parents in these roles, and not rely on other age groups to cover.

Otherwise we are going to be forced to say no to some nippers who would like to try a carnival. This is the worst-case scenario for our club!

COMING PREPARED FOR NIPPERS

As we have THE best beach, we want to spend as much time as possible in the water getting your nipper confident and teaching them skills for life. It makes it much easier for them to swim if they bring goggles. Please come prepared every Sunday, so they are not trying to swim with their head above water – this makes it super hard for them and takes a long time!

NIPPER RAFFLES - MAKING \$\$'S

All funds raised through raffles at the Supporter's Club goes towards purchasing new boards, maintaining equipment and paying coaches. Visitors and regular patrons love giving money to Nippers. Get your name on the roster. You can take a few of your Nipper friends along and share the fun, providing there is one parent in charge!

To put your name down for a date in advance, text Angela Morrison on **0419 197 627** or email **nipperraffles@outlook.com**. All we need is ONE HOUR of your time – we will give you all the help you need if you haven't done it before. Every family who volunteers will go into the draw to win a \$100 Eftpos gift card.



U8-10 TEAMS CARNIVAL – WRAP UP

Some of our youngest Nippers got their first race experience on Sunday 25th October at the PDB teams carnival at Pacific SLSC. A big thanks to Officials Vaughn Thomas, Isabelle Muggeridge and Natasha Edwards and Manami Bando for water safety, to satisfy the ratio requirements, which allows the kids to compete. Luckily the rain stayed away.

Rank	Club	Points
1	Currumbin	41
1	Tallebudgera	41
2	Tugun	35
3	Tweed Heads Coolangatta	34
4	Palm Beach (Qld)	10
5	North Kirra	6
6	Pacific	1
7	Coolangatta	0

TH&C finished in 3th place overall with 34 points, close to Tugun 2nd (35 pts), with Tallebudgera and Currumbin equal 1st (41 pts).

U8 Age Manager report

I couldn't be prouder of the u8's from TH&C, you wouldn't think this was their first carnival - they listened, followed instructions and just rocked !! An absolutely awesome day, and a big thank you to all kids that attended. We had 3 teams in some events and the events we didn't, thank you to the u9's for stepping in for us so kids could have a go. We had 2 of our teams in the final for the U8s wade and we took out the win, with a 4th and 5th for 2 teams in the beach relay final. All our kids gave their best and that's all we can ever ask for - Bring on the next one! – *Katrina Taylor and Leanne Kippax*

U9 Age Manager report

Under 9's entered 2 teams into the carnival: William Haslop, Finn Baxter, Kaya Baxter, Charlie Gamble, Charlie Rust, Ava Manning, Isabella Edwards, Josh Wellman. Everyone turned up! Everyone had a good attitude and raced really well! Very proud of the three under 9s who took on the swim in the Cameron relay (Will Haslop, Charlie Gamble and Fynn Baxter). Highest team finishes: Wade team 3rd, Sprint team 3rd, All age relay 2nd (Josh Wellman and Will Haslop), 3rd in the Cameron relay (Fynn Baxter). Special mention to Ava Manning who smashed her first ever carnival! – Lisa Baxter and Paul Haslop

U10 Age Manager report

Sam and I could not be any prouder of the attitude and commitment of the kids . They showed what true team spirit is, cheering of each other, backing each other. But most of all they all had fun. Thank you to the parents for the assistance on the day , we always appreciate the help and encouragement you give the kids . Some really encouraging results by the team, everyone did their bit to make this a successful carnival for TH&C - Brad Holdway and Sam Alford



Warm up stretches with Beach Coach, Callum Taylor



Winning u8 Wade relay team



U9 relay teams



POINT DANGER BRANCH U8-U10 TEAMS CARNIVAL Pacific SLSC 25th October 2020

U/10 Mixed Beach Relay 2nd—Henry Alford, Evie Barker, Mason Sparks & Lewis Telford U/9 Mixed Beach Relay 3rd—Fynn Baxter, Kaya Baxter, William Haslop & Joshua Wellman U/8 Mixed Beach Relay 4th—Kya Lanson, Ethan Young, Tahiwah Howe & Ella Immisch 5th—Liam Kippax, Tahlia Floyd, Lochlan Williams & Savannah Taylor U/9 Mixed Wade Relay 4th—Fynn Baxter, Kaya Baxter, William Haslop & Joshua Wellman **U/8 Mixed Wade Relay** 1st—Jack Kane, Jax Reisenweber, Telford Cooper & Willow Millar **U/8—U/10 Mixed Beach Relay** 2nd—William Haslop, Evie Barker, Mason Sparks, Jack Kane, Jax Reisenweber & Joshua Wellman 5th—Fynn Baxter, Henry Alford, Lewis Telford, Copper Telford, Willow Millar & Charlie Rust U/8—U/10 Mixed Cameron Relay 3rd—Fynn Baxter, Evie Barker, Jack

3rd Overall



u10 relay teams



A MASSIVE THANK YOU TO OUR 2020-21 SEASON SPONSORS



Kane & Jax Reisenweber

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YIPS

Youth Halloween Night

Saturday 31st October from 5:30pm in the club training room.

Event is welcome for all current youth members u14 - 25yrs old.

Food and drinks provided.

Please come in your best costume outfit!

This event is strictly club members only!

Please RSVP via club email: thcslsc@outlook.com





CARNIVALS SUBJECT TO CHANGE DEPENDING ON COVID 19 RESTRICTIONS

MEMBERSHIP CARDS

for members 18 years and over can be picked up from the club reception area.

Please see the person behind the reception desk and ask to have you card printed. They have a list with the names of our financial members.

OCEANS 38 ROUND 2

Tugun 5th December 2020

U/15, U/17, U/19 & Open Water events only

POINT DANGER BRANCH YOUTH CHAMPIONSHIPS

Tugun

6th & 7th February 2021

POINT DANGER BRANCH SENIOR CHAMPIONSHIPS

TH&C

26th & 27th February 2021

STATE CHAMPIONSHIPS YOUTH

North Kirra 12th—14th March 2021

MASTERS

Kurrawa 26th & 27th March 2021

SENIORS U/17—Open

Kurrawa 26th—28th March 2021 Entries close—8th March 2020

Note

Beach Events for State Masters and Senior Championships 28th March 2021

REMINDER

CLUB BOARDRIDERS

U/11 AND OVER

FIRST SUNDAY OF THE MONTH

MEET AT THE CLUB OFFICE 6.00—6.30AM

STAY TUNED FOR DETAILS OF THE GOLD COAST BOARDRIDING CHAMPS





Club History— 32nd Annual Report

25th Sept 1942

Gentlemen,

We submit herewith the 32nd Annual Report of your Club for the season 1941-1942. Unfortunately the National Situation has not cleared, in fact with the entry of Japan on the side of our enemies our difficulties have been intensified and the day of Victory for

England and her Allies postponed.

Your old Club, the pioneer Club of Queensland was able to carry on during the pst season, with the help of junior members, but the position at present that out of a list of 60 members who were active at and since the beginning of the War, 58 are now in one or other of the various fighting services, one joins the R.A.A.F next week, leaving only one juvenile member, but with the promised assistance of bronze medalion holders of former years, it is hoped that the name of the Club will be kept alive, and that an efficient patrol will be provided for our beach each week end, a number of these old stal-a warta are to be seen on our beach each morning thus providing an unofficial patrol between the hours of 6 and 8 a.m. each day.

We regret to record the death on "Active Service" N. Laugher R.A.N. and P Cunningham A.I.F. the R.A.N. of J.Pike sympathy of the Club has been extended to the members of their respect ive families.

In addition to practically 100% of the Club's members being on active service, our Surf Boat "Greenmount 111 " has been taken over by the Royal Australian Navy, and is now doing duty on

one of His Majesty's War Ships,

During the past year the Club invested a further £150 in Treasury Bonds, bringing the holding of Treasury Bonds and War Savings Certificates to £850 to this amount hs to be added £200 lent to the Government Free of Interest, thus making a grand total of £1050 subscribed to the War effort.

The Trustees of the Club's Distress Fund also gold

War Swings Certificates, Face value £125.

We regret the loss by tramsfer of duty of Mr

A.E.Williams, a former President of the Club, who during his residence in Tweed Heads did yoeman service for the Club, his help and advice being always available to the members, to him can be traced the first steps that led from a burden of debt to our present very satisfactory We wish him well in his new home. financial position.

For the same reason we also record the loss to the Club of Mr A.J.Bonamy, a committee man for a number of years, and Mr J.B.Watt who carried out the duties of Hon Secy in a very efficient

manner.

In conclusion the Club extends its thanks to those who made cash donations and provided trophies during the season, also to the Coolangatta Town Council for its suport and co-operation, to the Bress for publicity given and to the general public for their support withou which we would not be able to carry on. 28/1/47 Leak
President

Owing to the Club Captain. and the Club's Chief Instructor being now with the Forces, the usual Captains Report and record of the Kink Brigades activities during the past season has not been compiled.

Actg/Hon Secy.



"OLD BOYS" UPDATE



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

Great to see our Season in full swing now and lots of activity on the beach.

Wow – talking about our beach – it's a "cut lunch and water bottle" job to walk down to the water at present – but who's complaining – the water is great once you get in !!

Nice to see all Training happening - whether it be Conditioning, Beach, Water, Craft or Proficiencies – Bronze, IRB or the Boaties.

The Nippers have also been out in force on Sat / Sundays honing their skills – well done!

We wish both all Patrolling and Competition Members a safe and successful Season ahead - Enjoy!

O'Boys – Activities – the O'Boys are back in the groove now with our Monthly Luncheons, Sunday Lunchtime Raffles plus some support activities with our Club – happy days.

We had 26 Lads and Lassies at our October 1 - GOB_DOT Luncheon – with an enjoyable day for those in attendance.

Coming events -

- Thurs Nov 5 12.00 noon is our GOB-DOT Thursday Luncheon at the GBC - we hope to see you there!
- Sat / Sun Nov 7 & 8 O'Boys AGM / Reunion – Lost - Weekend - yep – It is getting closer now - so please "Prioritise" this weekend.
- Thurs Dec 3 12 noon is our " Xmas Special Luncheon" at the GBC – come and join us!
- Fri Dec 11 Sportsman Luncheon Greenmount Breach Club Marty D
 advises this is the Big Day planned for
 upstairs so don't delay make your
 Booking with your Crew now!!





Sunday Luncheon Raffle spot – "On the Deck" – we are enjoying good patronage for our Sunday lunchtime Raffles – so if you want to help – put your hand up – 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 plus Chairman of our GOB DOT Luncheon gatherings!

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 is under way for further internal Qld travel sorties – safe travels and Enjoy!

Some current and planned outings include Norm and Carmel in their van to the Northern Rivers and hinterland areas, Ross and Marilyn Hastie off to Evans Heads and Region, The Bronte Contingent (B'Bob - Janet plus Ron - Toni Y) off to Urunga in their vans to join their Bronte Crew for their Annual Reunion.

That's all for now – keep safe – and "Enjoy" the Beach / Surf when you can - plus a nice cool amber ale upstairs after at the GBC.

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







MEMBERS USE OF THE CHANGE ROOMS



- 1. All Members must complete a Member Training Agreement and Return to Play Agreement. A parent is to sign the forms for any member under 18
- 2. Please scan these documents to the club and your security fob will be activated
- 3. All Members must sign in at each and every time on the attendance record inside the front sliding door.
- 4. A new page must be used every day.
- 5. All members must respect physical distancing by distancing 1.5m between people.
- 6. All members must stay at home if sick
- 7. All members must bring a towel to use
- 8. All members must use good personal hygiene use hand sanitiser
- 9. All shower areas must be disinfected before and after use
- 10. Maximum numbers must be adhered to

Random Audits will be completed to ensure paperwork is complete

MEMBERS USE OF THE GYMNASIUM

- All Members must complete a Member Training Agreement and Return to Play Agreement. Please scan these documents to the club and your security fob will be activated. A parent is to sign the forms for any member under 18
- 2. All Members must sign in at each and every session on the attendance record
- 3. A new page must be used every day.
- 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

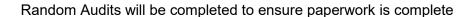
Random Audits will be completed to ensure paperwork is complete





ATTENDANCE TO STRENGTH & CONDITIONING SESSIONS

- 1. All Members must complete Member Training Agreement and Return to Play Agreement prior to starting your first training session. A parent is to sign the forms for any member under 18.
- 2. All Members must sign in at each and every session on the attendance record.
- 3. A new page must be used every day.
- 4. The Coach responsible for the session must complete a Risk Assessment for each and every session
- 5. All members must respect physical distancing by distancing 1.5m between people
- 6. All members must stay at home if sick
- 7. All members must bring a towel to use and water bottles (drinking from the taps is not allowed)
- 8. All members must use good personal hygiene use hand sanitiser
- 9. All equipment must be disinfected before and after use
- 10. Maximum numbers must be adhered to





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

- 1. All Members must complete a Member Training Agreement and return to Play Agreement prior to starting your first training session. A parent is to sign the forms for any member under 18
- 2. All Members must sign in at each and every session on the attendance record
- 3. A new page must be used every day.
- 4. The Coach responsible for the session must complete a Risk Assessment for each and every session
- 5. All members must respect physical distancing by distancing 1.5m between people
- 6. All members must stay at home if sick
- 7. All members must bring a towel to use and water bottles (drinking from the taps is not allowed)
- 8. All members must use good personal hygiene use hand sanitiser
- 9. All equipment must be disinfected before and after use
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