

# Point Break

MacMasters Beach SLSC

Sept/Oct  
2021



Click on images and links throughout Point Break for extra information, weblinks and more!



## President's Report with Alan Blackman

### SEASON 2021/22 UNDERWAY

Patrols were back on the beach on 18th September, I think for most people it feels like we just finished the 2021/22 season!

With COVID-19 still impacting daily life in so many ways, all of our patrols are operating under Covid Safe guidelines approved by SLSNSW. Patrols are limited to 6 people, masks to be worn on patrol, limited contact and lots of PPE should we need to attend to any first aids.

All patrol members should get vaccinated to maximise protection for yourself, your fellow patrol members and your families.



**A big thank you to all those members who are participating in patrols - it is a big, big commitment.**

### CLUB RENOVATIONS

The clubhouse is looking fantastic after some major maintenance and renovation work. The outside has been completely painted (including the bbq shelter), new roof tiles have been installed, all the guttering has been upgraded to stainless steel and new garage doors have been ordered for the patrol area.

Thank you to Matt Hingerty for managing the work and we are very thankful to the State Government for the major grant which helped fund the new roof.

### COVID AND OTHER CLUB ACTIVITIES

The COVID-19 restrictions have made planning for this season very difficult with the rules evolving over time. At this point in time we do not have any clear dates for the commencement of junior activities and competition, but we are ready to go when we are allowed.

The bar remains closed until we are confident that we can open in compliance with the rules and keep everyone safe.

Some very limited training activity for small groups may commence in October, keep an eye out for news on this front. Refer to our Education and Competition sections.

### REVTMENT WALL

Council is progressing planning and funding for the rock revetment wall to the embankment in front of the clubhouse. The work should be completed in financial 2022/23.



**Nippers & Lifesavers - Register Now!**

**Thank you to our volunteer patrol members**

# The Barefoot Cafe is the ideal choice for members, locals and visitors



## BAREFOOT CAFE

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### MACMASTERS BEACH

*delicious menu | casual dining | great service | amazing views*

## President's Report continued



### CONTACT THE PRESIDENT

With over 500 members, it is a big task for me to get to know every member, and like most of us I have a busy schedule away from the Surf Club.

So if there is something you would like to talk to me about you can always drop me an email on [president@macmastersbeachslsc.com](mailto:president@macmastersbeachslsc.com) or phone me on 0418 331 649.

*Stay safe and enjoy the ocean! Cheers, Alan - President*



## Across the Bar with Di Brown and Michael Bambridge

### MACS SURF CLUB BAR CLOSED

At this stage the bar remains closed until we can see how the vaccination rate, road map and changes in restrictions can be implemented safely and effectively.

Remembering that everyone is a volunteer and we don't need to be putting our valued community at risk.

**The bar is temporarily CLOSED due to current COVID restrictions. Please check our Facebook page for status and updates regarding current COVID restrictions.**

In the meantime, stay safe and we are looking forward to when we can see everyone's smiles.



# Membership Matters with Alison McNeill

With the ever evolving and changing lockdowns and COVID restrictions, we are taking it day by day and planning for nippers, bar operations and general club activities.

*Once we are able we will communicate details.*

## PATROLS

Our volunteer patrols raised the flags last weekend marking the first patrol of the 2021/22 season. All patrol members need to be registered for this season and ensure their qualifications are up to date - see the Education report for more info. Currently patrol members need to be 16 years and over to attend patrols.

## NIPPERS

At this stage, we cannot confirm when the Nipper season will start at our club. We would like to assure you however, that our Age Managers and Water Safety Personnel are keen and ready to recommence as soon as restrictions allow it.

As we do not yet know whether there will be restrictions on numbers again this season, we encourage you to register your child/children for Nippers as we will be operating on a 'first come, first served' basis if there are. Please register, payment pending unless you are using your Active Kids voucher for 2021.

## 2021/22 REGISTRATION FEES

Membership registration is now open for all members - patrols, nippers, active, cadets and associate members. 2021/22 fees are now \$60 for Seniors, \$100 for Nippers U8-U14 and \$60 for U6s & U7s. Active Kids vouchers can also be used.

The easiest way to register and pay your fees, ensuring that our insurance has you covered, is by logging into the [SLS Members portal](#) and paying online.

**EXISTING MEMBERS:** simply renew your membership through the [SLSA Members Portal](#). *\*you can easily link other family members and renew as a group in one go*

**NEW MEMBERS:** you can join or register new family members via the [SLSA Portal - Join](#), selecting MacMasters Beach SLSC as your Club. You can then easily link family members into a family group making it easy to register/renew everyone in one go.

*\*new nipper members will need to email a copy of their **birth certificate** to our Registrar at [registrar@macmastersbeachslsc.com](mailto:registrar@macmastersbeachslsc.com)*

**ACTIVE KIDS VOUCHERS:** you can use your Active Kids Voucher for your child's registration - simply redeem when renewing your registration or email your child's full name, date of birth and Active Kids Voucher number to our Registrar at [registrar@macmastersbeachslsc.com](mailto:registrar@macmastersbeachslsc.com)

**WORKING WITH CHILDREN CHECK:** if you are over 18 years of age and involved in a volunteer role at our Club (Nipper helpers, water safety, Age Managers etc) you will need to email a copy of your Working with Children Check to our Registrar at [registrar@macmastersbeachslsc.com](mailto:registrar@macmastersbeachslsc.com)

*\*you can apply for a WWCC online via the [NSW Office of the Children's Guardian](#).*

**FOR MORE INFORMATION:** visit our [Macs Membership page](#)



**MACS CLUB MEMBERSHIP \$60**  
Senior | Active | Associate | Cadets  
Patrolling Members | Helpers

**- Become a member - Get involved -  
Join in the fun - Register the whole family!**

**REGISTRATION ONLINE | RENEW | JOIN**

More information visit: [macmastersbeachslsc.com](http://macmastersbeachslsc.com)



# Membership Matters continued

## INTERESTED IN HELPING OUT THIS SEASON?

Now is the perfect time to consider helping out as an Official, Water Safety, Age Manager or Coach. The only assured way to be on the beach with your Nipper/s is to volunteer in one these roles. The following online courses are available now for registered and financial members:

### Age Managers:

1. Completion of the Age Managers online course.
2. Completion of the SLSA Safeguarding Children and Young People Awareness online course.
3. A current WWCC (for all adults).

### Water Safety Personnel:

Please log into the SLS Members Area to complete the online theory components of your Surf Rescue Certificate or Bronze Medallion skills maintenance. If you are not sure exactly which online course you should be completing, please contact us for advice.

### Coach or Official:

If you are interested in becoming a coach or an official, there are online courses you can complete now in the e-Learning section of the portal.

If you would like to access any of these courses or to find out a bit more about any of the roles, email Kylie at [competition@macmastersbeachslsc.com](mailto:competition@macmastersbeachslsc.com)

## DUKE OF EDINBURGH AWARD

Our Duke of Ed participants should be completing their camp reports and logbooks. We will start planning for camps as soon as we are able to with regard to COVID restrictions.

## MACS GYM

Our Macs gym will remain closed until further notice.

*We are committed to keeping all members of the club safe, and we thank you for your support and understanding in these challenging times.*

*Stay safe and take care - Alison McNeill*



**Ready  
set  
REGO!**

**Register for 2021-22 Nippers!  
ONLINE [macmastersbeachslsc.com](http://macmastersbeachslsc.com)**

*New members please email birth certificate to [registrar@macmastersbeachslsc.com](mailto:registrar@macmastersbeachslsc.com)*

*Redeem your 2021 NSW Active Kids Voucher via email (above)*

**More info: [macmastersbeachslsc.com](http://macmastersbeachslsc.com)**

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NSW

**WE'RE COVID SAFE**

# Education and Training with Lyn Drummond

By now many of you will have found out just how cold it is in the water - 17.8 degrees! But it's such a great form of social distancing and a safe way to exercise with one other person.

[SLNSW COVID 19 Training and Education guidelines](#) allow us to do training that is critical to ensure clubs can fulfil their role and respond to emergency call outs. This is done with COVID safe measures.

## REQUALIFICATION FOR BRONZE, IRB, RADIO:

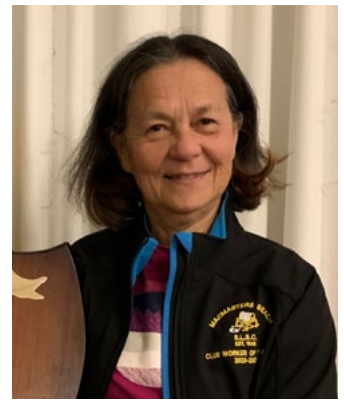
1. Log onto to [SLSA member](#) - eLearning
2. Go to **Training Library**
3. Select **Skills Maintenance** (for Bronze, IRB, Radio)
4. **Practical** will be assessed by an *endorsed delegate* (one of our experts - often the patrol captain) and includes CPR on a manikin, run swim run, board paddle/tube. No patient pick up, self-administer arterial tourniquet to leg, spinal management (held over until 2022 season).

## REQUALIFICATION FOR ADVANCED RESUSCITATION TECHNIQUES CERTIFICATE (ARTC)

1. Refresh your ART knowledge by logging on to the [SLSA member portal](#) - doc library
2. Search for **ART learner guide**
3. **Practical** will be held in two (2.5 hour) sessions as there is a new requirement to hold Provide First Aid (HLTAID011). Due to COVID restrictions we will run the courses with limited numbers. All current ARTC holders will be advised of training dates *to be held from late September, through October and November.*

## ENROLMENT IN COURSES IN BRONZE MEDALLION, RADIO, ADVANCED RESUSCITATION TECHNIQUES, IRB

1. Register and pay membership fee
2. Enrol in a course (if you have problems please contact me - [education@macmastersbeachslsc.com](mailto:education@macmastersbeachslsc.com))
3. Complete the online training and send me an email
4. Complete practical training - on a patrol with an endorsed delegate or with Jono



### VIEW DOCUMENTS

Organisation: All | Search: ARTC

Documents (16)

Categories	Advanced Resuscitation Techniques Learner Guide (ART) v.5 July 2021
All	Updated 27 Aug 2021
Sports	File size 3.33 MB
Lifesaving	File type PDF
Education	Advanced Resuscitation Techniques Certificate (ARTC) Learner Guide
Member Services	DOWNLOAD
Circulars/Publications	
Governance/Policies	
Administration	
Work Health & Safety	
Child Safe	
Nippers	



**SURF LIFE SAVING AUSTRALIA MEMBERS AREA**

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Password:

**LOG IN**

Don't have a Members Area account yet? [Click here](#) to create one

[Forgotten username or password?](#)

[Click here](#) to resend your confirmation code

[Click here](#) to enter your SMS confirmation code

Not a member of a surf club? [Click here](#) to join

# Competition Corner *with Kylie Dickinson*

## TRAINING WITH COVID RESTRICTIONS

All members participating in Club training need to be fully registered and financial (paid).

Current training restrictions and requirements are looking like:

**Masters, opens and boat crews:** 5 double vaccinated adults can train together but must follow 'lockdown COVID restrictions' - sign in using NSW QR Code, social distancing, masks when not training.

**12-16 age group:** up to 5 in a group but don't need to be double vaccinated. Coach/water safety adults need to be double vaccinated. Must follow 'lockdown COVID restrictions' - sign in using NSW QR Code, social distancing, masks when not training.

**Under 12s age group:** we can have up to 20 but to maximise safety for all involved, we will divide training into smaller groups. Coach/water safety adults need to be double vaccinated. Must follow 'lockdown COVID restrictions' - sign in using NSW QR Code, social distancing.

Once we have an approved COVID Training Plan, training sessions can commence for interested members. Please keep an eye on emails and social media for updates as more information comes to hand and restrictions are eased.

We are hoping to get the training sessions started after the school holidays dependent on COVID restrictions.



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## PROPERTY

# Our Life Members *with Pat Roberts*

From its humble beginnings in 1945, our Club has grown from one with a small handful of Life Savers who patrolled on Sundays and Public Holidays with a reel to perform rescues - to a Club with a current strength of 12 patrols. Patrols today are equipped with the latest equipment and technology - IRBs, rescue boards, oxy-vivas, defibrillators, ATVs, radios, iPads, mobile phones - patrolling every Saturday, Sunday and Public Holiday from September to April - we certainly have come a long way!

We should always remember our past and the contributions made by those who have made our Club what it is today - *'the best little Club on the Coast'*. Our Life Members have all helped shape the course of our Club.

I have gathered information for these feature articles from trawling through Annual Reports, hand written notes and talking to people. These bios will be placed on our website for generations to come, so accuracy is very important – if there are errors/omissions now is the time to email me ([vinceroberts32@bigpond.com](mailto:vinceroberts32@bigpond.com)) with your information. We need to be vigilant about our record keeping; as today's records will soon become our only link to the past.

## VINCE ROBERTS - LIFE MEMBER 2005

Vince Roberts joined MacMasters Beach SLSC in 1988 and was awarded Life Membership in 2005.

### Club Awards:

Patrol of the Year member 1991/92, 1992/93, 1999/00, 2006/07, 2009/10 and 2019/20

Club Captains Award 2019/20

Wall of Fame recipient 2004

### Central Coast SLS Awards:

Life Saver of the Year 2003/04

### Surf Life Saving Awards:

Bronze Medallion 1988

Silver Medallion Patrol Captain 1992

Silver Medallion Life Support 2003

Gold Medallion 2005

National Patrol Service Medal 2007

### Senior Activities:

Active Patrol Member 1988-present

### Positions held at Macmasters Beach SLSC:

Clothing Officer 1994-1997

Director Life Saving 2000-2005

Life Member Representative 2007-2008

ANZAC Day Coordinator 2007-present

Club President 2012-2014

### Competition/Major achievements:

#### NSW Endurance (Masters):

2km Beach - 1st 2003/04

5km Board - 3rd 2003/04

2km Beach - 1st 2005/06

Ironman - 2nd 2005/06

2km Beach - 3rd 2008/09

#### World Titles:

2km Beach (Italy) - 1st 2004

2km Beach (Geelong) - 3rd 2006

Vince has contributed to all areas of the club, his major achievement was winning the Clubs first World Title in Italy. Vince was also instrumental in re-establishing a competitive Masters group a highlight was in 2002/03 with our largest representation of 19 at a local carnival 'the older we got, the better we were'. Vince should also be commended for his continuing commitment to patrols and the running of our ANZAC Service.





**If we can't see you  
we can't save you**

**ALWAYS swim between  
the red & yellow flags**

[slscc.com.au](http://slscc.com.au)

## *In the Macs IRB with: Sam Hingerty*

Each month we catch up with different Macs SLSC identities to find out why they are involved in our great Club and what makes them tick. Let's chat with new Director of Finance, Sam Hingerty.

### **How long have you been a member at Macs SLSC?**

**SH:** We joined the club when our eldest boy was old enough to participate in Nippers approximately 15 years ago and have been members ever since.

### **What first attracted you to Macs Beach SLSC?**

**SH:** Being an Adelaide girl, I wasn't really aware of what a surf club was all about until we joined Macs but we had friends whose children participated in Nippers and, living near the beach, we wanted our children to develop strong swimming and surf safety skills. We didn't realise initially what a wide range of activities were on offer for members, not to mention the strong community and pride that is unique to this club.

### **What volunteer role/s have you been involved in at Macs?**

**SH:** Surf patrols for a few years, Nipper helper and now Director of Finance.

### **Strangest place you have swum?**

**SH:** Not really strange but the most beautiful swim I can think of that is unique is my visit two years ago to the Piscine Naturelle d'Oro at the Isle of Pines.

### **Favourite footy team?**

**SH:** Tough one as I'm not a big sports watcher but WAFL tops it for me over mens AFL, NRL and Union. Go the Giants!

### **Favourite SLSC competition event?**

**SH:** I am in absolute awe watching the ironman events every carnival. But personally a Masters goal for me may one day bringing it home for Macs in the ocean swim (providing the waves aren't too big!!!!).

### **Favourite menu item on the Barefoot Cafe menu?**

**SH:** I love the chilli jam, basil tofu and vegetable stir-fry and you can't beat a breakfast wrap with coffee on a sunny Sunday morning post Macs Maniacs.

### **Preferred beverage from the Macs Beach Bar?**

**SH:** A chardy or Corona on a hot summers night, or a shiraz or two in the cooler weather.

### **What do you enjoy most about Macs?**

**SH:** When considering the surf club: there's not many places in the world where our children and young people can grow up learning beach and surf safety, have fun competing in carnivals, obtain their Duke of Edinburgh awards, compete in boat carnivals and all whilst learning about the importance of community and volunteer service through observing the club's amazing adult members and volunteers. And as for MacMasters Beach itself - well there is nothing better for the soul than having an ocean swim every day of the year no matter what the season!



*Now you know a little bit more about Sam - have a chat next time you see her around!*



# Events & Competitions:

All dates/events are subject to current COVID restrictions

## SEPTEMBER 2021:

25 Macs Patrol: 8:45am Patrol 1 | 12:45pm Patrol 3

26 Macs Patrol: 8:45am Patrol 4 | 12:45pm Patrol 5

## OCTOBER 2021:

2 Macs Patrol: 8:45am Patrol 7 | 12:45pm Patrol 8

3 Macs Patrol: 8:45am Patrol 10 | 12:45pm Patrol 9

4 Macs Patrol: 8:45am Patrol 3 | 12:45pm Patrol 1

9 Macs Patrol: 8:45am Patrol 6 | 12:45pm Patrol 11

10 Macs Patrol: 8:45am Patrol 12 | 12:45pm Patrol 2

16 Macs Patrol: 8:45am Patrol 8 | 12:45pm Patrol 7

16 NP Jun Iron Person (U10-30+) Round 1 @ TBA

17 Macs Patrol: 8:45am Patrol 5 | 12:45pm Patrol 4

23 Macs Patrol: 8:45am Patrol 10 | 12:45pm Patrol 9

23 U17-Masters Carnival @ TBA

24 Macs Patrol: 8:45am Patrol 1 | 12:45pm Patrol 3

30 Macs Patrol: 8:45am Patrol 11 | 12:45pm Patrol 2

31 Macs Patrol: 8:45am Patrol 6 | 12:45pm Patrol 12

31 NP U8-15 Carnival @ TBA

## NOVEMBER 2021:

6 Macs Patrol: 8:45am Patrol 4 | 12:45pm Patrol 5

6 SLSCC Streets Boat Series - Round 1 @ TBA

7 Macs Patrol: 8:45am Patrol 7 | 12:45pm Patrol 8

13 Macs Patrol: 8:45am Patrol 9 | 12:45pm Patrol 10

13 NP Jun Iron Person (U10-30+) Round 2 @ TBA

14 Macs Patrol: 8:45am Patrol 3 | 12:45pm Patrol 1

20 Macs Patrol: 8:45am Patrol 6 | 12:45pm Patrol 11

20 Toowoon Bay Ocean Swim @ Toowoon Bay

21 Macs Patrol: 8:45am Patrol 12 | 12:45pm Patrol 2

27 Macs Patrol: 8:45am Patrol 8 | 12:45pm Patrol 7

27 Board and Ski - Round 1 @ TBA

28 Macs Patrol: 8:45am Patrol 4 | 12:45pm Patrol 5

28 NP U8-U15 Carnival @ TBA

## DECEMBER 2021:

4 Macs Patrol: 8:45am Patrol 10 | 12:45pm Patrol 9

4-5 SLSNSW Interbranch @ Shelly Beach

4 SLSCC Streets Boat Series - Round 2 @ TBA

5 Macs Patrol: 8:45am Patrol 1 | 12:45pm Patrol 3

5 SLSCC Streets Boat Series - Round 3 @ TBA

11 Macs Patrol: 8:45am Patrol 11 | 12:45pm Patrol 2

11 NP Jun Iron Person (U10-30+) Round 3 @ TBA

12 Macs Patrol: 8:45am Patrol 6 | 12:45pm Patrol 12

18 Macs Patrol: 8:45am Patrol 11 | 12:45pm Patrol 2

18 Board and Ski - Round 2 @ TBA

19 Macs Patrol: 8:45am Patrol 5 | 12:45pm Patrol 8

25 Macs Patrol: 8:45am | 12:45pm Volunteer



Our Club

Lifesaving

Education

Activities

Competition

Membership

Club Hire



STAY CONNECTED WITH MACS **facebook**. *Instagram*



# MACS SPONSORS AND SUPPORTERS:

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and Masters  
look even better!

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always  
supporting  
our great  
little club

