



LIFESAVING SA

GENERAL MANAGER'S MESSAGE:

Welcome to our December 2006 Lifesaving South Africa Members' Newsletter, our final for this year. We hope that all in the lifesaving movement have enjoyed our previous issues and we promise to continue keeping you updated with increasingly informative news in the New Year.

Lifesaving South Africa would like to wish all Lifesaving Members, Staff, Board of Management and Clubs a joyous, peaceful and safe festive period and a wonderful New Year! For those of you who are doing duty patrols on the beach may God bless all your rescue efforts, keep you and your charges safe and may you find great strength and motivation while performing your duties.

KZN LIFESAVER, ANTON BERRY, AWARDED PRESTIGIOUS SPORTS AWARD

Lifesaver, Henry Antony Berry was acknowledged for his excellent contribution to Surf Lifesaving and presented with the special Lifetime Achievement Award at the glittering Premier's Sport Awards 2006 function held at the ICC in Durban on Thursday, 30 November 2006. The Premier Sports Awards acknowledges the talent and achievements of outstanding sporting personalities in KwaZulu-Natal. Anton Berry was awarded the Lifetime Achievement Award for his unstinting dedication to the Lifesaving movement and particularly his invaluable contribution in the instruction of Surf Lifesaving.

Anton Berry, 68 years of age and a Member of Durban Surf Lifesaving Club has been involved in the lifesaving movement for 53 years. Anton is especially proud of his achievements in setting up the Lifesaving Club in Swakopmund in Namibia in 1997 and re-training the lifesavers there in resuscitation as well as representing Lifesaving South Africa in various international Conferences and international and local Competition. This stalwart of Lifesaving is a real inspiration to everyone in the Lifesaving movement and Lifesaving South Africa congratulates him for his great achievement and continued support and involvement in Lifesaving in KZN.

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COMPLIMENTARY LETTER TO AMANZIMTOTI SURF LIFESAVING CLUB

Our lifesavers and their efforts are so often overlooked or taken for granted by the public but here for a change is a very positive and appreciative letter from an Amanzimtoti beachgoer to the Lifesavers of Amanzimtoti SLC. We hope it serves to uplift and motivate all our lifesavers who continue to dedicate their precious time and energy to the cause of voluntary lifesaving.

To whom it may concern,

I would just like to congratulate the lifeguards of Amanzimtoti Beach. I went away with my family (originally from Gauteng) to Amanzimtoti, on the 24 and 25 September 2006, and the lifeguards were training on the beach during those days. I must say the weather was not all that good. I noticed the lifeguards performing rescues with the helicopter and other varied resources. It was wonderful to see the lifeguards training and keeping themselves fit and clued up to the different rescues.

The lifeguards were amazing especially on Monday, 25th September, the Public Holiday, as the beach was busy and they were also engaged in their training. It's wonderful to see such young people giving up their free time to help the public. I know this as I spoke to a young gentleman (think it was Jered) who kept me informed with what was happening (a great young man). He also told me a young lady by the name of Mikhaila (my daughter's name, so that I could remember) Wilson - the Club Captain if I remember, organised the whole event to make a video to use for training.

Congratulations to her for the initiative, and to all the lifeguards who was involved. I think the lifeguards should make that video available to anyone who wants to save a life. I know what's it like - you very rarely seem to receive compliments, but here is one. Due to the effort I saw displayed by the Lifeguards of Amanzimtoti Surf Lifesaving Club I will definitely be returning to Amanzimtoti Beach.

Please pass this on to the lifeguards, it will show them that the public do appreciate the good work they do. (Don't have the email address for Amanzimtoti). Keep up the excellent work.

Kindest regards

Trevor Rogers

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FUN IN THE SUN AT NIPPER CARNIVALS

Scottburgh Nipper Carnival – 26 Nov 06

The Scottburgh Nipper Carnival held at Scottburgh beach on Sunday, 26th November was a great success. This is an annual Lifesaving KZN South Provincial project for Nippers and it tends to get bigger and better each year. According to Peter Gilliver, Nipper Officer for Scottburgh SLC, the idea of the carnival is to basically introduce all Nipper newcomers to the Lifesaving organisation and show them what they can expect in terms of Nipper events when competing at the Southern Natal, Natal and S.A championships. It is also one of Scottburgh SLC's objectives to teach the youngsters surf sense. All the Southern Natal Clubs (Warners, Winkle, Toti, Scottburgh, Margate, Hibberdene and Umtumvuna.) are encouraged to get their Nippers to attend this Carnival and compete against each other on an individual basis. The emphasis at this event is on participation and to encourage new Nippers to have fun in the sun and to learn from those who have been doing nipper activities for some time. Many of the kids excel and win. Medals are given to the top three competitors (gold, silver and bronze) for beach and sea events, namely beach sprints, flags, surf swim, knee board, body board run/swim/run and finally the long run. All the nippers who compete in these events have been tested by examiners where they have done an oral and practical examination.

Strand SLC Nipper Carnival – 26 Nov 06

Strand SLC held their first Nipper Carnival for the Summer season on Sunday, 26 November 2006. The Clubs that competed were: Strand, Sonwabi, Macassar, Blouberg, Fishhoek. According to Beryl Fontuin, Records officer for WP Lifesaving the Carnival was very well-received by the Clubs that attended. About 200 Nippers competed and enjoyed themselves immensely. The weather was good and surf conditions were ideal. Some of the events the Nippers participated in were the Beach Sprints, Flags, Long Run, Surf Swim, Boogie Board, Knee Board, Taplin, Run-Swim-Run. Rubber ducks were in the water and Safety Officers were there for the protection of the Nippers. The overall Club Winner for this Nipper Carnival was Fishhoek closely followed by Blouberg. But every Nipper was a winner at the end of the day through his/her participation in this exciting lifesaving event.

WELL WISHES TO ANDREW CROOK

Congratulations and well wishes go to Andrew Crook of Fish Hoek SLC - Western Province; who was offered a coaching position for 6 months at the Muriwai LSC in New Zealand. Andrew duly accepted the position and left SA shores on Friday, 13 October. His position as Coach at the New Zealand Lifesaving club will be very involving and he will be required to travel with the team to various regional, national and international events. Andrew has been involved in Lifesaving since 1978 when he started as a Nipper at Fish Hoek SLC. In 2001 his career as Coach/Manager with WP Lifesaving began and he has continued in this capacity. He has been involved in the coaching and management of many international lifesaving competitions such as Rescue 1996, Rescue 02, Rescue 04, Rescue 06, Sanyo Bussan Challenge 06 and the Commonwealth Stillwater Lifesaving Champs 06. Andrew's greatest joy has been in seeing those whom he has coached achieve success and watching them soar to even greater heights.

THE JOKE CORNER ;)

On a more festive and fun-filled note here are some humorous Lifesaving Rules that were forwarded onto Head Office. We would like to share this tongue-in-cheek humour with our members. Enjoy!

RULES OF BEING A LIFESAVER/LIFEGUARD

1. Skin signs tell all.
2. Air goes in and out, blood goes round and round, any variation on this is a bad thing.
3. The more equipment you see on a Lifeguards belt, the newer they are.
4. When dealing with casualties, supervisors, or the public, if it felt good saying it, it was the wrong thing to say.
5. Always follow the rules, but be wise enough to forget them sometimes.
6. If the casualty vomits try to aim it at the person you like the least.
7. If someone dies by chemical hazards, electrical shocks or other on-scene dangers it should be the casualty, not you.
8. Any Supervisor, DM, or GM who is more drunk (or more stupid) than the casualty is the real problem.
9. If it's wet and sticky and not yours, LEAVE IT ALONE!
10. Lifeguarding is extended periods of intense boredom, interrupted by occasional moments of sheer terror.
11. Every Emergency has three phases PANIC, FEAR, AND REMORSE.
12. You are bound to get called to do something disgusting either during your break, while you are on the loo, or about five minutes before you clock off.
13. The severity of the injury(s) is directly proportional to the difficulty in accessing, as well as the weight, of the casualty.
14. Highchair mounted machine guns usually work better than whistles.
15. Never trust your First Aid cabinet/room, O2 bag, in fact anything! to be fully stocked in spite of the assurances of the off-going shift.
16. There is no such thing as a "textbook case"
17. Just because you're paranoid does not mean the Supervisor isn't around the corner.
18. Just because someone's renewal date is before yours does not mean they know what they are doing.

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IERM CONFERENCE 2006

Lifesaving SA President, Mr. Dhaya Sewduth and General Manager, Arvashini Sing, attended the IERM Conference in Cape Town on 28th and 29th November 2006. The conference was organized by IERM in association with the City of Cape Town Sports and Recreation Department. The main theme of the conference was "Best Practice in Service Delivery" and many papers were presented in relation to this. The purpose of the conference was to afford local government practitioners the opportunity to share with colleagues their best practice models in recreation. Major topics that were discussed were Volunteerism, Mass Participation and Connecting the Unconnected through Recreation. The topic of Volunteerism discussed how government should approach the opportunity of building a culture of volunteerism through the 2010 World Cup and examples at local government level were explored. The Mass Participation programme initiated by the National Department of Sports and Recreation was explored in terms its successes and failures, with a view to develop benchmarks for future successful implementation. The final topic explored local Government's role in providing opportunities for youth who are not actively involved in sports and how to implement that.

Lifesaving South Africa used this opportunity to bring home to government the plight of Lifesaving in South Africa with a view to forging a partnership with government. The following fundamental points were emphasized:

- Lifesaving SA has no core sponsor for funding of invaluable volunteer lifesaving services
- Lifesaving SA has no duty kits for volunteer lifeguards to use while on patrol duties

The Western Province model that of the Government of Western Province and Western Province Lifesaving was presented and showed how Western Province Lifesaving has benefited from this partnership. Mr. Sewduth's paper presented a case on Lifesaving South Africa as an example of volunteerism.

The Conference served as an excellent platform for Lifesaving SA to present their case as the target audience was composed of various government stakeholders representative of the municipalities around SA. We are confident that Lifesaving SA's participation in this conference will be greatly beneficial to the future of our organisation.

EASTERN CAPE LIFESAVING AWARD WINNERS 2004/2005 AND 2005/2006

Lifesaving SA would like to take this opportunity to congratulate the following Lifesaving Award Winners from Eastern Cape Lifesaving for their excellent contribution to Lifesaving in their Province. They are:

- Club of the Year - Summerstrand SLC for 2005 & East London SLC for 2006
- Administrator of the Year - Margaret van der Vyver -EL for 2006
- Male Competitor of the Year - Richard von Wildemann- SS for 2005 & 2006
- Female Competitor of the Year - Natalie Snodgrass - SS for 2005 & Stephanie Ackerman - EL for 2006
- Junior Male Competitor of the Year - Brett Sinclair - Wood for 2005 & Ryan Williams - EL for 2006
- Junior Female Competitor of the Year - Faye Cowie - SS for 2005 & Tracey Atkinson - EL for 2006
- Instructor of the Year - Paul Lynch - SB for 2005 & Jedd McNeilage - EL for 2006
- Squad of the Year - B Squad - EL for 2006

Information Request on Rescues & Training

All Surf Lifesaving Clubs and Stillwater Branches are reminded to please forward any information on beach and pool rescues that occur during duties of their Club Lifesavers to the Ops & Marketing Manager, Nelanjini Govender, at Lifesaving SA. Also, please forward in advance any information on beach events and water safety workshops as well as dates, times and venues of any training camps taking place during the summer season to her. Contact details are below.

Deepest Condolences from Lifesaving SA

Cameron Cowan - Nipper of Suncoast Pirates - Lifesaving South Africa offers their deepest sympathies to the family of 13 year old Cameron Cowan who tragically passed away on Sunday, 29 October 2006. Our sincere condolences go to his family and to the Suncoast Pirates' Surf Lifesaving Club. The funeral took place on Friday, 3 November 2006 at the Durban North Baptist Church. A marine tribute was paid to Cameron by his Nipper comrades on 5th November, at Battery Beach.

Siphelele Ngobo - Sunkist LSC - Lifesaving South Africa offers their deepest sympathies to the family of 21 year old Siphelele Ngobo who tragically drowned on Sunday morning, 19 November 2006 at Sunkist Beach. Siphelele Ngobo drowned when he slipped into a channel whilst trying to catch a wave at Sunkist Beach. Attempts made to rescue him were unsuccessful. Our sincere condolences go to his family and to members of Sunkist SLC.

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Thank you to all our Sponsors:

