

CHAMPION BAY SURF LIFE SAVING CLUB (INC)

By-Laws

INDEX

1. Duties of Club Officers
2. Ages
3. Qualification of Members
4. Conduct of Members
5. Club Property
6. Patrol By-law
7. Champion Bay Surf Life Saving Club Policies.
8. Club Awards
9. Intra club competition awards.

1.1 **The President** shall administer and be responsible for all affairs of the Club and shall chair all meetings appertaining to the administration of the Club except where a special or established sub-committee is appointed with the chairperson designated.

The President shall maintain order and ensure the Officers of the Club are satisfactorily performing their duties and that all sub-committees are operating as prescribed.

The President has the power to suspend from office or membership any Officer or Member of the club whose continuance in Office or Membership would, in the opinion of the Board of Management, be detrimental to the Club. Such suspension shall continue until the next meeting of the Board of Management, when it shall cease unless the Board of Management directs otherwise.

The President shall have a sound knowledge of the Association at different levels and the applicable Constitutions pertaining thereto.

The President shall represent the Club at Special or General Meetings of SLSWA. The President shall also represent the Club at any other functions that the Club has been invited to attend. The President has the power to delegate any of his duties to any voting member of the Club.

1.2 **The Deputy President** shall assist the President in the discharge of his or her duties, and in the absence of the President shall have like powers and authority.

The Deputy President shall undertake special duties from time to time as directed by the President and/or the Board of Management.

1.3 **The Administrator** shall conduct the business and correspondence of the Club under the direction of the Board of Management.

The Administrator shall be responsible for keeping of up to date and accurate records of the club and its members

The Administrator shall keep full and correct minutes of all proceedings, and shall be responsible for the custody of all documents relating to the club and the common seal, issue due notice of all meetings.

The Administrator shall ensure that all statute requirements on correspondence as required by SLSWA are complied with on time.

1.4 **The Registrar** shall assist the Administrator and attend to the posting of the club member registrar. In the absence of the Administrator, the Registrar shall act as Administrator. The Registrar shall keep accurate records of the Club membership and shall ensure all financial

members are registered with SLSWA. The Registrar shall report to the Administrator and is not a member of the Board of Management.

1.5 **The Treasurer** shall receive and bank all monies on behalf of the Club and shall issue receipts on the official form.

The Treasurer shall keep proper books of accounts and at each Board of Management meeting shall submit a written financial statement of all Club accounts, together with Bank Statements and a list of unpaid accounts. It will be the Treasurers responsibility to pay all creditors promptly and when directed by the Board of Management.

The Treasurer shall be responsible for the preparation of the annual accounts and ensure they are audited and are included within the Annual Report for presentation at the Annual General Meeting.

1.6 **Director of Lifesaving Services** shall be the Captain of the Club, and responsible for the conduct of all members when associated with the clubs activities and their general education in surf life saving.

The Captain shall be responsible for the efficient servicing of the Club's patrol contract, and shall co-ordinate and liaise with other members and position holders to provide for the improvement of the efficiency of surf life saving.

The Captain may call meetings of members and position holders associated with activities conducted at the clubs beach and elsewhere, and shall generally ensure the well-being of the club's operation.

1.7 **Patrol Officer** shall be responsible for the conduct of the club's surf life saving patrols on the beach.

In consultation with the Captain, and other members of the beach operations, the Patrol Officer shall select active members and place them on roster for the clubs Patrols.

In conjunction with the Gear and Maintenance Officer ensure that the patrol equipment is maintained in good order and condition.

The Patrol Officer shall coordinate the maintenance of an accurate and up to date record of members down hours, patrol hours performed and rescue and first aid activity from patrols. Ensure that each member signs the patrol register when commencing each patrol and that the Patrol Captains sign each member off at the relevant time at the conclusion of each patrol.

Ensure that the patrol reports are lodged with SLSWA, complete, correct and on time.

In the absence of the Captain the Patrol Officer shall assume all responsibilities and duties of the Captain.

1.8 **Director of Education and Training** shall plan, organise and control all Surf Life Saving Award training within the club and report such activities to the Board of Management.

The Director of Education and Training shall coordinate and liaise with the members and arrange the formation of teams for award training and examination. The allocation of instructors to teams or members shall be at his or her discretion.

The Director of Education and Training shall coordinate, control and oversee the conducting of the annual proficiency test as laid down by Surf Life Saving Western Australia.

The Director of Education and Training shall be responsible for the instruction of all members to be examined for Surf Life Saving Awards. He/she shall arrange that members be placed in the appropriate teams for training under competent Instructors. The Director of Education and Training will ensure that all members are registered with SLSWA and all applications for examinations are lodged in accordance with SLSWA requirements.

The Director of Education and Training responsibilities shall include but not be limited to:

- ensure that all active members are proficient by the due date as required by SLSWA.

- encourage existing members to further their Surf Life Saving education by gaining a higher award

- attend SLSWA meetings as required or arrange a proxy to attend on the club's behalf.

1.10 Director of Competition and Coaching shall control all activities pertaining to the conduct of, and participation in competition that the club may be involved with. They should see that a competition calendar is created for intra-club competition and facilitate the participation of all members in surf life saving competition at all levels.

The Director of Competition and Coaching shall be responsible for organising and conducting all regular beach competitions and activities, and shall be responsible for the development of all facets of Surf Life Saving Inter Club Competition.

The Director of Competition and Coaching shall keep a record of all placings and points gained at each inter club competition conducted throughout the season.

The Director of Competition and Coaching shall be responsible for the fostering of surf coaches and coaching programs aimed at improving the standard of competition within each competition area.

1.11 Director of Junior Activities shall be responsible for the coordination and operation of the clubs Junior Activities.

The Director of Junior Activities shall ensure that training is provided to allow Junior (Nipper) members to compete at all available levels of competition.

The Director of Junior Activities shall assist the Administrator in the registration and re-registration of all junior members.

1.12 **Junior Activities Co-ordinator** shall be responsible for all Junior Surf Life Saving activities conducted by the Club. The Junior Activities Co-ordinator responsibilities shall include but not be limited to these Junior Lifesaving activities:

- the organisation and running of intra club competition.
- the promotion and participation of inter club competition.
- the instruction of members in the appropriate Surf Life Saving Awards.
- liaise with the Director of Education and Training to organise separate instruction for Surf Rescue Certificate candidates
- the instruction of members in surf awareness.
- the coaching of members in the respective disciplines.
- delegate duties to Age Managers as required
- to liaise with other Officers on the transition and integration of Junior Members within the Club.
- the organisation and presentation of Club and State Awards each season.
- submit reports and entries to Surf House as required.

With regard to beach safety the Junior Activities Co-ordinator must obey advice from the Patrol Captain of the day and the Director of Lifesaving.

1.13 **Director of Youth** shall plan and coordinate the movement of members between the membership categories of Junior (Nipper), Cadet and Active member under the age of eighteen years.

The Director of Youth shall, in liaison with the Junior Activities Officer and the Chief Instructor coordinate youth activities as required.

1.14 **Director of Gear and Maintenance** shall ensure that all life saving equipment is fully operational and serviceable.

The Director of Gear and Maintenance shall be responsible but not be limited to:

- to undertake an inventory of all gear and equipment together with a priced list of new equipment needed and evaluate the cost of repairs and maintenance for the ensuing season. This information to be lodged with the Board of Management.
- to coordinate the use of club gear by the members.
- to ensure all gear and equipment is properly stored and secured.
- to conduct an inventory of the Club's Gear and Equipment within sixty (60) days of the completion of each season for presentation to the Board of Management.
- that the members are maintaining the club gear in good order and clean condition.

1.15 **IRB officer** shall be the holder of a current Silver Medallion (IRB Driver) and shall ensure that the Club's IRB is used most efficiently in conjunction with the patrolling on the beach and in water safety at all times when members of the Club are in water events.

The IRB Officer's responsibilities shall include:

- liaise with the Director of Education and Training to organise the instruction of members to gain IRB Awards.
- in conjunction with the Patrol Captain the scheduling of drivers to ensure that the IRB is available for duty when and where required.
- the proper maintenance and service of the Club's IRB and motor in liaison with the Director of Gear and Maintenance.
- the control and discipline of the drivers in command of the Club's IRB at any given time.
- the proper storage in a secure location of the Club's IRB Hull and Motor.
- the transport of the Club's IRB to locations for service or to venues approved by the Board of Management.
- the recommendation to the Management Committee on the procurement or renewal of IRB equipment.

1.16 **First Aid Officer** shall be responsible to the Patrol Captain for the proper treatment, care and recording of all First Aid Cases. The First Aid Officer shall be the holder of a current First Aid Certificate or equivalent.

The First Aid Officer's responsibilities shall include:

- the proper control and recording of all first aid supplies.
- the clean condition of the first aid equipment and supplies at all times.
- ensure that all supplies are ordered in adequate time to meet the demand.

1.17 **Director of Social Activities** shall oversee and be responsible for the social functions for the members of the club as approved by the Board of Management. The Director of Social Activities shall hand all monies and a statement of expenditure and receipts to the Treasurer within 7 days of any social function. At the commencement of the season the Director of Social Activities shall convene a sub-committee to assist in the organisation and conduct of social activities.

The Director of Social Activities shall ensure that a number of social functions shall occur throughout the year, and shall be mindful that social occasions need not be for the purpose of fund raising, but for the ultimate purpose of promoting Club morale.

A complete social calendar for the season shall be presented to the Board for ratification.

1.18 **Director of House** shall be responsible for logistics and security of all of the Clubs property.

The Director of House shall represent the Club at meetings relating to the development of Club accommodation.

- 1.19 **Water Safety Officer** shall be responsible for organising qualified members to provide water safety for water activities.

The Water Safety Officer will liaise with the Junior Activities Co-ordinator to determine the need for water safety and to meet the requirements for water safety as laid down by the rules of Surf Life Saving Western Australia.

- 1.20 **Publicity Officer** shall issue, or arrange regular and frequent Club newsletters informing members of forth-coming events and news of activities that occur within the Club.

The Publicity Officer shall promote and further the interest and activities of the Club.

The Publicity Officer shall liaise with the President on such matters as advertising and sponsorship space within the Newsletter, and shall be responsible for the furthering of the Club's image to the public through the preparation of material for the media and other avenues of publicity.

2. Ages

All ages shall be taken as at the 1st October in each season.

3. Qualification of members.

- 3.1 Active members shall qualify for the SLSA Bronze Medallion within three (3) months of joining or as directed by the club's chief instructor.
- 3.2 Cadets shall qualify for the SLSA Surf Rescue Certificate within three (3) months of joining or as directed by the club's chief instructor.
- 3.3 The Chief Instructor shall advise the management committee of any member failing to obtain the required qualifications within a reasonable period of time. Such members may lose all rights of membership.

4. CONDUCT OF MEMBERS

- 4.1 Any member who infringes the Constitution or By-Laws of the Club, or in any way misconducts him/herself during the course of any activities of the Club, or whilst acting as a member of the Club at any place, or performing duties on behalf of the Club or in any way by his/her actions discredits the Club, may be called before the Disciplinary Committee to answer such allegations.
- 4.2 Any member of the Board who has any direct or indirect pecuniary interest in any activity, contract, or proposed contract, made by, or in the contemplation of, the Board shall, as soon as he or she become aware of such interest, disclose the nature and extent

of that interest to the Board. Such member shall not take part in any deliberation or decision of the Board with respect to that activity, contract, or proposed contract.

5. CLUB PROPERTY

- 5.1 Club equipment is to be used in the manner of its intended purpose and after use such equipment is to be returned to its designated area in a clean and sand free condition.
- 5.2 Boards and skis are not to be launched or beached through any area where members of the public may be exposed to risk of injury.
- 5.3 No person shall be permitted to use Club equipment without first obtaining the authority of the officer under whose control the equipment is maintained. Persons receiving such permission shall be held responsible for the property until it is returned to the care of the relevant Office Bearer or Board member
- 5.4 Board members shall hold the power to permit use of Club equipment.
- 5.5 Keys to Club property shall be allocated to persons whom require access for conducting activities consistent with the objects of the Club. The Board holds a general discretion to give or withdraw a key in the interests of the Club. Those members allocated with a key shall ensure the safe keeping of that key and shall present it to the appropriate club officer when required.
- 5.6 At the end of any members tenure all Club property is to be returned to the Administrator.
- 5.7 Members private equipment may be housed in the Club's premises with the permission of the Director of House. Such equipment is stored at the owners risk.
- 5.8 Club IRB shall be driven only by proficient IRB drivers and crewed only by proficient IRB crew award holders, except in cases where approved award training is taking place under the supervision of suitably qualified IRB instructor or IRB examiner members.
- 5.9 Members operating the Club IRB shall be responsible for the boat and related equipment, and shall immediately report any damage to the IRB Officer.
- 5.10 IRB shall not be launched or beached through any area where members of the public may be exposed to risk of injury.
- 5.11 IRB and related equipment shall be washed in fresh water before being stored.
- 5.12 The Board of Management shall be responsible for the disposal of surplus club equipment or assets and it shall be done in the most advantageous method for the Club. These items will then be recorded as disposed of and removed from the asset register.

6. PATROL BY-LAWS

- 6.1 The primary beach area under the Club's control is bounded by Forrest Street breakwater in the north and the Fitzgerald Street groyne in the south. This area is known as Champion Beach located in Champion Bay, Geraldton.
- 6.2 The Club shall maintain such Patrols as determined in the Club's Patrol contract, and in accordance with the Club's Constitution and By-laws.
- 6.3 Unless otherwise provided for, all members must perform Patrol duties in accordance with the Club Constitution, By-laws and the Rules of the Association. The Board shall have the power to grant exemption from Patrols in accordance with the Club Constitution, By-laws and the Rules of the Association.
- 6.4 All Active and Active Reserve members shall pass the annual proficiency test as set down by Surf Life Saving Australia Limited. Failure to pass the annual proficiency test may lead to cancellation of membership.
- 6.5 Patrol members shall wear the distinctive patrol cap and when appropriate, other apparel which distinguishes the member as being on duty and approved under the Rules of the Association.
- 6.6 Patrol members shall be ready to commence duty fifteen minutes before the appointed hour and are under the direction and control of the Patrol Captain at all times whilst on Patrol.
- 6.7 The first Patrol on duty each day shall ensure that all patrol equipment is placed in the appropriate position on the beach. The last patrol on duty shall ensure that all patrol equipment is washed if appropriate and correctly stored.
- 6.8 Patrol members shall immediately report any damage to equipment to the Patrol Captain. The Patrol Captain shall ensure that all damage is recorded in the appropriate log(s), and that the Gear and Maintenance Officer is informed.

7. CHAMPION BAY SURF LIFE SAVING CLUB POLICIES

The club will realise and amend club policies from time to time to clarify its position on various issues. All policies will be in writing and displayed in a prominent location within the club rooms and available to all members on the clubs web site.

These will include but not be limited to:

- 7.1 Code of conduct policy

- 7.2 Healthy club policy
- 7.3 Sun protection policy
- 7.4 Smoke free policy
- 7.5 Sport Safe Policy
- 7.6 Non discrimination policy
- 7.7 Environmental policy
- 7.8 Drug and alcohol policy
- 7.9 Occupational health and safety policy
- 7.10 Photography policy
- 7.11 Junior member policy
- 7.12 Commercial activity policy
- 7.13 Sponsorship policy

HEALTHY CLUB POLICY

Champion Bay Surf Life Saving Club will promote healthy behaviour and ensure that it provides a healthy and safe environment for active members, coaches, officials and spectators as well as providing healthy role models for junior members.

Healthy food choices to be offered to members.

Sausage Sizzle – Choose lower fat variety of sausages. No spread on bread. Use a grill with no oil for cooking.

Breakfast to be provided on camps/carnivals – offer high-fibre cereals, include fresh fruits with a choice of milks including low fat.

Drinking water and disposable cups to be available through all Club activities and available in the patrol tower at all times.

Encourage physical activities for parents and friends through social swim and fun activities.

“Healthy Food = Healthy Bodies!”

SUN PROTECTION POLICY

“BE SUN SMART”

- B** Be sure to stay in the SHADE when possible
- E** Especially between 10.30am and 2.30pm when UVR is the strongest. UVR can reflect off the sand and water. Remember slip, slop, slap even when you’re in the shade.
- S** Slap on a sunsmart HAT.
- U** Unfortunately a baseball cap does not give the best protection; unless it has a flap at the back of the neck. Better still, wear a broad brimmed hat that will protect your ears and neck.
- N** Need to drink plenty of fluids so you don’t dehydrate.
- S** Slip on a SHIRT.
- M** Make sure it is one with longer sleeves and has a high neck or a collar.

- A** Apply SUNSCREEN that is a 15+ or higher. Don't forget to apply it 15-20 minutes before you go in the sun. Put lot's on and don't rub in completely.
- R** Re-apply your sunscreen every 2 hours or more often if you are playing water sports. Don't forget the backs of your legs.
- T** Try wrapping some SUNGLASSES because the sun also damages you eyes. Choose ones that are close fitting.

SMOKE-FREE POLICY

Champion Bay Surf Life Saving Club (Inc) recognises that passive smoking is hazardous to health and that non-smokers should be protected from the involuntary inhalation of tobacco smoke.

Accordingly, the following policy applies to all areas and activities organised by the Champion Bay Surf Life Saving Club Inc. This policy applies to all members and visitors of the Champion Bay Surf Life Saving Club Inc.

Non-smoking areas

All functions held at Champion Bay Surf Life Saving Club Inc will be smoke-free. Appropriate "no-smoking" signs will be displayed at these functions.

Enforcement

This policy will be enforced by members of the Board of Management and Club Officers. If the policy is not adhered to, management will take action against the person. In the first instance, that person will be warned and reminded of the policy, and in the second and subsequent instances the matter will be referred to the Board of Management for consideration and disciplinary action. Anyone wanting to discuss any aspect of this policy is invited to contact the Director of Administration.

SPORT SAFE POLICY

- S** Start warm, warm up and stretch before activities. Incorporate into Junior and Senior Activities. Make sure you always warm up to give your muscles a chance to get ready for action! – make sure you also cool down after activities to help with your body's recovery.
- P** Protect yourself – Use the Club long sleeve rash shirts, water safety shirts, IRB vests. Encourage swimmers to wear racing bathers. For best protection, ensure that the protective gear fits well.
- O** Only you can make sure that you're fit to play! Ensure that you keep up your training routine because fitness reduces injuries.
- R** Reduce the risk of injury by wearing the appropriate clothing for the activity and conditions.
- T** Treating injuries. Make activity areas safe and reduce the risk of injury. Sprains, strains and bruises can be minimised if you remember RICER. (REST, ICE, COMPRESSION, ELEVATE AND REFER)

- S** Slip, slop, slap, wrap – REMEMBER to protect yourself from the sun no matter what you are doing.
- A** Are you thirsty/even if you don't feel thirsty make sure that you drink plenty of fluids before, during and after your activity.
- F** Fun! Make sure you are having fun, meet new people and enjoy the environment.
- E** Education is the key to injury prevention! Ensure that you have accredited coaches, first aiders present at competition and training sessions to treat injuries if they occur.

8. CLUB AWARDS

Junior Champion Lifesaver Award (Under 8 to Under 14)

Criteria: Points awarded to each child for weekly participation in all four parts of the junior activities program. ie. leadership, recreation, sport and surf education.

Junior Surf Sport Award (Under 8 to Under 14)

Criteria: Points awarded for places in flags, beach sprint, swim, wade and boards in the three surfsports round.

Junior Perpetual trophies:

Junior Life Saver of the Year Award

Criteria: Outstanding Junior across recreation, leadership, sport and surf education.

Junior Leadership Award

Criteria: Displays outstanding leadership qualities.

Best Club member

Criteria: Contributes to the development and furtherment of Broadwater Bay SLSC, makes a difference, consistent, team player, reliable and hardworking. The Best Club member shall be selected via member nominations.

Best Patrol member

Criteria: Dedicated to providing an efficient service to the community. Is supportive, a team player, consistent, wears patrol uniform. The Best Patrol member shall be selected via patrol member nominations.

9. INTRA CLUB COMPETITION AWARDS

Club Champion Award:

This event will be conducted on one (1) weekend and involve participants competing in up to six individual races. The weekend will be ratified by the Board of Management and published in an event calendar.

The races will include:

- Surf Race
- Beach Sprint
- Beach Flags

Board Race
Ski Race (Not applicable for Under 16's)
Rescue Tube Race

and these races will be run in accordance with the most current competition manual as published by Surf Life Saving Australia. Heats will be conducted where insufficient equipment is available for all competitors wishing to start an event.

Each competitor who starts and completes the course in accordance with the current Competition Manual will be awarded one point, with points allocated thereafter on the following basis:

1 st	6 points
2 nd	5 points
3 rd	4 points
4 th	3 points
5 th	2 points
6 th	1 point

The maximum points that can be awarded to any one competitor is 42 points, being six starts for six wins. The least number of points that can be awarded for a competitor participating in all events but failing to finish any of those events among the top six(6) places is seven (7) points. In the event of a tie in any one event, each competitor will share the same number of points ie. two competitors finishing equal first will be awarded six points each plus one point for participation. The next competitor to finish will be awarded four points plus one point for participation. In the event of a tie for the overall point score, joint winners will be declared.

The event will be run in six categories, subject to a sufficient number of competitors in each category. They being:

- Open Men's
- Open Women's
- Under 19 Men's
- Under 19 Women's
- Under 16 Men's
- Under 16 Women's

Competition criteria and guidelines:

The order of events will be drawn on the day of the competition. Where the Club as opposed to an individual competitor owns equipment resources, a draw will be conducted to determine the use of equipment.

Only proficient, financial members are eligible to compete.

Two starters is the minimum number of competitors required to conduct an event.

Three starters is the minimum number of competitors required to contest a category.

If there are less than two competitors in any category, a competitor can move up into a higher category, however, they are then competing in that category ie. an under 19 competitor competing in the Open division is competing for the Open division championship.

If an under 16 or under 19 competitor wishes to compete in categories other than their own division, they may do so, however, each category will still be contested as a separate event ie. if an under 16 or under 19 competitor wishes to compete in categories other than their own division, for each event an under 16, under 19 and open event will be contested as is the case in State and National competition.

At the discretion of the Club President or Director of Life Saving, a member who is both proficient and financial, may be deemed ineligible for competition if they have not satisfied the Club's policy in respect to patrol hours.

The winner(s) of each category be presented with a perpetual trophy at the Annual Awards Dinner.

That the name of the Honour Board in all categories be known as the 'Silver' Trophy in recognition of the Club's first President Debra Silver.

Club Ironman Award:

This event will be conducted on one(1) weekend and involve participants competing over a course which shall include a swim leg, a board leg, a ski leg and finish with a beach sprint leg. The weekend will be ratified by the Board of Management and published in an event calendar.

This race will be run in accordance with the most current Competition Manual as published by Surf Life Saving Australia. Heats will be conducted where insufficient equipment is available for all competitors wishing to start this event. In the event of a tie joint winners will be declared.

The event will be run in six categories, subject to a sufficient number of competitors in each category. They being:

- Open Men's
- Open Women's
- Under 19 Men's
- Under 19 Women's
- Under 16 Men's (no ski leg)
- Under 16 Women's (no ski leg)

Competition criteria and guidelines:

- The order of legs will be drawn on the day of the competition.
- Where the Club as opposed to an individual competitor owns equipment resources, a draw will be conducted to determine the use of equipment.
- A handler is permitted for each competitor. The competitor's handler can cause disqualification to a competitor for inappropriate intervention in a race.
- Only proficient, financial members are eligible to compete.
- Three starters is the minimum number of competitors required to contest an age category.
- If there are less than two competitors in any category, a competitor can move up into a higher category, however, they are then competing in that category ie. an under 19 competitor competing in the Open division is competing for the Open division championship.
- If an Under 16 or Under 19 competitor wishes to compete in categories other than their own division, they may do so, however, each category will still be contested as a separate event ie. if an under 16 or under 19 competitor wishes to compete in categories other than their own division, for each event an under 16, under 19 and open event will be contested as is the case in State and National competition.

- At the discretion of the Club President or Director of Life Saving, a member who is both proficient and financial, may be deemed ineligible for competition if they have not satisfied the Club's policy in respect to patrol hours.
- The winner(s) of each category be presented with a perpetual trophy at the Annual Awards.

That the name of the trophy in all categories be known as the 'Nelson' Cup in recognition of the achievements of Broadwater Bay Surf Life Saving Club member Peter Nelson in winning ten Ironman Championships whilst a member at the Geraldton Surf Life Saving Club.

Club Champion Life Saver Award:

This event will be conducted on one (1) weekend and provides participants an opportunity to demonstrate in a competitive manner the physical, life saving and knowledge skills required of a Surf Life Saver. The weekend will be ratified by the Management Committee, and published in an event calendar.

This race will be run in accordance with the most current Competition Manual as published by Surf Life Saving Australia. Heats will be conducted where insufficient equipment is available for all competitors wishing to start this event. In the event of a tie joint winners will be declared.

The event will be run in four categories, subject to a sufficient number of competitors in each category. They being:

- Open Men's
- Open Women's
- Under 19 Men's
- Under 19 Women's

Competition criteria and guidelines:

Where possible, a suitable person from outside of the Club conducts the running of the event and determines both the order of events and place of events.

Where the Club as opposed to an individual competitor owns equipment resources, a draw will be conducted to determine the use of equipment.

Only proficient, financial members are eligible to compete.

Three starters is the minimum number of competitors required to contest a category.

If there are less than two competitors in any category, a competitor can move up into a higher category, however, they are then competing in that category ie. an under 19 competitor competing in the Open division is competing for the Open division Championship.

If an under 19 competitor wishes to compete in categories other than their own division, they may do so, however, each category will still be contested as a separate event ie. if an under 19 competitor wishes to compete in categories other than their own division, for each event an under 19 and open event will be contested as is the case in State and National competition.

An under 19 competitor with a Bronze Medallion may compete in the under 19 or open division.

At the discretion of the Club President or Director of Lifesaving, a member who is both proficient and financial, may be deemed ineligible for competition if they have not satisfied the Club's policy in respect to patrol hours.

The winner(s) of each category be presented with a perpetual Trophy at the Annual Awards.