

The GunnShot #60

The 60th edition



23 March 2023

From: David Stogdale – President of Gunnamatta SLSC

This week's GunnShot has:

1. Patrols this weekend
2. Our (heading towards) end of season - Lawn Bowls night 1st April at Sorrento
3. Car park works...continue...Still....
4. Looking for A new Club Membership Registrar
5. Mornington Peninsula Fun Run 30th April – Gunnamatta team
6. Reminder to claim expenses
7. SOP 1.09 – Lightning procedures
8. New Training courses on MT from Anywhere
9. Public Safety Aquatic Rescue; Ch 9 – Spinal Management
10. Patrol times reminder
11. Club Calendar – use the link to view it in real time.

Patrols this weekend - Saturday 25th March & Sunday 26th March

Saturday 25th March – Young Gunns; Arrive 12.30pm for 1pm start. Patrol ends 4.30pm.

Sunday 26th March – HellFish; Arrive 9.30am for 10am start. Patrol ends 4.30pm

Our (heading towards) end of season – Lawn Bowls at Sorrento - 5.30pm Saturday 1st April

ITS ALMOST END OF THE SEASON!!

Although not quite the end of the season yet, we start the wind down by having lawn bowls at Sorrento Bowls - a great location and delightful atmosphere.

Details:

- Saturday 1st April
- Starting at 5.30pm
- Sorrento Bowling Club, enter off Hotham Road (Football ground access gate and then follow to the Bowling Club – lots of parking
- Barefoot bowls
- No cover charges.



Have a night of fun and laughter and reminisce on what a great season we've had! Join in and have a few games/competitions in lawn bowls.

- **Bowling club bar will be open supplying a host of beverages.**
- **Lots of hot and cold nibbles on us.**

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Car Park works continue

Works continue at the Gunnamatta Main car park

There is now a second gate that accesses the main car park. It has a combination lock on it. The Combination is the same as the other temporary lock at the Club car park.

Therefore, if you are going to arrive early for patrol or indeed need to access the area for any other reason please ensure that you have the combination details. All patrol leaders have this information.

As previously advised, we anticipate that the public will be parking in the first car park where there will be signage directing the public to the main beach patrol area.

Members who park inside the Club car park, should use the areas near the rubbish bin and also only the area on the side close to the Toilet block in the main club car park area.

Please avoid parking anywhere near the plant and equipment that will be parked inside the Club car park.

These works have taken years to arrange and it is a material benefit for the Club to have this work done. Therefore, we are pleased to provide space for the plant and equipment to be parked when not being used by the contractor.

While these works do create a bit of inconvenience, we are pleased that Parks Victoria has been able to arrange these works. It should provide a much better overall visitor experience.

Looking for a new Club Membership Registrar

The Club is looking to have a member join our team to support the administration of membership registration and renewals.

The role is one that is primarily a short term (but concentrated) role that manages the renewals of membership - via the SLSA Member area portal and cross references to the SLSA Membership system, called Surfguard.

We are seeking expressions of interest from individuals who may be able to provide us with the support required here in order to be prepared for next season's membership renewal process that will commence in August / September.

The role is one that is important. The role is not an elected Committee position, but the Registrar will usually attend some of the Committee meetings in the period towards the end the calendar year and perhaps in January once renewals and new memberships are finalised.

For more information, please contact Club Secretary, Barry Williams via email on secretary@gunnamattaslc.com.au

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Mornington Peninsula Running Festival – Gunnamatta SLSC team

The Mornington Peninsula Running Festival is being held on Sunday 30th April and with a few of our members already interested we're planning on entering a Gunnamatta team (extended to friends and family also)!

If you are not already in our private Gunn event for the run/walk feel free to message [Gemma Cox](#) and we will add you 😊😊

There's something for everyone with a variety of distances to run or walk

- 1km kids dash (under 10 only)
- 5km run/walk
- 10km run/walk (8 years or older)
- 21.1km Half Marathon (16 yrs or older)

What to expect?

The event hosts scenic course, live music, electronic timing, pre run warm up. All finishers get a free medal & donut. Top 800 finishers get a beer too.

We will have a Gunnamatta marquee up on race day for everyone to be together. We are also looking into getting some Gunnamatta tops for our athletes and an end of run + end of patrolling season BBQ in the afternoon.

Entries are selling our fast! So we hope to enter our team ASAP.

If you're interested in running or

walking in this event sign up on the website (link attached below) and enter the code 'GSLSC' at checkout (I have a code option) which will put you in our team and gives you 10% off!

<https://endurancecui.active.com/.../81231232/select-race...>

Please also fill out the google form below to give us an idea of numbers etc and feel free to send it to your family and friends.

[https://docs.google.com/document/d/1ax-](https://docs.google.com/document/d/1ax-Kvg0VwF8hnn54HI0kO_QjThDETVFgtdC9gsDL6O8/edit?fbclid=IwAR0CCq8IQ3r9iw5EIJ9UK52_7Rk_bBh-EZx4eVHqf_EUn-BN7PYvqacqvbQ)

[Kvg0VwF8hnn54HI0kO_QjThDETVFgtdC9gsDL6O8/edit?fbclid=IwAR0CCq8IQ3r9iw5EIJ9UK52_7Rk_bBh-EZx4eVHqf_EUn-BN7PYvqacqvbQ](https://docs.google.com/document/d/1ax-Kvg0VwF8hnn54HI0kO_QjThDETVFgtdC9gsDL6O8/edit?fbclid=IwAR0CCq8IQ3r9iw5EIJ9UK52_7Rk_bBh-EZx4eVHqf_EUn-BN7PYvqacqvbQ)

https://instagram.com/gunnamattaslsc_?igshid=MjkzY2Y1TY=



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Reminder to claim expenses

As we move closer to the end of the financial year for the Club (end of April for us), there are many members that have paid for expenses but not claimed them back from the Club.

Claiming expenses is very important as it provides the Club with a far better picture of the real costs of running the various activities during the season. Send expense receipts to treasurer@gunnamattaslc.com.au

Some members claim the expenses they have incurred and then when reimbursed, make a donation (tax deductible) to the Club. This is an effective way to ensure that your generosity is at least partially offset. The Club will provide donation receipts to all donations made.

Lightning / Storm procedures (SOP 1.09)

Protection against lightning strikes

- With an approaching thunderstorm, taking into consideration the 30/30 rule, all persons should be advised to leave the water and clear the beach immediately.
- The Patrol Captain should remove the patrol flags and close the beach.
- The patrol should retire to the shelter of the clubrooms or a "hard top" vehicle or building and maintain a surveillance lookout from there
- Small structures, patrol shelters, fabric tents and isolated small groups of trees should be avoided.
- If in the open and unable to find shelter, crouch down (individually), preferably in a hollow, feet together and remove metal objects from head and body. Do not lie down but try to avoid being the highest object in the vicinity.
- If swimming, surfing, or on a vessel, leave the water immediately and seek shelter.
- In the event of a competition carnival or special event, arrangements will be made by the organisers to delay the event until the danger has passed and to move all people to a safe location.

The 30/30 Rule

• The 30/30 Rule is recommended for lightning safety in the Australian Standard on Lightning Protection. The rule is designed to provide guidance on the suspension and resumption of activities in an outdoor environment. It sets out the following principals:

Close Beach:

• Where the flash (Lightning) to bang (Thunder) count is 30 seconds or less, indicating that the lightning is 10km away. (time divided by three refer definition below) This is associated with significant risk that the strike could be at the patrol arena.

Open Beach:

• Where 30 minutes has passed since the last sighting of Lightning, a typical storm travels at about 40 km/h. Waiting 30 minutes allows the thunderstorm to be approximately 20km away.

Protection against lightning strikes – indoors

• Avoid the use of landlines, base station radios, computers and other electrical equipment. If emergency calls are required, keep them brief

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New Training courses at LSV and other Clubs.

Each week we will continue to highlight eh many courses that are on the agenda from LSV (at State Centre – Port Melbourne) and at other Clubs. All of these courses are on the Member Training from Anywhere portal

Our Club goal is to have over 50% of our patrollers holding current First Aid and Advanced Resus qualifications before the start of next season.

Date	Location	Course
15 April 2023	LSV State Centre	ART & First Aid – ARTFA
13, 15, 22,23 April 2023	Elwood LSC	Silver Medallion IRB Driver
13,16,22,23 April 2023	Elwood LSC	IRB Crew
22-23 April 2023	LSV State Centre	Training Officer Certificate
29 th April 2023	Gunnamatta SLSC	Side by Side veh operator (upgrade and for new holders)
06 May 2023	LSV State Centre	ART & First Aid – ARTFA
13-14 May 2023	LSV State Centre	Training Officers Certificate
20 May 2023	LSV State Centre	ART & First Aid - ARTFA
03 June 2023	LSV State Centre	ART & First Aid - ARTFA
17 June 2023	LSV State Centre	ART & First Aid - ARTFA
17-18 June 2023	Club Location TBA	Training Officers Certificate
26-27 June 2023	LSV State Centre	Training Officers Certificate (Monday & Tuesday)

All of these courses are open now. If you wish to attend one of the Training Officer courses please give me a call and we can discuss. The Club will run SSV courses at the end of the season for those that need to upskill to the new qualification. SRC's are eligible to attend ART/FA courses. NON patrolling Members (Nipper parents) may also attend these courses.

In order to check your qualifications, go to your individual member account inside the SLSA Members portal and search your qualifications. It will show you your current qualifications and your last proficiency date.

While you are there, check that your Skills Maintenance has been updated. Your proficiency and expiry for Bronze Medallion should be there. If it looks as though it has not been updated, please let us know via email:

training@gunnamattaslsc.com.au

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Public Safety Aquatic Rescue Chapters – this week Ch 9, Spinal management

Chapter 9 – Spinal Management

https://drive.google.com/file/d/19sL-RTe1-D5Vk06PvhnR8pzxMleknXe6/view?usp=share_link

Chapter 7 - Emergency Care

https://drive.google.com/file/d/1sDdu2KuF4BAghCxWwwqi_EaaU3kXdWNI/view?usp=share_link

Chapter 6 – Resuscitation

https://drive.google.com/file/d/1A1FpTEzVKE1SipAnvwT8DEBK5wors51P/view?usp=share_link

Chapter 5 - Rescue

https://drive.google.com/file/d/1i_meoKnTwLRCvfJD82ErNN0fA0SjA6uY/view?usp=sharing

Chapter 4 - Surf Awareness

https://drive.google.com/file/d/1j04ec1zE2V806V_6XiSmJ-o9twULoSiz/view?usp=share_link

Look each week to see a new chapter.

These chapters are provided so that patrollers can remind themselves of the key features of the technical aspects that are tested when the LSV assessors attend for a patrol check.

Each week we will provide another chapter to assist all when it comes time for a patrol check.

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Patrol times Reminder:

Post peak season dates: 27th of February- 25th of April.

Saturday post season 1:00pm flags up - 4:30 flags down

Sunday (and public holidays) post season 10:00am flags up - 4:30 flags down

Always aim to be there at least half an hour (30 minutes) before flags up to set up for patrol.

Club Calendar – go to the soft copy for ALL the information.

Go to this link:

https://docs.google.com/spreadsheets/d/1D2M73ZDfHvZZ_CjGRYYKk1E5c68Ho0PFpnMP60QTboQ/edit?usp=sharing

See All the patrol lists, Nipper dates, Training Schedule, Social Calendar, Sport team dates and of course the whole season dates. This is in a spreadsheet format and will be updated as needs be. We will advise of updates, but you should copy the link into your device and keep it handy.

To see the hard copy of the Club Calendar – go to the face book page or Team App.



See you soon,

**David Stogdale
President**

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