

Chiton Rocks SLSC

Newsletter

November, 2023

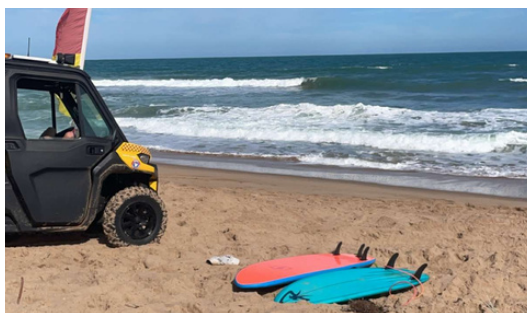
Seeking Some Help

A huge thank you to Blue Patrol kicking off the first patrol! This season we are looking for any Bronze Medallion holders from other clubs in SA to help with patrols and water cover during our Nippers sessions. In return, you will receive free access to our accommodation for a weekend. If you would like to help us out or have any queries feel free to send us an email at chitonrocks@gmail.com!



Final Proficiency Reminder!

A reminder that the final proficiency session will be held on **18/11/2023**! This proficiency session will include **IRBC, IRBD, ART, BM, and SMAR**. Please remember to have your online theory completed before attending.



CHITON ROCKS SLSC

LOT 440 Hindmarsh Esplanade, Hayborough SA 5211

www.chitonrocks.com | Follow Us!  

IMPORTANT DATES

- **SLSA Awards Of Excellence**
04/11/2023
- **Nippers Session 2**
11/11/2023
- **IRBC, IRBD, ART, BM, SMAR Proficiency**
18/11/2023
- **SA Surf League @Chiton**
25/11/2023
- **Nippers Camp**
9/12/2023
- **16/17yo development camp**
11/12/2023 - 15/12/2023

The Chiton Rocks calendar is available on the Club website.

The calendar includes any upcoming events, programs, training and accommodation availability.

[CLUB CALENDAR](#)

The calendar for SLSSA can be found via the SLSSA website

[SLSSA CALENDAR](#)



FOR THE CALENDAR

CRSLSC

NEWSLETTER

November 2023

Nippers Dates

- Nippers Session 2 Encounter Lakes** - 11/11/2023
- Nippers Session 3 Chiton Rocks** - 25/11/2023
- Nippers Session 4 Chiton Rocks** - 09/12/2023
- Nippers Camp** - 09/12/2023
- Nippers Session 5 Surfing @Middleton** - 06/01/2024
- Nippers Session 6 Chiton Rocks** - 20/01/2024
- Nippers Session 7 Surfing @Middleton** 03/02/2024
- Nippers Session 8 Chiton Rocks** - 17/02/2024
- Nippers Session 9 Chiton Rocks** - 02/03/2024
- Nippers Session 10 Chiton Rocks** - 16/03/2024
- Nippers Fun Day and Presentations** - 16/03/2024

Important Dates

- Patrol Season** - 07/10/2023 - 01/04/2024
- SLSA AOE** - 04/11/2023
- Nippers Session 2 Encounter Lakes** - 11/11/2023
- Final Proficiency** - 18/11/2023
- SA Surf League @Chiton** - 25/11/2023
- 16/17yo Youth Development Camp**
- 11/12/2023 - 15/12/2023

Comp and Carnival Dates

Chiton Comps

Club Champs - 24/02/2024

ASRL Carnivals

- Carnival 1** - 19/11/2023
- Carnival 2** - 02/12/2023
- Carnival 3** - 07/01/2024
- Carnival 4** - 14/01/2024

Masters

- State Champs Day 1** - 09/03/2024
- State Champs Day 2** - 10/03/2024

Senior Carnivals

- Carnival 1** - 05/11/2023
- Carnival 2** - 10/12/2023
- Carnival 3** - 28/01/2024
- State Champs Day 1** - 22/03/2024
- State Champs Day 2** - 23/03/2024
- State Champs Day 3** - 24/03/2024

Aussies

13/04/2024 - 21/04/2024

SA Surf League

- Day 1** - 25/11/2023
- Day 2** - 26/11/2023

Upcoming Bronze/SRC Courses

There are many upcoming Bronze and SRC courses this season. If you are interested you are able to enrol via the [courses portal](#) on the SLSSA website. If you have any questions or queries feel free to contact William, Chief instructor at training@chitonrocks.com

The SRC course is designed for young adults aged 13-17 who are interested in becoming a Surf Lifesaver. The course covers a range of skills including beach safety, rescue techniques, first aid and communication.

The Bronze Medallion is a core award for being a Surf Lifesaver. This is aimed at individuals aged 15 and above. This comprehensive course covers all aspects of surf lifesaving including CPR, rescue techniques, signals and patrol operations.

Enrolments for the Bronze course are available via https://surflifesavingscourses.com/course-details/?course_id=105384&course_type=w

Enrolments for the SRC course are available via https://surflifesavingscourses.com/course-details/?course_id=96912&course_type=w

Club Achievements

SLSSA Boardriding State Titles

A huge congratulations to Simon McLean who achieved 1st place in both the Open Male Malibu Long Board Riding and the 40 Years & over Male Malibu Long Board Riding in this year's State titles. An honourable mention to Nick Davis and Hugh Mahoney who both competed in the U19s Shortboard comp, unfortunately they both got 4th place in there heats Nick missing out just by 1.77 points and Hugh by just 5 points.

National Awards of Excellence - Surf Lifesaver of the Year Nominee

At this year's State AOE for SA, William Piper-Bamber was nominated and received Surf Lifesaver of the Year for South Australia, As a result, this made William a finalist for the National Surf Lifesaver of the Year. While unfortunately, William did not receive it this year his nomination itself shows his commitment, skills and devotion to Surf Lifesaving. Well done William. Read about Williams nomination here <https://sls.com.au/aoe/2023-program/lifesaving-and-dhl-awards/>

National Awards of Excellence - Meritorious Awards

At the beginning of this year Aaron and Lindy Lewis, Nick Davis, Hugh Mahoney, Dan Garlik, Kym Pedler, Lucas Garlik, and William Piper-Bamber completed an out-of-hours rescue, in result this led them to be nominated and receive a Meritorious Award for bravery in this year's National Awards of Excellence.

Read about their rescue here

<https://sls.com.au/aoe/2023-program/meritorious-awards-2/>

BEACH SAFETY

CRSLSC NEWSLETTER

November 2023

Tips To Stay Safe At The Beach

As the warmer months approach us more people will be starting to come to the beach. It is important everyone knows what to do if they find themselves in danger.

Avoiding Rips

Rips are one of the most common hazards on Australian beaches. Knowing how to identify one and what to do if you find yourself in one is key to staying safe. Rips are complex and can appear quickly, change shape, location and can often be hard to identify. Things to look out for are;

- Deeper/Darker water
- Fewer breaking waves
- Sandy-coloured water with debris such as seaweed in it
- Significant water movement

What to do if you're in a rip

1. Relax - It is important to stay calm to preserve energy
 2. Raise - Raise your arm and ball your fist to attract attention to lifeguards/lifesavers
- NEVER try to swim against a rip current instead try to swim parallel to the beach.

Swim Between The Flags

The best way to stay safe at the beach is to swim between the flags. Between the flags is an area constantly supervised by lifesavers and has been assessed as the safest place to swim.

Stay Sun Safe

Be SunSmart remember to slip, slop, slap, seek, slide. Slip on a shirt, slop on 30+ sunscreen, slap on a brimmed hat, seek shade, and slide on sunglasses. Remember to reapply sunscreen every two hours and after swimming!

Click the link below for more tips from Surf Lifesavers!

<https://www.surflifesavingsa.com.au/lifesavers-safety-tips>



Click the photos for more information!

b.

Monthly Sponsorship Thanks

A huge thank you to Deb and her team from Boylan Lawyers for their generous legal support and discounted legal fees. We are truly grateful for everything they have done! Be sure to check out the flyer below for their contact information or alternatively check out their website by clicking the link below.



**VICTOR HARBOR OFFICE IS NOW AT
14 VICTORIA STREET, VICTOR HARBOR**

HOW CAN WE HELP YOU AND YOUR FAMILY?

We can help you, your family or friends in many areas of law. If you have a query then just ask. We offer a free 30 minute consultation with an experienced lawyer.

Conveyancing If you are selling, purchasing or transferring a property, Boylan Lawyers can assist you with your conveyancing needs. We have been continuously serving conveyancing clients for over 100 years!

Estate Planning and Disputes Everyone needs an estate plan. No matter how small or complex your estate may be, with over 70+ years of experience in estate law, we have the expertise to assist you. Have you been unexpectedly left out of a Will? Let us help you in successfully contesting that Estate.

Estate Administration Have you lost a loved one? Estate administration can be complex to work through in times when emotions run high. Our highly organised estate team are available to assist in all aspects of estate administration alleviating the stress that executors face.

Hearing Loss Do you have hearing loss? Have you worked in noise? You may be entitled to receive hearing aids for life and lump sum compensation. Speak to our specialist team today and we will guide you through the process on a no win, no fee basis!

Family Law We provide personal advice in relation to all your potential family law needs. This includes property agreements such as consent orders and binding financial agreements, parenting arrangements, spousal maintenance and divorce. If you, a family member or a friend need assistance, please call us for a free initial consult.

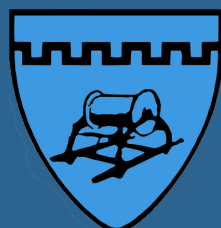
Injury Law We can help you navigate unexpected accidents, specialising in injury law like worker's compensation, motor accidents, and more. No win, no fee. Contact us for a free consultation.

Speak with us today (08) 8632 2777 or visit us in Adelaide, Port Augusta, Port Pirie, Strathalbyn or Victor Harbor

<https://boylanlawyers.com.au/>



For More Info or Submissions :
chitonrocks@gmail.com



Chiton Rocks Surf Life Saving Club Inc. Est. 1957