

SORRENTO SLSC



MEMBERSHIP HANDBOOK

About Sorrento SLSC

Sorrento SLSC focuses on providing a safe beach environment while valuing families and excelling in competition.

Beach Safety
Family
Competition

The primary role of the Sorrento Surf Life Saving Club (SOSLSC) is to patrol the beaches and maintain a safe environment for the public.

To do achieve this Sorrento Surf Lifesaving Club relies on its members for support. If you would like to become a Surf Lifesaver there are many areas in the Club that you can be involved with.

Information on this website aims to help you in selecting the area you would like to put your time into and also provide an overview of how the Club operates.

Club Staff, Board of Management and the proud members of Sorrento Surf Club are always willing to answer any questions, so please feel free to talk to them.





JUNIORS

Sorrento Surf Club is a family-based club that values the junior members as the future of the club.

The junior program is based upon the development of youth within the club as future active patrolling members and training for those wanting to participate in the competition. The strength in maintaining the junior program is the active participation of parents who contribute to activities ranging from water safety to competition officials.

The Sorrento SLSC Junior Program aims to:

- Develop surf awareness
- Increase confidence and skills in beach-related activities
- Offer training to those wanting to pursue competition or awards
- Instill and reinforce Sun Smart philosophies
- Encourage enjoyable and healthy participation
- Progress the members towards surf awards for relevant age groups
- Promote a positive, non-threatening environment

We have a junior handbook where you can find all the junior program information and age groups on our club website

www.soslsc.com

YOUTH

Youth are members aged from 13 to 18 years of age. Youth fall under the following four age groups.

U14s, U15s, U17s, U19s

Last season Sorrento had 361 Active Youth Members

The Youth program is vital to the future of our club. It helps develop the hand on surf lifesaving skills of young members and provide a transition and bridge the gap between the nipper and senior lifesaving

Our culture is based on inclusivity across our youth age groups, respect, mateship, and participation at all levels. We seek to provide an environment that is safe and supports our youth, challenges them no matter what their skill, competency or fitness level is.

The main objectives of our Youth Program are:

Lifesaving, Surf Sports / Competition, Camaraderie, Health/ Fitness

SENIORS

An Active 18 years and over' member is considered a full member. Active 18 years can enjoy full voting rights, compete in SLSWA/SLSA competitions and can enjoy full access to the Club facilities including the gymnasium and club equipment, training programs and coaching services for specific disciplines.

Active 18 years members must meet the following minimum requirements:

Must hold a current Bronze Medallion Certification (or intend to gain qualification in the immediate future) in the season. Attend rostered patrols during the season as required. Will be expected to re-qualify or refresh for their Bronze award prior to 31 December each year.

Sorrento SLSC is open for membership for adults all year round.



MEMBERSHIPS

DOLPHINS PROGRAM

Sorrento Surf Life Saving Club WA is dedicated to being an inclusive organisation, and is committed to providing a safe environment for all who choose to participate in surf lifesaving activities.

The Dolphin Program was created by members of Sorrento Surf Life Saving Club who had family members with a disability; it provides an opportunity to join a group within the surf club with an emphasis on fun while maintaining strong club feelings and loyalty.

Coordinated and supervised by qualified Sorrento Surf Life Saving volunteers.

Opportunities include; swimming, fitness, board skills, life saving knowledge, beach activities, surf awareness, teamwork and community education and importantly social interaction.

Sessions: Saturdays from 9:30 -11:00 am.

SILVER SALTIES

Sorrento Silver Salties is a physical and social connection initiative for older Australians. At Sorrento, we are trying to promote physical activity and social connections for older Australians (65yrs+ however all ages are welcome)

Our program is open to anyone and is a FREE, friendly, safe, social and fun program for all older Australian's.

Programs we are offering for 2021

- First Aid Sessions
- Beach Fitness
- Beach Surf Sports
- Walking
- Swimming
- Volunteering

SOCIAL MEMBERS

Sorrento is a relatively safe beach located on the north coast on Perth, south of the Hillarys Boat Harbour. All patrolling members (members who have completed a Bronze Medallion and are currently patrolling at the Club) have full access to the gym, showers and club equipment.

Social members are most welcome and this allows members the opportunity to participate in club functions. The Club hosts a variety of major social functions throughout the year and friends and families are always welcome.

Social memberships include:
Occasional Helpers
Age managers
Competition Officials
Education Awards
Club Committees
Club Executive Committee

MEMBERSHIPS

SURF RESCUE CERTIFICATE

This course provides participants with skills and knowledge of surf awareness, aquatic rescue operations and resuscitation in order to participate in lifesaving operations and act in the role of Water Safety Personnel. Training will involve surf awareness, basic first aid, basic resuscitation, surf skills, rescue techniques and patrols.

Requirements

13 years of age by the date of assesment

Complete an unaided swim of 200 m in 5 minutes or less (goggle permitted) in a swimming pool no less than 25 m, or over a measured open water course which will be observed prior to you undertaking any water training or assessment activities.

Valid one year from date of course. Requals sessions will be provided each year by the club.



EDUCATION

BRONZE MEDALLION

The Bronze Medallion course provides participants with the skills and knowledge in order to be able to participate in Surf Life Saving patrol operations. This is the core award to be a surf lifesaver in Australia.

Training in surf awareness, survival, patrol and rescue procedures, emergency care, anatomy and physiology.

Requirements

15 years of age by the date of assesment

Complete an unaided swim of 400 m in 9 minutes or less (goggle permitted) in a swimming pool no less than 25 m, or over a measured open water course which will be observed prior to you undertaking any water training or assessment activities.

Valid one year from date of course. Requals sessions will be provided each year by the club.

OTHER COURSES

- Provide First Aid
- IRB Crew Course
- IRB Driver Course
- Rescue Water Craft Operator
- Patrol Captain
- Spinal Management
- Advanced Resuscitation Certificate

Life Saving

Surf lifesavers are Australians for life. A surf lifesaver is a trained volunteer that patrols our beaches on the weekends. They undertake a number of roles including aquatic rescues, providing first aid and emergency care and providing surf safety information to the public. Becoming a surf lifesaver is satisfying, fun and rewarding. You can lead a fit and healthy lifestyle, become trained in aquatic safety skills, make new mates, compete in surf sports, and give something back to your local community. You may also help save someone's life one day.

Patrols

Further information on patrols can be found by clicking onto the Patrol Tab. Members who are not allocated to a patrol should contact the Patrol Officer via the office admin@sorrentoslsc.org.au or lifesavingdirector@sorrentoslsc.org.au who will then allocate you to a patrol group.

To be eligible for patrols, you must complete one of the awards below:

Surf Rescue Certificates

Bronze Medallion

First Aid

If you would like to do any of these courses please go to our Education page on our website.



Surf Sports

Surf Life Saving provides an amazing array of competition options and Sorrento SLSC is no exception. The different disciplines range from beach running, 'flags', board events, surf swimming, surf skis, IRB's and surf boats. Alongside this are the vital disciplines of Rescue and Resuscitation, know as R & R and First Aid and March Past competitions. This wide range provides all members of the Club with an opportunity to become involved in competition, especially as most disciplines are split into Under 14's, Under 15's, Under 17's, Under 19's, Open and Masters.

Coaching and training is conducted in the many disciplines throughout the season and Club swims, runs and other competitions are conducted within the Club on Saturday mornings. Visit each discipline page to review the specific schedule for that discipline.

Interclub competitions in various disciplines as well as multidiscipline carnivals are available for members to compete in throughout the season. We have detailed descriptions of each disciplines and what training sessions are offered on our website.

The Club Swim

Club events and points swims are held on Sundays.

We encourage all members to attend our Sunday morning sessions,
registration at 8.15 Swim at 8.30am



SORRENTO
SURF LIFE SAVING CLUB



Club Facilities



So Cafe

We have our very own cafe and bar here at Sorrento SLSC. Wednesday nights are our club nights and the bar and cafe is opened all year round on a Wednesday. Each member is welcome to sign 3 people in each so you can all enjoy the bar and cafe with amazing ocean views.

Serves Breakfast, dinner, coffee and drinks Takes

Opening Hours

Monday	6AM - 10AM
Wednesday	6AM - 10AM/5PM-8PM
Thursday	6AM - 10AM
Friday	6AM - 10AM
Saturday	6AM - 10AM
Sunday	7AM - 10AM

Function Hall

The Sorrento Surf Life Saving Club Hall/SoCafe is available for functions during the day and evenings, subject to availability.

Our members receive 20% off hall hire for private functions . Check out our function package on our website to see the full details and prices.

To check availability and make a booking please contact the Functions Manager on barmanager@sorrentoslsc.org.au

Uniform Shop

Our Uniform Shop is now online!! You can purchase your items 24/7!

Sunday's - 8am - 9am First Wednesday of every month - 6pm - 7pm

We are always looking for volunteers to help in the shop. If you know of any members who would like to volunteer their time in the uniform shop, please let the girls in the shop know.

To contact a member of the Clothing Shop Team email admin@sorrentoslsc.org.au

Social Media

Team App - Download our own team app here

www.teamapp.com

Official Facebook Page

Sorrento Surf Life Saving WA

Facebook Groups

Sorrento Surf Athletes

Sorrento SLSC - Youth Development

Sorrento SLSC - Patrols

Sorrento SLSC - Juniors

Instagram

[sorrentoslscwa](https://www.instagram.com/sorrentoslscwa)

Website

www.soslsc.com

Online Shop

www.sorrentosurflifesavingclub.teamapp.com/clubs/162891/store?_list=v1



