

2020 - 2021

# Club Handbook

Smiths Beach Surf Life Saving Club  
Handbook

2020 - 2021 Season



Updated September 2020

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## WELCOME & INTRODUCTION

A warm welcome to all returning and new members for the 2020 – 2021 season. As Smiths Beach Surf Life Saving Club enters its tenth season we are looking to build on both adult and junior participation in surf sports, lifesaving and the social fabric of the club, whilst continuing to raise the standard of our training and education outcomes.

Surf Life Saving is Australia's major water safety, drowning prevention and rescue authority and is the largest volunteer organisation in Australia. Our movement is a part of the history, framework, future and culture of this country. Surf Life Saving protects life, saves life and promotes the value of life.

We create a safe environment on, and around, our beaches through patrols and education and training programs—promoting a ‘can do’ attitude to life.

We hope you and your family will be active and enjoy the benefits of being members of this great club. If, at any time throughout the season you have a question, please feel free to approach any member of the board listed in this handbook.



*Club Photo 2019-2020 by Bianca Kate Photography*

## Mission, Vision and Values

### Mission

Smiths Beach Surf Life Saving Club shares Surf Life Saving Australia's (SLSA) mission to save lives, create great Australians and build better communities. Specifically, it is the Club's mission to be a respected, locally run club, providing lifesaving services and skills to the Dunsborough, Eagle Bay, Naturaliste & Yallingup localities in the City of Busselton.

### Vision

The Club's vision is to provide a club where its members can obtain essential first aid, water and beach safety skills that will be beneficial to the entire community and its tourists. It is a club where everyone will be able:

- To depend on the Club for water safety
- To have in their community
- To belong
- To be trained by
- To compete for and
- To support

The core values underpinning the club’s operations are a commitment to activities that are positive, inspirational, caring and inclusive.

**Club Values**

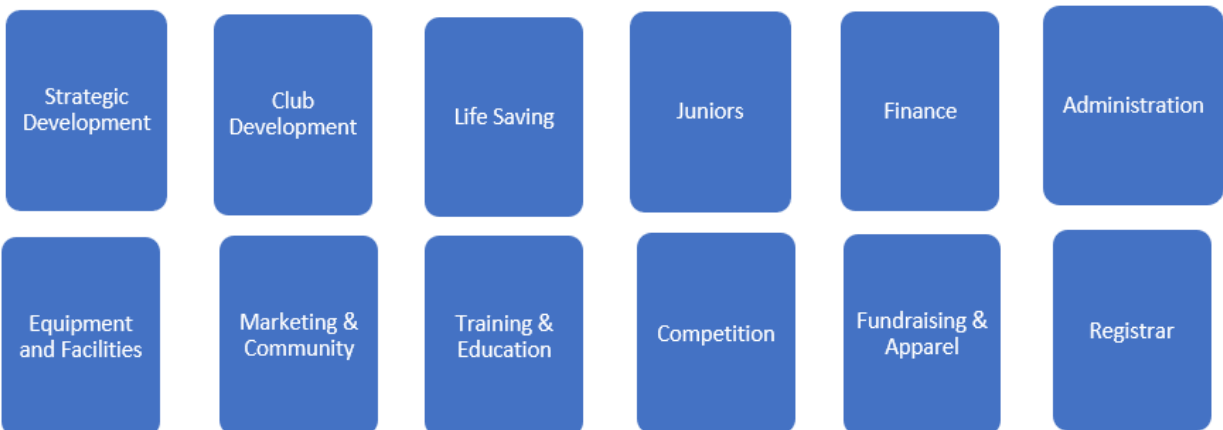
- Excellence in everything we do
- Communicate and involve all our stakeholders effectively
- Respect and value all individuals
- Encourage innovation and creativity
- To operate as a team
- Foster family values and a sense of belonging.

**Objectives**

- Provide a safer Smiths Beach.
- Create a positive Club environment.
- Provide social, recreational and sporting opportunities
- Positive engagement with the wider community
- Membership growth
- Organisational sustainability

**Committee Structure**

**Board of Management**



For the 2020 – 2021 Season, board positions are as follows:

- President – Keith Warrick [president@sbslsc.com.au](mailto:president@sbslsc.com.au)
- Vice President – Ray MacMillan [vicepresident@sbslsc.com.au](mailto:vicepresident@sbslsc.com.au)
- Director of Lifesaving – vacant
- Director of Finance – vacant
- Director of Administration – Carrie Davis [admin@sbslsc.com.au](mailto:admin@sbslsc.com.au)
- Director of Junior Sport – vacant

*\*Please get in touch if you are interested in a board position at any time*

## Woodside Nippers Aims and Objectives

The aims of the Smiths Beach SLSC Junior Program are to:

- Develop surf awareness
- Increase confidence and skills in beach-related activities
- Offer training to those wanting to pursue competition or awards
- Instil 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

## Age Groups

Age groups are set by SLSWA with all clubs sharing a common age group cut-off being 30<sup>th</sup> September, which determines the age group in which a child will participate throughout the season, regardless of having a birthday during the season. Where a child wishes to remain with a group of friends of a similar age, they will be able to join that age group, but, must compete in the age group of their birth year.

Coloured caps are used to identify the age groups and must be worn while involved in activities and training sessions. The caps are designed to:

- Help identify our nippers in the surf for their safety.
- Easy organisation and tracking of participants.
- Help familiarise members with wearing a cap, which they will when competing or patrolling.

Please remember, for safety reasons—NO CAP, NO NIPPERS.

Date of Birth	Group	Cap Colour
1 Oct 2014 to 30 Sept 2015	Under 6	Pink
1 Oct 2013 to 30 Sept 2014	Under 7	White
1 Oct 2012 to 30 Sept 2013	Under 8	Yellow
1 Oct 2011 to 30 Sept 2012	Under 9	Green
1 Oct 2010 to 30 Sept 2011	Under 10	Light Blue
1 Oct 2009 to 30 Sept 2010	Under 11	Purple
1 Oct 2008 to 30 Sept 2009	Under 12	Dark Blue
1 Oct 2007 to 30 Sept 2008	Under 13	Red

An age group cap will be provided to each child along with the Woodside Nippers pack, once membership payment has been received. This cap must be worn at all surf events. Children are unable to participate in any activities without a cap.

## Preliminary & Competition Evaluation

SLSWA requires nipper participants to demonstrate proficiency within 2 weeks of commencement with club activities. This is intended to show a base level of competency before they are permitted to enter the ocean. Nippers from Under 8 and above, are required to meet a minimum level, as follows:

Age	Preliminary Evaluation	Competition Evaluation
Under 6	From a standing position in waist deep water, perform a front glide and recover to a secure position. Perform a back or front float holding a buoyant aid and recover to a secure position.	Not Applicable
Under 7	From a standing position in waist deep water, perform a front glide, kick for 3m and recover to a secure position. Perform a back or front float for a few seconds and recover to a secure position.	Not Applicable
Under 8	25 metre swim (any stroke) 1 minute survival float	Minimum 100m open water swim in 9 minutes
Under 9	25 metre swim (any stroke) 1 minute survival float	Minimum 100m open water swim in 8 minutes – <i>Under 10 Team Events ONLY.</i>
Under 10	25 metre swim (freestyle) 1.5 minute survival float	Minimum 150m open water swim in less than 12 minutes
Under 11	50 metre swim (freestyle) 2 minute survival float	Minimum <b>288m open water swim</b> (competition course as stated in competition manual) in <b>less than 9 minutes.</b>
Under 12	100 metre swim (freestyle) 2 minute survival float	Minimum <b>288m open water swim</b> (competition course as stated in competition manual) in <b>less than 9 minutes.</b>
Under 13	150 metre swim (freestyle) 3 minute survival float	Minimum <b>288m open water swim</b> (competition course as stated in competition manual) in <b>less than 9 minutes.</b>

\* **State Carnival** competitors will need to have completed a timed swim to be eligible. (This does not include club or local area carnivals). The open water swim will approximate a competition swim course.

Competitors for beach events only, do not need to have completed the timed swim.

## General Information

### What to bring

- Age group cap and high visibility Woodside lycra vest - (these are issued on the first day - please bring them each time and remember - No cap or vest = No participation.)
- Sunscreen, applied at home, re-applied as necessary
- Bathers
- Hat
- Rash vest
- Towel
- Water bottle
- Sun safe warm clothing

We do have club apparel available for purchase along with a limited range of merchandise.

### Jewellery and Valuables

For safety and to avoid loss, rings, watches, necklaces, (except medic alert bracelet) are not encouraged. Age Group Managers will not be liable for any lost items.

### Toilets

Public toilets are available at the northern Smiths Beach access point. Nippers wanting to use these toilets during club activities must be accompanied by a parent and must notify their Age Group Manager.

### Parental Responsibilities

- Please be punctual; but ensure your child has had breakfast.
- Label your child's clothing and belongings.
- Encourage your child's group throughout activities, assist the Age Group Manager, where you can.
- Never leave the beach without your child. It is a club requirement that, a parent or guardian will always be on the beach, during club activities.
- We also ask you to volunteer 10 hours over the course of the season. There are a variety of ways to help such as: cooking the BBQ, serving food and drinks, set-up and pack-away. Without your help our club cannot operate! Please offer to help, don't wait to be asked.

## Registration & Fees

Registration and the payment of fees can be completed online. Visit <https://members.sls.com.au>

If you are a renewing member, you will be able to retrieve your details. You can make payment directly through the SLSA gateway <http://pay.slsa.com.au>

If you are not completing the process online and paying in person, monies can either be paid by cash, EFTPOS or cheque—made out to Smiths Beach Surf Life Saving Club.

For EFT our bank details are:

Westpac Busselton

BSB: 036123

Account: 329513

For the narration please provide "first & surname"

\*MEMBERSHIP IS DUE AND PAYABLE BY THE FIRST DAY OF THE SEASON.

## Membership Categories

Becoming a member of the Smiths Beach Surf Lifesaving Club is, we hope, the beginning of an enjoyable journey as a part of an iconic Australian movement. We value our members and have a membership structure that is designed to reflect ways of engaging with the club.

**Junior** members cannot join the club on their own. Membership rules specify that at least one parent or guardian become a member along with their child. Please also note that when registering, children under 18 years that intend to compete, will need to provide proof of age (Birth Certificate or Passport).

Most of our members sign up under the **Family** category, whereby both parents and two kids obtain membership. In the case of there being more than two children in the club, additional Junior membership(s) will be required.

In the instance of a single parent and child joining, either a Community membership or Active membership, along with a junior membership would be suitable.

As a patrolling club we are also seeking to recruit **Active** members. These are different to Community members in that Active members have or, are obtaining qualifications, that permit them to provide water safety and patrol. This membership category is the 'life blood' of the club as we strive to fulfil one of the pillars of the movement as Surf Lifesavers.

**Community** members, we hope, will seek to become Active members. Where a parent member is unable to undertake an award, we ask that they volunteer 10 hours to the club over the course of the season. There are many tasks with which they can assist that will make the club a better experience for their children.

Surf Lifesaving attracts many supporters and has many members that look upon their membership fee as a means of ensuring sustainable club operations. **Associate** membership is the category that is best suited to residents and local community members, businesses or supporters. These funds assist the club in maintaining equipment to provide Surf Lifesaving services and ensuring our education and awareness programs can be delivered to the highest possible standard.

Regardless of your membership category we ask that you volunteer 10 hours over the course of the season. There are a variety of ways to help such as: cooking the BBQ, serving food and drinks, set-up and pack-away. Please offer to help, don't wait to be asked.

Membership categories and their fees are set out in the table below.

<b>Junior Member</b> (Woodside Nipper) Under 6 to under 14	\$80
<b>Active</b> Required to gain an award – has voting rights	\$80
<b>Community</b> May or may not hold an award – no voting rights 10 Volunteer hours required	\$80
<b>Family</b> 2 adults and 2 children (under 18) 1 adult and 3 children (under 18)	\$280
<b>Associate</b> Local business, resident, supporter	\$125



## Sunday Club Activities

Club activities take place at Smiths Beach on Sunday mornings from 9am. Younger age groups conclude around 10.30 and older age groups around 11am. From 10.45am onwards, cadets and adults are encouraged to take part in 'open' events.

We conduct a roll call at the beginning and end of Woodside nipper activities—the safety of our members is paramount. Age Group Managers need to account for every child and need to be informed if you are leaving early. Surf club activities fall into the following:

- Water based – Swimming, wading, board paddling, rescue techniques
- Beach based – Running and flag races
- Surf and lifesaving skills, education and awareness

### Club Swim

The club swim is a social swim, in which all parents and juniors are encouraged to participate. We encourage you all to come prepared to 'have a go' and have a wide range of equipment suitable for adults to be able to stay fit, develop or maintain skills in the ocean.

### Barbeque

Sunday activities conclude with a sausage sizzle and other refreshments available for purchase. We encourage you to use this time, whilst your children are socialising, to do the same! Each week the parents of an age group will be asked to assist with the cooking / service of the BBQ.

### Equipment Clean-Up

At the end of the morning session we ask that each age group be responsible for the return of equipment for loading onto trailers. Training and competition equipment is expensive. It is important that these items and all other gear and equipment is handled and cared for correctly. Boards should be carried, not dragged, and should be laid fin up on the sand.

### Water Safety

The safety of our members is the highest priority for the club. Surf lifesaving encourages participants to become familiar with and confident in hazardous conditions. This may require juniors to conquer their fear in challenging conditions.

To facilitate this training and education we require an appropriate number of awarded members to provide water safety. Age Group Managers will need to ensure this is in place for water activities to proceed. Club guidelines mandate that there be, at a minimum **one (1) water safety person for every five (5) nippers in the water.**

## Obtaining an Award

While parents can assist in club activities on the beach, to provide water safety, they will need to obtain an award or qualification. Some SLSCA qualifications require formal training, which is a combination of practical and theory. To assist with younger age groups however, a suitable level of training can be provided on the beach. Training is provided free of charge as part of your club membership.

Members wishing to obtain a qualification should register their interest with the Training Officer.

**Nipper Adult Assistant** – NAA, for parent helpers with our youngest age groups, up to waist high water.

**Nipper Rescue Certificate** – NRC, for parents confident up to shoulder height, in heavy conditions.

**Provide First Aid** – this is the minimum requirement for joining a patrol, with no obligation to get wet!

**Surf Rescue Certificate** – SRC, nationally recognised award covering rescue, first aid, resuscitation. The Surf Rescue Certificate enables the member to become part of an active beach patrol.

**Bronze Medallion** – BM, like the above, but taking on additional skills with radio communications and demonstrating a higher level of competency. The Bronze Medallion provides a pathway to obtain other higher awards such as IRB Crew or Driver, Silver and Gold Medallions, Advanced First Aid, Advanced Resuscitation and Spinal Management—to name a few.

### Woodside Nipper Awards

Children in each age group are eligible to complete a surf education award. Once a child has met the preliminary swim and float criteria, they can start learning practical surf skills and the theory behind first aid and surf lifesaving practices.

This is a structured program culminating in the Surf Rescue Certificate, which can be completed at age 13 and the Bronze Medallion at age 15. The program is a season-long process, and to complete it satisfactorily the nipper will need to attend at least 50% of Club Sundays during the season. Practical skills and knowledge are tested by the age group manager to sign off on the relevant surf education award.

Age Group	Surf Education Award
Under 6	Surf Play 1
Under 7	Surf Play 2
Under 8	Surf Awareness 1
Under 9	Surf Awareness 2
Under 10	Surf Safety 1
Under 11	Surf Safety 2
Under 12	Surf Smart 1
Under 13	Surf Smart 2
Under 14+	Surf Rescue Certificate

### Local & SLSWA Carnivals

Smiths Beach SLSC encourages and supports its members wanting to compete at Local, State and National carnivals. We also encourage our members to enjoy surf sports socially and there is no expectation that anybody participating in surf sports will go on to compete. For those that do wish to, we aim to support you to the best of our ability.

### Local Club & Interclub Competition - Nippers

Following the success of last season, we intend to hold three Interclub Carnivals whereby the Busselton, Margaret River and Smiths Beach clubs may combine their competition days or train together during the season.

Three days throughout the season are highlighted in the Club calendar which will count towards individual male and female age group championship points to determine the Champion Club. Competition is for all age groups from U8 and above. Nippers may only compete in an age group as specified by SLSWA.

Competitors in the first four places will be awarded points as per below, along with a point for participation:

Position	Points
1 <sup>st</sup> Place	10 points
2 <sup>nd</sup> Place	7 points
3 <sup>rd</sup> Place	5 points
4 <sup>th</sup> Place	3 points
Participation	1 point

Championship points from the three competition days will be accumulated and totalled after the last round. First and second place winners, male and female, from each age group, U8 to U13, will receive a trophy or medallion respectively, provided they meet the required 50% of club day attendance throughout the season and have attended a minimum of two competition days.

The carnival rounds will consist of the following individual, male and female events:

- Surf Race (Swim) \*
- Board Race \*
- Beach Sprint
- Flag Race

\*The swim and board events are modified for the younger age groups.

SBSLSC will host a fourth ‘competition’ day, to mark the last day of the season, which will be a fun day, with family and team events. This season the SLSWA Country Carnival on the Australia Day long weekend will be hosted by Bunbury SLSC. This will be a great opportunity to get a feel for what carnivals are all about.

**Minnows Age Manager Award** - At the end of the season one child per age group will be chosen for this award. The award is at the age manager’s discretion based on the child’s listening, participation and overall enthusiasm to join in club activities.

### SLSWA hosted Carnivals

Junior members from U8 to U14 age groups can compete against children from other clubs at Junior Interclub Carnivals. U8s and U9s compete in ‘Little Nippers’ whilst the older age groups compete in ‘Nipper’ events. There are typically three metropolitan carnivals and one country carnival throughout the season, culminating with the State Championships, held in March.

Adult and young adult members, from U14s to Master may compete in up to five rounds, including the Country round and similarly, the season culminates with the Master, Country Club and State Championships, also in March. SLSWA has also introduced the Surf League, now in its second year, which is a team based ‘open’ age group event.

The club can help our members navigate the carnival program and understand what events they can nominate for and assist with the process. Entries must be done through the Club admin, so please get in touch if you wish to compete.

SLSWA carnivals contain both individual and team events. The team events are a good way to get a taste for a carnival and include:

- Surf Teams (Swim)
- Board Rescue
- Sprint Relays
- Cameron Relays
- Wade Relays (Little Nippers)

### Competition Requirements

To compete in SLSWA carnivals, competitors are required to have the following items

- SBSLSC Club competition cap
- Club branded bathers or black bathers (No string Bikinis)
- Long-sleeved shirt or long-sleeved rash vest
- Broad brimmed hat or peaked cap
- Sun screen
- Fluoro Yellow competition vest

### Water Safety

Clubs are expected to provide water safety at carnivals, requiring at a minimum either the Surf Rescue Certificate (SRC) or Bronze Medallion (BM).

### Competition Officials

To participate in SLSA Carnivals, each club is required to provide one competition official for every ten juniors competing. Club officials are critical to running of SLSA carnivals. Training will be provided for Official Accreditation.

## Carnival Schedule 2020 - 2021

	Little Nippers (U8 – U9)	Nippers (U10 – U13)	Seniors / Surf League
<b>Round 1</b>	17/01/21	13/12/2020	14/11/20
<b>Round 2</b>	21/02/21	10/01/2021	05/12/20
<b>Round 3</b>			06/02/21
<b>Country Carnival</b>	23-24/01/2021	23-24/01/2021	23-24/01/2021
<b>Country / Masters Championships</b>		28/02/21	27/02/21
<b>State Championships</b>	07/03/21	12-14/03/2021	27-28/03/21

## Member Information Protection

SLSWA has a member information protection policy, which establishes how members should be safe from harm, harassment, bullying or sexual abuse. SBSLSC, in the interest of the safety of all members, has adopted this policy in full and, as such, employs a 'Zero Tolerance' approach, whereby, any volunteer that can and may be in contact with a child, is required to undertake a Working with Children check (WWC). Parent exemptions do apply, where a member's child (under 18) is also a club member.

To make understanding the policy as simple as possible, any member, over the age of 18, who is either an Active or Community member, without a child / children who hold a Club membership, should complete a WWC check and provide proof of this to the registrar. It is not a complex application to make and a club officer is authorised to sign the application, which needs to be lodged at the post office, along with a 100-point identity check. In order to take any part in the clubs' weekly activities, we will need either a WWC authority or proof that an application has been lodged.

We cannot stress how highly we value your adherence to this policy, it underpins our values and ensures we are creating a safe and nurturing environment for our young members. Both Bianca Todd and the Club President (Keith Warrick) act as the Member Protection Information Officers and will seek to resolve any issue raised or relay it to the appropriate person or authority. All information will be treated with confidentiality and will not be passed to a third party unless member consent is provided.

## SLSWA Members Insurance Information

Participating in lifesaving activity can be risky and sometimes hazardous. During times where members are unfortunately injured during participation in authorised activities, SLSWA maintains a Personal Accident Insurance policy on behalf of members.

The purpose of the policy is to offset some of the losses a member may suffer as a result of being injured. Losses can be medical costs relating to treatment and rehabilitation, or loss of income as a result of not being able to complete occupational duties for an extended period of time. However, not unlike private health insurance SLSWA Personal Accident Policy does not provide members with 100% coverage on the potential losses and SLSWA and Clubs are unable to cover these gaps on behalf of members. Federal legislation prevents this type of payment or intervention.

As an organisation, we have a strong partnership and are generously funded by the Department of Fire and Emergency Services (DFES) but are not an agency of them. As a result, we are not afforded the opportunity to be covered by Risk Cover in the same way that other volunteer member emergency service organisations, who are agencies of DFES.

The Personal Accident Policy maintained on behalf of SLSWA members is the best SLSWA can purchase on the open market. SLSWA highly recommends that members take out private health insurance and consider their personal situation, such as additional insurances, like income protection prior to undertaking authorised activities with the Club or SLSWA.

For further information regarding member Personal Accident, visit <https://www.ilt sport.com.au/slsa> or contact Corporate Services on 08 9207 6666.

## Club By-Laws

The following By-laws are intended to ensure activities are undertaken in a safe, fair manner and in keeping with the club's objectives:

- To maintain insurance cover and, for safety reasons, juniors and parents are to be financial.
- Parents are required to be in attendance during all activities.
- Proof of age to be provided prior to attending a carnival.
- Adult Active and Community members must be approved for Working with Children prior to attending any club activities by undertaking the Working with Children check (WWC).
- Juniors must attend at least 50% of Club Sundays to qualify for their relevant surf award.
- Members must be proficient, to the required level for their age group, at least one month prior to the State Championships in March.
- For safety reasons, members will not be permitted to compete in any events unless they have completed the water proficiency.

## Code of Conduct

Nippers and their parents should read and discuss the Code of Conduct together:

- ✓ Compete by the conditions and rules of the Club as stated.
- ✓ Never argue with the Coach's, Beach Official's or Water Safety Officer's decision(s).
- ✓ Control my temper – no criticism by word or gesture.
- ✓ Listen and observe all instructions from my Age Manager(s).
- ✓ Work equally hard for the Club and myself, the Club's performance will benefit as will my own.
- ✓ Be a good sport. Cheer all good performances whether our club's or that of other clubs.
- ✓ Treat all Nippers as I would like to be treated. Not bully, harass or take unfair advantage of any Nipper.
- ✓ Understand that after three warnings, I may be asked to leave the beach and may be referred to the disciplinary committee, if my behaviour does not improve.
- ✓ Always act in a responsible and sensible manner, when representing our Club.
- ✓ Remember the goal of Nippers is to have fun, improve lifesaving skills and feel good.
- ✓ Co-operate with the coach, teammates and officials, for without them, we cannot compete.
- ✓ Have Fun!!!

## Sponsorship and Fundraising

The club is hugely grateful to its donors and supporters, made up by local government, community organisations, businesses and individuals. This support allows the club to run effective programs and deliver the four pillars of the movement, namely, Surf Lifesaving, Education and Training, Surf Sports and Community Development. To our supporters, we say a huge 'thank you!!'

If you would like to support the club we'd love to hear from you. We believe that we can offer value back to our supporters in many ways. To discuss this opportunity please contact the Club President, similarly, if you have ideas or suggestions that you think would help, please don't hesitate to get in touch.

## Contact Information & Staying in touch

### Club Address

SBSLSC Club Rooms  
Lot 5, Canal Rocks Road  
Yallingup, WA 6281

### Postal Address

Smiths Beach Surf Life Saving Club  
PO Box 1255  
Dunsborough, WA 6281

### For General enquiries

E: [admin@sbslsc.com.au](mailto:admin@sbslsc.com.au)  
M: 0491 136 597

### Website and Social Media

Our website: [www.sbslsc.com.au](http://www.sbslsc.com.au) is home to a wealth of information regarding SBSLSC. Please ensure you check this site regularly. Newsletters are published on a regular basis and are distributed from the website. They will be used to notify members of courses, training sessions, social gatherings, locations and other updates throughout the season.

The [Facebook page @Smiths Beach Surf Life Saving](#) is an easy way to stay informed, so please 'like' our page to stay in touch. We'd love you to contribute to telling our story, please share your pictures and stories with us. We also have an [Instagram page - smiths\\_beach\\_surf\\_club](#), where we will post photos and event happenings.

### Social Activities

Social get togethers help develop the 'family' atmosphere that is at the heart of every surf club and a great way to get juniors and parents together. Social activities will be coordinated in both the on and off season and everybody is welcome. Keep an eye out for a newsletter or on the Facebook page for news of the next get together.

# Season Calendar



## 2020-2021 Season

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31																									
<b>Sep</b>	Tu Online Regos open	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su																						
<b>Oct</b>	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su																	
<b>Nov</b>	Su Club Day Wk 1	Mo	Tu	We	Th	Fr	Sa	Su Club Day Wk 2	Mo	Tu	We	Th	Fr	Sa G Day to the Bay	Mo	Tu	We	Th	Fr	Sa	Su Club Day Wk 3	Mo	Tu	We	Th	Fr	Sa	Su Club Day Wk 4	Mo	Tu	We	Th	Fr	Sa	Su InterClub Day	Mo	Tu	We	Th	Fr	Sa	Su SUN 9am	Mo	Tu	We	Th	Fr	Sa	Su							
<b>Dec</b>	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su Club Day Wk 7	Mo	Tu	We	Th	Fr	Sa	Su BSN InterClub	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su								
<b>Jan</b>	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su							
<b>Feb</b>	Mo	Tu	We	Th	Fr	Sa	Su Club Day Wk 8	Mo	Tu	We	Th	Fr	Sa	Su Jetty Swim	Mo	Tu	We	Th	Fr	Sa	Su Jetty Swim NO NIPPERS	Mo	Tu	We	Th	Fr	Sa	Su Club Day Wk 10 COMP DAY	Mo	Tu	We	Th	Fr	Sa	Su Club Day Wk 11 DUNS	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
<b>Mar</b>	Mo Labour Day	Tu	We	Th	Fr	Sa	Su Trans Cape Swim Run	Mo	Tu	We	Th	Fr	Sa	Su Club Day Wk 12 COMP DAY	Mo	Tu	We	Th	Fr	Sa	Su Club Day Wk 13	Mo	Tu	We	Th	Fr	Sa	Su Club Day Wk 14	Mo	Tu	We	Th	Fr	Sa	Su Club Day Wk 15 & Jnr Winlap	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
<b>Apr</b>	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su			