

# *NT Surflines* 24 June 2010

NT Surflines is a weekly e-newsletter for members and supporters of Surf Life Saving Northern Territory. It provides brief information on the latest news and activities on the National and Territory scene. It is not intended to replace club newsletters – the primary source of news from your local club. More information on website [www.lifesavingnt.com.au](http://www.lifesavingnt.com.au)

## **NEW ITEMS IN THIS EDITION ...**

Mindil Beach OK for swimming

More events at Mindil Beach Comp on Sunday

Darwin Fannie Bay Swim Classic – let's make a statement about open water swimming!

Medals in Singapore for Daniel and Amy

Are you overweight? What's your BMI?

SurfCom course Sunday 11 July (see NT Academyline below)

RWC (Jetski) Course Sunday 11 July (see NT Academyline below)

IRB Crew & Driver courses 23-25 July in Gove (see NT Academyline below)

## **Mindil Beach OK for swimming**

Results from extensive water quality testing shows *E.coli* levels in the seawater at Mindil Beach no longer pose a risk to public health. Mindil Beach is the city's most popular swimming beach and has a lifeguard or Mindil Beach SLSC lifesavers on duty every afternoon when the key message is - Swim between the red and yellow flags!!!

## **More Events at Mindil Beach Comp**

The first craft and beach competition of the season will be held at Mindil Beach on **Sunday afternoon, 27<sup>th</sup> June**, commencing 3.00pm. Age categories are U15, U17, U19-Senior (17-39yrs), Masters (40+yrs). New on the scene is Masters Ironman Michael Gale from Taylor's Mistake SLSC in New Zealand who looks set to challenge locals like Brian Gallagher, Greg Edwards, Bob Creek and Tony Snelling. Other new blood includes Max Gonzales from Eloura SLSC in Sydney and a talented local group of young and upcoming athletes. A big local and tourist crowd is expected at Mindil Beach to witness the action. The events are...

- Beach Sprint
- Beach Flags
- Beach Relay
- Single ski
- Board
- Ironman/ironwoman
- Board/ski relays if time permits
- Surfboat events will be held if crews are ready for competition.

## **Darwin Fannie Bay Classic Swim – let's make a statement about open water swimming**

The best open water swim in the Territory!!! The Darwin Fannie Bay Classic Swim has been rescheduled – Sunday 4<sup>th</sup> July, start time 9.30am. Early Bird registration (\$30) is Friday 2<sup>nd</sup> July, 5.30pm-7.30pm. Registration on Sunday 4<sup>th</sup> July is 8.00am (\$40), Race Briefing at 8.45am and Race Start at 9.30am. There's a 2.1 km course and a 1.2 km course with the finish line at the Darwin Trailer Boat Club – just in time for brunch & refreshments! Our top 2.1km swimmers are expected to streak across Fannie Bay in around 31 minutes!

## **Medals for Daniel and Amy**

At the 11<sup>th</sup> International Lifesaving Championship, hosted by the National University of Singapore (NUS) on Saturday 19 June, Amy Rudolph and Daniel Anderson both won bronze medals - Amy in the 100m Manikin Tow with Fins and Dan in the Line Throw Rescue event. Congratulations! Both were great ambassadors for

Surf Life Saving NT. SLSNT is especially appreciative of the exceptional hospitality and friendship extended by our colleagues in Singapore, especially Mr Sim Lye Hock at the NUS.

### **Are you overweight? Do you know your BMI?**

A good general guide to your weight range is to calculate your BMI – Body Mass Index. All you need to do is take your weight (in kilograms), and divide by your height (in meters) squared. In other words  $BMI = \text{kg/m}^2$ . For example, Tyler is a 21 year old male weighing 78kg and 1.78m tall. His BMI would be 24.61 which is in the normal range. If this is too complicated send your weight and height to [surf@lifesavingnt.com.au](mailto:surf@lifesavingnt.com.au) and we'll do it for you! Your result can be compared to the following table...

	Women	Men
Underweight	<19.1	<20.7
Normal Range	19.1-25.8	20.7-26.4
Slightly Overweight	25.8-27.3	26.4-27.8
Overweight	27.3-32.3	27.8-31.1
Very overweight or Obese	>32.3	>31.1

### **Thanks to all surf lifesavers for help with beach closures**

A huge thankyou to the beach patrols of the Darwin and Mindil Beach Surf Clubs, the Mindil Beach Lifeguard Service and dedicated volunteers and staff who put in over 100 hours of volunteer time, and made contact with around 500 locals and visitors to our beaches and fishermen, during the public safety alert associated with water quality on our Darwin beaches. Your professionalism and experience was greatly appreciated.

### **Get your handicap for next Open Water Swim**

Saturday 3<sup>rd</sup> July, 8.30am – Round 2 of the 800m handicap swim as part of the **2010 Gatorade Open Water Swim Series**. For swimmers in Round 1 your handicap is now listed on the SLSNT website [www.lifesavingnt.com.au](http://www.lifesavingnt.com.au) Go to Surf Sports/Results. For new swimmers, including members of the public, you will need to provide an estimate of your 800m swim time so that a handicap can be allocated to you.

### **Volunteers wanted for indigenous lifesaving program**

Fancy a week in NE Arnhem Land teaching surf lifesaving qualifications? We're looking for surf lifesavers to volunteer a week of their time for the following program dates:

Monday 23 August – Friday 27 August

Monday 30 August – Friday 3 September

Travel, accommodation and meal costs are provided. This important program is providing lifesaving skills and qualifications to some fantastic indigenous youth and is experience you will remember forever. Please note the weekend of 28-29 August includes the inaugural 'Around the Island Race' at Shady Beach, Yirrkala. Contact SLSNT on [surf@lifesavingnt.com.au](mailto:surf@lifesavingnt.com.au) or call Julie Snelling on (08) 8985 6588.

### **RWC Drivers Wanted**

Members with RWC (Rescue Jetski) qualifications are urgently needed for the Darwin Fannie Bay Swim Classic on Sunday 4<sup>th</sup> July (0800-1100) and the Darwin Adventure Race on Saturday 10<sup>th</sup> July (0630-1000). Please call Tony Snelling on 0417 173 287 or email [surf@lifesavingnt.com.au](mailto:surf@lifesavingnt.com.au)

### **Training Available for Westpac Rescue Boat**

Thanks to the generous support of the Ian Potter Foundation training programs for members to qualify as Westpac Rescue Boat crew are available from July to November. SLSA qualifications as well as marine industry qualifications are available. Call SLSNT on 8985 6588 or email [surf@lifesavingnt.com.au](mailto:surf@lifesavingnt.com.au) if you are interested.

# *NT Academyline...*

## **SurfCom Course Sunday morning 11 July**

Travis Klerk from SLSA will be in Darwin to conduct SurfCom training for interested members on Sunday morning 11<sup>th</sup> July, 11.00am-2.00pm. The web-based SurfCom Management System allows SurfCom Duty Officers to record actions and events during lifesaving incidents involving club patrols, RWCs, ORBs and other resources. This training is mainly relevant to SAR Team members. There is no cost for this course but you will need to bring your lunch (or purchase next door at shop) and you must register through the SLSNT website [www.lifesavingnt.com.au](http://www.lifesavingnt.com.au)

## **RWC (Jetski) Course Sunday afternoon 11 July**

SLSNT will conduct an RWC course on Sunday afternoon, 11 July at Mindil Beach. The RWC course teaches members how to safely operate and maintain a Rescue Jetski and use the machine for a range of rescues involving conscious and unconscious patients. You must be qualified with a current Bronze Medallion and Certificate II in Public Safety to start this course. Course cost is \$20 plus \$30 for a Powercraft Manual if you don't already have one. You must register and pay through the SLSNT website [www.lifesavingnt.com.au](http://www.lifesavingnt.com.au)

## **IRB Courses at Gove 23-25 July**

SLSNT will conduct IRB Crew and IRB Driver courses in Gove from Friday 23 July to Sunday 25 July. You must be qualified with a current Bronze Medallion and Certificate II in Public Safety to start this course. Course cost is \$20 plus \$30 for a Powercraft Manual if you don't already have one. You must register and pay through the SLSNT website [www.lifesavingnt.com.au](http://www.lifesavingnt.com.au)

## ***General Information...***

SLSNT contact details follow...

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General/Public Enquiries: [surf@lifesavingnt.com.au](mailto:surf@lifesavingnt.com.au)

## Key Dates for your Diary...

**June 20 (Sun):** Darwin Fannie Bay Swim Classic, starts 10.30am

**June 27 (Sun):** Beach & Craft Carnival, 3 pm, Mindil Beach

**Aug 14 (Sat):** IRB Champs, First Aid Champs. Casuarina Beach, Darwin

**Aug 15 (Sun):** Patrol Championships. Casuarina Beach, Darwin

**September 25 (Sat):** NT Surf Life Saving Senior Championships, Casuarina Beach, Darwin.

**September 26 (Sun):** NT Surf Life Saving Junior Championships, Casuarina Beach, Darwin.

Your news is important - This is your Territory newsletter! You are welcome to reply to this email and contribute news for the attention of all NT Surf Lifesavers.

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