

Williamstown swimming and life saving club

Fresh spring
Newsletter 2022



2022/23
season
news

The
Esplanade
Williamstown

THE
AQUANUT

AROUND THE CLUB

At WSLSC there always a number of members quietly working away behind the scenes and making a real difference to our club experience

A huge thank you from the Club to all the volunteers who put in time and effort to make events, training and day to day workings at the Club happen. To highlight a couple of our dedicated members the Club presents movie vouchers to Jacqui Hewitt and Jason Thurley. You may not be aware but behind the scenes Jacqui has been gathering info, preparing and distributing the updated members welcome pamphlet, which has also been circulated for all members, so you can see who's who and what's on offer at the club this season. And Jason had been Marcus' right hand man in pre season pulling together the patrol roster and prepping the Club for what we anticipate will be a very busy patrol season. He has not only been upskilling himself to ensure he is performing at his best, but has ploughed his time and energy into upskilling other patrollers too. Our beach goers are in safe hands this season.

Thank you both, Claire and the Board.

AROUND THE CLUB

More behind the scenes
community involvement for
our club



In November Border force booked our pool to trial their \$400,000 remote submarine rescue drone.

Staff arrived in full uniform carrying boxes of cable, monitors and an entire submarine unit and carried out a series of successful tests. Next time you jump in the WSLSC pool for a swim, check the corners, you may be watched



BREAKING NEWS

SILVER SALTIES HIT WILLIAMSTOWN BEACH



SILVER
SALTIES

Are you a mature lover of all things "salt water"?
Would you like to hang out with like-minded folk
and get involved with beach-based group activities
on a Friday morning?

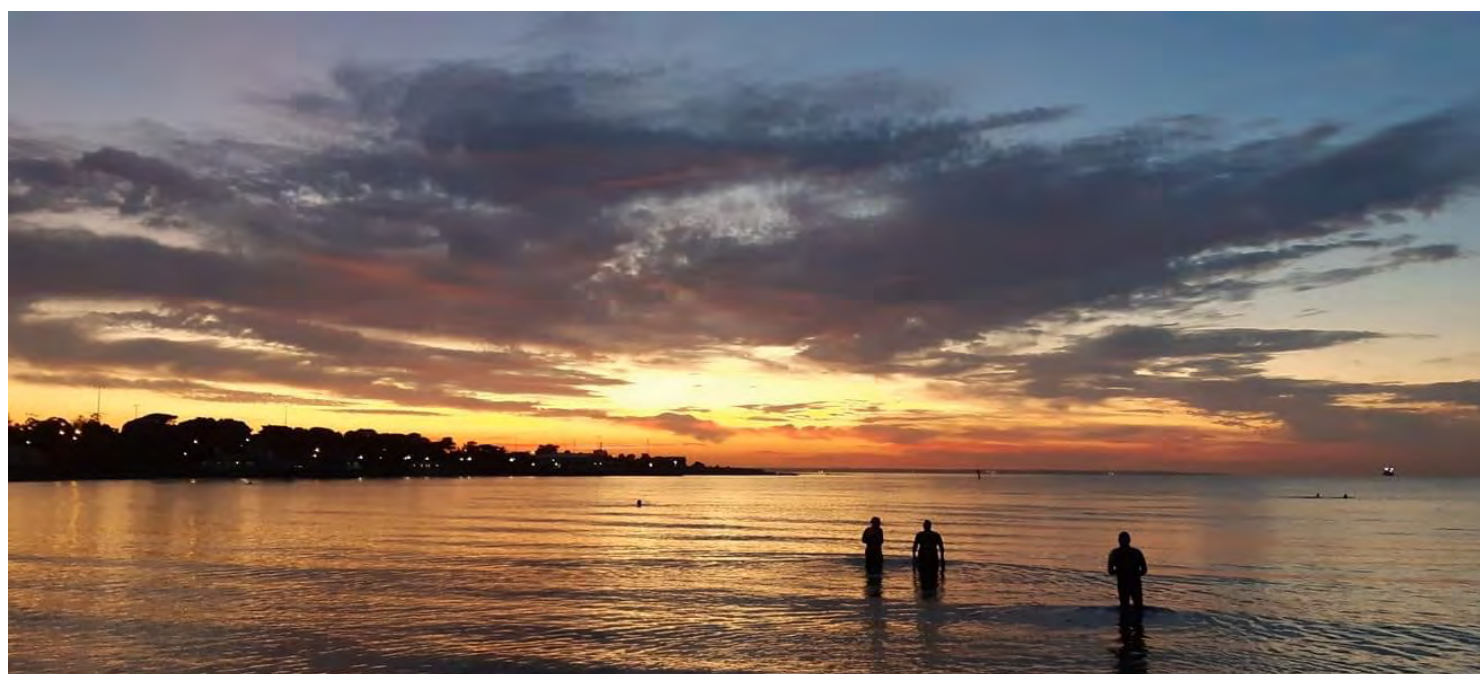
If your answer is yes! then you may be interested
in connecting with the Silver Salties.

Silver Salties is a physical activity and social
connections initiative for older Australians
endorsed by SLISA.

Please get in touch via silversalties@williamstownslsc.org.au



www.sls.com.au/silver-salties



Club redevelopment

Designs for the redevelopment of the club have been progressing over the past few months. The architect team was appointed by Council in August and since then the club has been working with Council and Victorian Government on the preparation of concept plans. This process has included an analysis of current club spatial requirements as well as site visits to Ocean Grove, Jan Juc and South Melbourne to learn from the recent upgrades of their club facilities. As most people are aware, construction costs have been growing in recent years, so cost planning has been included as part of the Concept Design processes. Plans are intended to go on exhibition in early 2023 to provide members and the community with an opportunity to provide comment.

Further project updates will be included in future newsletters and you can also sign up for updates on the Council website.

If you have any ideas or thoughts on things to be considered they can be emailed to reddevelopment@williamstownslsc.org.au or get in touch with the club.

What a perfect day
to celebrate a new
Nippers season



"WS&LSC popular Schools Programs or WOW (Williamstown Open Water) Learning Experiences, will commence this Wednesday November 16th and continue every weekday from 9.30 - 2.30pm until December 19th.

Local and other western suburbs primary school's students will be heading for Williamstown Beach to learn lifesaving and water safety skills. The popular program uses the club grounds, pool and adjoining beach to give students a chance to try out or improve their water safety and sand skills, practice board paddling, and learn CPR and first aid skills. Just another way that WS&LSC is contributing to make our aquatic environment safer.



A swimmers viewpoint, Sally Leung

"In search of Williamstown's more unusual creatures.....with the covid lockdowns and increased popularity of open water swimming, some more unusual but human-like creatures can be spotted around the shallows and depths of Williamstown beach, with many of the creatures originating or locating for a rest in and around the club grounds. Next time you are at the beach, especially early mornings, see if you can spot:

- Williamstown Mussels - a more established group, usually found around 9.30am on a Saturday morning, favourite haunts Pointy Rock or "bendy pole"
- Williamstown Dolphins - early morning risers, very male dominant with odd very fast female, known to retreat to Fergusson Street for their caffeine fix
- The Sirens - mainly female group, with 1 or 2 token males, known to hang off other groups at times, although flexible with their routines
- The Jellyfish - well known for their bobbing ability, extremely noisy and easy to pick with their distinctive head decorations and extreme multiplying numbers
- Brunswick Belugas - a visiting but regular species, usually seen on early on Saturday mornings
- The Screamers - a distinct group, very photogenic and easily identified by their colourful and attention seeking head wear

Do you know of anymore creatures that should be included in this list? Bellywackers?





'Do you have your Bronze medallion? Are you fearless, strong and a team player? Like travelling? Want to win an Australian Gold Medal? Can you swim fast over 25 meters?' Then join our IRB team! They are Champions in this sport 2 x Australian Champs 2010 & 2018. World Champions 2018. The team has never finished below 7th at the Australian Titles and last year finished 4th. Open to all Genders Males and Females. U23, Open and Masters (35+) age limits are available. All training provided by Australian Champions. Bring a smile and you will become part of a great team.'

TRAINING

New Training Equipment

Earlier this year, the Club received grant funding through the Stronger Communities 7 program. Through this grant, we were able to purchase new training equipment for use on our Bronze Medallion, First Aid and Advanced Resuscitation Techniques. The new equipment includes four partial leg wound trainers complete with tourniquets and haemostatic dressings so we can practise treatments for life threatening bleeds. We also have new handheld airway trainers and manual suction kits which allow us to practise inserting OP airways and correct placement of the suction tubes. We also have a complete new set of compression bandages, including bandages suitable for treating everything from venomous bites and stings to a sprained ankle. Anapen was recently re-approved for the treatment of anaphylaxis, so the grant also allowed us to purchase training versions of the Anapen device. Now our members can familiarise themselves with the different operation mechanisms of both Anapen and Epipen devices.

We have already put this equipment to use in several courses and members have also had the opportunity to try out the equipment as part of their annual Skills Maintenance sessions. The training team would like to send thanks to the grant providers for supporting the club with the funding for this equipment.



Advanced Resuscitation Techniques (ART) and First Aid Awards

Do you have an ART or First Aid award?

Did you know that even though these awards are valid for three years, there are some extra things you need to do every year to keep your awards current?

For ART and First Aid you need to re-do your Provide CPR qualification every year AND for ART you also need to complete the club skills maintenance for ART.

The Provide CPR qualification code is now HLTAID009 – If you want or need to redo this unit the club have a CPR course on the 11th December 2022. If you need to update your First Aid (includes HLTAID009, HLTAID010 and HLTAID011) and / or ART (HLTAID0015) there are also courses at the club on the same day. Please book into these courses via the Find A Course section of the LSV member training portal (<https://mt.lsv.com.au/login/>). For the Skills Maintenance – sign up to one of the ART sessions in the Skills Maintenance section of the LSV training portal, complete the eLearning and attend the practical session.

PS – if your ART or First Aid awards are more than 3 years old please update them so you can continue to patrol in ART and FA roles.

It is Skills Maintenance Season
Make sure you keep your awards current each year so that you can patrol and complete. Look for available sessions in the LSV member training portal, complete the eLearning and attend the session.



Some notable results of are highlighted below.

Altona LSC Beach Carnival - 3rd overall

U12 Girls Beach Run

2nd - Mieke Pretorius

U12 Boys Beach Flags

2nd - Lucas Stawski

U12 Girls Beach Sprint

3rd - Mieke Pretorius

U12 Boys Beach Sprint

3rd - Lucas Stawski

U12 Board Beach Relay

2nd - Torquay/ Williamstown composite

U13 Girls Beach Flags

1st - Mahli McCarroll

3rd - Ava O'Toole

U13 Boys Beach flags

2nd - Noah Chapple

U13 Girls Beach Sprint

1st - Ava O'Toole

3rd - Mahli McCarroll

U13 Girls Beach Relay

1st - Williamstown/ Mentone composite

U13 Girls Belt and Reel

2nd - Mahli McCarroll and Ava O'Toole

U13 Boys Beach Sprint

3rd Noah Chapple

U19 Men's beach Sprint

1st - James Frisby

3rd - Liam Keough

South Melbourne Beach Carnival 12 Nov - 4th overall

Open Men's Beach relay

3rd - Williamstown / Mornington composite

James Frisby, Liam Keough

U13 Girls Belt and Reel

2nd - Williamstown/ Mordialloc composite

Mabel Hanrahan

U13 Girls 1km Run

3rd - Mabel Hanrahan

U14 Men's 1km Run

2nd - Hugo Hanrahan

U14 Women's 1km Run

2nd - Zara McIntosh

3rd - Matisse Rossow

U14 Women's Belt and Reel

1st - Zara McIntosh and Miller Szalay

U19 Men's Beach Relay

1st - Williamstown / Mornington composite

U19 Men's Beach Run

1st - Liam Keough

2nd - James Frisby

U19 Men's Beach Relay

1st - Williamstown

Latest competition updates



The season has well and truly begun, and we are in full swing either having already competed at our first carnival or are gearing up ready to go!

If you are interested in giving surf sports a go, whether it be boards, beach, IRBs or surfboats please contact Lizzie.

competition@williamstownslsc.org.au

Summer Surf Series 1 13th Nov - Jan Juc

Zara McIntosh and Madison Sonego braved the surf and competed at their first Senior carnival over the weekend. Huey took no prisoners and proved to be a challenging outing for our girls. They did well swimming and on the boards and walked away with a great experience all in all.

We are looking forward to seeing our youth team develop and become more competent in the surf, not just riding the baywave!

Thank-you to all parents who have been assisting on the beach as officials, age managers and water safety to date.

Training Times:

Sundays Beach/Water after Surf Ed - 10:15am until 11:30am

Additional training is run on Mondays and Wednesdays for those looking to develop their skills further.

Understanding water quality in Port Phillip Bay

Charlie Evans

As a horticulturist I have some understanding of the Nitrogen cycle and as an open water swimmer and coach I also have a keen interest in water quality in our Bay.

Port Phillip Bay is a biologically dominated system driven by phytoplankton and it is easy for the fine balance to be lost. After heavy rainfall the system is stressed and it is no surprise that the algal and jelly fish blooms are beginning to show Excess nutrient – causes an increase in the number of phytoplankton which limits oxygen to other species and causes a build-up of ammonium which is trapped in the water

Low Nutrient – causes a reduction in the number phytoplankton and sediment remains toxic and releases nitrogen

Other Important general measures of water quality – Nitrogen, phosphorous and Silicate levels.

- When de-nitrification efficiency in Port Phillip Bay is in correct balance Phytoplankton remain in balance and the sediment remains neutralised.
- An increase of nutrients into the water column caused by exotic flora and fauna, inefficient farming practices (fertilizers do not help), storm water outfall and heavy industry, causes an increase in nutrients and therefore phytoplankton numbers increase.
- Marine pests can also exacerbate the problem often creating imbalance and causing de-oxygenation to occur. For example, Pacific Stars and some jelly species will have this effect.
- Sea grass meadows are important and fix nitrogen and carbon to their bio system which is then processed by the plant and released in a neutral state.
 - Climate change is causing warmer than usual water temps across the globe which can exaggerate the imbalance
- Water clarity – Is the result of total suspended solids and turbidity. Salt, metals, algae, sediment contamination, water temperature and faecal contamination all influence clarity.
- Rainfall – After heavy or persistent rainfall Enterococci bacteria, and including viruses and protozoa, e coli, human and pet waste, and water overflows make their way to the bay. After seasons of high rainfall, 2020 for example, the e coli often becomes reduced as the system has been effectively flushed. Often after long dry periods, the first major rainfall can cause the most challenging water quality
- The EPA does not measure during the cooler months and bases their public information on data collected over time and historical averages including after rainfall.
- Do your own research around drain, creek, river and general outfall locations and the type of industry in the area before choosing to swim after heavy rainfall
- Choose an area that is flushed regularly to the open water by strong tidal flow, being closer to the open ocean is usually best
- Often the only sensible advice is to use your best judgement and choose your location based on an educated guess and your own anecdotal evidence
- Westernport Bay has a different system ruled by tidal flow and much of the information above does not relate at that location

WSLSC has a proud history of learn to swim,
do you recognise any of these early starters?

THE AQUANUT

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PRICE 3d

LEARN-TO-SWIM CAMPAIGN



Photo above shows LYNDALL BELLETTE teaching a group of Junior Members how to kick correctly.
More photos and story inside.

Picture by courtesy of The Age.

At WSLSC we are always on the lookout for content creators for our newsletter. If you have some club related or community news that you think might be relevant to our members, please get in touch.

If you are a budding photographer keen to get published or showcase the club or community images once again, please reach out.

For all news, content and images please contact

communications@williamstownslsc.org.au



THIS CHRISTMAS

COMING SOON

SAFE AND INCLUSIVE COMMUNITY
FUN - GET INVOLVED! YOUR CLUB
NEEDS YOU





Our incredible WSLSC merchandise is available all year round. We have beanies, track pants, deck coats, long sleeve Tees, and hoodies to keep you warm during this period of unpredictable weather along with many sun smart solutions. Check out all of the gear on our website and purchase by emailing Simeone Logan at merch@williamstownslsc.org.au to arrange pick up

We are lucky to be supported by such strong and reliable enterprise. Next time you are looking for a product or service refresh your knowledge around this list and return the support where you can

