



AUGUST 2025

PRE-SEASON BRIEFING SURF SPORTS

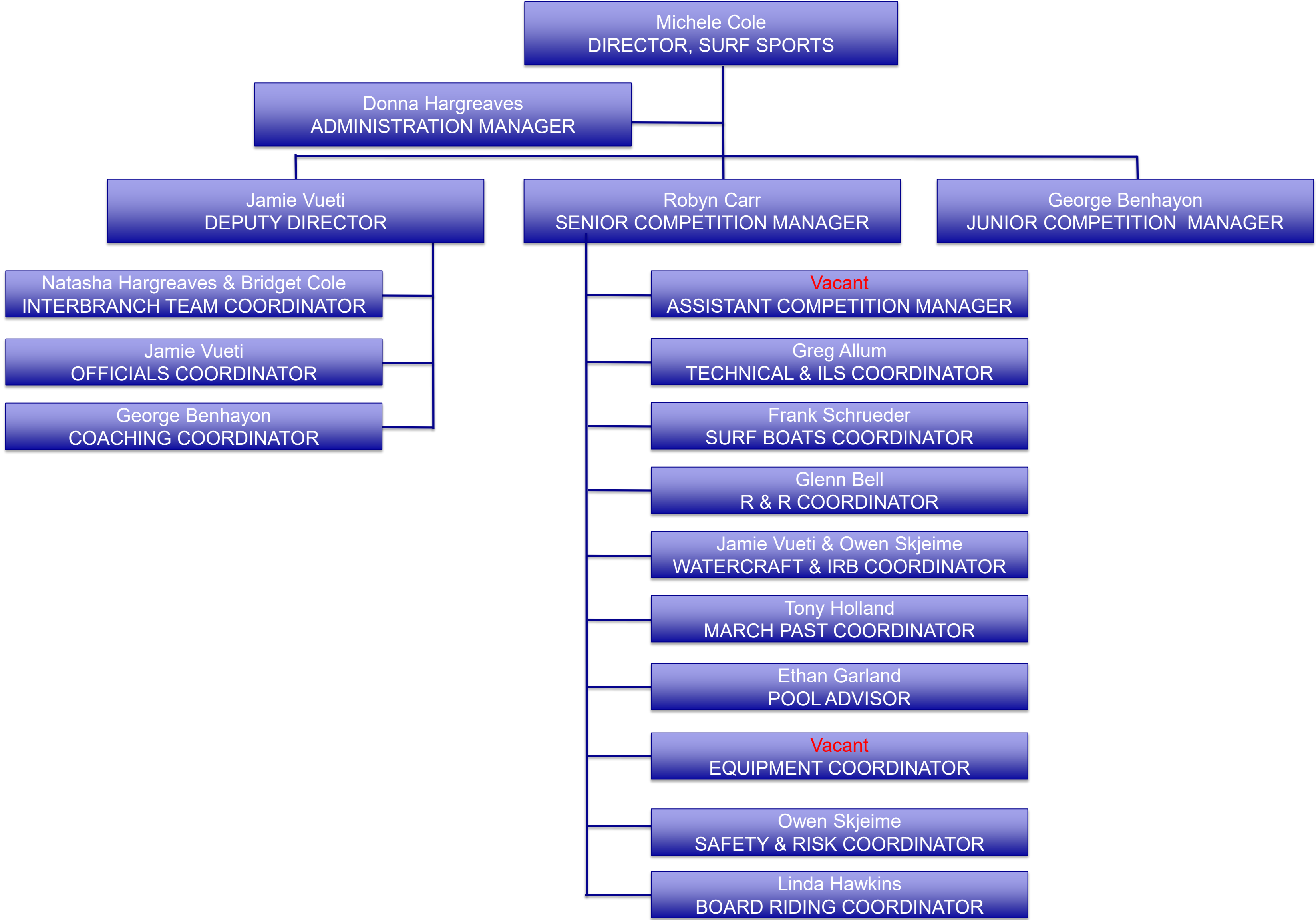


AGENDA

1. Introduction of the Surf Sports Committee
2. Surf Sports 2025 Calendar
3. Interbranch 2025
4. Carnival Processes
5. Safety
6. Live Heats
7. Junior Surf Sports
8. Senior Surf Sports
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Surf Sports Committee



Surf Sports Calendar

DISTRICT CARNIVALS

Randwick Shield – 2 November 2025 @ Coogee

Waverley Shield – 9 November 2025 @ North Bondi

Bate Bay 4 Way – 23 November 2025 @ Wanda

Royal National Park – 17 January 2025 (TBC)

BRANCH CARNIVALS

Wanda One – 25 October 2025 @ Wanda

SLSS Infront Board Bash – 1 November @ Cronulla

Cronulla Carnival – 8 November 2025 @ Cronulla

U8s Carnival – 15 November 2025 @ South Maroubra

Australia Day Iron Person Carnival – 26 January 2026 @ North Cronulla

BRANCH CHAMPIONSHIPS

31 January 2026 @ TBC (Belt, Soft Sand Beach Runs, Soft Sand Beach Relays, Adaptive, Surfboard Riding, Champion Life Saver, Patrol & First Aid Competition)

7 February 2026 @ Bate Bay Beaches (March Past, Boats, Opens, Masters, R&R)

8 February 2025 @ Bate Bay Beaches (Age)

Note: Our complete Surf Sports Calendar will be shared with all SLSS Clubs this month.



Interbranch 2025

Surf Life Saving NSW Interbranch Championships

29 – 30 November 2025

Avoca Beach SLSC, Central Coast

The **2025 Interbranch Team will consist of 40 competitors** in the following age groups, U12, U13, U14, U15 and U17: Maximum of four (4) females and four (4) males per age group.

Sydney trial dates required to attend are:

- **Wanda One** – 25 October 2025 @ Wanda SLSC
- **Cronulla Short Course** – 8 November 2025 @ Cronulla SLSC

Athlete Nominations are due 10 October 2025. [Circular-08-Interbranch-2025-Team-Selection-and-Nomination-Information.pdf](#) This link includes all nomination details.

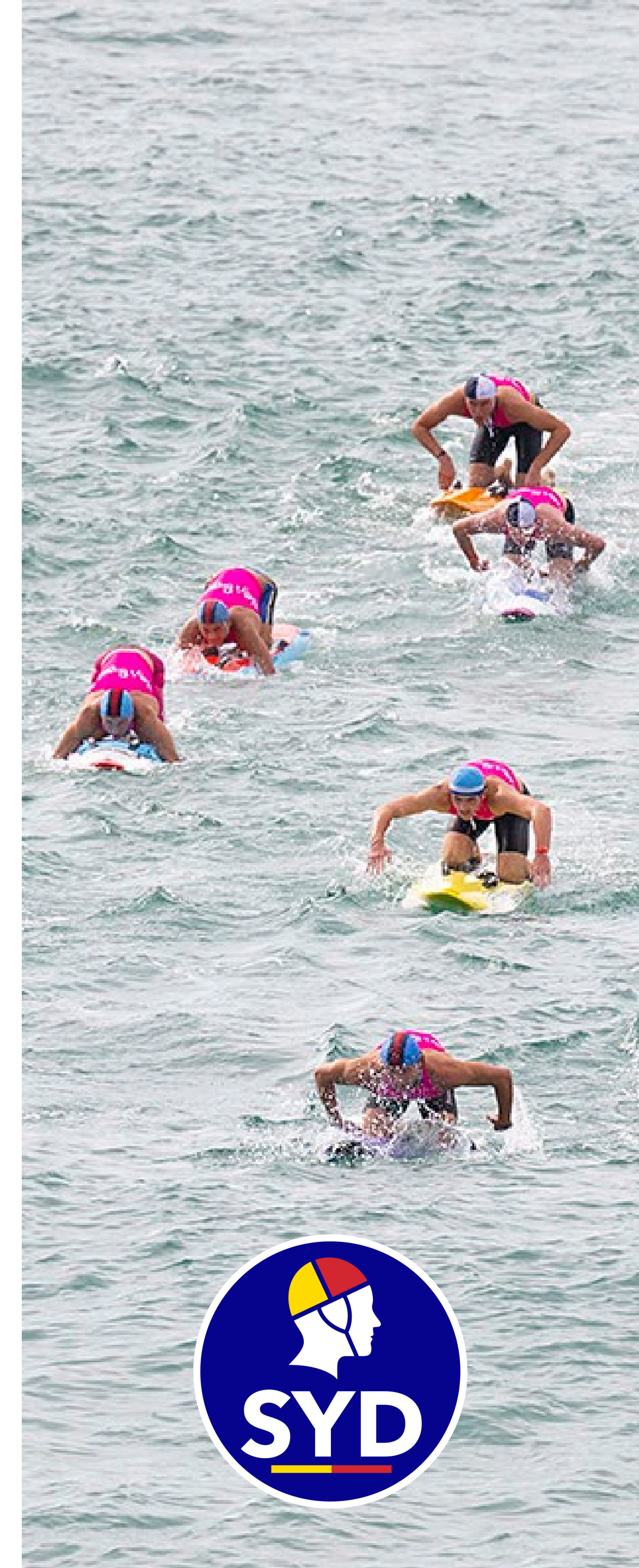


Carnival Process

This year the Surf Sports Committee require all Clubs to follow the processes explained in our latest edition of our **Carnival Organisers Guide**. This will be available on our new website.

Refer to Liveheats regarding set up of carnival entries moving forward.

All Carnival documentation Safety Plans and Programs, along with Special Event Applications must be submitted to the Branch Office 6-8 weeks prior to a Carnival, via cwoodside@sls.sydney along with Robyn Carr or George Benhayon, dependent on carnival type.



Safety

- With carnivals that all paperwork including the safety manual is submitted to the team 6-8 weeks out from the carnival that way we have time to change things if required.
- If club are needing a hand with the safety manual and just need a more advice on what is need in it, to please reach out and ask so that way we can help where required.
- Last one would be that if we don't have all paperwork finalised by two week out from a Carnival that club will run the risk of the Carnival being cancelled due to non-complaints with paperwork.
- Carnival Category Cross Check Step
 - Red = Carnival endorsement and date provided to Sydney Branch
 - Amber = All paperwork submitted to Owen, George and Robyn for perusal including council approvals etc.
 - Green = Owen, George and Robyn have given the okay for surf club to proceed.



LiveHeats

Surf Life Saving Sydney will continue to utilise LiveHeats for all Carnivals.

This year LiveHeats will be used for all Carnival registrations (not SEMS) from 1 October 2025.

Surf Life Saving Australia recently release the below Circular

[Circular-13 25-26-Changes-to-Sport-Event-Entries-for-the-2025-26-Competition-Season.pdf](#)

The Wanda One Carnival will be the first Sydney Carnival to utilise LiveHeats registrations.

Further details will be shared with Clubs on the new processes required to be followed for Carnival Registrations and Officials Use.



Junior Surf Sports

- Carnival Guides - Special Events and Safety Operations Plans to be sent to the Branch Office 6-8 weeks before the event cc'ing George Benhayon
- All Junior Carnivals organisation Committee to include George Benhayon
- Officials - Water Safety - Ratios match entries
- Any assistance in Coaching Accreditations contact George Benhayon



Senior Surf Sports

- Branch Championships to be conducted over two weekends and will also include Lifesaving, Adaptive and Traditional events.
- All branch carnival information will be provided to all clubs through online meetings and Branch circulars. Please ensure you are aware of closing dates for providing information and entries. All senior carnival organising committees to include Robyn Carr.
- All clubs are reminded that official and water safety quota's must be fulfilled for all carnivals.
- Live heats will be utilised for all carnivals including submitting entries. Training will be provided, and clubs need to ensure that they have club members available for training.



Officials

This season we will be promoting RESPECT for our Officials

R.E.S.P.E.C.T.

Recognise the role they play

Empathise with tough calls

Support their judgement

Play by the rules

Encourage fair competition

Communicate with courtesy

Thank them for their time

The **Officials Page on our new website** will include information on accreditation / reaccreditation and logging attendance.

We will actively communicate on the **TeamApp – Surf Sports Sydney – Officials**

Important notes:

Accreditation – in person sessions, including an intro to LiveHeats

Re-accreditation – anticipate a link early September

Nominations – Branch Carnivals

Lifesaving Workshop – to capacity-build officials, all welcome 21 Sept 2025 at South Maroubra



Adaptive Events

We have rebranded our inclusive events to fall in line with SLSA, so moving forward, they will now be known as Adaptive events.

We encourage clubs to have their members with disabilities to become involved and attend carnivals such as the Wanda One, Cronulla Carnival and our Branch Championships.

Our Branch will continue to be strong advocates for our members with disabilities in this space and are eager to run development clinics for our members.



March Past

March Past is one of the oldest events in Surf Life Saving, it's a way to connect with the past and acknowledge the contributions of those who came before.

The event suits all ages groups and is becoming very competitive. Especially over the last couple of years between Sydney Branch clubs.

Attributes for the event highlight:

- Tradition and History
- Discipline and Teamwork
- Club Pride and Recognition
- Community and Camaraderie
- Visual Spectacle
- Legacy of Returned Servicemen



Pool Rescue

- Each season there are 2 Pool Rescue Clinics that are conducted in different locations for new and existing athletes to introduce the sport and predominantly the sports skills that are required. This is to show the athletes how to complete the skills quickly, efficiently and to make sure that they don't get disqualified in a race. These skills are in every individual race and relay throughout Pool Rescue, and we like to educate the athletes on how they relate back to lifesaving as a whole.
- This upcoming season we are striving to hold a Sydney Branch carnival to test those skills in a competition scenario against other competitors and potentially other branches. This is a perfect competition for new athletes trying the sport and for more experienced athletes to accrue more race practice before the bigger carnivals such as NSW State Pool Rescue Championships, Australian Pool Rescue Championships and many international competitions.
- Pool Rescue is a great sport that fits into the lifesaving world and can allow swimmers or swim specialists to still compete in lifesaving in the off season with only 10% to 20% more training mainly surrounding the skill aspect. Regardless of the swimming ability or how fit each athlete is, the skills create a new challenge that is equally important to any pool rescue race making it a unique and exciting sport.
- As an athlete who started from the bottom, moving through the ranks and finishing at the Top, now coaching all levels of pool life saving the constant evolving and innovation of new skills continues to keep the sport interesting, alive and most importantly competitive. This is what keeps myself getting sucked back into the sport each year learning and evolving.



R & R

This discipline can engage all age groups starting from as young as Under 11's. Some competitors return to RNR as a Master to fulfill the enjoyment of competing.

- **Rescue Techniques:** Teach proper handling of tubes for rescues and patient management techniques
- **Resuscitation:** Emphasise the correct procedures for rescue breathing, chest compressions, and assessing the patient's condition.
- **Teamwork:** Highlight the importance of communication, coordination, and synchronized movements within the team.
- **Discipline:** Ensure competitors understand the importance of following commands, maintaining proper form, and avoiding deductions.

Handy Hints

- **Regular Drills:** Conduct regular practice sessions focusing on all aspects of the competition, including marching, rescue techniques, and resuscitation drills.
- **Feedback:** Provide constructive feedback to team members, highlighting both strengths and areas for improvement.
- **Simulated Competitions:** Conduct mock competitions to prepare the team for the pressure and demands of the actual event.
- **Debriefing:** After each practice session or mock competition, debrief with the team, discussing any errors and areas for improvement.
- **Prioritize Safety:** Ensure all team members understand the importance of safety procedures and follow them diligently.
- **Emergency Procedures:** Review emergency procedures and ensure the team knows what to do in case of an accident or injury.

By focusing on these key areas, coaches can effectively prepare their teams for success in rescue and resuscitation competitions, emphasizing both the technical skills and the core values of surf lifesaving.



Board Riding

This season priorities are:

- Introduction to Surfboard Riding Clinic the basics.
- Surfboard Riding Branch Championships 31st January 2026 at South Maroubra.
- Looking to hold two Surfboard Riding Carnivals with Branch Championships opportunity to trial skills.



Surf Boats

SLSS Surf Boats Series

Wanda One – 25 October 2025 @ Wanda

South Maroubra Boat Carnival – 15 November 2025 @ South Maroubra

North Cronulla Christmas Carnival – 20-21 December 2025 @ North Cronulla

Branch Surf Boats Championships – 7 February 2026 @ Bate Bay Beaches

- Sydney Surf boat Series - 3 rounds with all crews rowing together, however place points will be handicapped with extra series points added to placings according to age ie 200+ 1 extra point, 220+ 2 pts, 240 +3pts
- Master's are now included within the Sydney Surf Boat Series
- No official - no row! All clubs to contribute towards the officials pool if entering crews.
- Trophies to be awarded, for 'Rookie Sweep of the Year' + 'Most Improved Crew of the Year' at Sydney Surf Boat Series Presentation.



Ocean Swims

Season 2025/26 Ocean Swims:

Coogee Island Challenge - 30 November 2025

Macquarie Bondi to Bronte Ocean Swim – 7 December 2025 – Hosted by Bronte SLSC

Lapa Gold – 6 December 2026 – Hosted by Coogee Minnows

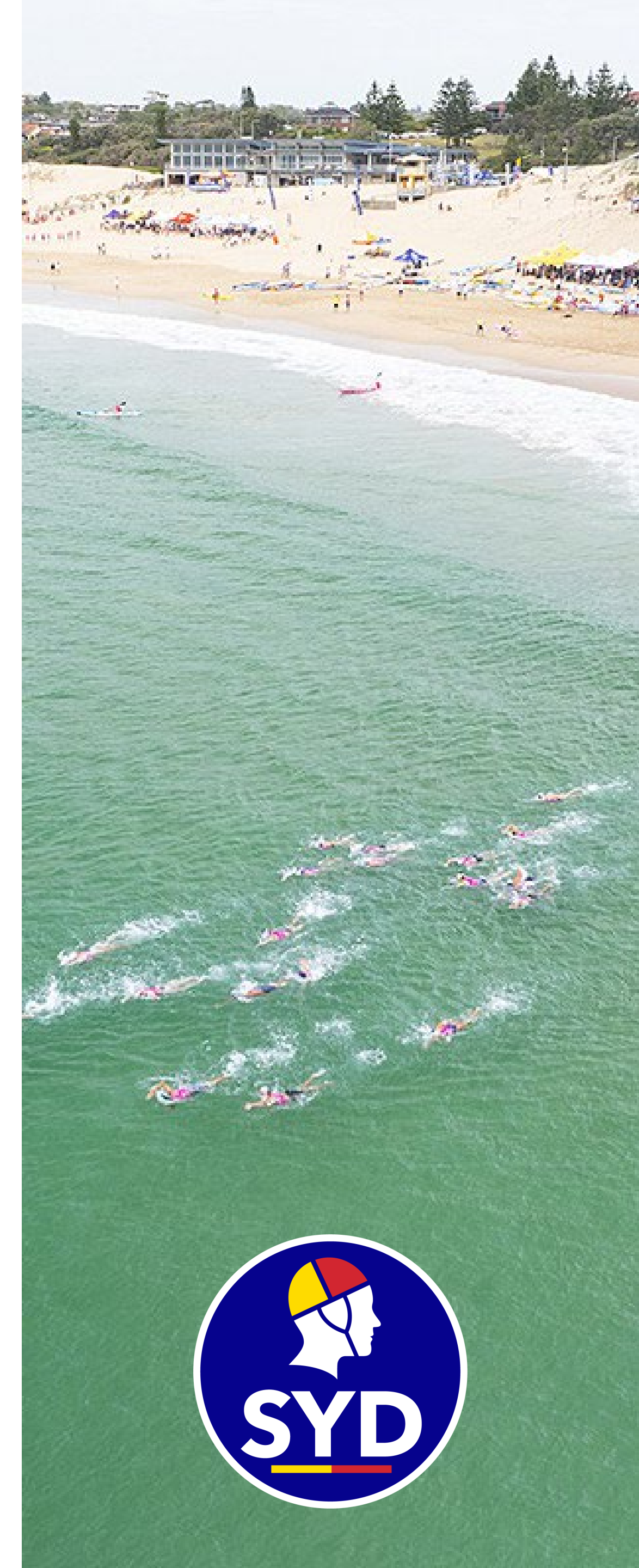
Shark Island Swim – 1 February 2026 – Hosted by Cronulla SLSC

Oceana Funds North Bondi Swim Classic – 8 February 2026 – Hosted by North Bondi

City Ford Sydney Bondi Blue Water Challenge – 22 February 2026 - Hosted by Bondi SLSC

South Maroubra Ocean Swim – 26 April 26 – Hosted by South Maroubra SLSC

Important Note: For all Ocean Swims, please ensure all paperwork is submitted to Sydney Branch office 4-6 weeks prior to event for endorsement by Sydney Branch and SLSNSW to approve.



Coaching

Priorities this season are:

- Better communication with all Sydney Branch Clubs regarding Interbranch selection and requirements.
- Highly praise and communicate the Interbranch concept amongst clubs so the competition is highly respected on our Surf Sports Calendar.
- Coaching accreditation and regaining accreditation, should be actioned before the season starts, please.

Coaching Tips:

1. Team first
2. Own your personal performance
3. Mentally and physically buy into the program.
4. When in doubt always go back to your training and process
5. Good sportsmanship
6. Compete fair
7. Expect a loss



Technical & ILS

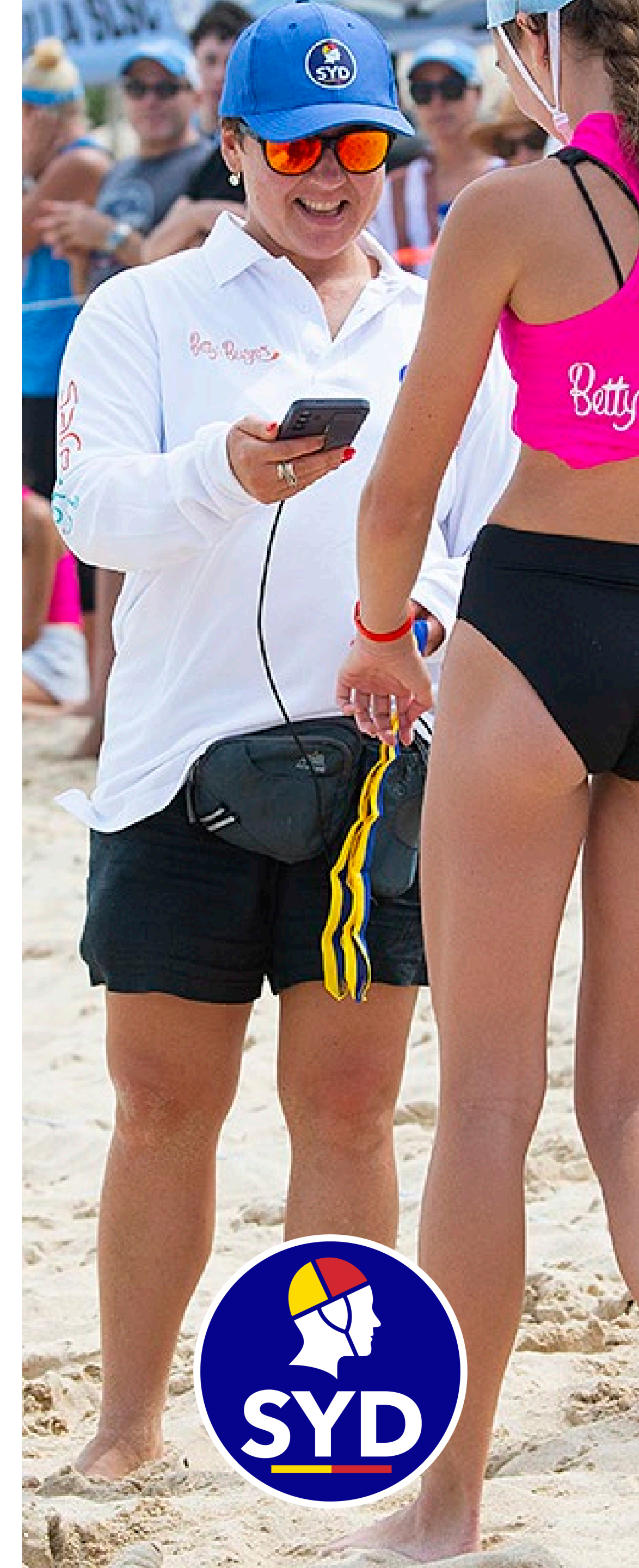
- ILS has announced that the LWC are to be hosted by Life Saving South Africa in late November/early December 2026. The venue is Port Elizabeth (Gqeberha) – Nelson Mandela Bay, South Africa. The Ocean events are being held at Kings Beach and the pool events at Nelson Park.
- The ILS Competition Rule Book 2025 Edition has been published with an effective date of 1 September 2025 – please see [Rule Book](#) and [Technical Bulletin](#) for details.
- SLSA is reviewing its SSM. It is planned that the 38th Edition will issue towards the end of September 2025 (but flexible). In the main there some incremental changes including to safety terminology, live heat recording and marshalling, team event substitutions, start procedures, Champion Lifesaver, alignment with ILS rules where appropriate, Ocean M (and special procedures for major events), Beach Flags procedure clarifications, redrawn anchor and buoy line diagrams, and some officials PD updates etc.



Surf Sports Upcoming Clinics

This year the Surf Sports Committee are running a series of Clinics;

- Officials Accreditation
 - 23 September 2025 – Elouera SLSC
 - 25 September 2025 – Bondi SLSC
 - 16 October 2025 – South Maroubra SLSC
- LiveHeats troubleshooting session – Date TBC (possibly 18 October 2025) at Wanda SLSC
- Can-Laying Course – 20 September 2025 at South Maroubra SLSC
- Introduction to Patrol and First-Aid Competition – 21 September 2025 at South Maroubra SLSC
- Introduction to R&R and March Past Clinics – Venues and Dates TBC



Surf Sports Stats for Season 2024-25

Sydney Branch Managed and Supported....

Senior carnivals: 6

Junior carnivals: 9

Boat carnivals: 4

Sydney Branch Clubs registered a total of 7,500 entries across all carnivals.

Average number of Officials ranged from 10 through to 110 for carnivals run over two or three beaches to make it possible. Along with required SMEC, Water Safety, IRB & First Aid shifts for all of carnivals.

Clubs that volunteered to host carnivals in Sydney Branch had the support of their members.

Without the incredible support from our all sponsors none of this would be possible and they help make our carnivals successful.



Thank you & Questions?

The Surf Sports Committee appreciate your time and participation today. We are here to help and support your Club, therefore please do not hesitate to contact us with questions and suggestions.

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Jamie Vueti – sscdeputy@sls.sydney

Donna Hargreaves – surfsportssecretary@sls.sydney

Robyn Carr – seniorsurfsports@sls.sydney

George Benhayon – juniorsurfsports@sls.sydney

Catherine Woodside (Branch Office) - cwoodside@sls.sydney

