

Bulletin

Title:	<u>2019 SunSmart WA Surf Life Saving Championships, Masters</u>
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Department:	Surf Sports
From:	Sport and Development Department Email: surfsports@slnwa.com.au
Audience:	Club Administrators, Club Surf Sports Directors, Team Managers, Coaches, Competitors and Officials
Summary:	This bulletin outlines event and general competitive conditions for affiliated clubs for the 2019 SunSmart WA Surf Life Saving Championships, Masters events.
Action:	Clubs are to note event dates and competitive conditions for the season's Championships events.

Events	Event date	Entries close (<i>note no late entries</i>)
2019 SunSmart Masters Championships	02 March 2019 Sorrento	11pm, Tuesday 26 February 2019
2019 SunSmart Masters Surf Boat Championships	09 March 2019 Scarborough	11pm, Tuesday 05 March 2019

Bulletins Binding on Members

Amendments, alterations, interpretations or other changes to SLSWA regulations shall be advised to Members of the Association by means of Bulletins approved by the Chief Executive Officer. Affiliated Clubs shall take reasonable steps to distribute information in the Bulletins to Individual Members. Such inclusions in the Bulletins are binding upon all Members.

These championships will be conducted in accordance with the Rules and Regulations of the SLSA Surf Sports Manual 35th Edition and subsequent amendments. The latest version of the Surf Sports Manual can be downloaded from the SLSA Members Area or accessed via the following [link](#).

It is most important that the information in this Bulletin is brought to the attention of all Carnival Officials, Team Managers, Coaches and Competitors. Non receipt of this Bulletin will not be taken as an excuse if a Club, Team or Individual does not comply with the requirements outlined in this and other Bulletins and Circulars.



James O'Toole
Chief Executive Officer





CHECKLIST

The following checklist has been designed to assist Club Surf Sports Officers complete the necessary entry requirements for members wishing to compete at the 2019 SunSmart WA Surf Life Saving Championships, Masters.

1. INFORMATION

Ensure all the information contained in this document has been read thoroughly and the conditions for entries have been adhered to.

2. ENTRIES

On-line Entries

Entries for 2019 SunSmart WA Surf Life Saving Championships, Masters are available on www.mybeach.com.au using the Carnival Manager System. Entries close Tuesday 26 February 2019, 11.00pm. Please note, Masters Surf Boat entries close Tuesday 05 March 2019, 11.00pm.

Upon completion of the above, the following is to be undertaken:

- It is the responsibility of the club to ensure the eligibility of members. Random eligibility checks will be undertaken by SLSWA.
- Clubs will be invoiced for entry fees.

3. READ CAREFULLY

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Part A: EVENTS

These championships will be conducted in accordance with the Rules and Regulations of the [SLSA Surf Sports Manual 35th Edition and subsequent amendments](#).

Masters competitors can only compete in their own age group in individual events and in only one age category in each of the team event categories including Surf Teams, Taplin, Board Rescue, Double Ski, Surf Boats, Ski Relay, Board Relay and Beach Relay.

For any event to be contested at the 2019 SunSmart WA Surf Life Saving Championships, Masters, a minimum of three (3) individual starters or three teams (3) from two (2) different clubs is required.

As such, for all events, medals will be awarded as follows:

- (a) Three (3) or more competitors – Gold, Silver and Bronze Medals may be awarded.

Events will not be held up for competitors without equipment.

A1 LIST OF EVENTS

SWIMMING

- 30 — 34 yrs Male Surf Race
- 30 — 34 yrs Female Surf Race
- 35 — 39 yrs Male Surf Race
- 35 — 39 yrs Female Surf Race
- 40 — 44 yrs Male Surf Race
- 40 — 44 yrs Female Surf Race
- 45 — 49 yrs Male Surf Race
- 45 — 49 yrs Female Surf Race
- 50 — 54 yrs Male Surf Race
- 50 — 54 yrs Female Surf Race
- 55 — 59 yrs Male Surf Race
- 55 — 59 yrs Female Surf Race
- 60 — 64 yrs Male Surf Race
- 60 — 64 yrs Female Surf Race
- 65 — 69 yrs Male Surf Race
- 65 — 69 yrs Female Surf Race
- 70 yrs & over Male Surf Race
- 70 yrs & Over Female Surf Race
- 110 yrs minimum Male Surf Teams Race
- 110 yrs minimum Female Surf Teams Race
- 130 yrs minimum Male Surf Teams Race
- 130 yrs minimum Female Surf Teams Race
- 150 yrs minimum Male Surf Teams Race

- 150 yrs minimum Female Surf Teams Race
- 170 yrs minimum Male Surf Teams Race
- 170 yrs minimum Female Surf Teams Race

MULTI DISCIPLINE

- 30 — 34 yrs Ironman Race
- 30 — 34 yrs Ironwoman Race
- 35 — 39 yrs Ironman Race
- 35 — 39 yrs Ironwoman Race
- 40 — 44 yrs Ironman Race
- 40 — 44 yrs Ironwoman Race
- 45 — 49 yrs Ironman Race
- 45 — 49 yrs Ironwoman Race
- 50 — 54 yrs Ironman Race
- 50 — 54 yrs Ironwoman Race
- 55 — 59 yrs Ironman Race
- 55 — 59 yrs Ironwoman Race
- 60 — 64 yrs Ironman Race
- 60 — 64 yrs Ironwoman Race
- 65 — 69 yrs Ironman Race
- 65 — 69 yrs Ironwoman Race
- 70 yrs & over Ironman Race
- 70 yrs & over Ironwoman Race
- 110 yrs minimum Male Taplin Relay Race

- 110 yrs minimum Female Taplin Relay Race
- 130 yrs minimum Male Taplin Relay Race
- 130 yrs minimum Female Taplin Relay Race
- 150 yrs minimum Male Taplin Relay Race
- 150 yrs minimum Female Taplin Relay Race
- 170 yrs minimum Male Taplin Relay Race
- 170 yrs minimum Female Taplin Relay Race

BOARD RESCUE

- 30 — 34 yrs Male Board Rescue Race
- 30 — 34 yrs Female Board Rescue Race
- 35 — 39 yrs Male Board Rescue Race
- 35 — 39 yrs Female Board Rescue Race
- 40 — 44 yrs Male Board Rescue Race
- 40 — 44 yrs Female Board Rescue Race
- 45 — 49 yrs Male Board Rescue Race

- 45 — 49 yrs Female Board Rescue Race
- 50 — 54 yrs Male Board Rescue Race
- 50 — 54 yrs Female Board Rescue Race
- 55 — 59 yrs Male Board Rescue Race
- 55 — 59 yrs Female Board Rescue Race
- 60 — 64 yrs Male Board Rescue Race
- 60 — 64 yrs Female Board Rescue Race
- 65 — 69 yrs Male Board Rescue Race
- 65 — 69 yrs Female Board Rescue Race
- 70 yrs & over Male Board Rescue Race
- 70 yrs & over Female Board Rescue Race

SURF BOAT

- 160 yrs minimum Male Surf Boat Race
- 160 yrs minimum Female Surf Boat race
- 180 yrs minimum Male Surf Boat Race



180 yrs minimum Female Surf Boat Race
200 yrs minimum Male Surf Boat Race
200 yrs minimum Female Surf Boat Race
220 yrs minimum Male Surf Boat Race
220 yrs minimum Female Surf Boat Race
240+ yrs minimum Male Surf Boat Race
240+ yrs minimum Female Surf Boat Race

SURF BOARD

30 — 34 yrs Male Board Race
30 — 34 yrs Female Board Race
35 — 39 yrs Male Board Race
35 — 39 yrs Female Board Race
40 — 44 yrs Male Board Race
40 — 44 yrs Female Board Race
45 — 49 yrs Male Board Race
45 — 49 yrs Female Board Race
50 — 54 yrs Male Board Race
50 — 54 yrs Female Board Race
55 — 59 yrs Male Board Race
55 — 59 yrs Female Board Race
60 — 64 yrs Male Board Race
60 — 64 yrs Female Board Race
65 — 69 yrs Male Board Race
65 — 69 yrs Female Board Race
70 yrs & over Male Board Race
70 yrs & over Female Board Race

110 yrs minimum Male Board Relay Race
110 yrs minimum Female Board Relay Race
130 yrs minimum Male Board Relay Race
130 yrs minimum Female Board Relay Race
150 yrs minimum Male Board Relay Race
150 yrs minimum Female Board Relay Race
170 yrs minimum Male Board Relay Race
170 yrs minimum Female Board Relay Race

SURF SKI

30 — 34 yrs Male Single Ski Race
30 — 34 yrs Female Single Ski Race

35 — 39 yrs Male Single Ski Race
35 — 39 yrs Female Single Ski Race
40 — 44 yrs Male Single Ski Race
40 — 44 yrs Female Single Ski Race
45 — 49 yrs Male Single Ski Race
45 — 49 yrs Female Single Ski Race
50 — 54 yrs Male Single Ski Race
50 — 54 yrs Female Single Ski Race
55 — 59 yrs Male Single Ski Race
55 — 59 yrs Female Single Ski Race

60 — 64 yrs Male Single Ski Race
60 — 64 yrs Female Single Ski Race
65 — 69 yrs Male Single Ski Race
65 — 69 yrs Female Single Ski Race
70 yrs & over Male Single Ski Race
70 yrs & over Female Single Ski Race

110 yrs minimum Male Single Ski Relay Race
110 yrs minimum Female Single Ski Relay Race
130 yrs minimum Male Single Ski Relay Race
130 yrs minimum Female Single Ski Relay Race
150 yrs minimum Male Single Ski Relay Race
150 yrs minimum Female Single Ski Relay Race
170 yrs minimum Male Single Ski Relay Race
170 yrs minimum Female Single Ski Relay Race

30 — 34 yrs Male Double Ski Race
30 — 34 yrs Female Double Ski Race
35 — 39 yrs Male Double Ski Race
35 — 39 yrs Female Double Ski Race
40 — 44 yrs Male Double Ski Race
40 — 44 yrs Female Double Ski Race
45 — 49 yrs Male Double Ski Race
45 — 49 yrs Female Double Ski Race
50 — 54 yrs Male Double Ski Race

50 — 54 yrs Female Double Ski Race
55 — 59 yrs Male Double Ski Race
55 — 59 yrs Female Double Ski Race
60 — 64 yrs Male Double Ski Race
60 — 64 yrs Female Double Ski Race
65 — 69 yrs Male Double Ski Race
65 — 69 yrs Female Double Ski Race
70 yrs & over Male Double Ski Race
70 yrs & over Female Double Ski Race
50+ Mixed Double Ski Race
40-49 Mixed Double Ski Race
30-39 Mixed Double Ski Race

BEACH

30 — 34 yrs Male Beach Sprint
30 — 34 yrs Female Beach Sprint
35 — 39 yrs Male Beach Sprint
35 — 39 yrs Female Beach Sprint
40 — 44 yrs Male Beach Sprint
40 — 44 yrs Female Beach Sprint
45 — 49 yrs Male Beach Sprint
45 — 49 yrs Female Beach Sprint
50 — 54 yrs Male Beach Sprint
50 — 54 yrs Female Beach Sprint
55 — 59 yrs Male Beach Sprint
55 — 59 yrs Female Beach Sprint
60 — 64 yrs Male Beach Sprint
60 — 64 yrs Female Beach Sprint
65 — 69 yrs Male Beach Sprint
65 — 69 yrs Female Beach Sprint
70 yrs & over Male Beach Sprint
70 yrs & over Female Beach Sprint

140 yrs minimum Male Beach Relay Race
140 yrs minimum Female Beach Relay Race
170 yrs minimum Male Beach Relay Race
170 yrs minimum Female Beach Relay Race
200 yrs minimum Male Beach Relay Race
200 yrs minimum Female Beach Relay Race
230 yrs minimum Male Beach Relay Race
230 yrs minimum Female Beach Relay Race

30 — 34 yrs Male Beach Flags
30 — 34 yrs Female Beach Flags
35 — 39 yrs Male Beach Flags
35 — 39 yrs Female Beach Flags
40 — 44 yrs Male Beach Flags
40 — 44 yrs Female Beach Flags
45 — 49 yrs Male Beach Flags
45 — 49 yrs Female Beach Flags
50 — 54 yrs Male Beach Flags
50 — 54 yrs Female Beach Flags
55 — 59 yrs Male Beach Flags
55 — 59 yrs Female Beach Flags
60 — 64 yrs Male Beach Flags
60 — 64 yrs Female Beach Flags
65 — 69 yrs Male Beach Flags
65 — 69 yrs Female Beach Flags
70 yrs & over Male Beach Flags
70 yrs & over Female Beach Flags

30 — 34 yrs Male 2 km Beach Run
30 — 34 yrs Female 2 km Beach Run
35 — 39 yrs Male 2 km Beach Run
35 — 39 yrs Female 2 km Beach Run
40 — 44 yrs Male 2 km Beach Run
40 — 44 yrs Female 2 km Beach Run
45 — 49 yrs Male 2 km Beach Run
45 — 49 yrs Female 2 km Beach Run
50 — 54 yrs Male 2 km Beach Run
50 — 54 yrs Female 2 km Beach Run
55 — 59 yrs Male 2 km Beach Run
55 — 59 yrs Female 2 km Beach Run
60 — 64 yrs Male 1 km Beach Run
60 — 64 yrs Female 1 km Beach Run
65 — 69 yrs Male 1 km Beach Run
65 — 69 yrs Female 1 km Beach Run
70 yrs & over Male 1 km Beach Run
70 yrs & over Female 1 km Beach Run

A2 PROGRAM OF EVENTS

A program of events will be available on www.mybeach.com.au under Members, Surf Sports, Competitions by mid-February and on SLSWA Sport TeamApp.

PART B - ENTRY CONDITIONS

B1 PROFICIENCY OF COMPETITORS

All Award holding members must be proficient to participate in competition events and to undertake lifesaving duties. For further information please view the [Competition Qualifications](#) details online.

B2 PATROL AND SERVICE HOUR REQUIREMENTS FOR COMPETITORS 5.04 Policy

Award members who wish to participate in any SLS Championship competition must fulfil their patrol and/or service hour requirements relevant to their category of membership. These details are further outlined in the [Patrol and Service Obligations](#) online.

For returning and continuing Active, Reserve Active and Under 15 members wishing to participate in any SLS Championship competition, the minimum annual personal patrol hour requirements from 1 January to 31 December of the preceding year is as follows:

Table 1: Minimum Annual Service Hour Requirements for Active, Reserve Active and U15 members			
Membership Category	Life Members and Long Service	Active and Under 15	Reserve Active
Option A. Patrol Service Hours per annum	Exempt	16 hours	8 hours
Option B. Patrol Service Hours per annum Other service	Exempt	A minimum of 8 patrol hours and minimum 8 hours of service for other activity as endorsed by the club	A minimum of 4 patrol hours and minimum 4 hours of service for other activity as endorsed by the club
Option C. Other service recognition	Exempt	16 hours of service for other activity as endorsed by the club	8 hours of service for other activity as endorsed by the club

PART C: ENTRIES

C1 ENTRIES

- (a) Entries must be registered with SLSWA by 11pm, Tuesday 26 February 2019 listing all competitors, including the "Handlers only". Please note that Masters Surf Boat entries must be registered with SLSWA by 11pm, Tuesday 05 March, 2019. The entries system will provide a separate entry, 'Equipment Handler', where club members acting only as handlers can be entered in the carnival at no cost (the club will not be invoiced for handlers). Handlers competing in other events should enter the carnival as per other competitors and will be invoiced accordingly. Handlers are required to be a current financial member of the Club, as outlined in the [SLSA Surf Sports Manual 35th Edition and its amendments](#).

C2 ENTRY CLOSURE

- (a) Entries excluding surf boats will close at 11pm, Tuesday 26 February 2019.
- (b) Surf boat entries will close at 11pm, Tuesday 05 March 2019.
- (c) Late entries, excluding surf boats will not be accepted after 11pm, Tuesday 26 February 2019.
- (d) Late entries for surf boats will not be accepted after 11pm, Tuesday 05 March 2019.



C3 ENTRY FEES

- (a) The cost per competitor entered in these Championships is \$38.00, irrespective of the number of events entered.
- (b) There is no cost for Equipment Handlers, Photographers or Officials entered in these Championships, unless they are competing in other events themselves.
- (d) Clubs will be invoiced accordingly for entry fees after the event.
- (e) Entry fees are non-refundable if members do not take part in these Championships or if events are subsequently cancelled after commencement of the Championships.
- (f) All prices outlined in this Bulletin include GST.

C4 DECLARATION

- (a) It is a condition of entry that by using the online entry system, clubs declare that the competitors entered are financial, proficient and satisfy the patrol requirements as detailed in this bulletin, and the entries are in all other ways in accordance with Association and Club regulations.
- (b) As a condition of entry, all competitors agree to have any photography taken during the 2019 SunSmart WA Surf Life Saving Championships, Masters which is used for promotional material by SLSWA. This is in accordance with the SLSWA Surf Sports Media Policy. If a member wishes not be photographed for any reason, please communicate this to Graham Snook at SLSWA prior to the close of entries of the Championships.

C5 COMPETITION CONDITIONS

- (a) Competition conditions for all events not expressed in this Bulletin are set out in the [35th Edition Revised SLSA Surf Sports Manual](#) and any subsequent amendments.

C6 PENALTIES – BREACH OF ENTRY REGULATIONS

It is mandatory that ALL competitors are listed in the Club's entries.

Entry of competitors who are ineligible due to non-qualification or proficiency, default of personal patrol hour obligations, or other breach of association or club entry regulations have penalties provided for as follows:

THE PENALTY FOR BREACH OF ENTRY REGULATIONS FOR THE 2019 SUNSMART WA SURF LIFE SAVING CHAMPIONSHIPS, MASTERS WILL BE THE AUTOMATIC REJECTION OF ENTRIES FOR THOSE PERSONS FOUND TO BE IN BREACH OF REGULATIONS AND THE FORFEITURE OF THEIR ENTRY FEES.

APPLICATION OF THE AUTOMATIC PENALTY WILL NOT PRECLUDE FURTHER DISCIPLINARY ACTION BY THE ASSOCIATION AGAINST CLUBS OR OTHER PERSONS IF DEEMED APPROPRIATE IN THE CASE OF SERIOUS ATTEMPTS TO DEFEAT ASSOCIATION REGULATIONS.

PART D: EVENT INFORMATION

D1 SAFETY AND EMERGENCY TEAM (SET)

The provision of a safe environment at all SLSWA competitions is paramount.

SLSWA endeavours to ensure that the appropriate safety standards as set by SLSA are met at all nipper and senior surf sports carnivals/championships, including the provision of qualified personnel, rescue craft and communications. Should an emergency situation arise during competition, correct control and discipline shall be maintained under the direction of the Competition Referee and the Emergency Services Officer.

The SET, under whose directions shall be placed all matters relating to the actual conduct of the 2019 SunSmart WA Surf Life Saving Championships, Masters, will fulfil safety related operational, coordination and advisory roles at the event. The SET consists of the Event Manager Graham Snook from SLSWA plus volunteers appointed to the following positions:

Championship Referee – Craig Ashworth

Deputy Referee – TBC

Emergency Services Officer – TBC



The team will consult with Sectional Referees as appropriate and will seek advice from other relevant parties on safety issues as required.

D2 CARNIVAL SAFETY

Clubs wishing to enter the 2019 SunSmart WA Surf Life Saving Championships, Masters must supply power craft, first aid and water safety personnel on a 'pro-rata' scale based upon club participation from the previous season. This roster for the 2019 SunSmart WA Surf Life Saving Championships, Masters can be downloaded from the SLSWA Sport TeamApp before the end of February. If an IRB, water safety and/or First Aid volunteer does not attend as required, the Club risks being ineligible to participate further in the competition until the matter is resolved.

D3 HIGH VISIBILITY LYCRA VESTS

All competitors in water-based surf lifesaving events will be required to wear a high visibility yellow lycra vest. Except where otherwise specified, vests must be worn by all competitors and handlers entering the water beyond knee depth. All participants wanting to enter the water, including but not limited to, competitors, Team Managers, coaches, officials and staff are recommended to bring old Lycra singlets from previous competitions for this purpose as additional Lycra singlets will not be distributed.

D4 HELMETS FOR SURF BOAT COMPETITORS

Please note [Section 5.1 \(f\)](#) of the Surf Sports Manual re the mandatory wearing of helmets in Surf Boats unless an acceptably low level risk is assessed.

D5 DISCIPLINES/PROTESTS

Misconduct before, during and after the Championships, including tampering with signs, fences or PA system equipment will not be tolerated. Offending members risk disciplinary action

All protests shall be lodged with the appropriate carnival official in accordance with the procedures set down in the [35th Revised Edition SLSA Surf Sports Manual](#), and shall identify the specific sections/clauses in the Competition Manual upon which the protest is based.

D6 TEAM ENTRIES AND CHANGES

The composition of teams will be taken as they are entered in Carnival Manager. Please ensure that Team Managers have a copy of their entries. If there is any entry dispute, the Team Manager will need to provide these as evidence. By pre-registering the teams, this saves time at marshalling and also enables accurate results.

On competition day, any team changes after the initial marshalling call must be communicated to the Marshall prior to the last call and before the commencement of the respective event. Subsequent changes are allowable as per the rules and must be communicated with the area Marshall prior to the new team being permitted to start in the next round.

D7 SUBSTITUTION OF COMPETITORS

As per [35th Edition Surf Sport Manual section 2.18](#).

D8 REPLACEMENT OF GEAR – BOAT AND CRAFT EVENTS

Sections [5.2.4\(c\)](#), [6.1\(e\)](#), [8.2.1\(c\)](#), [8.4.1\(g\)](#), [8.5.1\(d\)](#) and [8.6.1\(d\)](#) of the 35th Edition of SLSA Surf Sports Manual refers to the replacement of gear including boats, oars, skis, paddles, boards or other equipment during a race.

Competitors are reminded that if replacement gear is to be utilised, it is the responsibility of the competitor/ team/ crew to ensure that any damaged equipment left in the competition arena does not impede the progress of another competitor/ team/ crew involved in the race. Any equipment utilised as replacement gear is subject to scrutineering.

D9 PRESENTATION OF MEDALLIONS

Championship medallions in gold, silver and bronze will be awarded to the first three (3) individual/team place getters in each event. Medals will be presented to the athletes at the completion of each final.



D10 BEACH LAYOUT & ACCESS

Every effort will be made at these Championships to provide for a fair arena for all competitors and teams. If conditions are deemed unfair the Carnival Committee may relocate the arena. The Championships beach layout can be downloaded from the SLSWA Website by the end of February.

ACCESS TO BEACH

No unauthorised vehicles will be permitted on Sorrento Beach under City of Joondalup or Scarborough Beach under City of Stirling regulations.

ACCESS TO COMPETITION ARENA

The only people permitted in the competition arena are:

- (a) Active competition Officials
- (b) Active competitors/handlers (those in the marshalling area or in events)
- (c) Competitor stand-ins/proxies (these people must be wearing the competitors' club cap in the marshalling area and competition arena for identification)
- (d) Team manager (one per club)
- (e) SLSWA approved photographers

The Referee or Sectional Referee has the right to evict any person/s from the arena if the above access requirements are breached. Any person/s that breaches the above access requirement may be subject to disciplinary action.

D11 PARKING

Parking is as per the City of Joondalup's/City of Stirling's regulations. NOTE: The City of Stirling will be enforcing the parking restrictions throughout the weekend. Please abide by all regulations.

D12 GEAR TRAILERS AND CRAFT STORAGE

Gear Trailers are not permitted on the beach. One trailer per club can be parked on the areas outlined on the event map. No cars are permitted to park in this area. No surf craft is permitted to be left unattended on the beach. No surfboat trailers will be permitted on the beach. A more comprehensive gear storage plan will be released by the end of February.

Note: No responsibility will be taken for craft left unattended.

D13 CLUB TENTS AND SPECTATOR VIEWING

Clubs tents are to be erected in the designated tent areas. There is no draw for tent positions.

All spectators and competitors are also requested to utilise all rubbish bins made available to ensure the beach remains tidy at all times and is left in pristine condition. Take out what you bring in.

D14 SCRUTINEERING

Team Managers and competitors are strongly advised to ensure that their skis and boards, reels, surf lines and surf boats strictly comply with the SLSA Surf Craft/Surf Boat Compliancy Program as applicable, before participating in any State Championship event. Officials may do random spot checks on the line at marshalling.

D15 EVENT TIME LIMITS

All water events will be subject to a time limit as per [Section 2.23](#) of the 35th Surf Sports Manual. Such a time limit shall be advised to competitors prior to the commencement of the event.

D16 CLUB TEAM MANAGERS AND COMPETITION OFFICIALS BRIEFING

A Team Managers and Competition Officials On-Site Briefing will be held at 6.30am Saturday 2 March 2019, in the Sorrento SLSC clubrooms.

Surf Boats Team Managers and Competition Officials On-Site Briefing will be held at 6.30am Saturday 9 March 2019, at Scarboro Beach in the Amphitheatre.

PART E: HEALTH AND FITNESS

- (a) Competitors and officials should realise the importance of fitness to undertake their respective activities and should seek expert advice on all aspects of their health before participating.

- (b) Competitors and/or officials who suffer illness or injury should seek medical advice prior to participating or continuing with their activity.
- (c) In addition SLSWA may, at its sole discretion, require a competitor and/or official to be assessed for physical and/or psychological fitness to participate to ensure that that an unfit competitor and/or official and/or SLSWA is not placed at risk.
- (d) Members also have responsibilities under the SLSA Anti-Doping Policies. Members have a duty to avoid all prohibited substances and prohibited methods and should be aware of the Policy if medication is required. If appropriate, advice should be obtained from medical practitioners, pharmacists, the Australian Sports Anti-Doping Authority.

PART F: 2019 SUNSMART WA SURF LIFE SAVING CHAMPIONSHIPS, MASTERS BANNER

Masters Championships Banner – Total Aggregate Points

Presented to the Club with the highest total pointscore overall at the 2019 SunSmart WA Surf Life Saving Championships, Masters. Please note, that this will be presented at the 2019 SunSmart WA Surf Life Saving Championships, Senior on Sunday 10 March 2019.