

# eurobodalla

*Land of many waters*

## Lifeguard Service

Beach	Patrol Dates	Days of Service	Patrol Times
Surf Beach	19/12/09 to 26/01/10	7 days	9am - 5pm
Tuross	19/12/09 to 26/01/10	7 days	9am - 5pm
Dalmeny	19/12/09 to 26/01/10	7 days	9am - 5pm
Malua Bay (Batemans Bay SLSC)	19/12/09 to 26/01/10	5 days + 1/2 day Sat & Sun	9am - 5pm
Broulee	19/12/09 to 26/01/10	5 days + 1/2 day Sat & Sun	9am - 5pm
Moruya	19/12/09 to 26/01/10	5 days + 1/2 day Sat & Sun	9am - 5pm
Narooma	19/12/09 to 26/01/10	5 days + 1/2 day Sat & Sun	9am - 5pm

## Volunteer lifesavers – Sat ,Sun and Public Holidays

Club / Service	Patrol Dates	Sat	Sun	PH
Batemans Bay	03/10/09 to 13/12/09	10am - 2pm	10am - 2pm	10am - 2pm
	19/12/09 to 28/02/10	1pm - 5pm	10am - 5pm	10am - 5pm
	06/03/10 to 26/04/10	11am - 4pm	11am - 4pm	11am - 4pm
Broulee	03/10/09 to 25/10/09	No	1pm - 5pm	1pm - 5pm
	31/10/09 to 06/12/09	1pm - 5pm	10am - 2pm	10am - 2pm
	12/12/09 to 13/12/10	1pm - 5pm	8am - 2pm	8am - 2pm
	19/12/09 to 28/03/10	1pm - 5pm	9am - 5pm	9am - 5pm
	02/04/10 to 25/04/10	12pm - 4pm	12pm - 4pm	12pm - 4pm
	Anzac Day		12pm - 3pm	
Moruya	03/10/09 to 13/12/09	No	8:30am - 4:30pm	8:30am - 4:30pm
	19/12/09 to 31/01/10	1pm - 4:30pm	8:30am - 4:30pm	8:30am - 4:30pm
	06/02/10 to 26/04/10	11am - 2pm	9am - 2pm	9am - 2pm
Narooma	03/10/09 to 20/12/09	12pm - 3pm	9am - 1pm	9am - 1pm
	25/12/09 to 31/01/09	1pm - 5pm	9am - 5pm	9am - 5pm
	06/02/10 to 26/04/10	12pm - 3pm	9am - 3pm	9am - 3pm

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## BEACH SAFETY GUIDE

[www.surflifesaving.com.au](http://www.surflifesaving.com.au)



### TO STAY SAFE REMEMBER THE FLAGS

- F** Find the flags and swim between them
- L** Look at the safety signs
- A** Ask a lifeguard for advice
- G** Get a friend to swim with you
- S** Stick your hand up for help



### RIPS

If you are caught in a rip:

- Do not panic. Tread water or float and let the current take you.
- Raise one arm to signal for help.
- Never try and swim against a rip. Float with the current and when past the breakers, swim across the rip, then swim back to shore.

### SAFETY SIGNS



Strong Current



Danger no Swimming



Blue bottles



No Surfcraft



High Surf

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<b>D</b>	<b>DANGER</b> Ensure that the scene is SAFE for: Yourself   Others   The Casualty	
<b>R</b>	<b>RESPONSE</b> Check response by talk and touch. If unresponsive CALL 000 (MOBILES 112).	
<b>A</b>	<b>AIRWAY</b> Ensure airway is open and clear. If obstructed - ROLL ON TO SIDE AND CLEAR AIRWAY.	
<b>B</b>	<b>BREATHING</b> Look, listen and feel for breathing. If not breathing normally - GIVE 2 BREATHS.	
<b>C</b>	<b>COMPRESSIONS</b> Check for signs of life. If unresponsive and not breathing - GIVE 30 COMPRESSIONS.	
<b>D</b>	<b>DEFIBRILLATION</b> Attach Automated External Defibrillator (AED) if available - TURN ON AED AND FOLLOW PROMPTS.	