

# Brighton Surf Life Saving Club

January 2021



## **Brighton SLSC partners with The Adaptability Movement**

Developing more than just the physical, the Adaptability Movement is a holistic coaching and education provider that specialises in athletic development and performance, using a variety of holistic techniques to enhance the performance of individuals and teams through the development of mindset, habit building, strength and conditioning, mindfulness and preparation/recovery.

Initially a two year commitment, the program will evolve to support across the club, with a focus on supporting the development of our Coaching outcomes across all ages groups, Youth and preparing Nippers for their transition to Youth.

The program will be delivered by Ben Haren and Dan Kirk, cofounders of AM. Both have a wealth of experience cross SANFL, Sports Science, Health and Performance Training. Ben is a keynote speaker, Para Athlete and has taught at TAFE SA and Flinders University.

The program will be overseen by BSLSC's Alistair Baird, working with Head Coach Patrick Cobiac and key clubbies.

Following an initial workshop to help The Adaptability Movement understand the history, present and future vision of the club, a broader Whole Club session will focus on fostering a connected community and the behaviours that create that. This work then leads into key programs, primers session and a development camp.

We are extremely excited to be taking this longer term development view for the Brighton SLSC and its members.


## Managing Contact during the current COVID outbreak

Mid January to early February represents one of the busiest periods for the BSLSC.

As we plan for our upcoming events, we are adapting strategies to minimise close contact, even in an outdoor environment. Please follow any instructions related to safe COVID practice as they are announced. As an example;

- In lifesaving services for water cover at the Australian Open Water swim, we will be looking to separate cover into teams to minimise the number of people we make contact with.
- At the BJC, registration, collecting water post swim and removing swim tags will be self service.
- Masks for all volunteers in public

### Key things to remember

- Bring back the elbow shake or simply say hi, avoid handshakes
  - Wear masks at all time indoors unless seated and consuming food and beverage
  - Physically distance
  - Sanitise your hands, Sanitise your hands
  - QR code sign in
  - If you feel unwell or have any symptoms, stay home isolate and test
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# Volunteers Needed

## Australian Open Water Swimming Championships Watercover

Friday 28<sup>th</sup> 7 – 4.30pm

Saturday 29<sup>th</sup> 6.30 – 3pm

Sunday 30<sup>th</sup> 7 – 11.30am

The OWSC has shortened its program to minimise COVID risk.

Will McNamara has called for Bronze and SRC to nominate for shifts to support. There are two shifts on Friday and Saturday.

[ROSTER HERE](#) or speak to Will or Craig Van



## Brighton Surf Life Saving Club's Channel 7 Brighton Jetty Classic - Sunday 6<sup>th</sup> February, 2022

This is one of those events where everyone is needed for a little bit and none of it is difficult.

The Online Volunteer register is [HERE](#) and there is a hard copy roster up in the club room

For watercover see Will Mcnamara, Criag Van or view the Wtrecover roster [HERE](#)

## Patritti Brighton Jetty Sculptures – January 19 – 30, 2022

To find out more about volunteering at the Patritti Brighton Jetty Sculptures, email our Andrea Bodey @ [b.hart010@icloud.com](mailto:b.hart010@icloud.com)

More info [here](#)

