

## Lifeguard patrol hours

### Summer daylight saving

Bondi – 6am-7pm  
Bronte – 6am-7pm  
Tamarama – 8.30am-7pm

### Non daylight saving

Bondi – 6am-6pm  
Bronte – 6am-6pm  
Tamarama – 8am-6pm

### Winter hours

#### (June – mid Sept)

Bondi – 7am-5pm  
Bronte – 7am-5pm  
Tamarama – 8am-5pm (June)  
Tamarama – closed (July & Aug)

## Contact numbers

### Lifeguard Towers

Bondi Beach	9083 8888
Tamarama	9083 8887
Bronte	9083 8889

### Emergency Services

(Fire, Police, Ambulance)	000
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### Waverley Council

Customer Service	9083 8000
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## Combined Surf Life Saving Club statistics for season 2017/18



Rescues completed

**913**



Volunteer hours

**49,900**



Preventative actions

**23,681**



First Aids

**1,716**



Awards gained

**2,796**

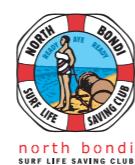


Bronze Medallion Awards

**279**



**BRONTE**  
SURF LIFE SAVING CLUB • 1903



**Tamarama**  
SURF LIFE SAVING CLUB

# Sun, Sea and Safety

Surf Life Saving Clubs and Waverley Council –  
working together to help keep you safe

## Lifeguards Top Tips



Always swim between  
the red and yellow  
flags. No flags no swim!



Read the  
safety signs



Ask a Lifeguard or Lifesaver  
for safety advice



If you need help, stay calm  
and attract attention



If in doubt  
don't go out!

## Waverley Council and its lifeguards work closely with our Surf Clubs and volunteer lifesavers to keep swimmers and beachgoers safe in the summer and all year round.

Patrolling our beaches since 1913, Waverley Council currently employs 40 professional lifeguards who must be extremely fit as they undergo a physical test each year. These professional lifeguards wear blue uniforms and work 365 days a year protecting beach visitors.

Waverley has four Surf Life Saving Clubs – Bondi, Bronte, North Bondi and Tamarama. All four Clubs formed part of the nine Foundation Clubs of the national lifesaving movement in Australia. Each club is made up of members and volunteer lifesavers committed to promoting beach safety and also protecting its visitors. These lifesavers wear red and yellow uniforms and volunteer at our beaches on weekends and public holidays during the summer period.

Information about what our Surf Clubs do and how to get involved is included in this flyer along with what you can do to ensure your trip to the beach is safe and fun!

### Rip Safe

#### What to do if you get caught in a rip

- 1 Stay calm!
- 2 Raise your hand and wave side to side, this will indicate you need help.
- 3 Float with the current, do NOT swim against it.
- 4 When the rip slows, float toward the sand bar or breaking waves.
- 5 Remain calm until rescue arrives.

### Spotting a Rip

- Deeper, darker coloured water.
- Fewer breaking waves.
- A rippled surface surrounded by still water.
- Anything floating out to sea, or foamy, sandy water beyond the waves.

### Sun Safe

Sadly, approximately two in three Australians will be diagnosed with skin cancer by the time they are 70, with more than 750,000 people treated for one or more non-melanoma skin cancers in Australia each year. In Australia the majority of skin cancers are caused by exposure to the sun.

So it goes without saying that when you're heading to the beach this summer you should slip on a shirt, slop on your sunscreen (and reapply it regularly), slap on your hat and wrap on your sunglasses!



Slip



Slop



Slap



Wrap

## About your local Surf Life Saving Clubs

### Bondi

Over the year, 3,000 community members participated in first aid courses, surf safety presentations, community talks, fitness classes and a variety of social events.

Current members:  
**1,000**  
(+ 400 Nippers)



**410**  
rescues,  
highest  
out of any  
lifesaving  
club in  
Australia

Bondi SLSC member Lyster Ormsby invented the lifesaving reel in 1906.

Collaborates with local schools to deliver the Duke of Edinburgh Award, also running a number of programs for community organisations including Guard for Life and Migration to Surf.

Proud partners of Clean Oceans Australia and are committed to keeping our oceans free of single use plastics through education alternative solutions.

### Bronte

Bronte SLSC is all about training as many people, especially children, to be safe in the water. It's about making Lifesavers.

Current members:  
**750**  
(+ 800 Nippers)



**100**  
new  
Lifesavers  
turned out  
last season

The Club's Board Skills programme was conceived in response to ordinary members wanting to up-skill in the water. It increased the paddling and rescuing capacity of the Club's members by about 200%.

Each year Bronte SLSC hosts one of Sydney's and Australia's most iconic ocean swims. Starting at Bondi Beach, swimmers finish their journey at Bronte SLSC.

### North Bondi

Introduced the oxy viva resuscitator in the 1970s.

Current members:  
**1,285**  
(+ 910 Nippers)



The first  
Bronze  
medallion  
obtained by  
**1910**

One of the first club's to accept women members in the 1980s.

The clubhouse is environmentally friendly with recycled water, solar panels, energy efficient lights and other items.

Annual community events include The Bondi Barefoot soft sand race, Mango Messival, Roughwater Swim and Classic Swim.

The Club assists the Bondi 2 Berry Bike Ride for Alzheimer's, Real Estate Sleepout for Youth off the Streets and many other worthwhile charitable events.

### Tamarama

Developed early rescue techniques and rescue equipment.

Current members:  
**500**  
(+ 250 Nippers)



**1,000+**  
people  
educated  
via Migrant  
Safety Days  
since 2017

Holly Days initiative which enables Indigenous youth from the La Perouse area to participate in Nippers. The Club has an indigenous learning strategy in place to encourage greater understanding and knowledge of the Gadigal and Bidjigal "salt water" people in Tamarama.

To join the Club or view its events and activities please visit [northbondisurfclub.com](http://northbondisurfclub.com) or call (02) 9130 7677.

To join the Club or view its events and activities please visit [tamaramaslsc.org](http://tamaramaslsc.org) or call (02) 9130 3967.