



*Bluewater Bay*  
surf lifesaving



# **DROWING PREVENTION PROGRAMME 2013/2014**





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## Holders of the trophy

Bluewater Bay Surf Lifesaving Club has again pulled out all stops to implement initiatives to enhance its drowning prevention programme. Our initiatives have already been recognised by way of the club winning the Lifesaving South Africa Bavo Verheyden Award for the past two consecutive years.





# Bluewater Bay surf lifesaving



But that has not made the club complacent and we have strived to make it a hat-trick. Let's first recap what the club has been, and is still, doing that helped to win the prestigious award.

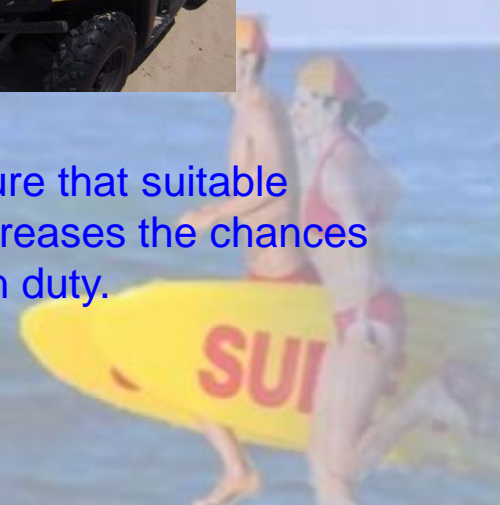




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Our first approach is always to set up the beach properly and to ensure that suitable rescue craft and flotation devices are at hand. This correct setup increases the chances of rescuing those that may get into trouble while the lifeguards are on duty.





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We have ensured that the tower goes onto the beach every time we are on duty. There can be little doubt that the elevated position allows for earlier detection of swimmers that could get into difficulty.





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Rescue boards, torpedo buoys and flippers are laid out on the beach. Last year we went a step further by manufacturing two stainless steel torpedo buoy holders which are placed at the water's edge.





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## SIGNAGE



“Swim between flags”  
notice boards are  
displayed on the beach  
indicating the safe  
swimming area.





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**“Dangerous Currents”**  
mobile boards are placed  
on the beach over a 1km  
stretch every duty day



**“Dangerous Currents”**  
permanent information  
boards indicating NO  
SWIMMING



**“No Swimming”**  
permanent  
information boards  
indicating the  
dangerous sea  
conditions





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Patrolling was extended along the entire length of the beach plus up the banks of the Swartkops River (about 2km) to ensure that bathers were not bathing in unsafe areas. The main vehicle used is the side-by-side quad which is kitted out with rescue board, spinal board, torpedo buoys, first aid kit and shark attack kit. The jet ski ,sled combination is used to patrol the surf zone. Special permission was obtained from our local Environmental Department to do water patrols in the Swartkops Estuary .



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The extended patrols resulted in four lives being saved in a single incident in February 2014 when six bathers got into difficulties 1km away from the duty area whilst swimming in an unprotected and dangerous area. Sadly two had already drowned.

This brings the total number of lives saved to 9 as a direct result of our Drowning Prevention Programme and does not include the countless help-outs and removals of bathers from potentially dangerous swimming areas.





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The club raised funds and bought a new four-stroke jet ski in January this year. Last year it acquired an additional IRB which is able to handle rougher sea conditions than the standard craft can. This, together with the side by side and two quad bikes makes Bluewater Bay one of the best equipped clubs in the country to perform lifesaving duties.



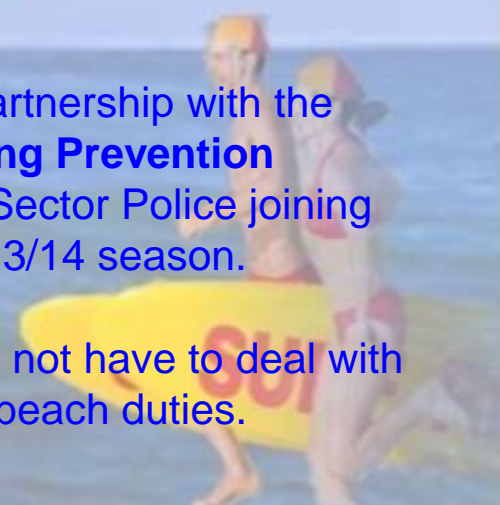


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The club continued with its highly successful Beach Patrol unit in partnership with the local Sector Police with three powerful 4X4s to assist in the **Drowning Prevention Programme**. This partnership has resulted in several members of Sector Police joining the club and some even completing LSA QC courses during the 2013/14 season.

Bluewater Bay Lifeguards on duty can concentrate on their jobs and not have to deal with crime and alcohol abuse on the beach and have added back-up on beach duties.





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The club again participated in a training rescue exercise with the Nelson Mandela Metro Municipal Departments, NSRI and Coastal Rescue as part of our **Drowning Prevention Programme**.



# ADVERTISING



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The club again took out a full page advertisement in the local newspaper, using LSA supplied material, to promote Beach Safety.

The club also managed to obtain a slot on the regional radio station to talk about water safety.

**LIFESAVING SOUTH AFRICA**

**EMERGENCY NUMBERS**  
10111 - Police  
10177 - Emergency  
112 - Cell Emergency

## BEACH SAFETY TIPS

- 1 ALWAYS SWIM BETWEEN THE RED AND YELLOW FLAG.**  
This is where you should swim. There are Lifeguards looking out for you and remember do not swim when the red flag is up.
- 2 DON'T SWIM WHEN YOU'RE ON MEDICATION OR WHEN YOU'VE BEEN DRINKING ALCOHOL.**
- 3 ALWAYS SWIM WITH A FRIEND AND STAY CLOSE TO THE SHORE.**
- 4 ALWAYS BE UNDER THE SUPERVISION OF AN ADULT WHEN AT THE BEACH.**  
Have fun, but be smart. Stick with your group.
- 5 CHECK THE WEATHER AND WATER CONDITIONS BEFORE SWIMMING AND REMEMBER NEVER SWIM AT NIGHT!**  
Don't swim at night or go to the beach during a storm.
- 6 BE SUN-SMART! APPLY SUNBLOCK, WEAR PROPER CLOTHING AND DRINK LOTS OF WATER.**  
Use a suitable water resistant sunblock and re-apply when necessary.
- 7 STAY AWAY FROM ROCKS.**  
The safest place to swim is between the red and yellow flag.
- 8 USE EMERGENCY INTERCOMS AT ALL FIRST AID STATIONS ANY TIME YOU NEED TO.**  
Be loud and clear and give as much information as possible.
- 9 DO NOT LEAVE YOUR BELONGINGS UNATTENDED. PUT THEM IN A LOCKER INSTEAD.**
- 10 FOR YOUR OWN SAFETY, PAY ATTENTION TO SAFETY ADVICE BY LIFEGUARDS!**  
The lifeguards are there to help you, but safety is still your responsibility.

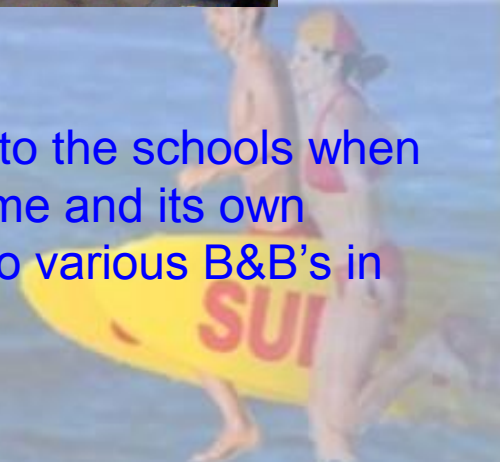
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[www.lifesaving.co.za](http://www.lifesaving.co.za)



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The message of the dangers of the ocean was once taken to the schools when club members participated in LSA's Water Safety Programme and its own education at schools. The club also distributed pamphlets to various B&B's in the suburb.

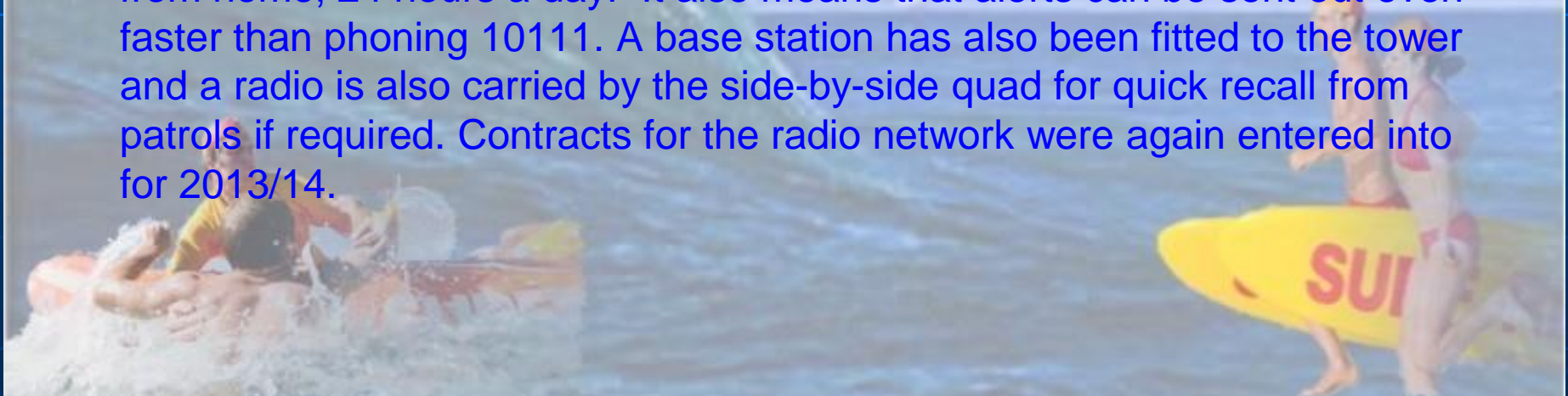




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- The main new development in 2012/13 was the establishment of the club's own radio network. The club acquired its own radio frequency and purchased six radios. The network is linked to various emergency service channels and allows the leaders of the rescue squad to stay in touch, even from home, 24 hours a day! It also means that alerts can be sent out even faster than phoning 10111. A base station has also been fitted to the tower and a radio is also carried by the side-by-side quad for quick recall from patrols if required. Contracts for the radio network were again entered into for 2013/14.







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## Exciting New Development

- The club has been working closely with ASAP of the UK which is developing a new rescue craft for lifesaving in conjunction with Loughborough University for the past two years. This has resulted in the craft developing from its original design pictured alongside.





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- To that which appears on this slide! The craft underwent some testing in Australia in December 2013 and January 2014 but the final prototype is destined to arrive at Bluewater Bay later this year in recognition of our input! The black U-shaped section to the rear is a detachable float.



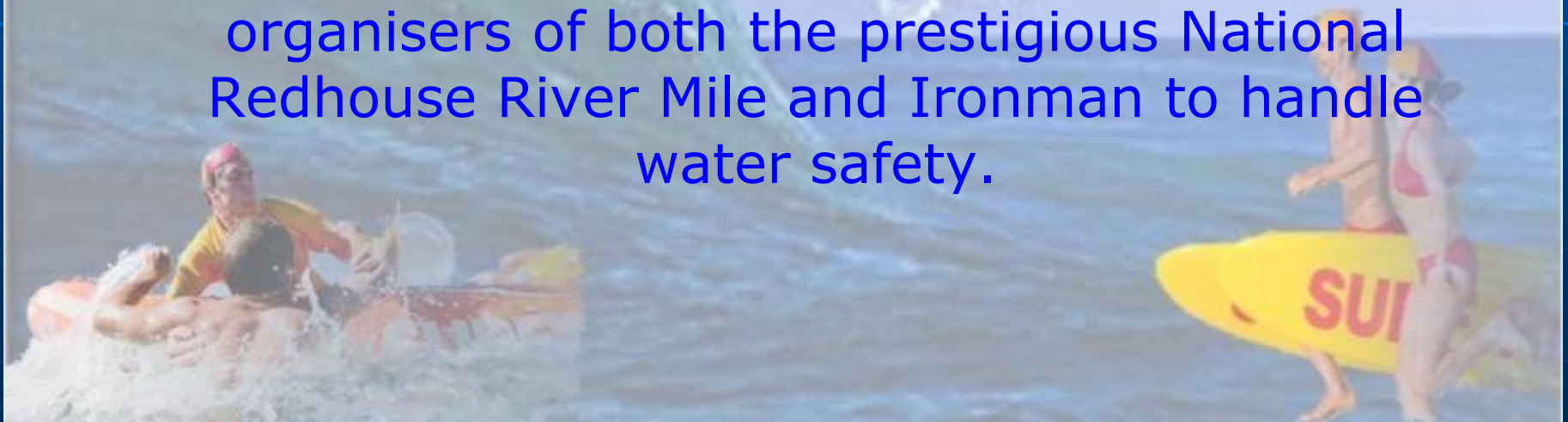


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## Recognised Locally

Given the club's commitment to drowning prevention initiatives, it is perhaps not surprising that Bluewater Bay was requested by the organisers of both the prestigious National Redhouse River Mile and Ironman to handle water safety.

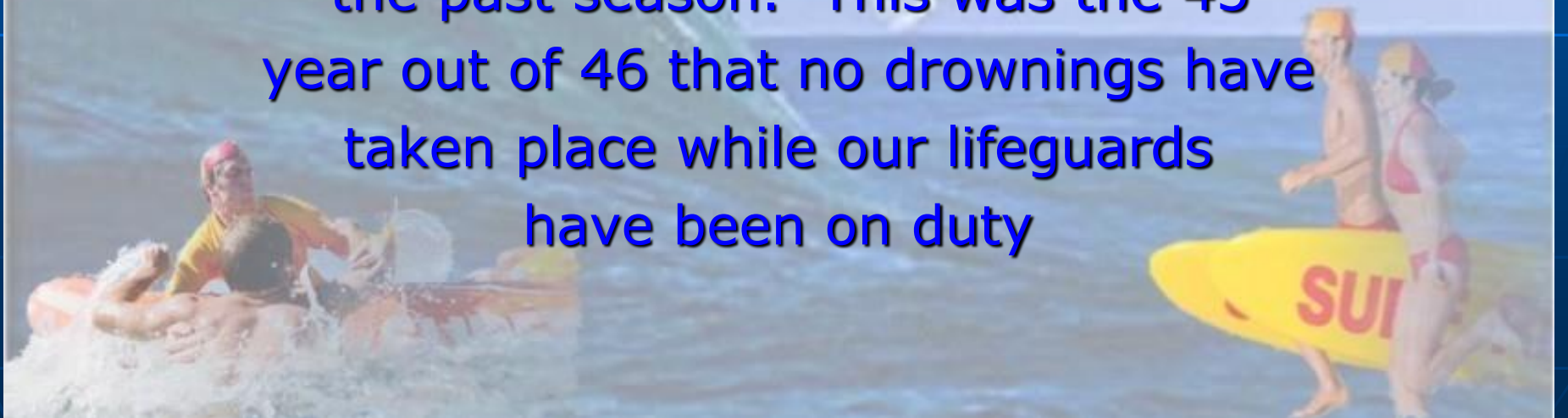




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We are pleased to report that there were no fatalities in our designated swimming area during the past season. This was the 45<sup>th</sup> year out of 46 that no drownings have taken place while our lifeguards have been on duty



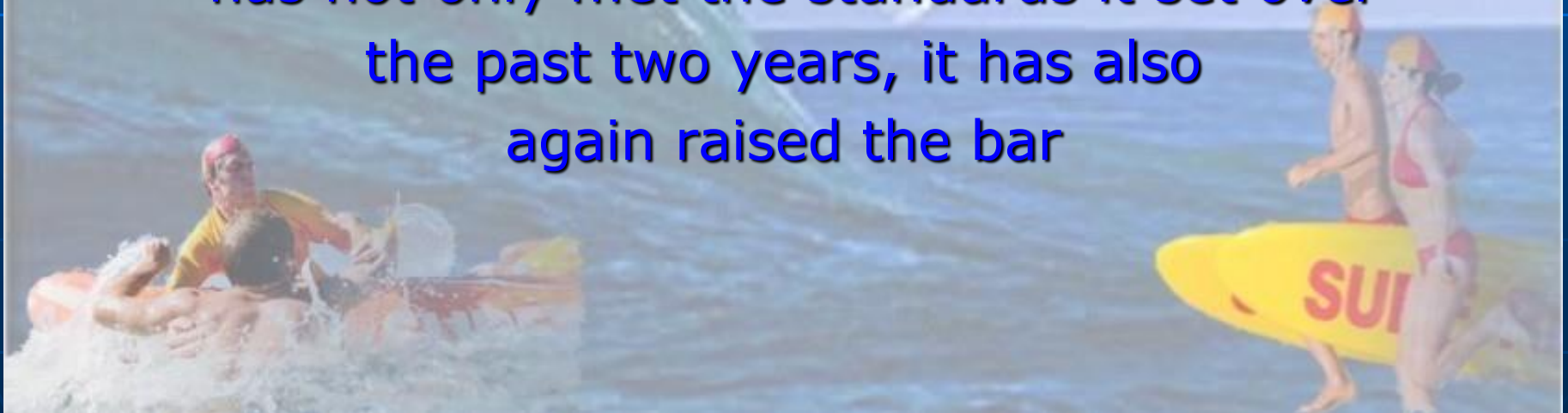


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**The bar has been raised again!**

**Bluewater Bay Surf Lifesaving Club  
has not only met the standards it set over  
the past two years, it has also  
again raised the bar**





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The finest thing a person can do  
is to save the life of a fellow  
human being

**THANK YOU**

