

WHITE CAP WELCOME · 2026–27

Welcome to the White Caps

Your rookie season at North Cottesloe Surf Life Saving Club, and everything you need to find your way around.

The live version of this pack
learn.ncslsc.com/welcome

North Cottesloe Surf Life Saving Club acknowledges the Whadjuk people of the Nyoongar nation and recognises their continuing connection to lands, waters and communities.



Our vision

To be a community leader that provides a diverse, positive and embracing environment.

Our values

EXCELLENCE · MATESHIP · FUN · WELLBEING · SERVICE · INVOLVEMENT

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Code of Conduct and club policies
ncslsc.com/codeofconduct

Your rookie season on your phone
learn.ncslsc.com/welcome

11 milestones for your first season. Tick each one here, or tap it on your phone at **learn.ncslsc.com/welcome**.

1. Joined North Cott

Join or renew with North Cottesloe in the SLS Hub.

hub.sls.com.au

☐ DONE · DATE _____

2. Gained an award

Check it's on your transcript: SLS Hub › Awards.

hub.sls.com.au

☐ DONE · DATE _____

3. Joined a patrol

Nominate for a patrol team on the club's patrols page.

ncslsc.com/patrols

☐ DONE · DATE _____

4. First patrol done

Arrive 15 minutes early. Wear your patrol uniform, or pick it up on patrol.

See page 4

☐ DONE · DATE _____

5. Connected on WhatsApp

Ask your Patrol Captain to add you to the team chat.

Ask the club office: 08 9284 2626

☐ DONE · DATE _____

6. Read the newsletter

Subscribe on ncslsc.com, then look out for it each week.

ncslsc.com/get-involved

☐ DONE · DATE _____

7. Came to a club social

Deck Cafe Fridays 6:30–8 am, or any event on the season calendar.

Calendar link at learn.ncslsc.com/welcome

☐ DONE · DATE _____

8. Completed my patrol hours

16 a season (8 if you joined mid-season), with 1 patrol before 31 December.

hub.sls.com.au

☐ DONE · DATE _____

9. Joined a section

Surf sports, powercraft, juniors or education. Give one a go.

ncslsc.com/surf-sports

☐ DONE · DATE _____

10. SMC (Requal) done

Every season, by 31 December. The SMC page shows what you need for your situation.

learn.ncslsc.com/smc

☐ DONE · DATE _____

11. Picked my next award

Choose one from Your next award. Under 15? Start with your SRC or a surf sports section.

See page 6

☐ DONE · DATE _____

Tick them on your phone
learn.ncslsc.com/welcome

Questions? Call the club office on **08 9284 2626**, Tue–Fri 8:30 am–5 pm.



16 hrs

Your minimum for the season. That's 4 patrols of 4 hours.

1 patrol

Do at least one before 31 December.

~20 teams

Rostered October to March. Each team gets 5 patrols, so you have one to spare.

What to bring

- Yellow patrol shirt
- Red patrol shorts
- Patrol cap
- Bathers
- Sunglasses
- Water bottle
- Towel
- Blue wristband (opens the patrol room)

Your first patrol

- Arrive 15 minutes early and say hello.
- Wear your patrol uniform, or pick it up on patrol.
- Ask your Patrol Captain to add you to the team WhatsApp.

More ways to patrol

IRB patrols Crew or drive the club's inflatable rescue boats. You need: IRB Crew award (15+). Drivers need IRB Driver (17+).
Email irbadmin@ncslsc.com · ncslsc.com/awards/irbc

RWC patrols Rescue water craft (jet ski) patrols. You need: Rescue Water Craft award (18+).
ncslsc.com/awards/rwc

Drone patrols Fly the club's drone on patrol. You need: Drone Operator award (16+).
ncslsc.com/awards/drones

Offsite (Abalone) Patrols away from North Cott. You need: Ask your Patrol Captain or the club office how to join.
Call 08 9284 2626

Holiday patrols Extra patrols in the holidays. You need: Ask your Patrol Captain or the club office how to join.
Call 08 9284 2626

Patrol teams and nominations
ncslsc.com/patrols

Patrol hours

16 a season and 1 patrol before 31 December. Joined mid-season? 8. Approved service hours count for up to 12.

SMC (Requal)

Bronze plus a yearly SMC is compulsory for patrolling. Do it by 31 December.

Keep your awards current

It's your responsibility. Check them any time in the SLS Hub.

Can't patrol with your team?

Ask the Chair of Lifesaving about non-rostered patrols or an exemption, or swap with a substitute in the SLS Hub.

Competing at State or Nationals?

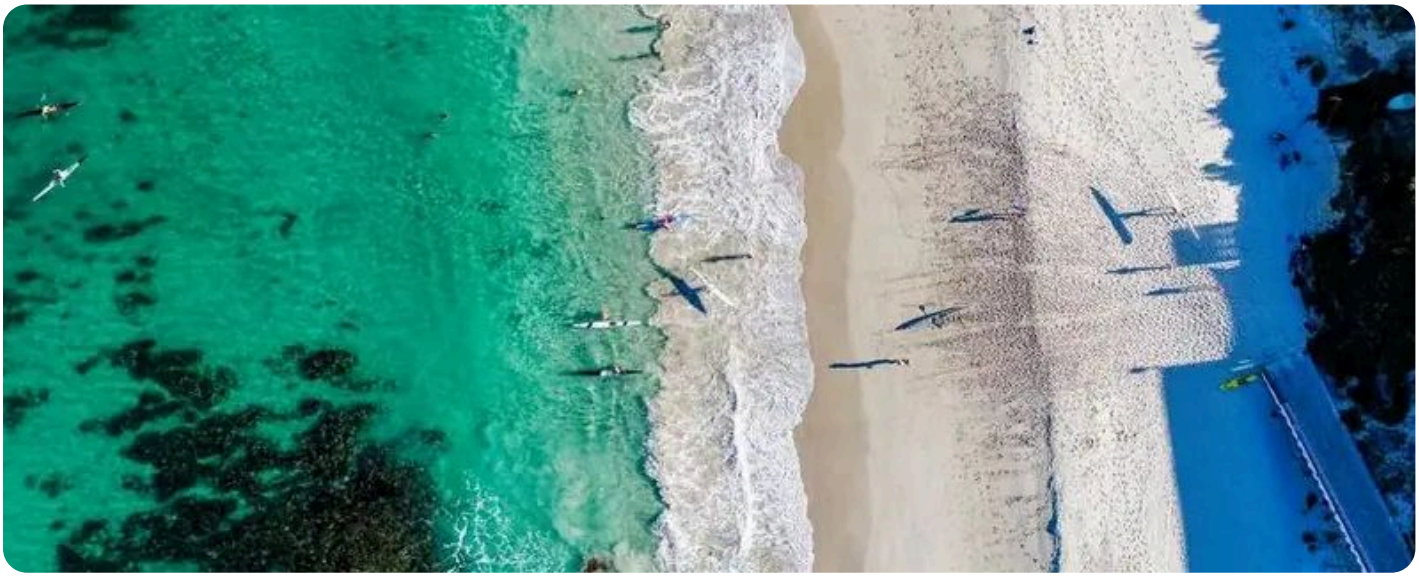
You need 16 patrol hours in the calendar year before. New members and Long Service members are exempt.

Working With Children check

Some club roles need one. Ask the club office: pick up a form there, or apply at Australia Post.

If you miss the minimum

It can lead to suspension, termination or probationary membership. See the club by-laws.



SMC (Requal) dates and steps
learn.ncslsc.com/smc



Under 15: start with your SRC (from 13), or join a surf sports section (page 7)

15 and over: pick a pathway below

Patrolling awards

Where everyone starts

SRC 13+

Surf Rescue Certificate

Your first rescue award. Patrol, and help with rescues and water safety.

learn.ncslsc.com/awards/src

Bronze 15+

Bronze Medallion

The main award for surf lifesavers. It gives you the skills to patrol.

learn.ncslsc.com/awards/bronze

Advanced

Most need Bronze

First Aid 14+

First Aid

A one-day first aid course run by Surf Life Saving WA (SLSWA). You need it for Advanced Resuscitation Techniques (ART).

learn.ncslsc.com/awards/first-aid

→

ART 15+

Advanced Resuscitation Techniques

Use oxygen, airway kit and the defibrillator (AED). Control bleeding, and lead a resuscitation.

learn.ncslsc.com/awards/art

Powercraft

Needs Bronze

IRB Crew 15+

Inflatable Rescue Boat Crew

Crew and look after the club's inflatable rescue boat (IRB).

learn.ncslsc.com/awards/irb-crew

→

IRB Driver 17+

Inflatable Rescue Boat Driver

Drive the club's inflatable rescue boat (IRB).

learn.ncslsc.com/awards/irb-driver

→ means you need the award before it

All awards and course dates

ncslsc.com/awards



Socials and fitness

Deck Cafe Fridays
Coffee, raisin toast and dog treats on the deck, 6:30–8 am. All ages.

Sunset Bar
Family-friendly evenings at the club. Dates on What's On.

Club socials
Events for members and families on the season calendar.

Gym
Open to members around the clock.

Pod Squad
Free interval swims to Cott groyne and back. Weekdays 6 am, weekends 7 am.

Surf sports
From Little Nippers to Masters 70+. Section contacts below.

Swim training
Hooked Swim programmes for members.

Training sessions
From board training to Bob's Boxing. See the schedule.

Get involved

Help with Nippers
Water safety, age group managers and helpers. Email the Nipper committee. juniors@ncslsc.com

Busy bees
Working bees around the club. Dates go out in the newsletter.

Committees
Sponsorship, Social, Life Membership, Education and Nipper. They meet a few times a year.
sponsorship@ncslsc.com · enquiries@ncslsc.com

Volunteer roles
Trades, baking, social media or cleaning: it all helps the club. enquiries@ncslsc.com

Service hours
Count up to 12 of your 16 patrol hours (at least 4 must be patrols). Needs a WWC check; approved by a Board member or the General Manager.

Surf sports: email a section captain

Ski
skicaptain@ncslsc.com

Surf boats
boatscaptain@ncslsc.com

Beach sprint
sprintcaptain@ncslsc.com

2 km beach run
2kruncaptain@ncslsc.com

March past
marchpastcaptain@ncslsc.com

IRB racing
irbcaptain@ncslsc.com

Anything else
surfsportschair@ncslsc.com

Contact us

CALL
(08) 9284 2626

EMAIL
enquiries@ncslsc.com

OFFICE HOURS
Tue–Fri, 8:30 am–5 pm

FIND US
151 Marine Parade, Cottesloe