

## **Sizzling start to Mackay Surf Lifesaving “Nippers” for 2022**

With Christmas and New Year's done, and temperatures over the last few weeks soaring, Mackay SLSC Nippers headed back to the beautiful Harbour Beach last weekend to escape the heat and hit the crystal-clear waters.

“With the current covid situation and families away over the holidays, we were unsure of who would come along, but it was very pleasing to see almost all our members hitting the beach as well as some new members that came along to see what this fantastic sport is all about and getting involved.” said Josh Grant the Director of Surf Sports. “We are really preparing our surf sports competitors for the state titles at the end of February on the Sunshine Coast. Under MSLSC head Coach Greg Born we put them and those from Eimeo SLSC through “Hell Week” over the holidays, which over two weeks saw these young lifesavers do a gruelling 20+ sessions, one starting at 5.30am at the pool, then another at the beach at 2.30pm focussing on ironman events. Coaches from both Mackay & Eimeo SLSC were really pleased with the commitment and effort these young lifesavers put in over the break and we are really excited to see what their hard work will bring at the State Titles.”

With the hot weather brought on by the Northerly winds this always presents an ever-present risk of stingers at our beaches, as something the media focusses on, it is important to assess what it means to swim at our beautiful beaches during this time of the year.

Mr Grant says “The best way I can try to explain this in the simplest terms is, think about driving a car, something you do with your family almost every day, sadly there are way more injuries and deaths from doing this than going to the beach, yet less hesitation in doing so. You get in your car, you ensure it is road worthy and registered, well you go to the beach and only swim between the flags at a patrolled beach. You put your seat belt on and child restraints in a car, you wear a stinger suit / rash vest and sunscreen when you go to the beach. When you travel you check road conditions, when you go to the beach you talk to a lifeguard / lifesaver about beach conditions. If you speed, drink drive or are unsafe the police check this, at the beach lifesavers regularly drag the water to check for the presence of stingers to ensure it is safe.”

“Our community needs to understand we have some of the most beautiful beaches in the state and as a natural asset should be utilised more. There is no point worrying about nothing. Given our current circumstances the best way to release, unwind and enjoy time with the family is coming along to our beautiful beaches for a swim. So, get out there and we will see you at the beach!”

Mackay SLSC Nippers getting ready to hit the water. (Photo: Leah McLean Photography)



Water Safety Matt Newland ensuring Nippers are safe. (Photo: Leah McLean Photography)





Nippers keen to cool off at Harbour Beach during the hot weather. (Photo: Leah McLean Photography)



Hugh Johnson U7 Green Cap enjoying cooling off. (Photo: Leah McLean Photography)





A smiling Kellan McLean happy to be in the crystal-clear water at Harbour Beach. (Photo: Leah McLean Photography)



Mackay SLSC Nippers hitting the water for the 2022 season (Photo: Leah McLean Photography)



Mackay SLSC Nippers practicing their surf swim (Photo: Leah McLean Photography)



Lifesavers dragging the beach for stingers at Harbour Beach. (Source: Courier Mail)



Kind Regards,

**Josh Grant**

Director of Surf Sports (DOSS)

***Mackay Surf Lifesaving Club***

