

**Australian Professional Ocean Lifeguard Association  
(APOLA)**

**News Release Monday 19 January 2015**

**Annual Bondi Lifeguard Relay Cup Challenge**

**The Annual Bondi Lifeguard Relay Cup Challenge will be held Wednesday 4 February 2015 at Bondi Beach.**

The annual 8-leg ocean lifeguard skills relay involves ocean lifeguard teams from coastal Councils across all of Sydney as well as Councils to the north as far as Newcastle and Councils to the south including Wollongong, Shellharbour and Kiama.

Sutherland, Warringah, Waverley, Wollongong and Kiama teams were led home by last years Winners Gosford City in a come from behind surge, however the Bondi Lifeguards (Waverley Council) are again tipped to be hard to beat on their home beach.

APOLA President and Waverley Lifeguard Coordinator, Bruce 'Hoppy' Hopkins said that the annual hit-out at Bondi not only showcases the high level of fitness and skill of coastal Council lifeguards, but the event also provides an opportunity for professional lifeguards from in and around Sydney to have a friendly get-together during the busy summer season that has been extremely demanding because of the continuous sunshine attracting thousands daily to our popular patrolled beaches.

"The participating Council Lifeguard Service employed lifeguards attend the annual event in their own time after work on the first Wednesday in February each year, and never under-estimate the importance of the job that is so essential in keeping our beaches free from tragedy and capable of accommodating visitors from all walks of life," said Mr Hopkins.

The twilight event commences at 7pm sharp Wednesday 4 February with teams of 8 performing swimming, paddling and running in the centre area of Bondi Beach.

**For further information** John Andrews Ph 0408 855 267

**APOLA's TOP 6 BEACH SWIM TIPS**

1. Bathe and swim between the red and yellow flags which indicate the supervised swimming area:  
No flags = No Swim
  2. Look for, read and obey water safety signs
  3. Check water conditions and the water depth before bathing or swimming - never dive head first
  4. Bathe and swim under supervision or swim with a mate - never go in alone
  5. Never bathe and swim directly after eating or under the influence of drugs including alcohol
  6. Learn how to recognise rips and keep clear of these areas - if caught in difficulty stay calm, float with the current and call out HELP and wave an arm if help is nearby
- AND REMEMBER when out in the sun always SLIP, SLOP, SLAP, SLURP and WRAP  
(slip on a shirt or rashie, slop on sunscreen, slap on a hat, drink water, and wear sunglasses)

**Australian Professional Ocean Lifeguard Association Incorporated. (APOLA Inc.)**

APOLA Inc is a non-profit professional association that is recognised as the peak professional association for Australian professional beach inspector ocean lifeguards. It promotes best practice in ocean water safety and beach management and coordinates professional ocean lifeguard activity in lifeguard training, community education, tourism support, public relations, regulation and risk management in consultation with Councils and their professional lifeguards.