



I am a Surf Life Saver Volunteer

Liz Janney Interview Emily Macliver

To me, there is nothing more iconically Australian than a Surf Life Saver. When you go to the beach do you give them much thought? On Saturday afternoons and Sunday's on Cable Beach they are all volunteers of the Broome Surf Life Saving Club.

Emily Macliver would like to give you an insight into her world of being a volunteer.

'I work in an office all week and have the great opportunity to come to the beach and be a Life Saver. I can't imagine being so close to this amazing beach and not enjoying what it has to offer. To be a Life Saver you do need to have a certain standard of fitness and strength. Though saying that you don't have to be a fitness fanatic. The first thing is you need pass your Bronze Medallion. The club here trains you on the practical levels (water based rescue and first aid), making sure you can swim a certain distance, get onto the ski boards and there is also online theory learning.

The club then puts you with a team and they roster you on once a month. The team consists of a Patrol Captain and a Vice Captain, so you are always working with experienced members in case you need backup. The club requires you to keep your hours up to maintain a level of expertise, though it is up to you how many hours you do at one time.

The club encourages you to work on your fitness and skills. Monday, Wednesday and Fridays we can go out and use the boards and experience all the different water conditions. I feel the clubs give you as much as you give it. Also we have the Nippers which is the kids. They have minnie competitions and exercises and they have such great fun and will one day be future Life Savers.

We're lucky that Cable Beach does not have huge surf or any really strong rips and though we have our eyes on the water we also am aware of what is happening on the beach. We do have some people that injure themselves before they even get into the water. So we are there to help on the beach and in the water.

Of course there is the social aspect, which is great being new resident to Broome - wonderful way to meet like minded people with the same community spirit.

Come down and say hi - have fun on Cable Beach.'