



Queensland

LWC 2024 Team Manager's Guide



Queensland
Government

AUSTRALIA'S
GOLDCOAST.TM

IT'S LIVE!
in Queensland

Surf Life Saving Queensland
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Welcome to the Lifesaving World Championships 2024 hosted by Surf Life Saving Queensland on Australia's beautiful Gold Coast. 5,000 athletes, 50 Nations, 18 days, 100% Adrenaline!

Please find below some information that may assist you in preparing for the event. The information is in alphabetical order and may or may not be relevant, but hopefully may make your visit more successful and enjoyable.

A full suite of Championships events will be staged at LWC 2024. These are:

- National Teams Open and Youth: SERC, Pool and Ocean/Beach – 86 events
- Interclub Open and Youth: SERC, Pool and Ocean/Beach – 86 events
- Masters: Pool and Ocean/Beach – 338 events
- IRB: National Teams – 7 events
- IRB: Interclub - 8 events
- Surf Boat – Masters (120+, 140+, 160+, 180+, 200+, 220+, 240+ and 260+ years of age), U/19, U/23, Reserve and Open – 24 events

The following additional Events will also be conducted:

- March Past – Open and Youth
- 2 km Beach Run Open and Youth – 4 events
- 3 x 1km Beach Run Relay Open and Youth – 4 events

HISTORY OF THE LIFESAVING WORLD CHAMPIONSHIPS



The event we now know as the Lifesaving World Championships, was originally founded by World Life Saving (WLS) when they conducted both beach and ocean-based events in South Africa in 1974. In 1988 pool events were included for the first time. Five years later, the WLS and FIS lifesaving organisations combined forces and merged to become the International Life Saving Federation (ILS). Since its official formation in 1996, the ILS Lifesaving World Championships have been a reoccurring event, hosted every two years around the World. The event was originally known as 'Rescue #year'. In 2014 the word "Rescue" was replaced with the term "Lifesaving World Championships" (LWC) to better describe the ILS LWC and to delineate from the biennial ILS World Conference on Drowning Prevention. In 2024 Surf Life Saving Queensland is the host of the Lifesaving World Championships on the Gold Coast.

ACCREDITATION PHOTO

Accreditation photos/headshots are uploaded onto the LWC 2024 App once you have registered and downloaded the LWC 2024 App.

ANTI-DOPING

ILS is committed to conducting clean sport and adhering to the World Anti-Doping Agency (WADA) vision of a doping-free sport by providing a clean, safe, and fair sporting environment. ILS has published comprehensive anti-doping information and has also developed an Anti-Doping Education Plan that is consistent with WADA requirements.

<https://www.ilsf.org/2024/02/12/ils-anti-doping-education-statement/>

ILS recommends all technical officials and administrators review the anti-doping information and voluntarily complete their equivalent National Anti-Drug Organisation (NADO) or WADA online training relevant to their role. The WADA training may be found at: <https://adel.wada-ama.org/learn>

Team Managers have a responsibility to ensure their athletes understand the current anti-doping policy and know how to get up to date information on banned substances quickly. Australian members should visit <https://elearning.sportintegrity.gov.au/totara/dashboard/index.php> for information on the Sport Integrity Australia (SIA), performance enhancing substances and testing protocols.

Athletes competing at the World Championships, should be aware they may be drug tested at these events. Team officials and athletes should ensure their athletes are aware of all current requirements. It is recommended all Australian team officials and athletes complete the online Sport Integrity Australia Courses (Clean Sport 101, Anti-Doping Fundamentals & Annual Update 2024 <https://elearning.sportintegrity.gov.au/totara/dashboard/>) to understand what substances are prohibited and how to check what are in the supplements they may be taking. It is important that all management personnel including coaches work through these courses.

BRIEFINGS

Team Manager Briefings will be online prior to the event. This link has been sent to registered Team Managers closer to the event.

Area and Sectional referees will conduct an on-beach / pool deck briefing each morning to cover aspects of the competition they feel necessary – program changes, safety, weather conditions and emergency requirements (amongst other information).

CHILD PROTECTION

This applies to Members of Australian Life Saving clubs only.

Surf Life Saving Queensland has a firm commitment to the safety and welfare of members and others who engage with Life Saving. They aim, and have a legal obligation, at all times, to safeguard members who are under 18 years of age from all forms of harm while under the care of SLSQ or its affiliates.

There are specific requirements for members of Queensland affiliated Life Saving Clubs and members of Australian affiliated Life Saving Clubs outside of Queensland in relation to Blue Cards and complying with the legislation. If not already done so, all team officials are required to **immediately** register. For information and how to apply please refer to the following <https://www.lwc2024.com/officials-2/>. This information is saved under the Officials menu but applies equally to all Team Management.

If you are working/volunteering in Queensland in regulated child-related employment for **not more** than 7 days in a calendar year, you won't need a blue card (for the purposes of the blue card system, a 'day' is for any period of time on 1 day, irrespective of whether it is a full day or part day). If you are appointed into a role via your Club (Team Manager/Coach etc) and your appointment spans more than 7 days, then you are required to gain a Blue Card**

*** Note if you have already officiated at any Australian or other Championships or any other event in an official capacity in Queensland in 2024 this must be taken into consideration when you are calculating your days.*

This process can take some time, so best to get started early.

CIVIC RECEPTION

The Mayor of the City of Gold Coast is hosting a Civic Reception for LWC 2024 dignitaries. This event will be held at the Home of the Arts (HOTA), 135 Bundall Road, Surfers Paradise, Qld, 4217 on the evening of Monday 26 August, 2024. This event is strictly by **invitation only**. Heads of National Open Teams will receive invitations to send representatives.

CONTAINER and TRAILER DELIVERY/PICKUP

General Craft Storage (northern end of Kurrawa Park)

- Trailers and/or Containers can be **delivered** on, or after, Saturday 17 August.
- Trailers and/or Containers **must be picked up/removed** before Tuesday 10 September, 2024.

Surf Boat Storage (south of Kurrawa SLSC, off Margaret Avenue roundabout)

- Surf Boats can be **delivered** on, or after, Saturday 24 August.
- Surf Boats **must be picked up/removed** before Monday 2 September, 2024.
- **Note**, the Broadbeach State School is directly opposite the entrance to the park and should be **avoided between 2 and 4 PM on school days**.

EVERYONE (Club, National Team, Masters) who requires a semi-trailer or container to be stored during the Lifesaving World Championships 2024 must complete the following form with the following information **BEFORE 5 AUGUST**.

Complete this form: <https://form.jotform.com/241913436356054>

- Organisation name
- Contact name
- Contact phone number
- Contact email
- Size of the container or semi-trailer
- Transporting company name
- Transporting company details (phone, email, contact person)
- Expected Delivery date
- Expected Removal date

Contact Ken Bird OAM (kbird@lifesaving.com.au) if you have further enquiries.
See Site Maps at end of document for storage locations.

EMERGENCY CONTACT NUMBER

Police, Ambulance, Fire - '000'

ENQUIRIES

Email: LWC24enquiry@lifesaving.com.au

Administration Centre Mobile: 0448 711 229



COMPETITION ENTRIES

Individuals, Clubs or Associations must submit entries on the LiveHeats platform. Every athlete must be entered into the event to compete. This is also the payment platform. <https://liveheats.com/ils>

Team Managers will receive Live Heats access to their team to make team entry changes throughout the event.

Links to Entry Guides and information on Entry Fees can be found at <https://www.lwc2024.com/registration-and-tickets/>

EQUIPMENT

Refer to the LWC24 competition Handbook for specifications on equipment. <https://www.ilsf.org/wp-content/uploads/2024/05/ILS-LWC-2024-Handbook-Final-May-2023-Clarification-V6.1-May-24.pdf>

EQUIPMENT HIRE

Race One Surf Craft are the official supplier of surf craft at LWC2024. If you require equipment for training and/or competition, get in contact with Race One. <https://raceone.com.au/pages/lwc2024>

FLAGS

All National Team national flags will be flown at each venue. Teams are not required to provide a national flag unless contacted directly to do so. A flag will be provided to each National Team for the Opening Ceremony. We recommend you consider supplying your team with small hand size national flags for the Opening Ceremony and audience participation. Digital flags will be used for presentations. You are welcome to bring flags for your team's use.

LWC24 WEBSITES

Please ensure you review the official Lifesaving World Championships 2024 website as it provides a lot of relevant information relating to programs, rules, functions and travel. www.lwc2024.com

- Official Competition Handbook: <https://www.ilsf.org/wp-content/uploads/2024/05/ILS-LWC-2024-Handbook-Final-May-2023-Clarification-V6.1-May-24.pdf>
- LWC Competition Rules and Updates: <https://www.ilsf.org/lifesaving-sport/rules/>

MEDICAL and FIRST AID during COMPETITION

First aid services will be provided at all sites around the competition areas.

A first aid / medical centre will be located in the parkland at the south west corner of the Kurrawa Surf Life Saving Club carpark, close to the road.

At the Ocean venues, first aid and medical services across the precinct will be provided by a team of professional lifeguards and volunteers who are qualified healthcare providers. Adjacent to each arena, there will be first aid facilities, supported by a medical centre with the ability to provide critical care and a multi-layered response can be provided during an emergency on the site.

At the pool there will be a GCAC lifeguard supervising the competition pool with additional lifeguards throughout the complex. GCAC Lifeguards will be responsible for all First Aid. The First Aid room is located behind the Event control room on ground level of the facility and can be accessed as and when required under the direction of lifeguards.

MEDICAL outside of COMPETITION

Chemist

There is a Chemist in the Oasis Shopping Centre, immediately across the road from the Kurrawa SLSC. There are also a number of Chemists in the Pacific Fair Shopping Centre, near the beach, and the Australia Fair Shopping Centre, near the Pool.

Doctors

- Oasis Medical Centre: <https://oasismedicalgoldcoast.com.au/>
- Doctors at Pacific Fair (Open 7 days): <https://www.doctorsatpacificfair.com.au/>
- MyHealth Pacific Fair: <https://www.myhealth.net.au/clinics/pacific-fair/>
- HelpMedical Pacific Fair (Open 7 days): <https://helpmedical.au/>
- Doctors at Australia Fair: <https://www.doctorsataustraliafair.com.au/>
- Medical at Australia Fair (open 7 days): <https://healthengine.com.au/medical-centre/qld/southport/medical--australia-fair/s94811>

Many other Medical Centres and Chemists are located across the Gold Coast and can be found online and bookings made on their websites.

Hospitals in the area

- Robina Hospital (Public): <https://www.goldcoast.health.qld.gov.au/hospitals-and-centres/robina-hospital>

- Gold Coast University Hospital (Public): <https://www.goldcoast.health.qld.gov.au/hospitals-and-centres/gold-coast-university-hospital>
- GC Private Hospital (Private): <https://goldcoastprivatehospital.com.au/>
- Pindara Private Hospital (Private): <https://www.pindaraprivate.com.au/>
- John Flynn Private Hospital (Private): <https://www.johnflynnprivate.com.au/>

MEDALS

With a total of 558 events, there will be more than 4,000 medals presented over 18 days. Each medal will have a space on the reverse for engraving. Medals can be engraved at a number of locations at the Pacific Fair Shopping Centre for a small fee.

OFFICIALS

Without the significant contribution of volunteer officials, the event would not be possible. There are over 400 volunteer officials from around the world assisting to run the event in a safe and enjoyable manner whilst ensuring the integrity of the sport within the rules. A list of Official’s appointments can be found at:

<https://www.lwc2024.com/officials-2/>

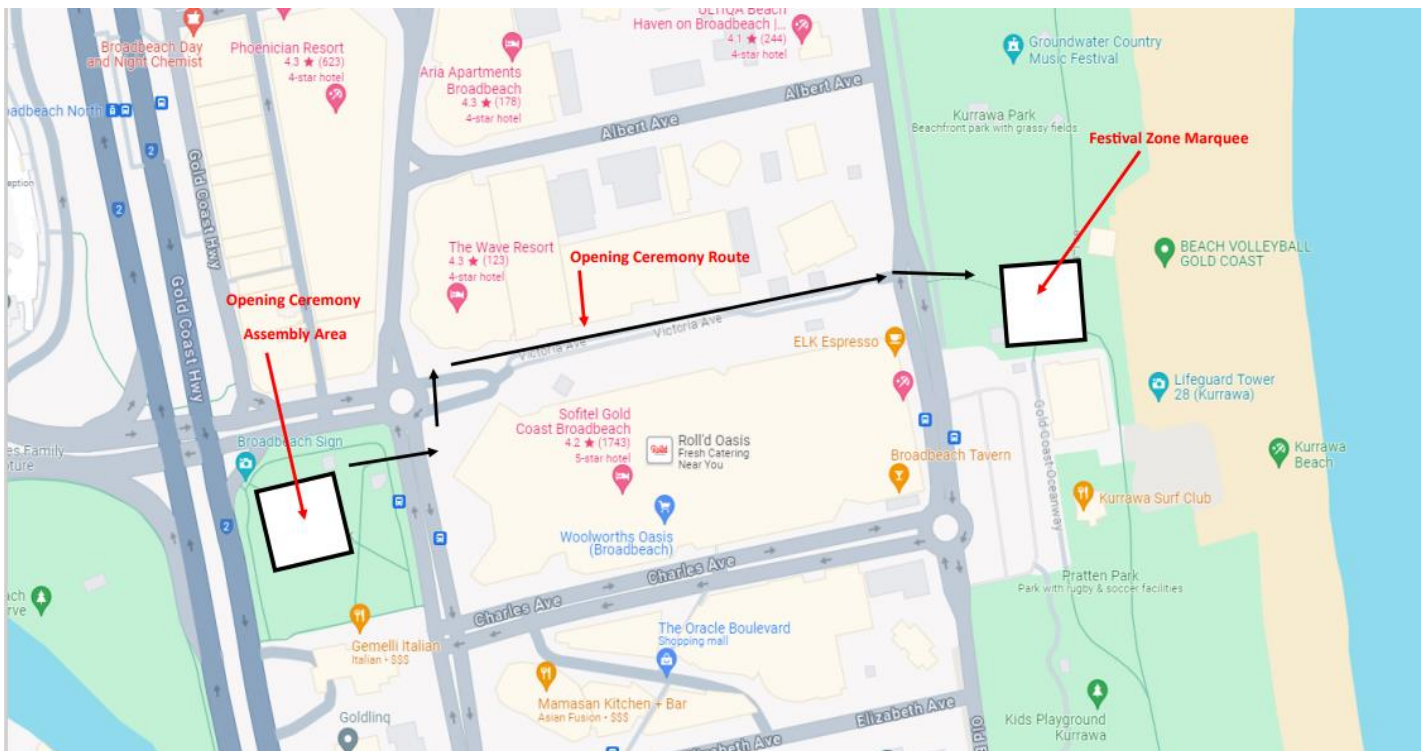
Please take the time to thank officials when you see them.

OPENING CEREMONY

The opening ceremony for the Lifesaving World Championships 2024 will be held on Tuesday 27 August. Timings are as follows:

- 2.30 p.m. National Teams and Technical Officials commence assembling in Victoria Park
- 3.30 p.m. Parade commences walking 400m along Victoria Avenue to Kurrawa Park, Festival Zone Marquee
- 4.00 p.m. Parade must be seated for Governor General’s introduction

Opening Ceremony Route



Opening Ceremony Dress Code

National teams marching in the parade are required to wear **team clothing**.

RESULTS - LIVEHEATS

At LWC24 LiveHeats is being used for the competition registration, entry and results for both Ocean and Pool events. All draws, results, point scores, etc. will be available for viewing anywhere in the world using LiveHeats.

<https://liveheats.com/>

On the landing page type in 'ILS' in the 'Search events and organisations' under 'Find an action sports event'. Scroll to Life Saving World Championships (LWC) 2024 OR click <https://liveheats.com/ils> Then choose the event of interest.

LIVEHEAT WRISTBANDS



There will be 5000 athletes wearing similar Bands. Athletes can check the band is theirs by scanning the QR code of the reverse of the band with their phone. Athletes order their preferred size when Registering for the App. The size can be changed when picked up if it is incorrect.

PARKING

Most (but not all) parking in the Broadbeach/Kurrawa area is free for the first 3 hours, 9am-5pm, Monday-Friday (except as signed). Cars must be removed from the area after this time. Simply moving your car three spaces, within the same precinct is considered an extension of parking and you may be fined. The fine is approximately AUD\$200.

More detailed information and maps about Parking can be found on the LWC24 Website [TRANSPORT – LWC 2024](#)

EASYPARK

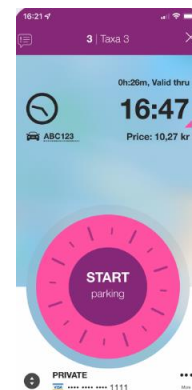
Parking on the Old Burleigh Road, north of Kurrawa Surf Life Saving Club, immediately behind Kurrawa Park, is AUD\$1.80 per hour for a maximum of 4 hours. Some high use areas nearby may cost up to AUD\$3.20 per hour for a maximum of 2 hours. CHECK the signs close to your car park.

<https://www.goldcoast.qld.gov.au/Services/Roads-transport-parking/Parking/Traffic-areas/Broadbeach-parking>

At the Gold Coast Aquatic Centre Parking is limited. The hourly fee is AUD\$2.70 per hour 9am-7pm Monday-Saturday and 9am-5pm on Sundays. Parking metres accept credit/debit cards and coins. Follow the instructions on the meter's screen – you will need your vehicle registration number.

There is parking available in the surrounding streets, but most require an hourly fee. Check the signage near your parking spot for more information.

An alternative is to download the EasyPark app but make sure you register the correct Car Park number. https://easypark.com.au/en_au



PRESENTATIONS

It is expected that all athletes who place in the top three in an event will be present to receive their medal. Ceremonies will be formal with National Anthems played for National Teams Presentations.

For medal presentations, at the pool Athletes are expected to wear their team tracksuit, and/or t-shirt and shorts. At the Ocean/Beach, Athletes are expected to wear their costumes, vest and cap or team tracksuit, and/or t-shirt and shorts.

PROGRAM

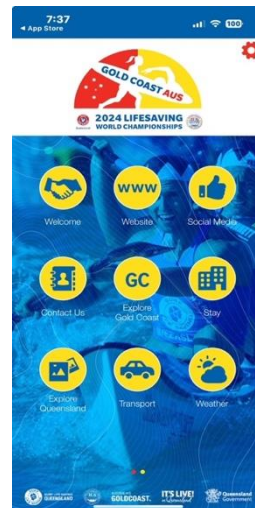
The Full Program of Events as well as event specific programs can be found at: <https://www.lwc2024.com/program/>

REGISTRATION - ACCREDITATION

EVERYONE participating in the LWC 2024 is required to register for the overall event. Every athlete, team manager, team official, volunteer, accompanying person, etc. will need to register. This will ensure people gain the necessary accreditation/lanyard. By registering you will receive access to the LWC 2024 App where all the central communications and messages will be sent.

If you are an Australian Resident in an official role, including Team Manager, you will need to enter your **Queensland Blue Card** details (see Child Protection information on how to apply).

The definition of Accreditation types is on the webpage. Once you register, you will receive an email from Life Saving World Championships 2024 asking you to download the LWC 2024 App. A unique password will be supplied for you to change once the App is downloaded. You upload your accreditation photo on the App. <https://au.entegy.events/lwc2024>



REGISTRATION CENTRE

The Registration Centre will be located in the festival zone in Kurrawa Park - immediately to the north of Kurrawa Surf Life Saving Club in the parkland at the back of the beach.

Registration Centre Hours of Operation

Monday 19 August to Sunday 25 August, 2024	7.00 a.m. to 5.00 p.m.
Monday 26 August to Sunday 8 September, 2024	8.00 a.m. to 4.00 p.m.

This is where you will collect accreditation lanyards, high vis rash vests, LiveHeats wrist bands and be able to ask any questions. Each individual athlete will need to attend the Registration Centre. Photo ID (passport, driver's licence or student ID) will be required on arrival.

RULES & GUIDELINES

The Lifesaving World Championships 2024 will be conducted under the ILS Competition Rule Book that covers Rules, Standards and Procedures. Further information including the Competition Handbook, Technical Bulletins, Entry Guide Times, March Past Rules and Anti-Doping procedures can be found at the links below.

<https://www.ilsf.org/lifesaving-sport/rules/>

- ILS Competition Rulebook
 - <https://www.ilsf.org/wp-content/uploads/2024/05/ILS-2023-ILS-Competition-Rulebook-FINAL-June-2023-Clarification-V4.3.1-May-2024.pdf>
- ILS Technical Bulletins (expect a Technical Bulletin 5 clarifying manikin carry rules in the near future)
 - <https://www.ilsf.org/wp-content/uploads/2023/05/ILS-Competition-Rule-Book-2023-Bulletin-01-May-2023.pdf>
 - <https://www.ilsf.org/wp-content/uploads/2023/06/ILS-New-Event-World-Record-Bulletin-23-June-2023-V4.pdf>
 - <https://www.ilsf.org/wp-content/uploads/2023/09/ILS-Competition-Rule-Book-2023-Technical-Bulletin-2-September-2023-3.pdf>
 - <https://www.ilsf.org/wp-content/uploads/2024/05/ILS-Competition-Rule-Book-2023-Technical-Bulletin-3-November-2023-V3.pdf>
 - <https://www.ilsf.org/wp-content/uploads/2024/05/ILS-Competition-Rule-Book-2023-Technical-Bulletin-4-V2.1-May-2024.pdf>
- ILS Competition Handbook LWC2024
 - <https://www.ilsf.org/wp-content/uploads/2024/05/ILS-LWC-2024-Handbook-Final-May-2023-Clarification-V6.1-May-24.pdf>
- March Past
 - <https://www.ilsf.org/wp-content/uploads/2023/07/ILS-March-Past-Event-Rules-LWC-2024-V1-002.pdf>
- Pool rescue Entry Guide Times
 - <https://www.ilsf.org/wp-content/uploads/2023/05/Entry-Guide-Times-2024.pdf>
- SERC Guide
 - <https://www.ilsf.org/wp-content/uploads/2020/02/SERC-Coaches-Competitors-Judges-and-Technical-Officials-Guide-January-2020.pdf>

SAFETY

A comprehensive Risk and Safety Strategy has been put in place across the Championships.

Daily risk assessments will be conducted in each area and there will also be a morning briefing for officials and team managers prior to any commencement of competition, including at the pool. Additional assessments will be conducted throughout the day and may also be conducted on demand.

Reporting of safety concerns are taken seriously at all times. Anyone with a safety concern should contact a person in a position of authority. **They will be asked to remain with the person, until their concern has been addressed.**

The wearing of Hi-Viz Vests is mandated for anyone entering the ocean at the Championships, including Handlers. Athletes and Handlers should order their preferred sizes when completing Accreditation Registration for the event. Vests will be provided free of charge and can be collected from the Registration Centre from Monday 19 August 2024.

Fair play and overall **good sporting behaviour** cannot be left to chance and requires planned and assertive action. These are important principles for a Team Manager, to be aware of, to ensure each member of the team is aware of their team responsibility. Most of all Team Managers need to role model good sporting behaviour, they must ensure sport is safe and fair for their entire team by having:

- Respect for other competitors
- Respect for all other team members and support personnel
- Respect for all officials and coaches
- Respect for the rules

Code of Conduct

ILS, SLSQ and Life Saving Clubs expect and require from their competitors, officials and members generally, the highest standards of conduct and behaviour. These expectations and requirements are reflected under the rules for competitors and members in Constitutions, By-laws, Codes of Conduct, Member Protection Policy and the Surf Sports Manual. Team Managers must ensure all members, athletes, officials, coaches, and parents are aware of appropriate Code of Conduct.

Team Managers have a **Duty of Care** and are responsible for the health and wellbeing of members, particularly when travelling with a team. Team Managers should be prepared and have documentation pertaining to athletes, such as medical details, allergies, next of kin or guardian details. Medical Incident reports should be completed for any incidents that occur while a team is away.

SCRUTINEERING

Compulsory Scrutineering applies only to National Team Open and Youth boards, skis and fins. This equipment must be scrutineered before use in competition.

Surf Boats previously stamped as compliant for competition will only be checked for safety prior to competition. Surf Boat Scrutineering will occur in Pratten Park on the southern side of Kurrawa SLSC.

Scrutineering of Fins will occur at the Gold Coast Aquatic Centre, next to marshalling, on competition days. Scrutineering of Skis and Boards will occur at the northern end of the craft area/gear compound in Kurrawa Park between **8.00 a.m. and 3.00 p.m.** from **Saturday 24 August to Sunday 8 September 2024**. A decal/sticker will be placed on scrutineered craft to indicate compliance.

All other competitor supplied equipment – Interclub and Masters’ will not have compulsory scrutineering, but all equipment will be subject to random compliance and safety checks. Competitors may request voluntary scrutineering/self-checks.

Lif jackets and/or helmets used in all IRB and Surf Boat competition will be subject to random checks in marshalling areas.

Further details on scrutineering times will be given during the online Team Manager’s briefings but are likely to occur from the day before competition.

TENTS

At Kurrawa Beach, National Teams will be provided with a 3m x 3m tent on the beach. Interclub teams are **required to provide their own tents** which can be erected behind the barriers in designated areas on the beach.

At the Gold Coast Aquatic Centre, National teams will each be provided with a 3m x 3m tent on the podium level for storage, physio, etc. Masters and Interclub competitors will be able to access these on a first in basis. In addition, there will be an allocated area to the north of the pool where teams may erect their own tents, if they wish.

TRAINING

The competition pool is located at the **GOLD COAST AQUATIC CENTRE**.

The competition pool is available for **Master's** athletes on **Wednesday 21 August and Thursday 22 August, 2024** between **7.00 am and 4.00 pm**. Equipment (tubes, manikins) will be available for use at no charge during this time but will be limited to a maximum of two pieces of each equipment per lane. Individuals/clubs wishing to access more equipment will need to hire the equipment from Race One Surfcraft. <https://raceone.com.au/pages/lwc2024>

National teams will have access to the competition pool for training on **Monday 26 and Tuesday 27 August, 2024** at a pre-allocated time. The schedule of allocated lanes and times is available at [LWC24-NT-Pool-Training-Times.pdf \(lwc2024.com\)](#)

The entire Gold Coast Aquatic Centre will be closed to the public on the allocated Interclub training days, these being **Saturday 31 August and Sunday 1 September, 2024**. Interclub competitors will have access to the second 50m pool (normally public use only) for training on these days only, whilst the competition pool is being used for the National Youth Championships.

Training Pools

A list of training pool facilities can be found on the website. <https://www.lwc2024.com/venues/>

Ocean/Beach

We recommend people always swim between the red and yellow flags when training away from the competition area. Professional lifeguards will patrol most beaches between 8am and 5pm 7 days a week during the LWC.

The Black & White area at Kurrawa beach, located at the northern end of the competition arenas is a designated warm up and training arena and will be in operation from Wednesday 21 August until the conclusion of the Championships. This may extend to a second arena in peak periods and separated into swim and craft areas. These areas will be supervised by Lifeguards and Rescue Water Craft from 8am-4pm Wednesday 21 August to Sunday 25 August 2024 and then 7am-5pm from Monday 26 August 2024. Athletes should always wear a hi-viz vest when entering the ocean.

Boats

Boat crews will have access to the Lime competition arena on Tuesday 27 August, 2024.

IRB

IRB crews will have access to the Lime competition arena and competition equipment on Monday 2 and Tuesday 3 September 2024 on a roster basis. This roster will be sent out mid to late July once entries have closed.

IRB Hull: Thundercat Gen III – 1 Spec Design. <https://thundercatinflatables.com.au/>

IRB Engines: Mercury approved two stroke 25 HP Sea Pro outboard motors fitted with stainless steel propeller, prop guard and surf kit. <https://www.hitechmarine.com.au/listing/mercury-25-hp-sea-pro/>

Beachies

Beachies will have access to the competition sprint and flag's whilst there is no active competition taking place. Tracks will be closed immediately prior to racing, however there will be warm-up space, adjacent to the track.

TRANSPORT

The LWC24 Website has comprehensive information about Travel and Transport. <https://www.lwc2024.com/>. Teams are recommended to use the G: Link Light Rail transport system between Broadbeach (Kurrawa Beach location) and Southport (Gold Coast Aquatic Centre location).

SPECTATORS AND ATHLETES MAP

Please be advised that traffic may cause delays at times and to schedule your travel with plenty of time to spare.
The G:link tram service is the most accessible option for spectators and athletes for the event.
 The below map below outlines locations and timetable.

Broadbeach North G:link Tram - Kurrawa Surf Lifesaving Club
 Walk from Kurrawa Surf Lifesaving Club to Broadbeach North G:link Tram
 11 minute walk, 750 metres.



Southport Station G:link Tram - Gold Coast Aquatic Centre
 Walk from G:link Southport Station to Gold Coast Aquatic Centre
 10 minute walk, 750 metres.



TRAM TIMETABLE

Weekdays:

- Between 5am – 7am: Every 15 minutes
- Between 7am – 7pm: Every 7.5 minutes
- Between 7pm to midnight: Every 15 minutes

Weekends:

- Between 5am – 7am: Every 15 minutes
- Between 7am – 7pm: Every 10 minutes
- Between 7pm to midnight: Every 15 minutes

ALTERNATIVE PUBLIC TRANSPORT

The website Translink can provide you with a personalised journey planner with times, locations and travel options. Scan the following QR Code to access this.



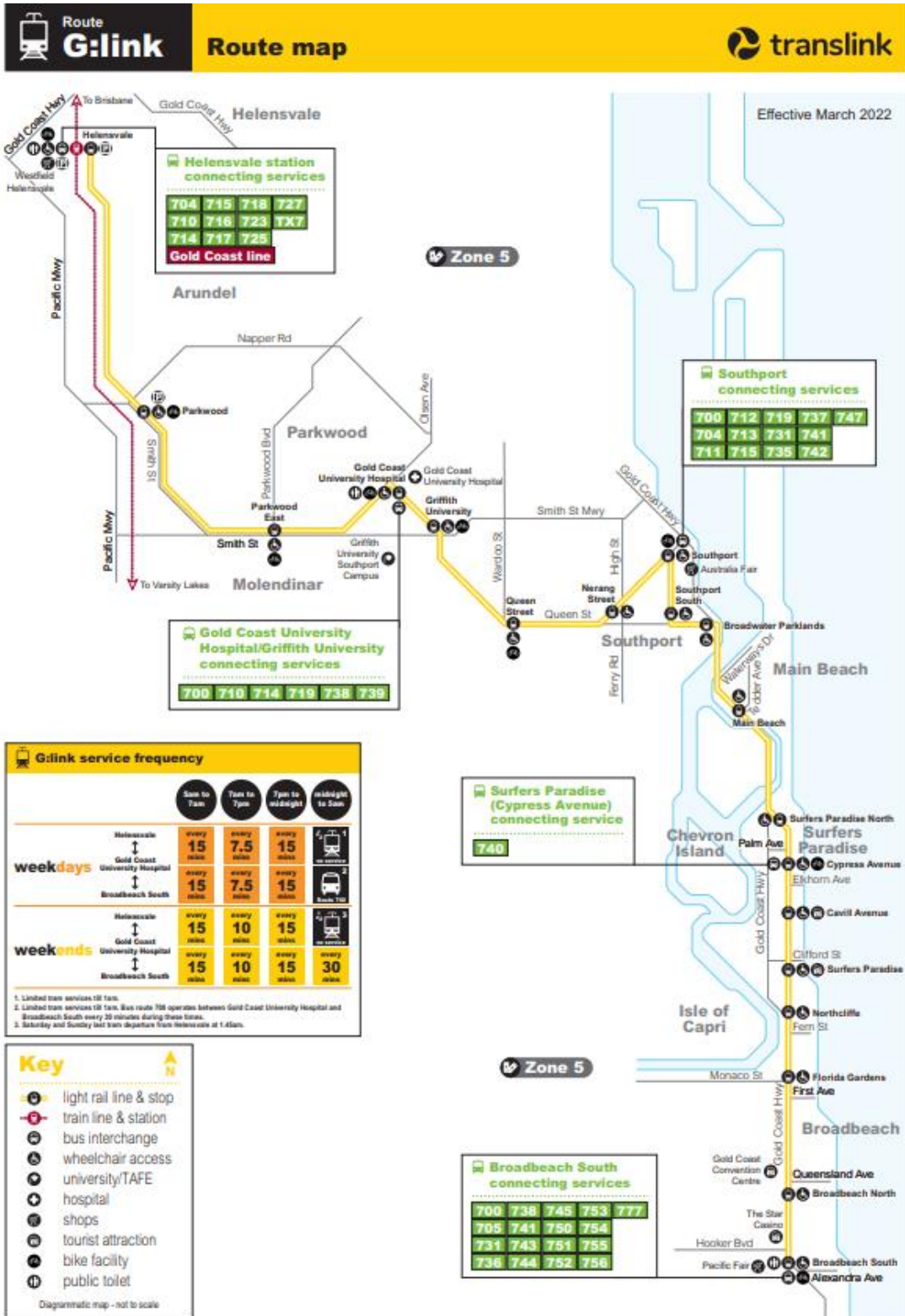
- UBER – Rideshara (Download app)
- DIDI – Rideshara (Download app)
- OLA – Rideshara (Download app)
- 13 CABS – 133 227
- BLACK & WHITE CABS – 133 222



G:LINK LIGHT RAIL ROUTE

BROADBEACH NORTH Station – for Kurrawa Beach

SOUTHPORT Station – for Gold Coast Aquatic Centre



VISAS

<https://www.lwc2024.com/visa-information/>

We look forward to welcoming you to Australia. If you are travelling internationally you may require a visa to attend the Lifesaving World Championships 2024 (except New Zealand residents). The Australian Government Department of Home Affairs provides information on all relevant visas for travellers, supporters, competitors and media.

Please be sure to organise your visa when you have booked travel to avoid any disappointment. It is your responsibility to ensure you have a valid visa before arriving in Australia.

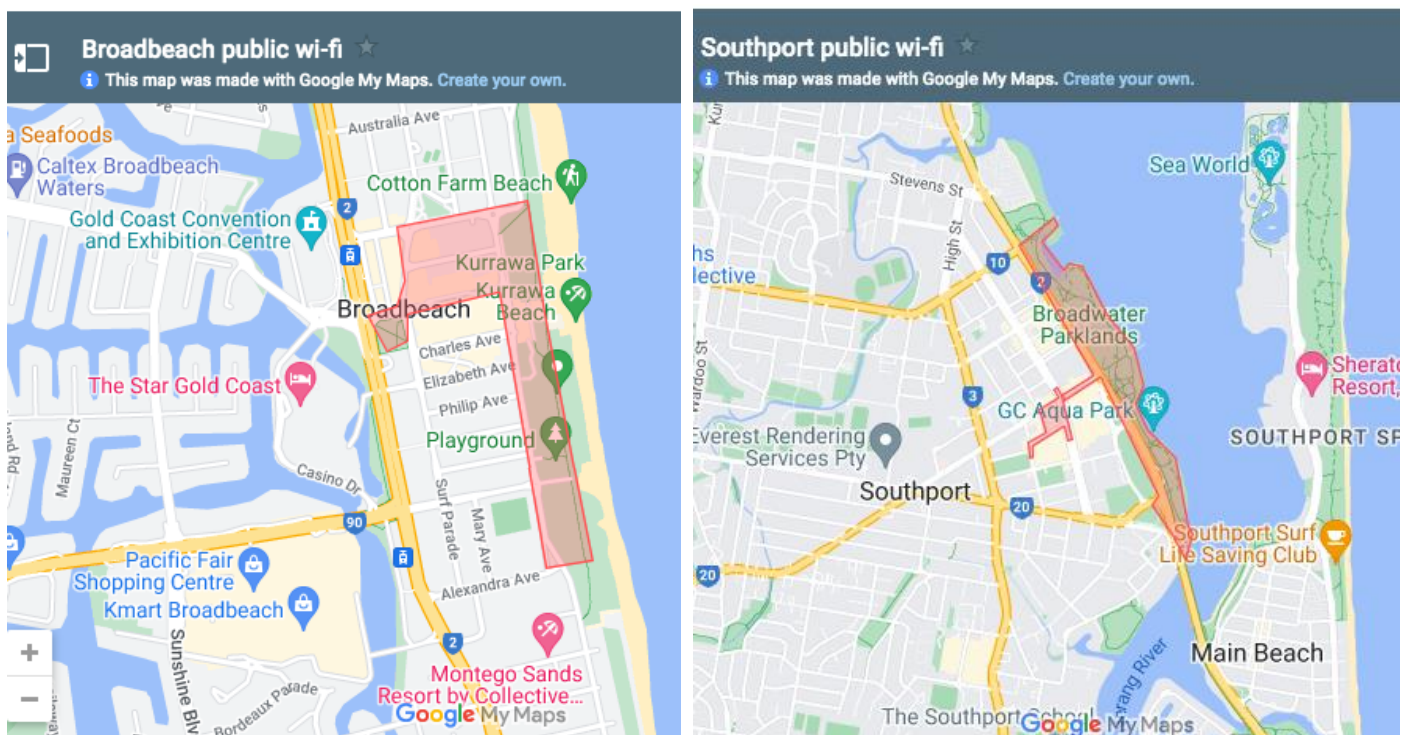
The LWC 2024 Local Organising Committee can provide invitation letters to support your application and are on hand to answer any questions.

The LWC24 Website (<https://www.lwc2024.com/visa-information/>) has information including;

- How to apply for a visa checklist
- Australian government visa information
- Australian visa options guide
- Letter of invitation application form

WIFI

There are nearly 13,000 Free Wi-Fi Hotspots on the Gold Coast. Public Transport, Shopping Centres and most Accommodation venues offer free Wi-Fi. The two key venues – Kurrawa beach and Gold Coast Aquatic Centre have free Wi-Fi via the Council SurfNetwork Wi-Fi. Service may not extend onto the beach at Kurrawa. See images below for access areas.



GENERAL INFORMATION for those visiting Australia

VENUES

(<https://www.lwc2024.com/venues/>)

Kurrawa Beach

[Kurrawa | SLISA Beachsafe](#)

The hub of the LWC 2024 will be the bustling Gold Coast suburb of Broadbeach at Kurrawa Beach, part of the 16km main stretch of Gold Coast beachfront. It will be the home of the main Ocean/Beach competition events, ILS meetings and briefings, accommodation and also play host to the social and cultural events arranged for the event. Kurrawa Beach is also only a short distance (8km) to the main pool competition venue and is one of the Gold Coast's most accessible precincts.

Kurrawa Beach is the ideal venue for the LWC 2024. It has been the venue of a number of international lifesaving competitions such as Rescue 88 (the LWC 1988), International Surf Rescue Challenge and the Goodwill Games. It has been the regular venue for the Australia Surf Lifesaving Championships – the Aussies. It is a nice wide and long beach and in August and September the surf conditions should be ideal. It has a new clubhouse offering meeting and briefing rooms and has an excellent restaurant. Just behind the beach is a park which will be used for the LWC Village. The parkland will feature Administration centres, presentation areas, medical and operations, scrutineering, craft storage and a wonderful Festival Zone with entertainment, merchandise, food and drinks.

All ocean and beach events will be held at Kurrawa Beach, covering approximately 1.2 km of beach space. Beach events will take place on an elevated section of the beach, with spectators just metres away from the action. Bleacher seating (portable stands) will be available for spectators around the track, and marquees will be set up in two main arenas for the international teams. Present plans are for four (4) ocean arenas (Green & Gold, Pink, Blue & White, Orange), plus a dedicated training arenas to the north (Black & White) with an IRB/Surf Boats arena to the south (Lime). All arenas will be colour coded for easy identification. There will be Safety Officers, First Aid personnel and Lifeguards allocated to each area, and a staffed Emergency Care Centre nearby.

Kurrawa means "deep blue sea" in the language of the First Nations people and is pronounced (KUH-ruh-wuh). Founded in September 1958, Kurrawa Surf Life Saving Club <https://www.kurrawasurf.com.au/> is one of the youngest clubs in Queensland and, like all Australian Clubs, has volunteer members who patrol the beach on weekends and public holidays during the summer season. On the Gold Coast, professional lifeguards patrol the beaches on weekdays during summer and on weekends during winter.

Just across the road is the Broadbeach Mall with a number of shops, restaurants, and eateries to explore. There is also a large supermarket and variety stores. Also, in close proximity (approximately 1.5km) is the Pacific Fair shopping centre which offers an amazing assortment of shops and entertainment. A variety of departmental stores, pharmacies, a good bookshop, clothing and sport shops, food outlets and medical facilities are located there.

Oasis Shopping Centre: <https://www.oasisshoppingcentre.com.au/>

Pacific Fair Shopping Centre: <https://www.pacificfair.com.au/home>

Gold Coast Aquatic Centre (GCAC)

<https://www.goldcoast.qld.gov.au/Services/Venues-facilities/Aquatic-centres/Gold-Coast-Aquatic-Centre>

The GCAC is located in the Gold Coast's stunning Broadwater Parklands and is a world class swimming and aquatics facility. The main pool is a 50-metre outdoor FINA Certified competition pool. The outdoor dive pool (33m x 22m immediately adjacent will be available for warmup/down throughout the competition. The main pool will be available for training on designated training days and for warmups prior to heats and finals each day.

National teams will each be provided with a 3m x 3m tent on the podium level for storage, physio, etc. Masters and Interclub competitors will be able to access these on a first in basis. In addition, there will be an allocated area to the north of the pool where teams may erect their own tents, if they wish. Unallocated grandstand seating for over 1,000 people will be available for use along with a dedicated and restricted access VIP viewing area.

Entrance into the facility will be free of charge for all accredited participants in the Championships including competitors, team managers, officials, etc. Discounted spectator only entry tickets will also be available at the gate. The facility will have a café and kiosk operating, with food vans offering an expanded array of food options immediately adjacent to the entrance.

Parking is limited. The hourly fee is AUD\$2.70 per hour 9am-7pm Monday-Saturday and 9am-5pm on Sundays. Parking metres accept credit/debit cards and coins. Follow the instructions on the meter's screen – you will need your vehicle registration number.

The Australia Fair Shopping Centre is located about 600m to the south of the Gold Coast Aquatic Centre. It has supermarkets, pharmacies, bookshop, clothing shops, food outlets and medical facilities.

<https://www.australiafair.com.au/>



Gold Coast

The Gold Coast is often referred to as the Goldie or by its initials the G.C. It is a coastal city and region located approximately 66 kilometres (41 miles) south-southeast of the centre of the state capital, Brisbane and the second-largest city in the state of Queensland. The urban area of the Gold Coast is concentrated along the coast, sprawling almost 60 kilometres, joining up with the Greater Brisbane metropolitan region to the north and to the state border with New South Wales to the south.

Accommodation

The Gold Coast offers a wide range of accommodation options from budget self-catering accommodation, caravan and camping to five star accommodation, all within easy access to the Ocean/Beach or the Pool venue. You have to arrange your own accommodation. Consider using one of the many accommodation booking platforms such as booking.com, Airbnb, etc. Destination Gold Coast has a good website as well:

<https://www.destinationgoldcoast.com/plan/where-to-stay>

Airports

Gold Coast – Coolangatta (OOL) <https://www.goldcoastairport.com.au/>

The Gold Coast Airport is located at Coolangatta on the Queensland and New South Wales border and is the gateway airport to the Gold Coast. It is the second largest airport in the state of Queensland and services both domestic and

international airlines. It is located 18.5 km (30-minute drive) from Kurrawa/Broadbeach and 45.8km (45 minute drive) from the Gold Coast Aquatic Centre.

Brisbane Airport - (BNE) <https://www.bne.com.au/>

The Brisbane Airport is the primary international airport servicing the City of Brisbane and South East Queensland (where the Gold Coast is located). The airport services 31 airlines flying to 50 domestic and 29 international destinations. The Brisbane Airport operates 24/7 out of two terminals, one domestic and one international. Both terminals feature shopping (duty free in the international airport), dining options, luggage trolleys, baggage storage, ATM's, and currency exchange. The airport is serviced by the Pullman Brisbane Airport Hotel, Ibis Brisbane Airport Hotel, and Novotel Brisbane Airport.

It is located approximately 14 km north-east of the Brisbane central business district. It is a 91 km (90 min) drive to Kurrawa/Broadbeach and 81 km (60 min) drive to the Gold Coast Aquatic Centre.

Airport Transfers <https://www.bne.com.au/passenger/to-and-from/transport-options>

Transport options include:

- Train services to Brisbane City and the Gold Coast (make sure you check the times) <https://www.airtrain.com.au/>
- Hire car <https://www.rentalcars.com> or search by individual companies
- Specialised Transport Australia provide door to door private or group transfers and are offering discounts using the Promo Code WORLD24 at <https://www.yoursta.com.au/>
- Airport Shuttle and buses - CON-X-ION <https://www.con-x-ion.com/>
Passengers can book at the Con-X-Ion Airport Desk located near the baggage carousels. Hours: 10.00 a.m. to 5.00 p.m. daily. An E-kiosk is available to take bookings outside these hours.
- Taxis and Rideshare are available at the airport, but at 80-90km, will be an expensive option from the Brisbane Airport. More cost effective from the Gold Coast Airport.

Alcohol

The legal drinking age in Australia is 18 years old. To get into licensed pubs and bars you may need either your passport or another supporting document (Drivers Licence, Credit Card or Birth Certificate) to enter and be served alcohol.

Beer sizes - The names given to various sizes of beer vary from state to state. However, as a general rule:

- Pot = 285mm (10 fl oz)
- Schooner = 425mL (14 fl oz)
- Pint = 570mL (20 fl oz)
- Jug = 1140mL (40 fl oz)

Climate

Whilst the climate varies, Australia is generally pleasant, even in winter. During LWC 2024 the weather should be stable, relatively mild and dry, but sometimes a bit windy. The average air temperature should range from 16° - 25°C (60° – 77 °F). The sea temperature will be around 22°C (71° F) and on average the surf conditions should be more stable than at other times of the year.

You'll certainly need a swimsuit and a hat, and it's a good idea to pack versatile layers, like a light jacket and jeans, so you can add or remove layers depending on the day. Make sure you check the weather while preparing your packing list. <http://www.bom.gov.au/>

Coffee culture

Australians take coffee very seriously, and have their own language and styles of preparing coffee – very rarely will you just get instant (freeze-dried) coffee! Types of coffee include:

- Espresso/short black: a straight shot of coffee with nothing added.
- Long black: a double shot of espresso added to hot water.
- Flat white: a shot of espresso with slightly frothed hot milk.
- Latte: similar to a flat white but with more frothed milk (and often served in glass rather than porcelain)
- Cappuccino: a shot of espresso with a small amount of hot milk, topped with foamed milk. Usually topped with cocoa powder.

- Ristretto: a shot of espresso with less water.
- Macchiato: a shot of espresso with a small amount of foamed milk.
- Mocha: a latte with cocoa powder added, giving it a chocolate flavour.

Ordering coffee - The person who makes the coffee in a café is known as a barista. If you love coffee you will eventually find a favourite barista, who knows how to make your coffee just as you like it.

If you prefer coffee with skim milk you can ask for 'skinny' as in 'skinny flat white' or 'skinny latte'. The same goes for soy milk. You can also have flavoured syrups added to your coffee. Some cafes will add sugar when making takeaway coffee, while at others you add it yourself. When sitting down at a café, you always add your own sugar at the table.

Currency

Australia, uses Australian dollars (AUD). Currency exchange is available at the Gold Coast and Brisbane Airports, some hotels and currency exchange outlets around the Gold Coast (see below) Cirrus-compatible ATMs are everywhere, and credit cards are widely accepted. Tap and Go payment from Cards or Phone Wallets are available at nearly all payment points with some vendors encouraging cashless transactions. Banks are open during business hours but are relied on less than in some countries. A small government tax is INCLUDED in the price of all items. Many smaller venues have recently started passing on the transaction cost of credit card payments to customers – this price is NOT included in the advertised price of an item and varies between 1.3 and 2.5%.

Some money exchange venues are listed below

Business Name	Address	Phone
Aussie Currency Exchange	22c/3131 Surfers Paradise Blvd, Surfers Paradise	0404 341 723
Kings Currency Exchange	1/38 Orchid Ave, Surfers Paradise	(07) 5526 9599
Crown Currency Exchange	Pacific Fair Shopping Centre K4A Hooker Blvd, Broadbeach Waters	(07) 5570 4933
Crown Currency Exchange	Robina Town Centre Shop B4 / 19 Robina Town Centre Drive Robina Qld 4230, Robina	(07) 5605 9977
Crown Currency Exchange (Australia Fair)	Australia Fair Shopping Centre (Opposite Woolworths, Shop G124/42 Marine Parade, Southport	(07) 5526 4944
Travelex - Currency Exchange Robina	Shop K2 - 5/L2 Robina Town Centre Dr, Robina	(07) 5562 1259
Crown Currency Exchange (Harbour Town Outlet Shopping)	C93A, 147 - 189 Brisbane Rd, Biggera Waters	(07) 5537 8662
Send	10 Rawlins St, Southport	1800 982 418
Travel Money Oz Helensvale Kiosk - Foreign Currency Exchange	Kiosk K24, Westfield Helensvale, 1-29 Millaroo Dr, Helensvale	1300 359 158
TorFX Pty Ltd	25 Elkhorn Ave, Surfers Paradise	1800 507 480

Customs & Biosecurity

There are strict regulations for customs, biosecurity and declaring your goods when entering Australia. For information on Australia's biosecurity and border controls, visitors should seek the most up-to-date information please visit <https://www.smartraveller.gov.au/while-youre-away/biosecurity-border>

Deals for Visitors

Vouchers and deals/reduced ticket prices on offer by Gold Coast venues can be found on the LWC24 website under the TRAVEL menu – Explore, Accommodation, Car Hire, Transport.

Dining

There are all the usual fast-food options and some that are uniquely Australian. Cafes generally open from 6am and may close as early as 2pm. Some will remain open until 6pm while others also provide a dinner service. For restaurant hours it is best to check with the restaurant. Some offer a lunch sitting, while others offer dinner only.

The main dinner sittings are at 6pm and 7:30pm but that is not regimented. Some restaurants may stop food service at 9.00 pm. It is always best to check in advance. It is also recommended to book restaurants in advance, especially for large groups.

Driving

In Australia we drive on the left side of the road, and all cars are right-hand drive. It is mandatory to wear a seatbelt, and children of different age groups must use specific safety restraints. Speed limits, road signs, and traffic rules are strictly enforced, and drivers are required to carry a valid driver's license while driving.

Electrical Plugs

You may need an adapter in order to plug into the power sockets in Australia: the adapter required for Australia is Type 1 Australia plug. The plugs in Australia have two flat metal pins, forming an inverted 'V' shape, and occasionally a third pin in the centre. The electrical current in Australia is 220-240 volts, AC 50Hz.



You can check it out on this website: <http://users.telenet.be/worldstandards/electricity.htm>

Mobile Phones & Data

Mobile coverage is available in most places in Australia. Your mobile plan may charge steep international roaming fees, so see your service provider for international travel deals for a set fee per day or if your phone is unlocked, you can pick up a prepaid Australian SIM card when you land, allowing you to make calls and access data at local prices. Free Wi-Fi is available in most hotels, cafés and restaurants.

Public Transport on the Gold Coast

Buses, Trains, Trams: TransLink

The Gold Coast has an integrated network operated by TransLink which includes the G: link trams (also known as light rail), Surfside Bus Lines and Queensland Rail (Gold Coast to Brisbane services).

<https://jp.translink.com.au/plan-your-journey/journey-planner>

To use public transport you can simply use your credit/debit card for Smart Ticketing or purchase a Translink “go Card” (available at airports, convenience stores etc). **Go Card** is TransLink’s electronic ticket to fast, easy and convenient travel in South East Queensland. Use Go Card on all TransLink bus, train (including Airtrain), ferry and tram services in Brisbane and on the Gold Coast. Go Cards can be bought at the airport, online or at many convenient locations. <https://translink.com.au/tickets-and-fares/go-card/locations>

Benefits include:

- Cheaper than a paper ticket
- Convenient to manage
- Easy to top-up and use
- Available for adults, children, concessions, seniors

Rideshare

There are a number of rideshare companies (Uber, DiDi, Ola, Shebah) operating on, to and from the Gold Coast.

Taxi

Taxi ranks are conveniently located across the city. <https://www.13cabs.com.au/> and <https://www.blackandwhitecabs.com.au/>

Some Useful Australian-isms

Australians, as a rule, are quite laid back and can speak very informally – they are not being rude! They tend to shorten lots of words, as you'll see in the list below...

- Aussie = Australian (pronounced Ozzie)
- Arvo = afternoon
- Barbie = barbeque
- Bathers = swimming costume
- Clubbie = A Surf Life Saving Club Member
- Esky = a large insulated food/drink container for picnics or barbeques (Chilly bin for the Kiwis)
- G'day = hi
- Iffy = questionable
- Mate = the meaning totally depends on the context! It can be friendly, aggressive, or neither...
- No worries = not a problem
- Snag = sausage (but can also mean "problem")
- Thongs = flip flops
- Ute = utility vehicle / pickup truck /SUV/ or in South Africa a "bakkie"
- Youse = informal plural of "you"
- Yeah nah = no (very informal)
- Nah yeah = yes (very informal)

Taxes and Refunds

There is a 10% GST (Goods and Services Tax) on all goods and services. The quoted or shelf price is GST-inclusive.

If you buy goods from one supplier with a total minimum value of AU\$300 and you are taking the goods out of Australia you are entitled to claim back any GST paid, at the airport on your departure. It is called the Tourist Refund Scheme (TRS). For details see <https://www.abf.gov.au/entering-and-leaving-australia/tourist-refund-scheme>

Tipping

Hotels and restaurants do not add service charges to your bill, and tipping is always your choice. In most venues tipping is not expected, though in upmarket restaurants, it is not uncommon to tip waiters 10 per cent of the bill for good service. For those who are visiting Australia for the first time tipping is not a custom or compulsory but you can provide a tip if you wish to thank the staff.

Useful links

Explore Queensland Deals	https://www.destinationgoldcoast.com/deals
Food and Drink	https://www.destinationgoldcoast.com/things-to-do/food-and-drink
Getting to the Gold Coast and around	https://www.destinationgoldcoast.com/plan/getting-here-around
Places to Go	https://www.destinationgoldcoast.com/places-to-go
Things to Do	https://www.destinationgoldcoast.com/things-to-do
Travel Information	https://www.destinationgoldcoast.com/plan/travel-information
Weather	http://www.bom.gov.au/
Where to Stay	https://www.destinationgoldcoast.com/plan/where-to-stay

Vaccinations

No vaccinations are required to enter Australia.

FESTIVAL ZONE

The festival zone is located on the northern side of the Kurrawa Surf Life Saving Club in Kurrawa Park. The administration centre, marquee, merchandise store, vendors and food trucks will be located in this area.

The Festival Zone Marquee is the location for the opening ceremony, beach presentations, designated functions and official championship closing parties.

Lifesaving World Championships 2024

Kurrawa, Broadbeach

Site Map

1. Registration
2. Officials Marquees/Recorders
3. First Aid
4. Festival Zone
5. Appeals Marquee
7. Emergency Services
8. Presentations
9. Presentation Stage
12. Beach Track (120m x 30m)
 - a. Flag Pit (30m x 30m)
13. Viewing Stands
14. Scrutineering Craft
15. Scrutineering Boat

18. Chillout Zone
19. Pooled Equipment – Race One
20. Sponsor/Exhibitors
22. Refreshment Area (alcohol)
23. VIP Area
25. Officials Area
26. Craft Trailer Storage
27. Boat Trailer Storage
28. Gear & Site Manager's Compound
30. First Aid/Medical Centre
31. Toilets
33. Marshalling Ara
34. Food Vendors
35. IRB Compound
36. Container Storage Area
38. Second Hand Craft Area

40. Club Tents
 - a. International tents x 50 tents
41. Communication on Wheels
42. Drone Restricted Area
43. Warm Up Area (Beach Competition)
45. Market Stalls
46. Gate Access Point
48. Boat Staging Area
49. Vehicle Barriers x 2
51. Entrance
53. Merchandise

