



Wessex Branch Newsletter

July 2010

Branch Management Committee

Following the Branch AGM in April, the Branch Management Committee for 2010-11 is:

President.....	Anne White
Chairman.....	Simon Port
Vice Chairman.....	Julia Passingham
Hon Secretary.....	Roger Harris
Hon Treasurer.....	Sonia Hughes
Branch Lifesaving Co-ordinator.....	Andy Ackroyd
Chief Assessor.....	Elaine Lewis
Public Relations Officer.....	Jill Bailey
Child Protection Officer.....	Julia Passingham
Competitions Secretary.....	Pamela Oddy
Outreach Programmes Co-ordinator....	Simon Port
Awards & Sales Officer.....	Brenda Palk
Club Development Officer.....	Lauren Dyson (co-opted)
Member without Portfolio.....	Emily Ayres (co-opted)

Open Water Swimming in a Controlled Area

(Eastleigh area)

Lakeside Multisports provides a lake for open water swimming on a marked and measured circuit from April to November.

Ideal for stamina building for those beach Lifeguards/ triathlete people! But you have to be an early bird as it's from 0600 to 0900. Water Quality tested regularly.

Operators hold a current RLSS UK open water qualification. Site owned by Eastleigh Borough Council. Risk Assessment and Operating procedures exist.

For more details email info@lakesidemultisports.co.uk

Branch Newsletter

Please send your news, course information, competition dates, advertisements and photographs to Jill Bailey – Branch PRO by:

1 September 2010 October 2010 issue
1 December 2010 January 2011 issue
1 March 2011 April 2011 issue
1 June 2011 July 2011 issues

57 Nuthatch Close, Creekmoor, Poole
Dorset BH17 7XR
Email publicrelations@rlss-wessex.org.uk

Lifesaving Trainer Assessor Course

Modules 1, 2, 3 and 5

6, 13, 20 and 27 November 2010
Ferndown area

Fee in the region of £80.00

For full details email
lifesavingcoord@rlss-wessex.org.uk

Lifesaving Trainer Assessor Course

2 – 5 August 2010
Lime Kiln Leisure Centre, Wootton Bassett

Fee £150

Further information contact Ellen Moore –
ellenmoore@rlss.org.uk

Places still available on

Life Support 3 Seminar

For all Trainer Assessors from the following disciplines Lifesaving, Pool and Beach Lifeguarding, and Rescue Boat

As you need either a current Lifeguard award or Life Support 3 award to remain current, Wessex Branch is hosting a free Life Support 3 assessment session. This is a repeat of the exercise two years ago.

When? Sunday, 24th October 2010
Where? Twyford School, Winchester
Time? 10:00 -15:00

Numbers limited
To book email
lifesavingcoord@rlss-wessex.org.uk

John Feuillade

It is with much sadness I have to report the passing of John Feuillade in June. John was one of the founder members of Calleva LSC and a much valued and respected member of our club. His opinions were always greatly appreciated.

John, along with others, set up Calleva nearly 40 years ago exclusively for members of the Scout and Guide Associations. Although John had not been in the best of health for a long time now he was still an important and respected member. John had a very matter of fact attitude to life. I can remember for example one time when we were training in the River Thames. It was cold to say the least and knowing then John had a heart condition, I suggested to him that it would not be a good idea for him to enter the water as it might cause him to have a heart attack. John's reply was simply "probably" and then very quickly entered the water and carried on with the routine.

He will be greatly missed by everyone not only members of Calleva but also in the Silchester Scout District.

Mike Levett
Local Manager - Basingstoke

Competitive Start Award

The following clarification has been sought from Elouise Greenwood – National Sport Development Officer RLSS UK on how to complete the competitive start award. The award can be assessed in one of the following ways:

1. It can be assessed and signed off by an ASA Level 2 coach or teacher – depending if they are able to assess this award.

Or

2. It can be assessed and signed off by a TA within the club, who sees them dive into the pool each week, as long as the TA feels comfortable and follows the marksheet and guidance to assess the start award.

The TA should follow the Rookie bolt-on and then assess the person doing each section of the start award needed for the Lifesaving National competitions.

Any questions relating to the Competitive Start Award, please feel free to contact Pamela Oddy, Branch Competitions Officer – competitions@rlss-wessex.org.uk

Rookie Lifeguard Diving Sports Award – Standard Required Guidelines

Instructors

This award must be trained and assessed by a registered Rookie Instructor. Additional guidance and help can be sought from others who are familiar with Lifesaving Sport or those who are specialists in a particular area, for example, an ASA swimming coach. For more detailed information/guidance please refer to the Lifesaving Sport manual, coaching swimming books (available from Lifesavers Direct) or the Amateur Swimming Association.

The Rookie Instructor must ensure that safety cover complies with site specific operational procedures and RLSS UK Guidelines.

The initial stages of diving should be introduced alongside learn to swim programmes which means that the instructor should monitor carefully individual participants as some may be able to dive with few if any lead in stages while other may require constant help and support.

Diving

Safety Notice:

- Never practise dives in shallow water which is less than 1.8m deep or with a forward clearance of less than 7.6m (Policy 3.7.6.3)
- If Rookies have any problems/issues with their ears they are to consult a doctor before completing these activities
- Dive only into clear deep water
- Never take lots of deep breaths before you dive
- Only those trainers with appropriate qualifications/accreditation training should teach shallow dives
- If you feel pressure in your ears' slowly come back to the surface blowing bubbles on the way up

Relay from River House

Annual Conference 2010

The following appointments were approved at the AGM on Sunday, 16th May 2010

Management Board

Stuart Bailey - President (Wessex)

Peter Moyes - Deputy President (Nottinghamshire)

Peter Brown - Chair of National Development and Programmes Committee – co-opted (Wessex)

National Development and Programmes Committee

Stephanie Andrews (Surrey)
Alison Field (South Yorkshire)
Chris Lewis (Wessex)

National Communications Committee

Christopher Luff (Essex)
David Ward (Bedfordshire)
Graham Wilson (Surrey)

National Sport and Recreation Committee

Andrew Truscott (Jersey)

Gift to Clive Holland

Branches were asked to donate to a gift for Clive to recognise the tremendous service as your President 2004-2010. With your generous donations we purchased an original painting and vouchers to enjoy a meal at one of Rick Stein's restaurants. Clive's message of thanks:

"Dear friends

As you might imagine, I did my best to prepare well for the Conference and AGM. What I could not prepare for was your tremendous generosity and the tributes which were paid to me officially and informally by so many members.

You gave me the opportunity to be your President and I am very grateful for that. It has been an absolute honour and privilege to represent the Society and all its members in this role.

I am also very grateful for your kind invitations and warm hospitality when Rene and I have visited you or joined in your events.

I don't think there is much chance of us forgetting the past six years but should we tend to do so, the wonderful painting you generously subscribed to, and which will take pride of place in our home, will bring back so many happy memories.

One of the speakers at the Gala Dinner said that "You don't want to get behind Clive in a food queue". I am sure the restaurant vouchers you also gave us will be me another head start in that area as well!

Many thanks and very best wishes to you all

Clive Holland - RLSS UK President
16th May 2004 to 16th May 2010

Get Safe 4 Summer 2010

The Get Safe 4 Summer 2010 campaign will take the form of nine Regional events. The first confirmed event was on 19th June in Brighton and Hove with confirmation of the remaining events to follow. For further information regarding these events, please see the ASA website at www.swimming.org or contact Ceri Kingston at cerikingston@rlss.org.uk

Call for starter pistols to be handed in ahead of ban

Starting pistols are to become illegal in the UK.

Following tests, the Olympic .380 BBM has been identified as readily convertible under the provision of the Firearms Act 1982, bringing it within the classification of a prohibited weapon under Section 5 of the Firearms Act 1968. This means that anyone who does not hand in their Olympic .380 BBM revolver before 4th June 2010 could be liable to prosecution, for which there is a five year mandatory prison sentence. The period of targeted amnesty will end on 4 June 2010. It will be for the sole purpose of handing in Olympic .380 BBM revolvers in either their converted or unconverted form.

Further information can be found on The Association of Chief Police Officers (ACPO) website
http://www.acpo.police.uk/pressrelease.asp?PR_GUID={E64A6EC-3587-47C0-8E35-AABB48D077AB}

Pam Smith

After 6 years with the Society as our Corporate Director and following a spate of ill health, Pam Smith has decided to move on to pastures new. Pam has given sterling support to the charity and its trading subsidiaries providing robust financial and administrative systems and procedures, and I know she has provided guidance, advice and support to Branch Officers. I am sure you will join me in wishing her well for the future.

Rookie Lifeguard Registration

It has come to our attention that there is some confusion over the requirements and registration process for the Rookie Lifeguard qualification.

In brief:

Those people that already hold the required pre-requisites of:

- RLSS UK AT, TA, NTA or SNTA
- ASA / STA Level 2 (or higher) Swimming Teacher with a Lifesaving or a Lifeguarding Award (BM and higher, NRASTC, NPLQ, NBLQ)
- STA TE
- (NaRS qualifications are accepted but evidence of these awards must be provided)

can register online at www.lifesavers.org.uk/rookie and purchase their copy of the Rookie Instructor Pack.

Those people who do not hold the required pre-requisites can undertake 'In House Training' with a Rookie Instructor who is also a Trainer Assessor. Rookie Instructor Training Packs for these courses can be purchased from Lifesavers Direct and the bespoke Attendance Return Form from within the pack returned to River House upon completion of the course.

For further information on the Rookie Lifeguard programme please contact Ceri Kingston at cerikingston@rlss.org.uk or telephone 01789 773994.



We are pleased to announce the RLSS UK launch of the new Code of Practice 2010

All aspects of Lifesaving and Lifeguarding can and do have a powerful and positive influence on people; not only providing opportunities for enjoyment and achievement, but also developing valuable qualities such as confidence, self esteem, leadership and team work. These positive effects can only take place if Lifesaving is in the right hands and it is the duty of all those associated in leading activity whether it be as an Instructor, Trainer, Assessor, Coach, Official, Region, Branch or Club Officer or Volunteer to provide the correct environment.

We are committed to ensuring that everyone who participates in Lifesaving has a safe, positive and enriching experience. To achieve this, the Society is dedicated to developing and implementing policies and procedures which ensures everyone understands and accepts their responsibility in relation to their duty of care, behaviours and attitudes to others.

Anyone involved in conducting any activity on behalf of the Society should be clear that they are seen as representatives of the RLSS UK and they should ensure their conduct is of the highest standard and integrity. The Policy includes organisational standards, guidance notes and policy statements and is effective immediately.

The new [Code of Practice](#) is available for download in the Policies Section of the RLSS UK website at <http://www.lifesavers.org.uk/downloads.html>

Printed copies will be available in due course from Lifesavers Direct who are contacting all customers who had back orders placed with them for the revised Code of Practice. If you still wish to purchase the printed publication please contact Lifesavers Direct on **0844 824 3440** to confirm your order. Printed copies will be despatched as soon as they are available.

If you do NOT require a printed copy you do not need to do anything, however, please note if Lifesavers Direct have not heard from you by the end of June, they will assume you have downloaded a copy and will cancel your order. To coincide with the release of the Code of Practice please note the [new Safeguarding and Protecting Children and Vulnerable Adults policy](#) is also available for download.

Should you have any questions please do not hesitate to contact us.

Adrian Lole
RLSS UK Director of Development & Lead on Safeguarding

The Royal Life Saving Society launches its new Safeguarding Children and Vulnerable Adults Policy

Lifesaving can and does have a powerful and positive influence on people – especially young people and vulnerable adults, not only can it provide opportunities for enjoyment and achievement; it can also develop valuable qualities such as self-esteem, leadership and teamwork. These positive effects can only take place if lifesaving is in the right hands – those who place the welfare of all young people first and adopt practices to support, protect and empower them. The Royal Life Saving Society UK is committed to ensuring that all those who participate in Lifesaving have a safe and positive experience and in recognition of our ongoing commitment to developing and implementing policies and procedures which ensure that everyone understands and accepts their responsibility in relation to their duty of care for young people and vulnerable adults, we are pleased to launch the [new Royal Life Saving Society UK Safeguarding and Protecting Children and Vulnerable Adults policy](#).

Relevant to all those working with Children and Vulnerable Adults within Lifesaving, the new policy addresses many new areas such as safe and effective recruitment, safeguarding vulnerable adults, management of transport and travel and the use of technology in terms of email communication and social networking providing a wealth of new resources and guidance documents that you can use within your club.

The new document is a must read for all Branch Child Protection Officers and Club Welfare Officers as it provides many new resources for you to use in your role and explores in depths the process, procedures and roles and responsibilities of all those people and organisations that you may come into contact with during your role. Also relevant to all those teaching, training, coaching and assessing such as RLSS UK Trainer Assessors, Assistant Teachers and Rookie Instructors, the new policy will help you understand your role in Safeguarding and what to do should you have any concerns. In addition, it is vitally important for committee Chairs at both Regional, Branch and Club Level to ensure you are fully conversant with the policy so you can be confident that your organisation is upholding its Safeguarding responsibilities.



Developed with the support of the NSPCC in line with their Safeguarding and Protecting Children in Sport guidelines, the new Safeguarding policy is available for download in the Policies section of the RLSS UK website at <http://www.lifesavers.org.uk/downloads.html>

Please can we ask all Club Welfare Officers to ensure your Club Chair has a copy of the policy.

To coincide with the release of the Safeguarding Policy please note the new Code of Practice is also available for download and carries significant changes that all parties need to be aware of. Should you have any questions please do not hesitate to contact River House.

2010 Calendar

NATIONAL MEETINGS & EVENTS	
11 th September 2010	National Standing Committees (River House)
23 rd October 2010	Management Board Meeting (River House)
30 th October 2010	Presentation of Honours (Guildhall, London)
28 th November 2010	National Lifesaving Championships (Ponds Forge, Sheffield)
4 th December 2010	Management Board Meeting (River House)
BRANCH MEETINGS & EVENTS	
22 nd July 2010	Branch Management Committee Band 3 - Romsey
19 th October 2010	Branch Management Committee Band 4
24 th October 2010	Life Support 3 Seminar (Twyford School, Winchester)
6 th , 13 th , 20 th , 27 th November 2010	Lifesaving Trainer Assessor Course (Ferndown)
SOUTH REGION MEETINGS & EVENTS	
5 th September 2010	South Region Lifesaving Championships (The Mountbatten Centre, Portsmouth)
End September 2010 (date to be confirmed)	Regional Conference
28 th October 2010	Regional Executive Band 4 Meeting

RLSS UK Safeguarding Recruitment Guidelines

Adrian Lole – RLSS UK Director of Development

The following highlights the changes in the recruitment guidelines for RLSS UK volunteers following the launch of the new RLSS UK Safeguarding policy and the partial implementation of the new Vetting and Barring Scheme (VBS).

Safe and Effective Recruitment Policy

The starting point for all volunteer positions is that the post involved either “**Frequent**” or “**Intensive**” access to children or vulnerable adults in what is defined as “**Regulated Activity**”.

Frequent: is defined as once a week or more

Intensive: is defined as four or more days in a thirty day period or any overnight care

Regulated Activity:

- (a) any form of teaching, training or instruction of children or vulnerable adults, unless the teaching, training or instruction is merely incidental to teaching, training or instruction of persons who are not children or vulnerable adults.
- (b) any form of care for or supervision of children or vulnerable adults, unless the care or supervision is merely incidental to care for or supervision of persons who are not children or vulnerable adults.
- (c) any form of advice or guidance provided wholly or mainly for children or vulnerable adults, if the advice or guidance relates to their physical, emotional or educational well-being.
- (d) any form of treatment or therapy provided for a child or vulnerable adult.
- (e) moderating a public electronic interactive communication service which is likely to be used wholly or mainly by children or vulnerable adults.
- (f) driving a vehicle which is being used only for the purpose of conveying children or vulnerable adults and any person supervising.

However, the arrangements identify that some organizations will choose to require CRB checks in situations of exceptional vulnerability, whether or not the frequency or intensity tests are met.

RLSS UK Management Board has approved the following positions to be subject to a mandatory Enhanced Criminal Records Disclosure check:

Branch and Club designated positions

1. Branch Chair
2. Branch Child Protection Officer
3. Branch Lifesaving Co-ordinator

Regulated positions:

1. Club Welfare Officers
2. Lifesaving TAs and Teachers
3. Assistant Teachers / Instructors
4. Volunteer Lifeguards

Other Positions

There may be positions not listed above where the Club Welfare Officer or Branch Child Protection Officer feels an Enhanced CRB Disclosure is required. Where this is the case, application forms will only be accepted at River House where they are accompanied by a job description for the position that clearly identifies the role in relation to Children / Vulnerable Adults alongside the mandatory RLSS UK self declaration form. **NB** The job description must include reference to the nature of the regulated activity and the frequency or intensity of contact.

Staff from River House is currently in the process of rolling out mandatory checks across the Society and will be making contact with post holders in designated positions in due course. As I am sure you appreciate this will require a degree of phasing, so please be patient.

Lifesaving Grants Programme Guidelines

Funding is available to Clubs, Affiliated Groups and Schools for the purpose of promoting Lifesaving activity and if your application is successful it is your local Branch that will support your project.

RLSS UK broad aims include the pursuit of public training and education in Aquatic Rescue skills, and the increase of the number of people who have Basic Life Support skills UK wide. It has a Business Plan which states clearly the main thrust of its business and how that will be achieved. Funding is available to Clubs, Affiliated Groups and Schools for the purpose of promoting Lifesaving activity and if your application is successful it is your local Branch that will support your project. Projects which show a clear focus on RLSS UK objectives and careful planning are welcomed. It is our intention to make grants available across a wide spectrum of life saving and community development activities. Priority consideration will be given to those projects that address one or more of the following:

- The establishment of new Lifesaving clubs and the retention of members and maintenance of existing clubs
- The development of new competitions or maintenance of existing ones
- Initiatives to deliver outreach programmes into identified areas of need or target audiences
- Projects establishing or developing existing Club/School links
- Projects working in Partnership with the local sporting infrastructure
- Innovative pilot projects developing the theme of Community Safety and/or Healthy Communities
- Initiatives that develop new trainers, in particular from within target communities
- Projects that create access to new or improved facilities
- Projects that enable the geographic spread of lifesaving education/events

How the programme works

RLSS UK is both a charity and a national voluntary organisation.

- RLSS UK Management Board has established a Grants Panel to advise upon and oversee the grant aid programme. The Panel will include the Regional Representative and Branch Representatives to the Management Board.
- Members of the Grants Panel have knowledge of RLSS UK objectives and from time to time will seek additional advice from the National Standing Committees, their groups and others with relevant expertise.
- Lifesaving Grant applications must be made through the local Branch Management Committee, addressed to the Honorary Secretary, with a copy of the application sent directly to River House, for circulation to the Grants Panel.
- Upon receipt of an application, the Branch should consider the project with a view to its suitability for funding. Where projects clearly meet RLSS UK objectives the local Branch will offer support. Where the Branch does not have adequate funds, the Branch will contact the Grants Panel via Roger Barrett at River House to make the case for additional resources.
- If you have submitted an application to your Branch and you get no response from the Branch within four weeks, or you have had your application rejected, you should contact Roger Barrett at River House, who will be able to liaise with the Branch on your behalf
Tel: 01789 774205 Email: RogerBarrett@rlss.org.uk
- The Grants Panel will appoint an independent assessor to monitor a successful application and ensure that all expenditure is appropriate and in line with the original proposals. Assessors will report to the Grants Panel but have no decision-making powers.

Guidance on making an application

Complete the enclosed form electronically or write or type clearly in black ink

- We will ask you for further information if we need it. Please do not send attachments unless we have asked you to do so.
- Please complete every section in full. It is important that the Grants Panels understand exactly what it is you intend to do and how you will implement it.
- Ensure you send a copy of your most recent financial accounts.
- Send your completed application form to the Honorary Secretary of your local Branch. If you do not have the contact details of your Hon Secretary, then please contact Roger Barrett at River House.
Tel: 01789 774205 Email: RogerBarrett@rlss.org.uk

Your grant application

- Your project should be about making a difference.
- It should be targeted at individuals or communities including those currently unable to access RLSS UK activities.
- Tell us clearly what the problem is and how your project will do something about it.
- Give us relevant facts and figures, be specific and avoid jargon. We just want you to say what can be done if your application is successful.
- Complete every question thoughtfully and honestly.
- The project budget needs to be thought through and realistically costed.

Guidelines on funding available

The table on the following page indicates the maximum grant that can normally be applied for in each area of recognised activity – this is not an exclusive list and the figures shown should not be viewed as target amounts.

Applications for amounts larger than indicated or for areas of activity not listed below will be considered, but it is likely that they will require additional information to support the claim. Guidance on such applications will be given by the Grants Panel.

Equality of opportunity

RLSS UK is committed to treating everyone equally - this means we will not treat anyone differently regardless of race, gender, disability, age, sexual orientation or faith. The Management Board is committed to taking positive steps to ensure continuing fairness in its grant-making programme.

Description of item maximum amount available notes

Set up a new Lifesaving Club	£1000
Set up a new Volunteer Lifeguard Unit	£1000
Set up a new Rookie Club	£500
Set up a Lifesaving Competition	£250 <i>(This should be offset by some income)</i>
Setup an Open Water Event	£250 <i>(This should be offset by some income)</i>
Public 'Lifesaving Awareness' Event	£100
New Lifesaving equipment	£150 <i>(This will be supplied by Lifesavers Direct)</i>
Display banners	£300 <i>(These will be supplied centrally)</i>
Printed promotional materials	£50 <i>(These will be supplied centrally)</i>
Training new Lifesaving TAs	50% contribution <i>(Will require proof of candidate carrying out training over agreed period)</i>
Developing Sporting opportunities	£500

Please note:

- All applicants must have been in RLSS UK membership for a minimum period of six months prior to the date of the application.
- Please read the notes and the application form before deciding whether or not to apply.
- Please do not alter the application form provided other than to expand the boxes to enter text.
- If for any reason you are unable to complete the application form in its current format or need assistance in completing the form, please contact the Grants Administrator, Roger Barrett, at River House
Tel: 01789 774205 Email: RogerBarrett@rlss.org.uk

Application forms and this guidance can be downloaded via the Branch website – www.rlss-wessex.org.uk or from <http://www.lifesavers.org.uk/news.html>