

Bournemouth Lifeguard Rookies Exchange Visit to Whitmore Bay Lifeguards Barry Island, Wales

Amy Burton (Bournemouth Lifeguard Rookie)



We left Moordown at 6pm for the 4-hour journey to Barry Island, all really excited with the thought of having a weekend away with friends, and no parents! When we arrived we were shown our rooms and immediately fought for the best beds! I lost and ended up on the bottom bunk. After we had sorted ourselves out in our rooms we went downstairs into the social room to be told the house rules, times and what we needed for the following day. We also had our first meal which was delicious. Lights out by 11:30pm.

The following morning we were up and dressed by 8am for a hot cooked breakfast of bacon, sausage, beans, scrambled egg and fried bread before heading off to the beach. When we arrived at the beach we had a warm welcome from the Whitmore Bay Rookies and Lifeguards. We changed into our wetsuits and met on the beach ready for our warm-up which was running to groyne 6 and back and doing some stretching before we started our activities.

My group started with flags and then we moved onto relays. We then played bulldog as one big group which was great fun. After lunch before we played a game of competitive rounders, before we had to go back to the farm where we were staying. We had a tour of the farm and looked at all the animals.

Our day wasn't over as we a disco had been organised for us and the other Rookies. We all got dressed up, but just as we were going I became ill and had to stay. It wasn't all bad as I had the company of the adults who were lovely to me. I went to bed early hoping to feel better the next morning, but unfortunately I didn't. Following breakfast, we packed up all our kit including our suitcases as we weren't going back to the house.



We left for the beach to meet up with the Lifeguards and Rookies again for more activities until lunchtime. Everybody had a go on the boards and swam and ran up and down. It looked like fun! It was time to say our goodbyes; we boarded our minibus and started the long trek home.

I fully enjoyed the trip and I would definitely go again!

Assessments for Probationary Trainer Assessors (Lifesaving)

The Branch has a number of Probationary Trainer Assessors who need to conduct lifesaving assessments in order to complete their qualification. Please help by letting Sonia Hughes know if your club or organisation is arranging assessments.

Tel 01722 712760
Email sonia@maple60.freeserve.co.uk

Resuscitation Manikins

Is your Club in need of new resuscitation manikins, or do you need replacement manikins to continue training life support in your local community?

The Branch Management Committee will consider applications for part funding to assist with the cost of this equipment. In exceptional cases, full funding may be approved.

If you would like to apply for funding toward the cost of new resuscitation manikins, you should submit your application, including the cost, who will benefit from the equipment etc.

Applications should be made to Roger Harris Hon Secretary by 31st March 2009 for consideration at the Branch Management Committee meeting on 7th April 2009.

Roger Harris, 30a South Street
Bridport, Dorset DT6 3NQ
Email RaHarris_Wessexawards@btinternet.com

Skillmeter Resusci-Anne still needs a good home

Laerdal Skillmeter Resusci-Anne (with printer and case with wheels)
Requires updating to 2005 guidelines

Save a Baby's Life

We are receiving a number of requests to run Save a Baby's Life workshops within the Branch. If you are interested in helping with these, please contact Simon Port, Outreach Co-ordinator.

Email simon.port@tiscali.com
Tel 07901 513856

Branch Annual General Meeting

Saturday, 18th April 2009
Godolphin School, Salisbury

It is planned to run two workshops during the morning, with the AGM in the afternoon starting at 2.30pm.

All RLSS Branches have been asked to undertake a Branch Audit, which the Branch Management Committee (BMC) completed about a year ago. We now need to move this to the next phase to identify areas of activity that we would like to further develop. The BMC would like members and clubs views on the development of lifesaving activity within the Branch and a session is planned for immediately prior to the AGM.

The proposed schedule is:

10.00	Arrival and coffee
10.30 – 12.00	Workshop 1: Rookie – a year on Workshop 2: Life Support 3 – discussion and assessment
12.30	Lunch
13.30	Workshop 3: Branch Development
14.30	Annual General Meeting

Membership Fees 2009

Category	Fee
Individual	£21.50
Youth	£8.50
Trainer Assessor (Lifeguard)	£35.50
Trainer Assessor (Lifesaving)	£15.00
Trainer Assessor (Lifeguard) Life Member	£15.00
Group A	£43.50
Group B	£128.50
Group C	£81.50

Trainer Assessor (Lifesaving) Course Assistant Teacher Course

Totton College and Recreation Centre
10am to 7pm (latest)

Pre-requisites – Assistant Teacher:

- RLSS UK membership
- Aged 14 and over
- Current Bronze Medallion (or higher award) or NRASTC
- Essential Pack costs £35

Pre-requisites – Trainer Assessor (Lifesaving)

- RLSS UK membership
- Aged 18 and over
- Current Bronze Medallion (or higher award) or NRASTC
- Essential Pack costs £75

The Trainer Assessor units will be run in the following order:

Unit 3 – Life Support – 15th March 2009

Unit 5 – Lifesaving – 5th April 2009

Unit 1 – Training – 26th April 2009

Unit 2 – Assessing – 3rd May 2009

Assistant Teacher – 26th April 2009

If you are already an Assistant Teacher and now wish to become a Trainer Assessor (Lifesaving) you are exempt from Unit 1.

Conversion from Trainer Assessor (Pool) to Trainer Assessor (Lifesaving) requires attendance at Unit 5 – Lifesaving only.

If you are interested please contact
Sonia Hughes – Branch Lifesaving Co-ordinator
Maple House, East Grimstead, Salisbury, Wiltshire SP5 3RT
Tel 01722 712760
Email sonia@maple60.freeserve.co.uk

**PLEASE RESPOND AS QUICKLY AS POSSIBLE
AS TRAINING MATERIALS HAVE TO BE ORDERED**

Pool Lifeguard Trainer Assessor Course All modules

Modules 1, 2, 3, 4 plus ISRM Unit 2 Trainers Course

Monday August 3rd to Saturday 8th August 2009

Venue: Shaftesbury, Dorset

Contact:

Andrew Ackroyd

T: 01202 895415

E: training@southernlg.co.uk

Nominations for Branch Honours

A tremendous amount of work is done out there at "grass roots" and we need to recognise the commitment that volunteers put into the community. The details for nominating people for National Honours are below. Please take a moment to review the people who you work with in delivering RLSS Lifesaving and the potential to reward them with a "thank you"

Please also consider the "Young Lifesaver of the Year". Last year we received a very poor response. Again, please take a few moments to consider the young people within your club against the criteria below and submit nominations.

Many will have recently received an email from me with this information. The closing date for nominations has been extended to **31st December 2007**. If you have not already submitted nominations then please take the opportunity to do so.

This year the Presentation of Honours will be take place at the Guildhall, London on Saturday, 3rd October 2009. This is a beautiful building and superb venue.

There are two series of Honours – **Service Honours** and **Merit Honours**. Each series is independent of the other and each has different criteria of eligibility. Individuals may, and often will, hold both Service and Merit Honours and could receive one of each in a single year. Both the Service Honours and Merit Honours have equal value and are awarded in recognition of valuable work done to support the aims of the Society.

All recipients of National Honours (both Merit and Service) are invited to attend the Presentation of Honours Ceremony without charge. It is usually possible for recipients to bring guests with them to the Ceremony and details are sent to all recipients.

Service Honours

can be awarded to individual members, members of affiliated clubs/organisations and ATCs in membership, for years of continuous service to the Society. **The definition of service** may include teaching, examining, and assisting with the organisation or promotion of a group or club, or other significant contribution to the work of the Society. The nominee should show a consistently high level of commitment to the Society. Service should not comprise simply of membership of the Society or a club, or obtaining lifesaving awards, or for taking part in competitions. Service may be taken from the age of 14 years (if appropriate) providing the relevant criteria are met.

Certificate of Thanks	4 and 8 years service (More than one may be awarded)
Service Medal	12 years service
Bar to Service Medal	16 years service
Service Cross	20 years service
1st Bar to Service Cross	25 years service
2nd Bar to Service Cross	30 years service
Honorary UK Life Member	35 years service
Recognition of Service	40 years service
UK Long Service Medal	50 years or more service

Merit Honours

are awarded, as the name implies, to individual members, including members of affiliated clubs/organisations and ATCs in membership, for meritorious contribution to the Society. There is no length of service requirement for Merit Honours although it would be difficult for a nominee to fulfil the criteria for one of the higher Merit Honours without having contributed to the work of the Society for a significant number of years.

Certificate of Merit	Awarded for 'Meritorious Service' at Club or Branch level and endorsed by the Branch. May be awarded more than once but with an interval of at least two years between awards
Certificate of Recognition	Awarded for continuing contribution at Club or Branch level. May be awarded more than once and nominee would have normally received at least one Certificate of Merit with an interval of at least two years between awards
Medal of Distinction	Awarded for outstanding work at Club, Branch or Regional level or notable contribution at National level. The nominee would normally have received one or more Certificates of Merit and Certificates of Recognition
Bar(s) to Medal of Distinction	Awarded for continuing outstanding work at Club, Branch or Regional level and/or notable contribution at National level. To be awarded at intervals of four and eight years following receipt of the Medal of Distinction
Medal of Honour	Awarded for exceptional contribution at Branch or Regional level, normally with outstanding work at National level as well
UK Honorary Life Governor	Awarded for an outstanding contribution to the Society as a whole. It would be exceptional for this contribution to have been at Branch level alone, and it would normally be expected that 'outstanding contribution' would also have been given at National level.
UK Honorary Vice President	Awarded for a supreme level of contribution to the Society. This Honour would be suitable for someone who has chaired several National committees over a period of time and done so with outstanding ability, or made a similar supreme level of contribution to the Society at Branch or Regional level.



Young Lifesaver of the Year

Young Lifesaver of the Year is to recognise our young people involved with Lifesaving/Lifeguarding. Each Branch is expected to nominate a Young Lifesaver between the age of 14 and 24 (at 31st December 2008). A brief citation is required to enable the Branch Honours Committee to make its final decision on the one name to be submitted to the National Honours Committee for ratification and possible use at the Honours Ceremony in London.

There are no specific criteria; we are calling for your nominations for a Club or Individual Society member aged between 14 and 24 (at 31st December 2008). Their contribution can be anything that promotes your Club or the Society. It can be teaching, fundraising, administration; equipment maintenance - the list is completely open. **They do not have to be individual members.**

We hope you would want to encourage young people in Lifesaving, so hope you will support the recognition of our young people in Wessex. The Wessex Branch Honours Committee will submit one name to the **National Honours Committee** for ratification and that **Young Lifesaver of the Year** will be invited to attend the National Honours Ceremony, which will be held at a spectacular national venue in early October 2008.

The Stanley Peck Local Manager of the Year Trophy

This trophy is awarded to the person who does most to carry out the objectives of the Society in their local area. Only those who have not previously been awarded the Trophy are eligible for nomination. The citation must relate to 2008 only. Specific facts and figures relating to promotional activity on behalf of the Society for which the nominated individual has been directly responsible must be given where the nomination is based on these activities.

Note – this means the actual numbers of new groups, affiliated, percentage increase in awards taken, number of visits made, demonstrations/displays organised, number of new assessors recruited and courses arranged.

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The Brian Morrissey Outreach Cup

This award is made for the work undertaken on a Community Outreach Project, such as the First Responder Programme, Community Life Support Programme, Cricket Coaches, Safe Anglers – Safe Banks or the Save a Baby’s Life campaign.

Nominations can be for an individual, club or group. However, the citation must relate to 2008.

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Ken White Fundraiser of the Year Trophy

Nominations can be made for any fundraising work on behalf of the Society at National, Regional, Branch or Club or local level. The citation should recognise the level of commitment and enthusiasm given throughout 2008. **It is not necessarily recognition of funds raised.**

Nominations can be submitted for a Club or an individual.

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ACTION !!!

Please send your nominations for any of the above together with a short citation to Stuart Bailey – Branch Chairman.

It is important to include the following information about your nominees(s): first name, surname, previous or maiden name(s), address and personal or club membership details.

The Branch Honours Committee will meet in March to consider the nominations it receives from Branch members, Branch Local Managers, Clubs and Organisations.

Stuart Bailey – Chairman
57 Nuthatch Close, Creekmoor, Poole
Dorset BH17 7XR

or email stuart.bailey@hatlapa-uk.com

Closing Date: 11th March 2009

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relay
from River House
(November 2008 to January 2009)

IMPORTANT SAFETY NOTICE 2

All RLSS UK Clubs, Coaches and Lifesaving Sport Competitors

DIVING FROM BLOCKS

Prior to the 2008 RLSS UK National Speed Championships an incident occurred which highlighted significant risk to lifesavers when diving from swimming blocks in fins whilst wearing a rescue tube.

In March 2008, RLSS UK Lifesaving Club, Coaches and Competitors were instructed to stop using this method of entry in both training and competition. ILS (the World body for Lifesaving) was alerted to our concerns and asked to consider the implication of the incident and produce advice and guidance.

With no guidance forthcoming from ILS, RLSS UK is duty bound to remind all members that the **ban on diving from blocks remains in force** and this should be cascaded to those involved in training. We are continuing to press ILS for a response; but have to concede that this will not be available in time for the next RLSS UK National Speed Championships which taken place on 28 February and 1 March 2009.

Internally, RLSS UK are now working on the development of new event guidelines that may allow diving from blocks with rescue tubes at the 2009 Championships. A further statement will be made in due course.

Please note: the current ban covers diving from blocks with a rescue tube both with and without fins

We cannot underestimate the seriousness of this issue and every endeavour must be made to ensure all competitors are made aware of the dangers and that our clear directive regarding the use of diving blocks is understood by all those involved in Competitive Lifesaving at all levels.

Expiry of the Old Rookie Lifesaving Programme

Since the introduction of the new Rookie Lifeguard syllabus in January 2008 the programme has grown rapidly and now has nearly 1500 Rookie Instructors delivering in the UK and world wide. Following a year of both old and new Rookie programmes being used whilst trainers adapted to the new programme, the old syllabus officially **expired on 31st December 2008.**

Application for Branch Representative to the Management Board

You will be aware that details about the forthcoming vacancies at the next AGM have gone to all members as part of the conference brochure. I would like to draw your attention, in particular to the post of Branch Representative to the Management Board. Perhaps you would consider if you would wish to make any nominations. Please do not forget to check with your nominee beforehand whether they would be willing to stand for this position! Please note that the closing date for nominations is 9th March 2009.

Sports Meeting – Elouise Greenwood

An Open Sports meeting was held on Sunday, 22nd November, the day after the Lifesaving Nationals at Ponds Forge.

The meeting was called to communicate and reflect upon the current position across many areas impacting the development of Lifesaving Sport and to consider the challenges facing the Society if we are to embrace the wide ranging opportunities that sport can bring.

Following the “key areas for development” identified by the Sport and Recreation Working Group, under the National Development Committee, the meeting in Sheffield reflected on six focus areas:

- Officiating / refereeing
- Grass roots sport
- Competition
- Technical and Health and Safety
- Coaching
- Publicity and Awareness

Considering the key areas for development the overall aim is to benchmark Lifesaving against other National Governing Bodies and comply

with recognised best practice in terms of governance and opportunity. Ultimately the aim is to increase our capacity to deliver a quality sporting experience for all and raise the profile of Lifesaving as a sport.

Towards this we are currently looking for volunteers who have interest and experience in sport to work in the following areas:

- Officiating / refereeing
- Grass Roots sports development
- Competitions
- Technical development and Health and Safety
- Coach Education

If you would like to find out more and get involved please contact Elouise Greenwood (elouisegreenwood@rlss.org.uk) detailing your area of interest (from the list above), and listing all relevant qualifications and experience.

‘Be part of Lifesaving Sport’

New Volunteer Performance Director for Sport

RLSS UK is pleased to announce the appointment of Matt McFahn to the position of RLSS UK Volunteer Performance Director. Matt will take ownership of, develop and implement the performance aspects of the National Development Plan for Lifesaving Sport. He will also help work towards the creation of a clearer, consistent and more structured pathway from grass roots to elite level of Lifesaving Sport. The role will involve working closely with the Society members and other organisations to achieve effective communication and collaboration.

Matt has an extensive portfolio of professional experience in this area, currently working with the British Paralympic Association as a Sports Performance Manager. In Matt's role with Paralympics GB he is responsible for the effective implementation of the World Class Programmes for three disability Paralympic Sports – Table Tennis, Boccia and Fencing.

“With my ‘day job’ being elite sport, the role of Performance Director will provide me with a fantastic opportunity to help the United Kingdom excel at an international level. I feel I could bring a fresh focus to the sport whilst being mindful that those currently involved have considerable experience and skills that are essential to achieving continued international success”, commented Matt.

Together with the creating of the National Sport and Recreation Committee, this new appointment provides RLSS UK with a very exciting opportunity for the Sport of Lifesaving, with Matt's experience as a Level 4 Coach, a Coach Tutor and extensive experience of sport at national and elite level, we hope that RLSS UK Lifesaving Sport can grow and flourish.

New Support for Branches and Regions

With the start of the pilot region this month, there have been some changes to the staffing structure at River House in order to support our Branches and Regions better.

Ellen Moore started at the beginning of January as Regional manager for the West, chosen Pilot Region.

Roger Barrett has now taken on the new role of Branch Liaison and Customer Services Manager. Roger has been with the Society for 7 years and understands the Society's complex structure. Roger is now the main point of contact for all Branch and Regional officers (excluding the West Region), offering support and advice and assisting in the development of programmes and activities that enhance the profile of RLSS UK and increase Lifesaving activity throughout the UK.

Management Information Analyst

The Society would also like to welcome **David Falder**, who took up the post of Management Information Analyst on 5th January 2009. David will serve as an IT expert and technical advisor, performing a wide variety of management and administration services including:

- Functionality of the database and finance systems
- Specifying, analysing and reporting of key data for different departments
- Day to day management of internal IT systems

Competition and Festival Dates

I would like to request the dates of any competitions or festivals (including Rookie) which your club or branch is running over the course of this year. I will need the following information:

- Name of Host Club, and Membership Number of Club
- Date of Event
- Venue of Event
- Type of Event

Please email these details to elouisegreenwood@rlss.org.uk entitled "Competition Dates"

South Region Conference

Saturday, 28th March 2009
Totton Community Centre, Southampton

All welcome

Speakers include:

Roger Barrett - Branch Liaison Officer
Ellen Moore - Regionalisation Officer

For further information contact:

Sonia Hughes – Regional Chairman
Maple House, East Grimstead, Salisbury, Wiltshire SP5 3RT
Tel 01722 712760
Email sonia@maple60.freeserve.co.uk

Branch Lifesaving Championships

Saturday, 27th June 2009
Stokewood Road Leisure Centre, Bournemouth

From 5.30pm (exact time to be confirmed)

Interested in entering the Branch Competition,
but not sure what's involved ?

In summary:

You will need to need to compete in your age group:-

Ages as at 31st December 2009

- Junior Boys/Girls pairs need to be between 12-14years of age
- Senior Boys/Girls pairs need to be between 14-17 years of age
- Men/Ladies must be 16years or over **
- Master Men's/Ladies shall compete in one age band**:
30 – 39 years, 40 – 49 years, 50 – 59 years, 60+ years

*** Competitors in these categories compete on an individual basis*

You must have -

- Individual membership of RLSS (UK)
- Hold a current RLSS UK qualification (e.g.- Bronze Medallion, Rookie, Award of Merit, Beach or Pool Lifeguard Qualification)

The competition comprises four events:

- Aquatic Initiative Test
- Life Support Initiative Test
- Rope Throw (10 or 12 meters depending on age group)
- Swim and Tow (25/25 metres or 50/50 metres depending on age group)

Entry costs:

- £12.50 for Junior / Senior Pairs
- £7.50 for Mens/Ladies and Masters

Further information about the rules and events can be found at
<http://www.lifesavers.org.uk/comp/competitions.htm>

So let me know if you're interested in
competing or would like more information,
please contact:

Pamela Oddy – Branch Competitions Officer
26 Albacore Close, Lee-on-Solent PO13 8GG
Tel: 02392 553672
Email: lifesaver_pam@yahoo.com



National Lifesaving Championships 2008 RESULTS

Congratulations to those competitors from Wessex, Thames Valley and Jersey Branches who competed for South Region at the National Lifesaving Championships held in Sheffield in October 2008.

SECTION	COMPETITORS	OVERALL POSITION
Junior Girls	Amy Burton and Francesca Dean (Bournemouth)	2 nd
Junior Boys	Michael Bird and Laurence Wells (Wantage)	13 th
Senior Girls	Danni Burton and Billie-Jo Fielder (Bournemouth)	9 th
Senior Boys	Adam Proudley and Jonathon Goodbourn (Bournemouth)	Team had to withdraw as one competitor became ill during the competition. They were places 3 rd in the Aquatic Test and 12 th in the Life Support Test.
Ladies	Kelly Chizlett (Bournemouth)	16 th
Men	Benjamin Bishop (Southampton University)	10 th
Masters (Men)		
30 – 39	Christopher Alder (Wantage) Neil Walker (Jersey)	6 th 7 th
40 – 49	Stephen Kershaw (Thames Valley) Alan Le Pavoux (Jersey)	2 nd 5 th
Masters (Ladies)		
30 – 39	Mel Yates (Collingwood LSC)	5 th
50 - 59	Dorothy Fox (Bournemouth)	2 nd
Team Incident	Benjamin Bishop, Lauren Dyson, Dominic Robertson and Christian Wood (Southampton University)	2 nd

Branch Newsletter

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

31 March 2009..... publication April /May 2009
1 August 2009publication September 2009

57 Nuthatch Close, Creekmoor, Poole, Dorset BH17 7XR
Email jill.bailey2@sky.com

DIARY DATES 2009

NATIONAL MEETINGS & EVENTS	
10th January	National Standing Committees (River House)
16 th to 18 th January	ILSE Commission Meetings (Istanbul, Turkey)
26 th January	BabySafe Roadshow (Birmingham)
19 th January	BabySafe Roadshow (Coventry)
29 th January to 4 th February	ILS Board and Commission (Bad Nenndorf, Germany)
31 st January to 8 th February	Branch Management Committees – Band 1
7 th to 15 th February	Regional Executive Committees – Band 1
14 th February	Management Board Meeting (River House)
28 th February to 1 st March	National Speed Championships (Ponds Forge, Sheffield)
12 th March (tbc)	NPLQ Programme Board (River House)
4 th to 12 th April	Branch Management Committees – Band 2
18 th to 26 th April	Regional Executive Committees – Band 2
8 th to 10 th May	ILSE Board Meeting (Cyprus)
15 th May	Management Board Meeting (Chesford Grange, Kenilworth)
16 th to 17 th May	Annual Conference & AGM (Chesford Grange, Kenilworth)
5 th June	ACPO Technical Committee (Dublin, Ireland)
6 th to 7 th June	ACPO Lifesaving Championships (Dublin, Ireland)
9 th to 11 th June	Commonwealth Lifesaving Conference (Edmonton, Canada)
12 th to 14 th June	Commonwealth Lifesaving Championships (Edmonton, Canada)
21 st June	National Standing Committees (River House)
4 th to 12 th July	Branch Management Committees – Band 3
11 th July	Management Board Meeting (River House)
19 th to 26 th July	Regional Executive Committees – Band 3
11 th to 13 th September	ILS Board Meeting (venue to be confirmed)
12 th September	National Standing Committees (River House)
22 nd to 24 th September	Leisure Industry Week (LIW) (NEC)
3 rd October	Presentation of Honours (Guildhall, London)
10 th October	Management Board Meeting (River House)
15 th October (tbc)	NPLQ Programme Board (River House)
17 th to 25 th October	Branch Management Committees – Band 4
24 th October to 1 st November	Regional Executive Committees – Band 4
31 st October	National Lifesaving Championships (Ponds Forge, Sheffield)
5 th December	Management Board Meeting (River House)

BRANCH MEETINGS & EVENTS	
21 st January	Branch Management Committee Meeting
7 th April	Branch Management Committee Meeting
18 th April	Branch AGM – Godolphin School, Salisbury