



## **Royal Life Saving Society – Sussex Branch**

### **Presidents Report 2008**

The year has just flown by. The time to fully carry out the pledge is just too short within one year. However, it will continue into the years ahead, as I do believe that the Youth in the Branch are the future of the Society.

I have only attended two official functions as President within the Branch, these are: Attending an Annual Presentation evening and at a National Lifesaving Championships to present their awards.

I have enjoyed the year and wish every success to the incoming President.

**John Stainer**

### **Chairman's Report 2008**

Over the last year it's been fairly quiet on the Branch side of things, we have had a couple of modules running and I would like to congratulate the people who attended and wish them luck with the qualifications they have worked towards. The Branch Management committee have put in a lot of hard work over the last year looking at how to promote the RLSS and provide help to existing clubs. The introduction of conference calls has cut costs but increased meetings and enabled all of the management team to take part of each occasion, a huge bonus.

I have been invited to a couple of clubs over the past year and have meet new people, which have been great and would like to say thanks for the opportunities I've been given.

I'm pleased that the Branch has been able to financially assist the clubs who have approached us, this includes Worthing Lifeguards Corps who had a stand at last years Shoreham Air Show and Hastings who have now supported 'Safety in Action' for the last 15 years. As a Branch we are here to help all RLSS lifesaving clubs and welcome any requests from other clubs. The feedback from these 2 events was great.

On a similar note I would like to congratulate John Stainer who has been appoint GB Team Captain for the Commonwealths in Canada which the Sussex Branch is pleased to be supporting. Again this year we are able to provide a financial contribution to club members who showed an interest in going to go the RLSS UK Annual Conference, we are looking to provide this again next year so if you would like to go please contact the Branch.

The Branch and Clubs have had some great results in competitions and I would like to personally congratulate everyone who took part.

And finally...

A huge well done to Hastings Lifeguard Club who completed the Cross Channel Relay Swim last August in 13 hours and 35 minutes I got to know the team very well during the training and know they are looking forward to there next challenge☺

**Jane Askham**  
**Branch Chair**

### **Treasurer's Report 2008**

#### **1. 2008 Accounts**

The 2008 Accounts are with the Auditors, Mazars LLP. There has been one major change from the way the accounts have been prepared in previous years, as we are now recognising monies owed to the branch and owed by the branch to RLSS UK and Lifesavers Direct.

Total Income in 2008, was much in line with last year, subject to an audit adjustment in 2007 to correct the cash balances, an adjustment of £3,000. However the branch proportion membership fell by 8% compared with the previous year. Also the branch received a number of donations in respect of John Walker totalling £933.

In the year, bursaries totalling £105 were given to clubs training assistant teachers. These bursaries will continue in 2009. In addition, a total of £500 was given to 2 clubs in the branch to promote water safety.

#### **2. Cash Position**

As at 18<sup>th</sup> March 2009, the cash position of the branch was as follows:

Current Account	£ 4,052.40
Deposit Account	£10,786.55

The interest rate on deposit balances is now 0.10% per annum.

#### **3. Outstanding Invoices**

The RLSS have become very slow in sending out invoices and we are still awaiting invoices for February.

**Stuart Rigby**

### **Awards & Sales Report 2008**

**Sales** – this year sales have again been mostly for Bronze Medallion and NRASTC packs, which are still the most popular Life Saving awards, although there has been a good sprinkling of orders for other catalogue items as well. Don't forget folks if you don't want to bother with ordering, I will always obtain items for you. Just contact me on tel/fax. 01903 244518, or e-mail [awards@rlss-sussex.org.uk](mailto:awards@rlss-sussex.org.uk)

**Awards** - Lifesaving Awards were again down on last years' totals, with NRASTC and Bronze Medallion being in the majority, as shown in the sales item above. The greatest drop was in Life Support and Junior awards. We still await the revision of higher awards, and the new format of the Disability Award is due any day, so we wait to see if either of these will make a difference for the coming year..

Last year I had a little moan about not receiving the “blue copy” of the Bronze Medallion assessment – thanks trainers for taking note - I have been getting these quite regularly since. However, sometimes I receive the “grey” copy as well, or a photocopy of the blue form. Please note that unlike other Life Saving awards, I only need the one copy, not two. The grey copy should remain in the candidate’s book.

**Betty Hakesley**

**Awards and Sales Secretary**

### **Child Protection Officer’s Report 2008**

During the year there has been a steady trickle of persons renewing or applying for their CRB checks and I have visited some clubs to help with the process. The courses such as the one being held prior to this years AGM are of great benefit to Club Officials and others working with young people especially and I would encourage everyone to take the opportunity to go on one if they get the chance.

Remember that your personal CRB should be renewed every 2 years and it still does not cost anything to process it through RLSS. Just to clarify an issue that has caused confusion in the past we should be putting the name of the RLSS affiliated club on the front of the form and not RLSS UK as some of us have done in the past.

The Branch Management Committee are currently in possession of a list of members who are out of date with their checks and we are in the process of following those up.

I am always available if there are any queries and my contact details are on the website.

**Doug Simmonds**

**Branch CPO**

### **Competitions Report for Year 2008**

It was a typical Competitive year in 2008. All Branch Competitions were held with the exception of the Beach Lifeguard and Schools. The numbers competing had slightly dropped from the previous year, this mainly due to the lack of the Beach Lifeguard Competition. The medal winners are listed below together with Branch member’s positions in South East Region and National Championships.

I would very much like to take this opportunity to thank all those who have taken part in the 2008 Competitions: Competitors, Casualties, Officials and Helpers. Thank you for your support. I hope to see you all again at Competitions in 2009.

A number of members representing the Branch achieved excellent results in South East Regional Competitions namely:

Overall Gold Medals to: Sarah Cousins and Rory Hopcraft in the Senior Mixed Pairs, Gary Lee in the Masters 40/49 group and a brilliant Ladies Team in winning the SER Teams Championship for the second year running.

Silver Medals to Rachael Kaiser in the Individual Ladies, Robin Akers in the Masters 50/59 group and to Sam O’Connor and Luke Peel in the Seniors Boy Pairs.

Bronze Medals were won by Rory Hopcraft in the Men’s Individuals and the Men’s Team in the SER Team Championships.

In the National Lifesaving Finals at Sheffield congratulations go to: Robin Akers in winning the Life Support, 2<sup>nd</sup> in the Line throw and coming 3<sup>rd</sup> overall in the Masters Men’s 50/59 age group,

the Senior Boys Sam O'Connor and Luke Peel winning the Life Support, 2<sup>nd</sup> in the Line throw and 3<sup>rd</sup> overall, Gary Lee 2<sup>nd</sup> in the Swim/Tow, 3<sup>rd</sup> Line Throw and 3<sup>rd</sup> overall.

It is crucial that if anyone is considering entering the Branch Qualifying round of the National Lifesaving Championships they must be in personal membership of the RLSS UK at least one week before the Branch Competition. **This means that for 2009 anyone wishing to enter must join RLSS UK by the 18 May 2009** at the latest. Otherwise they will be eliminated from the Competition.

Internationally, it is pleasing to report that George Hopkinson of Crawley TLSC was a member of the GB National Team in the World Championships (Rescue 2008) together with Dani Perks an ex member from the same Club. The Championships were held in Germany in July 2008. John Stainer was the Team Manager/Chief Coach.

Crawley TLSC sent a team to the World Inter Club Championships that were also held in Germany (Berlin and Warnemunde, Baltic coast) in July 2008, further details of this will no doubt be mentioned in their Club report.

A number of Sussex clubs also entered and/or held interclub competitions, both Stillwater and Ocean which were held Locally, Nationally and Internationally. Presumably the clubs will comment on these in their own Club reports.

## **2008 Medal Winners in Sussex Branch, South East Region and National Competitions**

### **1 March 2008 Sussex Mixed Pairs at Olympos, Burgess Hill**

#### **Juniors**

1 <sup>st</sup>	Eastbourne 'A'	Amy Pemble/Curtis Mays
2 <sup>nd</sup>	Eastbourne 'B'	Louisa Henson/James Unsworth
3 <sup>rd</sup>	Crawley	Felicite Burke/George Jessup

#### **Seniors**

=1 <sup>st</sup>	Worthing	Rachael Kaiser/Simon Macdonald Mewton
=1 <sup>st</sup>	Crawley	Gemma Cousins/Luke Peel
3 <sup>rd</sup>	Crawley	Abi Hoyle/Gary Lee

### **19 April 2008 Sussex Teams at Eastbourne Sovereign Centre**

1 <sup>st</sup>	Eastbourne Sovereign	Garry Cairns/Laurie Hughes/Carla Dille/Danni Evans
2 <sup>nd</sup>	Crawley	Rory Hopcraft/Sarah Cousins/Luke Peel/Gemma Cousins
3 <sup>rd</sup>	Worthing	Simon Macdonald Mewton/Katie Butcher/Rachael Kaiser/Chris Kaiser

### **28 June 2008 Youth/Individual/Masters at Lancing College**

**Junior Girls** No entries

**Junior Boys** No entries

#### **Senior Girls**

1 <sup>st</sup>	Worthing	Bethany Taylor/Alex Wilton
2 <sup>nd</sup>	Crawley	Gemma Cousins/Joanne O'Connor

#### **Senior Boys**

1 <sup>st</sup>	Crawley	Sam O'Connor/Luke Peel
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#### **Ladies**

1 <sup>st</sup>	Rachael Kaiser
2 <sup>nd</sup>	Sarah Cousins
3 <sup>rd</sup>	Hayley Bourne

#### **Men**

1 <sup>st</sup>	Laurie Hughes
2 <sup>nd</sup>	Rory Hopcraft
3 <sup>rd</sup>	Jonathan Rigby

#### **Mens Masters 40 to 49**

1 <sup>st</sup>	Simon Macdonald Mewton
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## 8th November 2008 Sussex Pairs at Steyning Leisure Centre

### Ladies

1 <sup>st</sup>	Worthing	Hayley Bourne/Katie Butcher
2 <sup>nd</sup>	Crawley	Gemma Cousins/Sarah Cousins
3 <sup>rd</sup>	Worthing	Rachael Kaiser/Pamela Shaw

### Mens

1 <sup>st</sup>	Crawley	Luke Peel/Sam O'Connor
2 <sup>nd</sup>	Crawley	Rory Hopcraft/Gary Lee

## 24 January 2009 (2008 Comp) Life Support at Worthing Scout Hut

1 <sup>st</sup>	Rachael Kaiser
2 <sup>nd</sup>	Pamela Shaw
3 <sup>rd</sup>	Sam O'Connor

## 2008 South East Region Championships

### Mixed Pairs 26 April 2008

#### Juniors

4th Amy Pemble/Curtis Mays

#### Seniors

1<sup>st</sup> Sarah Cousins/Rory Hopcraft  
4<sup>th</sup> Rachael Kaiser/Simon Macdonald Mewton

## SER Qualifiers Strood, Rochester 20 September 2008

### Senior Boys

2nd Luke Peel/Sam O'Connor

### Ladies

3<sup>rd</sup> Rachael Kaiser  
4<sup>th</sup> Sarah Cousins

### Mens

3<sup>rd</sup> Rory Hopcraft  
4<sup>th</sup> Jonathan Rigby  
5<sup>th</sup> Ciaran Fitzgerald

### Mens Masters

1<sup>st</sup> Gary Lee (40 – 49)      2<sup>nd</sup> Robin Akers (50 -59)

## SER Teams at Horley Anderson Centre, 27 September 2008

### Ladies

1st Sussex 'A'  
4th Sussex 'B'

### Mens

3rd Sussex

## 22 November 2008 National Lifesaving Championship Finals at Ponds Forge, Sheffield

### Inter Regional Overall Trophy

1<sup>st</sup> South East Region

### Senior Boys

3rd Sam O'Connor/Luke Peel

### Masters

#### Ladies 40 - 49

8<sup>th</sup> Pamela Shaw

#### Mens 40 - 49

3rd Gary Lee

#### Mens 50 - 59

3<sup>rd</sup> Robin Akers

## John Stainer

### Competitions Secretary

## Branch Lifesaving Co-ordinator's Report 2008

In 2008 we again offered and ran the RLSS Education Program including Assistant Teacher and all the disciplines of Trainer Assessor. We are trying really hard to be proactive to encourage everyone who has attended any modules to complete their mentoring period and the Branch is supporting it's members who complete with a bursary towards the costs.

There have been an increasing number of TA's, mainly pool, taking advantage of the Distance Learning Packs to enable them to train and assess NRASTC and Bronze Medallion. Their, and all our TA's details, are included on the Branch website and can accessed by members. If you've forgotten the passwords contact Paul Olliver, Website Manager.

A number of TAs, Branch members and candidates have all contacted me for some technical advice which I'm always ready to provide. Contact me by telephone (07970 424669) or e mail [di.cooke@o2.co.uk](mailto:di.cooke@o2.co.uk)

**Di Cooke**  
**Branch Lifesaving co-ordinator**

### **Approved Training Centre Report 2008**

The ATC liaison has finally begun to take root and spread across the Branch with more questions being asked than any other year. We have been able to get answers for a wide range of questions asked and help with a couple of approval hiccups, which have appeared in the last year.

A few of the ATC, which have contacted me, have requested for themselves to remain anonymous which is not a problem so please ask...

It is also pleasing to see many ATC's registering Rookie Instructors and starting Rookie groups.

**Jane Askham**  
**ATC Liaison**

### **RLSS Sussex Branch Web Site Report 2008**

The website is going from strength to strength last year, 2008, we had some 3414 hits to the website, up 1291 on the previous year. We have received 15 enquires for different courses.

I have made some changes to the look of the Website this year adding many new features. I am currently working on an EVENTS page, please let me have any Branch / Club activity with dates / times and contact details so they can be included.

We are also looking at starting a quarterly News Page, again please let me have any news items with photos etc.

The TA list is updated on a regular basis; please check and let me have any amendments.

Don't forget if you move house or just change your phone number or email please use the online form to update your details a copy of this is also sent to RLSS UK, River House so they are updated at the same time.

Any news items or any ideas please email [web@rlss-sussex.co.uk](mailto:web@rlss-sussex.co.uk)

**Paul Olliver**  
**Web Site Manager**

## Crawley Town Life Saving Club

### Club Report for Sussex Branch Year 2008

We are now fully settled in at K2 Centre but are still having difficulties in recruiting new members to assist in keeping the membership fees at a realistic level. Instead of increasing, the membership totals are practically the same as when we were at Haslett Avenue. There is plenty of pool space 9.00pm to 10.00pm.

The number of awards taken has not increased from previous years but hopefully this will improve in 2009 as a number need renewing.

The club made application to RLSS HQ for Club Mark status but this appears to be at a standstill and will be pursued in the coming year.

#### Training

We have a base of qualified trainers who are regularly on the poolside and a coach for our competition squad but are in need of others to help in order to give a break to the ever long serving trainers. Two recently qualified trainer/assessors have left the club but we have two adult members who will be taking the Lifesaving T/A modules in the Spring of 2009, so hopefully we shall have poolside assistance in the future. A number of our youth members have successfully taken the Assistant Teachers Certificate and we wish them every success for the future. However, a number of these have left for University.

We use Southwater Country Park for Open Water training in the summer months and in 2008 we used the Lake for 6 weeks on Club nights instead of hiring the pool; this helped to save the Club a great deal of finance.

We are, in conjunction with Horsham LSC trying to get permission to install a storage container at the Country Park as they will not allow us to use the compound that we have done so since the inception of the Park but the Local Authority are not permitting this at present. This creates difficulties for both Clubs.

#### Competitions

The club has had a tremendous year competing at all levels in Competitions at Local, National and International. The Club also held their 4 annual internal competitions, Life Support (6 events), Line Throw (8 events of different throws/rescues etc), Club Individual (6 events) and Sponsored Distance Stamina Swim (45 minute non stop no touching ends or bottom of the pool).

The club won a number of National Titles at the RLSS Speed Championships at Sheffield in March plus other Silver and Bronze Medals.

Crawley members also took part in the SLSA British Youth, Senior and Masters Stillwater Championships held in Millfield in March and won numerous Trophies and Medals making the Men the top Club GB Team.

Crawley TLSC took part in the Bournemouth Regatta where the Crawley Cadets stormed away to win all their events except the March past and took the overall Cadet Trophy. The Ladies and Men's Teams did extremely well winning a number of Trophies and coming second overall.

Locally, Crawley Club members won medals in the following Sussex Branch Competitions:

Sussex Mixed Pairs:	Juniors	3 <sup>rd</sup>	Felicite Burke/George Jessup
	Seniors	=1 <sup>st</sup>	Gemma Cousins/Luke Peel
Sussex Teams	2 <sup>nd</sup>	Rory Hopcraft/Sarah Cousins/Luke Peel/Gemma Cousins	
Youth Pairs	Senior Girls	2 <sup>nd</sup>	Gemma Cousins/Joanne O'Connor
	Senior Boys	1 <sup>st</sup>	Sam O'Connor/Luke Peel
Ladies Individual		2 <sup>nd</sup>	Sarah Cousins

Mens Individual		2 <sup>nd</sup>	Rory Hopcraft
Sussex Pairs	Ladies	2 <sup>nd</sup>	Gemma & Sarah Cousins
	Men	1 <sup>st</sup>	Luke Peel/Sam O'Connor
		2 <sup>nd</sup>	Rory Hopcraft/Gary Lee
Life Support	3 <sup>rd</sup>		Sam O'Connor

The following Club members represented Sussex in Regional Competitions:  
 Luke Peel, Joanne O'Connor, Sam O'Connor, Rory Hopcraft, George Jessup,  
 Sarah Cousins, Jonathan Rigby, Gary Lee

#### International Competitions

1 Club member was selected for the Great Britain Lifesaving Team and competed in the World Championships in Germany in July. Namely George Hopkinson. The Manager/Coach for this Team was John Stainer.

The Club also had a team of Competitors take part in the World Interclub Championships also in Germany in July namely: Abi Hoyle, Jo Blackwell, Rory Hopcraft, Gary Lee, Matt Penny, George Hopkinson, David Butler and Alistair Reid where they were very successful in winning Silver Medal in the covered SERC Competition.

#### Crawley Open

The Club again staged the Crawley Open Challenge Competition with 23 Teams taking part from throughout the UK. Again Hepworth & Co Brewers of Horsham supported us with the donation of the Speed Trophy and supplied some liquid refreshments for the raffle. A grateful thanks to Andy for that.

#### Website

Our website seems to be operating successfully and is worth having a visit on [www.crawleytownlsc.co.uk](http://www.crawleytownlsc.co.uk). Our thanks go to Alistair Reid for managing this.

Finally, I say a big thank you to the Trainers and the Assessors who have helped out in 2008.

The Club meet on Tuesday evenings at K2 Leisure Centre, Crawley from 8.00pm to 10.00pm and at Southwater Country Park from Spring to Autumn months on Mondays and Thursdays and Tuesdays for all of July and August from 6.30pm.

Contact details are: Richard Banks 01293 400064 or John Stainer on 01403 262158 and email on [wjstainer@yahoo.co.uk](mailto:wjstainer@yahoo.co.uk).

**John Stainer**  
**Secretary**



Crawley members at the World Interclub Championships (Rescue 2008), Berlin, Germany



Crawley Silver Medallists at the World Interclub Championships 2008

## Hastings and St.Leonards Voluntary Lifeguard Club

### Club Report for Sussex Branch Year 2008

2008 has been an exciting year for the Club. Three projects and activities have been particularly significant, and external pressures on the Club have evolved.

1. The Club's headline news for 2008 was the successful relay crossing of the English Channel by members of the open water swimming team in the summer. During the last 2 years many of us have shivered & sweated, laughed & cried, and had dreams & nightmares about this project. The Club and those involved with the swim have made new friendships, renewed old ones and really learned the value of having trustworthy people on side when the going is tough. The swimmers, their families, their supporters, their sponsors and other club members have all invested time, money, effort and a variety of other resources into the project. Having weathered a great many trials and tribulations the team achieved its main goal – the relay crossing to France. One or two members of the team are still training with a view to participating in another headline grabbing open water swim in 2009.



**Hastings Voluntary Lifeguards Channel Swim team mentor and on the boat**

2. The Channel swim diverted a lot of attention from the Club's regular lifesaving activity. Despite this the work continued and, for the first time in a few years, a Club member achieved the award of Distinction – the highest lifesaving award made by the RLSS. The Rookie group was well attended and a number of promising youth members train on a regular basis. With the continued encouragement and support of the volunteer trainers it is hoped that 2009 will see them all progress up the RLSS award scale. Teaching lifesaving is, after all, the basic raison d'etre of any lifesaving club. Thank you to the volunteer trainers who give their time to the Club and help it make its valuable contribution to our community.
3. With a good deal of specialist input from Paul Olliver, for which we are very grateful, the Club now has its own website. This is an important development which enables us to promote the Club, its activities and lifesaving in general, more widely than ever before.

“Being” a club is an ever changing existence. The external pressures on voluntary clubs and organisations change from year to year. Quality assurance standards, 'Clubmarks', have been developed for all sorts of organisations. On the positive side of the Clubmark coin is the likelihood that, as it becomes more widely understood, it will demonstrate to parents who are looking at HLG for the first time that the Club is an organisation which can provide quality activities for their children in a safe environment.

The economic climate is putting the Club under significant and increasing pressure. Controlling finance is a perennial problem for voluntary organisations and HLG is no exception. The members of the committee do consider all significant expenditure very carefully yet the costs of doing what we do continue to rise. Membership and subscription rates, which have been kept very low compared to clubs for other sports and activities, will need to increase in the near future. It continues to be our aim to keep these rates as low as possible so that no-one is denied the benefits of participation in lifesaving because of cost. There were several successful fundraising initiatives, of various types, associated with the Channel swim. It is to be hoped that some of these can continue as regular fundraising events with sufficient involvement from other Club members and supporters. We will need to look closely at our other funding sources and consider how we can best secure the income we will need in the future.

2008 will be a hard year to follow for HLG, but the challenges of 2009 will be as great, if not greater.

**Malcolm Brewster, Chairman**