



lifesavers[™]
The Royal Life Saving Society UK

Royal Life Saving Society – Sussex Branch

Presidents Report 2009

When I was elected as president last year I said that I wanted to visit clubs and other bodies and look at best practice in order to spread it around the Branch with a view to promoting youth and RLSS to a wider public because we all need more members and RLSS needs to have a higher profile.

I have achieved some of this in that I have visited a number of clubs on various occasions and additionally had some liaison with Headquarters on developing clubs in general. However I think it is a bigger and more diverse task than I first realized and I would ideally want to continue with it before I report back to the Management Board with any particular conclusions

Having said that I think Lifesaving in Sussex is still strong, it can always be better and in particular I am encouraged to see the number of younger people getting involved especially at Rookie level and as reported elsewhere we had our first County competition for Rookies in 2009 and this coming year much more is planned. Additionally we have the Worthing Town cup run by Worthing LGC and that had a very strong Rookie section this year.

Can I also commend some of the activities carried out by clubs in not only fund-raising for themselves but promoting RLSS in general, I am not going to name any in particular but they range from running numerous Community Programmes through Marathon Swims to manning stalls at various events and other equally commendable activities. What lacks on occasions is the reports on how successful these are and what you are up to, as well as using local press we have a website where we can tell everyone about these activities and maybe we should use it more.

Doug Simmonds

Chairman's Report 2009

Over the last year it's been fairly quiet on the Branch side of things, we have run a couple of modules, 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.

I'm pleased that the Branch has been able to financially assist the clubs who have approached us, this includes Worthing Lifeguards Corps who have promoted lifesaving in the community and Hastings who have now regularly support 'Safety in Action'. As a Branch we are here to help all RLSS lifesaving clubs and welcome any requests from other clubs. The feedback from these events was great.

The Branch assisted 6 lifesaving clubs : Hastings, Worthing, Horsham, Eastbourne, Crawley and King Alfred with a special deal on body boards for Rookie.

It was pleasing to see a good attendance at the Rookie Festival and I will be looking forward to John running some more. The Rookies are our future competitors so I am sure that some youngsters are already being spotted as potential GB squad members.

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

A huge well done to Hastings Lifeguard Club who completed Lake Windermere in August and I know they are looking forward to there next challenge of a 200 mile run around Sussex visiting as many clubs / representatives on the way as possible. I wish them luck and am sure you all will as well☺

Jane Askham
Branch Chair

Treasurer's Report 2009

1. 2009 Accounts

The 2009 Accounts, were chosen to be audited by Mazars LLP (the RLSS Auditors). There were no adjustments made to the accounts submitted.

Total income for 2009 was £4,000 higher than 2008. This was mainly in two areas, goods up by £3,000 and courses up by £2,000. However there was a larger increase in goods purchases, due to the purchase of 12 boards that at a cost of £2,951. These were sold to six clubs who expressed interest at a discounted price.

In the year, bursaries totalling £90 were given to clubs training assistant teachers. These bursaries will continue in 2010. In addition, a total of £750 was given to 3 clubs in the region to promote water safety.

2. Cash Position

As at 9th April 2010, the cash position of the branch was as follows:

Current Account	£ 4,325.55
Deposit Account	£10,792.46

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 March.

Stuart Rigby
Treasurer

Awards & Sales Report 2009

Sales – this year sales have good, mostly for Bronze Medallion and NRASTC packs of course. Even so, there has been a fairish number of other catalogue items as well, and the new Rookie gear appears to be catching on fast, which is good. If you need something ordered just contact me on tel/fax. 01903 244518, or e-mail awards@rlss-sussex.org.uk,

Awards - Lifesaving Awards were around the same as last year, with NRASTC and Bronze Medallion being in the majority, as we would expect from the sales figures, but I am glad to say the other awards are holding their own. There is still no revision yet available for any of the higher awards, and the disability award revision seems to have died a death, with no information forthcoming from HQ. So, we wait on.

With regard to the Bronze Medallion award forms, I still sometimes receive two copies of these – I only require one; please leave the “grey” copy (which is imperforated) in the candidates’ book.

Betty Hakesley
Awards and Sales Secretary

Child Protection Officer’s Report 2009

There have been no issues of concern to report and we continue to see a steady stream of new Criminal Record checks being carried out. Many of these are now signed off by Club welfare Officers but I can still help if required and am always willing to come along to an agreed session if there are a useful number to do.

Remember that everyone involved in RLSS and especially those coming into contact with under 18’s or other vulnerable people should have a current check in place, they do not cost anything and its no good saying ‘I have from an other organisation’ it doesn’t count

We now get a regular update of members who have current CRB’s and these are circulated to Branch Management Officers, please remember that you have do a new check every 2 years so if you are not sure when yours is due then ask and we will confirm the details for you. No one by the way has the personal details that you are sent when a check is made.

Finally the CPO policy is changing in order to keep up with current legislation and changes made at higher levels taking into account lessons learned from events which unfortunately do occur, we will find out more about this at the UK Branch AGM in May but whatever changes remember that if you have any queries I can always be contacted with my details available on the website.

Doug Simmonds
Branch CPO

Competitions Report for Year 2009

It was an excellent Competitive year for the Branch in 2009. All Branch Competitions were held with the exception of the Schools but we did hold a New Rookie Competition Festival with 84 youngsters taking part. The Rookie Pool Festival was so successful that two are planned for 2010 plus an Open Water one. The medal winners at Branch Competitions 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 everyone who has taken part in the 2009 Competitions: Competitors, Casualties, Officials and Helpers. Thank you for your support. I hope to see you all again at Competitions in 2010. Emily Stass was appointed as my assistant during the year with a view of taking over the reins at some stage in the future. I thank her for her help.

I must mention that a number of Sussex Branch Trophies are still missing these are:
Ladies Sussex Pairs Cup, School Boys Cup, and the Senior Girls Pairs Cup. Could all past competitors please search for these and let me know if they are aware of their whereabouts!! They must be somewhere!!

It is pleasing to report that a number of Sussex members representing the Branch won medals in South East Regional Competitions namely:

Rachael Kaiser & Rory Hopcraft (Silver in Mixed Pairs Championships), Sussex Ladies Team (Silver) and Sussex Men (Gold and Bronze in the Beach Lifeguard Team Championships), Rachael Kaiser and Rory Hopcraft (Both Bronzes in the Individual Ladies and Men's Championships), Trudie Peel (Gold in Ladies Masters) and Sussex Ladies (Silver) with Sussex Men (Bronze in the Team Life Saving Championships).

In the National Lifesaving Championship Finals at Sheffield congratulations go to: Trudie Peel winning Overall Bronze and to Gary Lee winning the Overall Gold in their respective Masters Age Groups.

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 RLSS UK, **which means that for 2010 anyone wishing to enter must join RLSS UK by the 1 June 2010 at the latest. Otherwise they will be eliminated from the Competition.**

Internationally, it is pleasing to report that a number of Crawley TLSC members were selected for the England Team in the Commonwealth Championships that were held in Edmonton, Canada in June 2009. These were Matt Penny in National Team with Simmone Bristow and Sam O'Connor in the Development Team, John Stainer was the Team Manager/Coach and Gary Lee as Coach.

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.

2009 Medal Winners in Sussex Branch Competitions

23 January 2009 Sussex Mixed Pairs at Olympos, Burgess Hill

Juniors

1st Eastbourne Jaeger De Vile/James Unsworth

Seniors

1st Worthing/Crawley Rachael Kaiser/Rory Hopcraft

2nd Eastbourne VLGC Danielle Evans/Garry Cairns

3rd Crawley TLSC Joanne O'Connor/Sam O'Connor

5 April 2009 Sussex Teams at Eastbourne Sovereign Centre

1st Eastbourne/Worthing

2nd Eastbourne/Worthing

3rd Crawley

31 May 2009 Youth/Individual/Masters at Lancing College

Junior Girls No entries

Junior Boys No entries

Senior Girls One entry but withdrew

Senior Boys One entry but withdrew

Ladies

1st Emily Stass

2nd Hayley Bourne

3rd Rachael Kaiser

Men

1st Rory Hopcraft

2nd Luke Peel

3rd Marcus Hughes

Ladies Masters 50 to 59

1st Trudie Peel

5 July 2009 Beach Lifeguard at Eastbourne

- 1 Eastbourne VLGC
- 2 Crawley TLSC

15 November Rookie Festival at Ardingly College. Excellent entry of 84 competitors

Under 10	Under 12	Under 15
1 st Aquafins	1 st St Wilfreds School 1	1 st Eastbourne VLGC
2 nd Hastings LGC	2 nd St Wilfreds School 2	2 nd Saviours 2
	3 rd Eastbourne VLGC	3 rd Helens Swim School

28th November 2009 Life Support at Worthing Scout Hut

- 1st Chris McCorquodale
- 2nd Pamela Shaw
- 3rd Rachael Kaiser

28th November 2009 Sussex Pairs at Steyning Leisure Centre

Ladies	Mens
1 st Worthing- Pamela Shaw/Rachael Kaiser	1 st Crawley 'A'-Gary Lee/Rory Hopcraft
2 nd Crawley-Jo O'Connor/Gemma Cousins	2 nd Worthing-Chris McQuordale/Simon Mcdonald
	Mewton
	3 rd Crawley 'B'- Sam O'Connor/George Jessup

2009 South East Region Championships

14 March 2009 Mixed Pairs at Eltham

Juniors	Seniors
5 th Joanne O'Connor/George Jessup	2 nd Rachael Kaiser/Rory Hopcraft
	6 th Emily Stass/Stuart Richardson
	7 th Hayley Bourne/Jonathan Rigby

12 July 2009 SER Beach Lifeguard Championships at Ramsgate

Ladies	Mens
2 nd Sussex	1 st Sussex
	3 rd Sussex

19 September 2009 SER Qualifiers at Strood, Rochester

Ladies	Mens
3 rd Rachael Kaiser	3 rd Rory Hopcraft
5 th Sarah Cousins	6 th Luke Peel
9 th Emily Stass	8 th Sam O'Connor

Ladies Masters 50 to 59

- 1st Trudie Peel

10 October 2009 SER Teams at Horley Anderson Centre

Ladies	Mens
2 nd Sussex	3 rd Sussex

31 October 2009 National Lifesaving Championship Finals at Ponds Forge, Sheffield

Masters

Ladies 50 -59	Mens 50 - 59
3 rd Trudie Peel	1 st Gary Lee

John Stainer
Competitions Secretary

Branch Lifesaving Co-ordinator's Report 2009

In 2009 we again offered and ran the RLSS Education Programme 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.

Again there are a number of TA's, mainly pool, taking advantage of the Distance Learning Packs to enable them to train and assess NRASTC and Bronze Medallion. 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

Di Cooke

Branch Lifesaving co-ordinator

Approved Training Centre Report 2009

The ATC liaison has been quiet over the last year with less issues / questions being asked than last year. We have been able to get answers for a wide range of questions asked

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

Jane Askham

ATC Liaison

RLSS Sussex Branch Web Site Report 2009

The website is going from strength to strength last year 2009 we had some 2,927 hits to the website. So far we have this year we have had 835.

The TA list is updated on a regular basis, an additional discipline how been added to the TA's list including Rookie Instructors. Please let me have any amendments needed.

Saviours Lifesaving club has been added to the website.

News Items have only been received from Horsham and Worthing clubs. Please can all clubs submit news items to me so if appropriate we can add it to the website.

The competition section contains all the current completion dates and results.

Check the website for TA course dates and any important safety information.

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 also gets sent to RLSS HQ so they are updated at the same time.

Any news items or any ideas please email web1@rlss-sussex.co.uk

Paul Olliver

Web Site Manager

Crawley Area Manager's Report 2009

Organisations/Groups in the Area

The Aquafins Rookie Club: Were very active with training, awards and took part in the first Sussex Branch Rookie Festival at Ardingly College where they were successful in winning the under 10 age group. Congratulations to them for their enthusiasm and dedication by their trainers and the youngsters themselves.

Aquafins use a number of Pools namely Cottesmore School, Copthorne, Horsham, Horley and East Grinstead at various dates and times.

For further information contact Phil Streeter on 01825 760210 or mobile 07834 667786. Further details can be seen on www.aquafins.co.uk

Worth Abbey School did not carry out any assessments during 2009.

Crawley Town Life Saving Club had a very busy year with an increase in awards taken and had a successful competitive year. See their Club report.

Crawley TLSC meet on Tuesdays at K2 Centre, Crawley from 8.00pm to 10.00pm with a later start in the Summer plus at Southwater Country Park during the Summer Months from 6.30 to 8.30pm.

Contact details are: Emily Stass telephone 07834 354470 or John Stainer telephone 01403 262158 or 07973 448910. Further details can be seen on the Clubs website www.crawleytlsc.com

John Stainer

Hastings Area Manager's Report 2009

Organisations/Groups in the Area

Hastings and St.Leonards Voluntary Lifeguard Club: They are always very active with training across all disciplines, pool based and open water. They provide beach patrols from their base at Rock'n'Ore Hastings and also cover a number of special events. In addition each year they are trying to hold an event to gain PR and funds – in 2009 it was a solo swim and paddle of Lake Windermere. They run some local competitions and took part in the first Sussex Branch Rookie Festival at Ardingly College.

Hastings Lifeguards train at Summerfields Leisure Centre and information can be gained from Di Cooke, tel 07970 424669 or di.cooke@o2.co.uk or their website www.hastingslifeguards.org.uk

There are a number of venues running Rookie including Crowhurst Park Leisure Club.

Di Cooke

Hastings and St.Leonards Voluntary Lifeguard Club

Club Report for Sussex Branch Year 2009

2009 has been another challenging year for the Club, yet we remain in a strong position at the start of 2010. Thanks are due to the Committee and trainers for their service during the year, to the Friends of the Club and other supporters for their help and encouragement, and to all the members for their enthusiastic participation.

The 'bread and butter' activity of teaching lifesaving at Summerfields has been enhanced by the members of Bexhill Swimming Club who have joined us. I hope that they will progress to the higher lifesaving awards, and that they will encourage others to follow their example. They show

promise as the basis of a team for inter-club competitions. Perhaps 2010 will see HLG represented by both rookie and junior teams.

Our own beach competition was run as a new experimental multi-sport event this year. This challenged the speed and stamina of the participants, as well as testing their sea swimming ability and technical skill as board paddlers. Well done to those who competed.

There remains a great deal of open water and beach work to do this year. Due to adverse weather boat handling training remains incomplete. Work is in progress to plan a skills development programme for beach lifeguards and those involved in open water safety provision.

To keep up the profile of the Club in 2009 a major event was undertaken which, in some ways, even surpassed the trans-Channel relay swim of 2008. Congratulations to Dean for swimming the length of Lake Windermere, and to Matt for paddling it. As was the case in 2008 the success of the venture was dependent, not just on the hard training and determination of the athletes, but the fund raising efforts and support of a much larger team of good people from within and without the Club. Thanks go to all of them. A long inland water swim was new to all of those involved and many lessons were learned about its physical demands, the logistics of supporting it, navigation, reconnaissance, and wireless communications. There is always scope to learn new things about maintaining safety in the water.

Dean is planning a 'Sussex Circuit' on foot as this year's challenge. See Dean for details. This will not depend on lifeguard cover as such but, as it is an effort to promote the Club, the support of any willing Club member will be appreciated. Please approach any member of the Committee if you have an idea for a promotional or fund raising activity. It need not necessarily be a physical endurance event, just publicity-worthy.

Progress towards Clubmark continues thanks to a great deal of work by Di. This is an essential quality standard for organisations such as HLG. It had been hoped that the remaining formalities would be complete by now, but the final visit by an official from RLSS HQ is still awaited.

The Club website is evolving. Please look at it and send in any ideas or items of news that you have. Please make sure that Di has a current email address if you have one. It helps the Club to communicate efficiently at minimum cost.

The Treasurer will give details of the Club's financial position. Running costs, especially pool hire, continue to put pressure on finances so weekly subscriptions will need to increase this year. The Committee has considered this matter in great detail and can assure the membership that the Club still provides outstanding value for money to all the individuals and organisations that it serves.

Malcolm Brewster
Chairman



Setting off into the early morning mist



The task ahead!!