

ON GUARD

Charity Number 1073840



RLSS POOLE LIFEGUARD NEWSLETTER

2009/Q2

CLUB INFORMATION

THURSDAY 28TH MAY 2009

Please be advised that the club will not be open for pool training on Thursday 28th May 2009 due to the schools half term week. We will however resume normal training on Thursday 4th June 2009.

SPONSORED SWIM

The club is aiming to better last years success of the sponsored swim by holding another event on June 18th 2009.

This time it is being opened up to seniors as well as the Juniors and Rookie sessions. The event will consist of teams of 6 or individuals and will see how many laps (2 lengths of the Dolphin Pool) that they can complete in 60 minutes.

This is a very hard task for anyone to take part in and therefore the club is urging members and parents to dig deep and try to raise sponsorship from friends and neighbours to enable us to provide enhanced training aids which will benefit our members.

The sponsored swim is open to anyone to take part and we encourage all senior members and juniors to collect a sponsor form from the club web site and start raising sponsors.

Parents are most welcome to join and take part. A team of Parents would be great way to encourage your children to take part

TESCO VOUCHERS

We are now collecting Tesco vouchers for schools and clubs, the scheme is running currently and will end in June. We are collecting the vouchers to increase the amount of kit that we have for the junior section, equipment we are looking at includes Junior Diving Bricks and Floats. So please have a look round and ask friends and family too and bring any vouchers you find into Irene on a Thursday. We will be doing the final count on July 1st and will then see what we are able to exchange our vouchers for



ANNUAL AWARDS EVENING

Many congratulations to all the members below that were presented with club awards at the Annual Awards evening which was combined this year with the AGM. all of whom were very worthy recipients = WELL DONE

CONGRATULATIONS TO:

President's Award -	The Rookies
Lifeguard of the Year -	Rupert Smith
Rookie of the Year -	Thomas Pugh
Training Shield -	Louise Harrison
Boatman of the Year -	Stuart Archer



Associate Member -	Mark Shakles
Services to Life Saving -	Simon Moore
Certificate of Thanks -	Malcolm Acreman
Certificate of Thanks -	Irene Pemberton
Certificate of Thanks -	Dave Perch

BEACH TRAINING TUES EVE

The water may still be on the chilly side, but nevertheless, Tuesday night beach training sessions at Sandbanks beach have already got underway!

We encourage all members, rookies and seniors, to come along and take part in these free training sessions which include board paddling, ski paddling, fitness work, sea swimming and training for beach competitions. This is the ideal opportunity for the younger members of the club to get in the water and learn the tricks of the trade from the more experienced members!

We meet at 6:15PM at our Sandbanks HQ and usually finish around 8PM, although this is light and weather permitting. We recommend that anybody who wishes to train wears a wetsuit, and swimming hats are a must for all who actually swim, Club Coloured caps are available for all Rookies to wear.

Please advise your me or your trainer on a Thursday night if you intend to attend a session so that we can ensure we can accommodate you.

Rupert Smith - Cub Captain

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SAVING LIVES SINCE 1975

COMPETITIONS

WESSEX BRANCH LIFE SAVING CHAMPS

Date – 27th June 2009: Time: 1700hrs onwards.
Venue - Stokewood Road Leisure Centre. This is the first round of qualifying for the national competition to be held in Sheffield later this year.

Entry to this competition requires every competitor to be an individual member of the RLSS UK at a cost of £8.50 for anyone under the age of 18 or £21 for those aged 18+. The two major benefits of this are:
1) All members are automatically insured worldwide against third party liability and personal accident when lifesaving or lifeguarding.
2) All members can take part in local, regional, national and international lifesaving competitions.

On top of this is a small entry fee which does vary depending on which competition category you are entering (£6.25 each for the pairs competition, £7.50 for

the individual competition). However, depending on the number of entries received, there is potential for this entry fee to be refunded by RLSS Poole lifeguard after the event. Specific training will be run on Thursday nights at the Dolphin Swimming Pool between 9 & 10PM.

It would be really good to see some of our members take part in this event this year especially as it is on our doorstep.

Deadline for entries is the 9th June 2009. To enter, or for more information, contact the club captain at clubcaptain@rlss-poole.org.uk or speak to me in person on a Thursday or Tuesday evening!

Rupert Smith:
Club Captain
(not the photo)



PBCLSA SUMMER TWILIGHTS



The 1st of the Summer Twilights was hosted by BLGC at Durley Chine during May. 78 competitors took part in total. Branksome fielded 29 members, B'mth 16, Portland & Weymouth had 9 each, Boscombe had 11 members take part. RLSS Poole Lifeguard had only 6 members turn up to take part.

Lets put this another way - **COME ON MEMBERS WE NEED YOU TO COMPETE FOR THE CLUB...**

Even with only 6 members we currently stand at 4th overall, with Anita Kovács in top spot in the Ladies Category, Rupert Smith, Will Ayres and Neil Hamp in 3rd, 4th & 7th place in the Mens Category. Theo Smith is 9th in the Junior Boys, (even though he is one of the youngest competitors. Mark Shakles is currently 1st in the Masters.

Well done to all those that turned out to compete for the club. Lets hope we can field a bigger team at the next Twilight - See notable dates for details of the next Summer Twilight.

RASH VESTS

RLSS Poole Lifeguard are looking into Competition Rash Vests with POOLE on the back and club logo on the front. Currently we are looking at sourcing them at around £10 and were considering the idea of getting the club to reimburse 50% of the price to any member who attends x number of Twilights in 2009

We would appreciate any views and ideas that you may have.



A MESSAGE FROM YOUR CHAIRMAN

As we move into a busy time for the club with safety boat patrols and assisting with safety cover at various events I would ask all club members to assist where they can.

Throughout the summer period we have a service level agreement with the RNLI to provide volunteers to assist them with providing lifeguarding services at Sandbanks. Rupert Smith provided support last year to the RNLI as a volunteer, so if you wish to find out exactly what is involved please

speak to him.

It is important for us to work with and support our partners who also have a responsibility to make our beaches safer. I truly value the support we receive from Poole Borough Council and the RNLI.

We also receive and provide support to other clubs across Dorset via the Poole Bournemouth Christchurch Life Saving Association (PBCLSA).

The PBCLSA run a number of summer twilight competitions

during the summer, these are fun events and assist in developing various skills a lifeguard needs. They are open to all club members and I would encourage you to attend.

Iwish to thank all the trainers who make such a significant contribution to the club by providing good quality and fun training. It is very pleasing to see so many people at the pool on a Thursday night.

David Ayres
Chairman



BROWNSEA ISLAND SWIM

This annual event that the club has organised since 1991 has grown in size and popularity so much in the recent years that this year we had to close the entries to the swim by the middle of May, almost 4 months before the event.

We have also had to negotiate a larger ferry to enable us to transport all the swimmers across

to the island such that we could increase our maximum number of swimmers from 105 last year to 153 this year and we still closed mega early.

To this end we are asking for helpers (Parents or Members) to assist with marshalling of the event to ensure we can maintain the same high standard that the event has

become renown for, If you are willing to assist as either Safety Cover or a Marshal on Sunday 6th September from 07:00hrs till 14:30hrs then please contact either myself Mark Shakles at brownsea@rlss-polee.org.uk or ask Irene or your trainer on a Thursday night.

Many thanks in advance for any help you can provide.

AGM NEWS

TOUR OF THE RNLI COLLEGE

As mentioned in the Onguad 2009/Q1 the club held its AGM at the RNLI College in Poole during March. A number of members took up the offer of having a guided tour around the impressive facilities there which includes the amazing training pool where they can simulate waves / rain winds etc.



2009 EXECUTIVE COMMITTEE

Following the clubs successful AGM which was held in March at the RNLI College in Poole. The following members were voted into the following roles.

President	John Howes MBE BEM	president@rlss-polee.org.uk
Chairman	David Ayres	chair@rlss-polee.org.uk
Hon Secretary	Mike Darkin	honsec@rlss-polee.org.uk
Hon Treasurer	Malcolm Acreman	treasurer@rlss-polee.org.uk
Club Captain *	Rupert Smith	clubcaptain@rlss-polee.org.uk
Pool Training Officer	Andrew Smart	training@rlss-polee.org.uk
Open Water Training Officer	Fiona Revill	training@rlss-polee.org.uk
Equipment Officer	Brian Pemberton	equipment@rlss-polee.org.uk
Public Relations Officer	Mark Shakles	pr@rlss-polee.org.uk
Competitions Secretary	Sarah Pemberton	comps@rlss-polee.org.uk
Membership / Awards Officer	Irene Pemberton	membership@rlss-polee.org.uk
Fundraising Officer	James Marsh	fundraising@rlss-polee.org.uk
Resuscitation Officer**	Gail Jones	resus@rlss-polee.org.uk
Child Protection Officer**	Malcolm Acreman	cpo@rlss-polee.org.uk

The above list contains details of the current Executive Committee Positions should you wish to get in touch with one of the them. (* = Non Voting Position **= Non Executive Position)

UP & COMING EVENTS

17th Jun 09	PBCLSA Twilight No 2	SLSC Branksome	18:00hrs
18th Jun 09	Club Sponsored Swim	Dolphin Pool	20:00hrs
27th Jun 09	RLSS Wessex Branch L/S Champs	Stokewood Rd @	17:00hrs
15th Jul 09	PBCLSA Twilight No 3	RLSS Poole L/G	18:00hrs
04th Aug 09	PBCLSA Twilight No 4	RLSS Boscombe LG	18:00hrs
06th Sep 09	Brownsea Island Swim	Poole Harbour	07:00hrs
13th Sep 09	B'mth LG Ocean Competition	Durley Chine	12:00hrs
13th Sep 09	Poole Harbour Canoe Race	Poole Harbour	09:00hrs
14th Sep 09	B'mth LG Ocean Competition	Durley Chine	09:00hrs
27th Sep 09	Steve Bird Triathlon	Knoll Beach Studland	07:00hrs

