

ON GUARD

Charity Number 1073840



RLSS POOLE LIFEGUARD NEWSLETTER

2009/Q4

CLUB INFORMATION

DOLPHIN POOL OPENING

After a lengthy absence from the Dolphin Swimming pool, we are looking forward to reuniting with everyone on Thursday 3rd Dec at the Dolphin Pool. Session times will be the same as before.

ANNUAL SUBSCRIPTION

The new year sees the start of your annual subscription for 2010, of which you should have already received your renewal form. Please take time to read the form, make any necessary changes and return it with the money to Irene (Membership Officer) on a Thursday Night. We would ask that you complete this task by the end of January 2009 to assist us with the admin.

BOXING DAY DEMONSTRATION



The Clubs Annual Boxing Day Demonstration will again take place this year at Sandbanks Beach. This has been a regular event in the clubs calendar since we started in 1975 and is a great way for our

FACEBOOK GROUP

We have created a group called RLSS Poole Lifeguard on the social networking site - Facebook.

This is closed group so only members and guests can join and become part of it

ANNUAL FEES

The Annual Membership Fees for 2010 have remained the same as 2009. See below for the new fees:

Supporter Member:	£10.00
Associate Member :	£15:00
Junior Member (U18):	£20:00
Senior Member	£30:00

Still good value for money we feel. The weekly swim fees will stay the same at £2:00 for members and £3:50 for non members



Membership Renewal Form

younger members to show off their skills to members of their families as well as members of the public.

It is also a great time and place for past members and friends of the club to get together to catch up and say hello since our busy lives prohibit us from doing that the rest of the year. Coffees, Teas, Chocolate, Hot Mince Pies etc will be available to keep the normal Boxing Day Chill out whilst you watch our hardy members take to the icy waters and show off their skills.

The aim is to have a group where members can upload their own photos and share their own views and stories.

It will also enable us to notify members of up and coming events or

STANDING ORDER

We have incorporated both the Annual Membership Fee and the weekly swim fee and divided it into 12 monthly payments for any one wishing to spread the cost of membership. The deal works out at a saving of approx £15.00 per member per year. The Monthly Fees are £8.50 for Juniors and £9.25 for Seniors. See Irene for more details

XMAS CLOSURES

Just as we get back into the Dolphin Swimming Pool than we have to announce that we will be closing for two weeks over the Xmas period, purely because the sessions fall on Xmas Eve and New Years Eve. We will return on 07/01/10

The demonstration will start at 11am and will involve Rookies as well as Junior and Senior Members. To volunteer to assist or take part contact Andy Smart or James Marsh at training@rlss-poole.org.uk

Members taking part will be required at the beach from 09:00hrs to assist in setting up and afterwards for packing up.

The Scenarios are almost complete along with the Rookie side shows. We are planning a Run

even changes to the training sessions etc. So go on - Visit the group and send a request to join it

ONGUARD@RLSS-POOLE.ORG.UK
WWW.RLSS-POOLE.ORG.UK
SAVING LIVES SINCE 1975

COMPETITIONS

B' MTH BEACH LIFEGUARD CHAMPIONSHIP 2009

It was the weekend of 12th and 13th September, wind WSW 15-20mph, 21°C clear, sunshine, 1-2 feet waves. It could be a perfect weekend gateway on the beach, but it was a special for us. The weekend we have been waiting for all summer: the Bournemouth Beach Lifeguard Championship.

Those who have-not heard about this event, unlike the Summer Twilights, this is a team competition, where teams of 6 competitors represent their clubs. Teams came from all around the country, from Essex to Devon, from Midlands to Northern Ireland, total of 14 teams to challenge their team's strength, speed, and skill and of course: having lots of fun.

A few brave individuals from our club decided to give up their very busy weekend plan and a few afternoons beforehand – to prepare for it – and took part in this two-day competition. What else could we expect other than the trophy for the Mens Overall, We have in

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.

WESSEX BRANCH LIFESAVING CHAMPS

The Branch Lifesaving Championships were held in June at Stokewood Leisure Centre, Bournemouth. The following qualified for the South Region competition held in September. The South Region compe-



PBCLSA SUMMER TWILIGHTS

The PBCLSA Twilights 2009 series was a huge success yet again, although it has to be said that it was a poor turn out from the members of RLSS Poole Lifeguard.

However those that did take part, thoroughly enjoyed themselves and amassed enough points to put RLSS Poole Lifeguard in 4th place.

Congratulations to Anita for winning the Ladies Category and to Rupert for coming in a close 3rd in the Mens Category

our team together Mark, Rupert, Harvey Neil, Mike, and myself (just to carry drinks for the boys). On Sunday the team also showed there is no such as "out of fashion" in lifesaving and rolled the Reel and Line out and the team into to the first place, Stuart and Miriam Joined the Reel & Line Team on the Sunday.

What can I say? I really hope sharing our experiences and using our example we can set up another enthusiastic team for next year and hopefully

muster some other members of the club to form a Rookies Team and a Ladies Team. If two teams can come all the way from Ireland then surely we should be able to get some more teams together to travel 5miles down the bay. **Anita Kovács**



NAME	POINTS	RANKING
Rupert Smith	174	3
William Ayres	88	12
Ben Detherridge	66	16
Giles Strung	46	23
Andrew Bufton	38	27
Neil Hamp	34	28
Lewis Morgan	34	28
Matt Detherridge	19	40
Anita Kovacs	319	1
Hannah Mills	50	15
Emily Risness	48	17
Emily Ayres	20	20
Sarah Pemberton	19	21
Casey Pennington	14	23
Claire Hall	13	25
Molly Cave	52	12
Theodore Smith	29	20
Mark Shakles	110	1

titition sees competitors from Jersey, Thames Valley and Isle of Wight branches.

Results: Senior Boys Section Rupert Smith & Neil Hamp (Poole) 1st Place. Mens Section Will Ayres (Poole) 1st Harvey Yules (Poole) 2nd . Well done lads

ROOKIES TRIP IN PHOENIX

One fairly blustery Sunday afternoon, the rookies attending their Sunday afternoon training were given the chance to go out and experience the clubs Inshore Rescue Boat "Phoenix" . In small groups they went on a patrol between Sandbanks and Shore Road , before taking over and having a go at driving. Thanks to Simon and Lara Moore who crewed the boat for the afternoon."

James Marsh

BROWNSEA ISLAND SWIM

Each year RLSS Poole Lifeguard organises the open water swim around Brownsea Island in Poole Harbour. This year the swim attracted over 150 swimmers not only from the local lifeguard and swimming clubs, but Cardiff, Brighton, Salisbury, Shrewsbury and Worcester to name a few. The event has become a well established event in the open water swim calendar.

Safety is of paramount importance and this is provided by members of RLSS Poole Lifeguard, along with colleagues from Bournemouth Lifeguard Corps, RLSS Boscombe Lifeguards, Branksome Chine SLSA, South Worcester Lifeguard Club, and RNLI Lifeguards, members of Poole Harbour Canoe Club, Poole Sea Rangers, Dorset Police, Coastguard and Poole Harbour Commission. It is an event that is truly collaborative working with so many different organisations and the support of The National Trust.

This year the swimmers raised sponsorship to the total of **£9,657** which was donated to local charities and organisations including Cancer Research UK, Julia's House, Meningitis Trust, Water Aid & Women's Refuge in Poole.



2008 MOUNTBATTEN & RUSSELL MEDALS

The Mountbatten Medal and the Russell Medal are awards made by RLSS Commonwealth. For the 2008 awards, two members of the RLSS Wessex Branch – Tristan Kennet of Boscawen Lifesaving Club and William Ayres of RLSS Poole Lifeguard. On Monday 14th September 2009 our Commonwealth President, HRH Prince Michael of Kent GCMG was delighted to present the following awards after the Commonwealth Council meeting hosted by HE Derek Leask, New Zealand High Commissioner at New Zealand House, London.

The 2008 Russell Medal was presented to Mr William Ayres of RLSS Poole Lifeguard who on 1st September 2008 was walking with a friend in the pedestrianised area of Old Christchurch Road, Bournemouth when he saw a crowd gathered around a man lying on the ground. William approached the group to see what was happening and saw that the man had been placed in a form of recovery position. He asked if anyone present was first aid trained and when they replied that they were not William explained that he and his friend (Ben Detherridge) were qualified lifeguards and that he was also first responder trained. William ascertained that the man had been seen to clutch his chest prior to collapsing to the ground but no one knew the individual. From the information given, William believed that the man had sustained a heart attack and therefore should not be in the recovery position. On checking the man, William found that he was no longer breathing, he rolled him carefully onto his back to open his airway but the man remained unconscious. After ensuring that an ambulance had been called William sent his friend to the nearby beach lifeguard station where he knew there would be a defibrillator and asked if a lifeguard could return with an emergency pack. William then commenced full CPR on the casualty until the ambulance arrived. On arriving, the ambulance crew assessed William's CPR and advised him to carry on as he was doing an excellent job while they prepared their equipment. William attended the presentation in London with his father David.



UP & COMING EVENTS

26th Dec 09	Boxing Day Demo	Sandbanks
Jan 2010	PBCLSA Indoor Twilight (tbc)	Boscawen
Feb 2010	PLG Internal Club Championships	Dolphin Swimming Poole
27/28 Feb 10	National Speed Championships	Ponds Forge, Sheffield
Easter	PBCLSA Boat Handling Courses	Tba
17th Mar 10	Club AGM	tba
18th Mar 10	Indoor Twilight No 3	Dolphin Poole
26th Jun 10	(provisional) Branch Lifesaving Championships	

