



# Annual Report - 2015



Louise Harrison

Hon. Sec

01/03/2016

# Contents

Patron, Executive Committee and Trustees	1
Club Aims	1
Club Objectives	1
Training / Trainers	2
Membership Types	3
Officers' Reports	4
President	
Chairman	
Club Captain	
Pool Training Officer	
Membership Secretary	
Publicity Officer	
Competition Secretary	
Fundraising Officer	
Annual Club Honours	10
2015 Membership	11
Brownsea Swim Report	12
Acknowledgements & Distribution	14
Thanks to the Executive Committee	14
Useful Information & Dates for 2015/16	Back Cover

## Patron

The Mayor and Admiral of The Port of Poole

## Trustees

Mr I K D Andrews  
Mr S Alfert  
Mr A Dayus

## Executive Committee 2015

<b>President</b>	David Ayres
<b>Chairman</b>	Brian Pemberton
<b>Vice Chairman</b>	Stuart Archer
<b>Hon Secretary</b>	Louise Harrison
<b>Hon Treasurer</b>	Malcolm Acreman
<b>Club Captain</b>	Simon Moore
<b>Pool Training Officer</b>	Andy Smart
<b>Open Water Training Officer</b>	VACANT
<b>Equipment Officer</b>	Mike Darkin
<b>Public Relations Officer</b>	Mark Shakles
<b>Competitions Officer</b>	Tim Harris
<b>Membership Secretary</b>	Irene Pemberton
<b>Fundraising Officer</b>	VACANT

## Club Aim

- To preserve or assist in the preservation of life at sea on the foreshore of Sandbanks Peninsula and Poole Harbour.

## Club Objectives

- Upon request to assist in the preservation of life at other locations throughout the year.
- To promote the development of lifeguard training and expertise.
- To arrange and promote lectures, demonstrations and competitions and to form classes of instruction, so as to bring about a widespread and thorough knowledge of the principles that underlie the arts of swimming and lifesaving.
- To promote awareness of the Club and the RLSS-UK to a high level.

- 1 -



**lifesavers**  
The Royal Life Saving Society UK

Patron: The Mayor & Admiral of The Port of Poole  
Charity No: 1073840  
Founded: June 1975

Website: [www.rlss-poole.org.uk](http://www.rlss-poole.org.uk)  
Email: [info@rlss-poole.org.uk](mailto:info@rlss-poole.org.uk)  
HQ: Sandbanks Beach - Poole

## Training Nights

Thursday evening remains our main "club night" at the Dolphin Swimming Pool.

Pool training sessions are "held" every Thursday evening throughout the year (including school holidays except Easter Week and Christmas Week when we have a break.

The evening is now divided into two main sessions:

**Session 1: 7.30pm to 9.00pm** - caters for the Rookie section. Rookies normally start at 7.30pm for a dry Theory / Life Support session followed by a pool session from 8.00pm to 9.00pm.

**Session 2: 8.00pm to 10.15pm** - This caters for rookies of a slightly older age group and covers a variety of swimming awards including training towards Survive and Save and other pool awards and dry side Theory/Life Support for junior and senior members.

Training in Lifesaving, Lifeguarding and Life Support skills are given to members both in the swimming pool and in open water at Sandbanks.

Open water training sessions are organised on an alternative evening (Tuesdays) and weekends during the summer months.

Examinations are regularly undertaken for RLSS / SLSA / RYA awards.

Training is also provided in first aid, power boat handling, paddle craft, radio communications and other associated topics throughout the year.

## Training Courses

If you're interested in any of our courses then please contact our Training Officers, either via email at [training@rlss-poole.org.uk](mailto:training@rlss-poole.org.uk), or come along to the Dolphin Swimming Pool, Thursdays between 7.30pm and 8pm and introduce yourself to the membership secretary who is usually found sitting at a table in the foyer. Alternatively you can visit the club website for more info and e-mail: [info@rlss-poole.org.uk](mailto:info@rlss-poole.org.uk).

For those existing club members who wish to develop their skills as a trainer the club provides training bursaries. These bursaries can cover life saving, life guarding and boat handling instructor courses.

# Membership

RLSS Poole Lifeguard is open to anyone aged 9 years and above. There is an annual subscription fee which is renewable by the end of December each year. The membership year runs from the 1<sup>st</sup> January to 31<sup>st</sup> December.

We offer four categories of membership: **Senior, Junior, Family and Supporter:-**

- A Senior Member is one who is 18 years of age or over.
- A Junior Member less than 18 years of age
- A Family Membership consists of 3 or more family members living at the same address; max of 2 adults. Children are considered to be under 18 and in full time education.
- The Supporter membership is for non active members (e.g. parents and friends).

New members are always welcome, but are reminded that the objective of RLSS Poole Lifeguard is to provide lifeguards to keep Sandbanks Beach safe.

## How to Join

If you are interested in joining please contact one of the following:-

- Membership Secretary [membership@rlss-poole.org.uk](mailto:membership@rlss-poole.org.uk)
- Pool Training Officer [training@rlss-poole.org.uk](mailto:training@rlss-poole.org.uk)
- Open Water Training Officer [training@rlss-poole.org.uk](mailto:training@rlss-poole.org.uk)
- For further info send an email to [info@rlss-pool.org.uk](mailto:info@rlss-pool.org.uk)

Or come along to the Dolphin Pool on a Thursday evening between 7.30pm and 8pm. We will be glad to see you and welcome you on board.

Please note that the Executive Committee have the right to refuse or cancel membership

## Cost

The cost of the Membership for 2015 remained the same. It was agreed by the executive committee not to increase again for the 2016 year. Specifically:

2016	
Senior	£40.00
Junior	£30.00
Supporter	£20.00
Family	£75.00

The weekly swim fee for those paying cash on a club night remains £3. This has remained the same since 2013. This is to encourage members to pay by monthly standing order where the fee remains the same as last year at a fee of £7.50 per month.

The fee for non members wishing to attend for a swim remains the same at £4 per session.

# 2015 Officers' Annual Reports

## President's Report

The year of 2015 was the fortieth anniversary of the founding of RLSS Poole Lifeguard Club and it was an absolutely amazing year for the club with some of the usual ups and downs. I believe as you read through this report you will agree that the club has met its aim and objectives.

The club provided safety cover at various open water swimming throughout the 2015 summer season such as the Swanage Triathlon, The Sea Horse swim, The Global swim series and of course The Brownsea Island swim. The club is regularly contacted to provide advice to others regarding safety cover for events. The club also assists with safety cover for smaller events and open water training sessions. The club provides a truly professional service at the same time as involving our younger members, thus giving them a valuable opportunity to develop important life saving skills and the chance to see how they can make a difference.

As a club we are extremely fortunate to have a number of truly dedicated individuals who work for the benefit of others by promoting the club within our community, providing training within our wider community relating to drowning prevention and save a baby's life. Such dedication has been recognised by club members receiving seventeen national RLSS UK honours. I am very pleased for Mark Shakles who received The Stan Beck Trophy (awarded to the person who the RLSS UK feels does the most to carry out the objectives of the Society in their local area) and a second bar to his RLSS Service Cross and Irene Pemberton and Stuart Archer who both received their RLSS Service Medal. A number of members received RLSS certificates of Merit and or Thanks and Lara Moore was awarded the Wessex Region Young Life Saver of the Year Award for 2014.

The club has always prided its self in the way it supports and encourages its members, especially our younger members. Several of our younger members assist with the delivery of the RLSS Rookie training programme, which provides them with greater understanding of the society and the various skills required to being competent lifesavers. It also allows them to understand the individual needs and requirements of the young people they are training and to appreciate we are all different. This is something our past President John Howes who we sadly lost last year knew only too well. He spent a considerable amount of his life dedicated to supporting and developing young people and being involved with a local charity My Time which is dedicated to providing support for young carers. The annual club sponsored swim raised over £800.00 for this very worthy charity.

One of the high lights in the club's annual calendar must be the Brownsea swim. Again the swim was oversubscribed and the event was superbly organised with Mark Shakles being the club lead. This event requires the club to work in partnership with the various clubs across the bay, the John Lewis Partnership and the National Trust. On the day there are around one hundred volunteers providing safety cover, registering swimmers and collating results. It is a massive undertaking, which on the day runs so smoothly. Those completing the swim can use the event to raise money for charities of their own choice. In 2015 over

- 4 -



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£23,000.00 was pledged to either national or local charities.

I was so pleased that in this anniversary year a number of our club member's entered the RLSS UK National Life Saving Championships. I must congratulate Sam Harrison, George Kennedy, Emma Marjason and Sophie Torok who were successful at the Wessex Region and Southern Branch heats and qualified for the National finals, with Sam Harrison and George Kennedy winning the rope throw element of the competition. They have clearly been an inspiration to others as twelve club members entered the RLSS National Speed competition.

It is impossible to thank everyone individually who supports RLSS Poole Lifeguard club but I must thank the Borough of Poole, The Royal Motor Yacht Club and The Oaks Nursery who support us on a daily basis. I must also thank all of our members, those who provide training and safety cover and to all members of the executive committee who give so much.

**David Ayres**

## Chairman's Report

The report for the year 2015 is one of thanks to all those members of the executive who gave up their time freely with the management of the clubs affairs. Many thanks also to the total membership of RLSS Poole Lifeguard for their continuing support given to the club in a variety of events throughout the year, most of which you will read about within the following report.

The club has shown professionalism in all of its activities with the use of the skills so ably taught by our trainers which has been recognized by the national honor's given to them by the Royal Life Saving Society. Seventeen awards were awarded to our club members.

We lost our long serving President John Howes this year, who will be sadly missed. He was also a great supporter of our club and The Society in general and always there with a kind and supportive word.

The development of the Rookie group is very encouraging with the support of the training team. There our opportunities for, and we would actively encourage, parents to be come along and get involved with club activities and the training. We can provide training at all levels, all we ask is for a little of your time!

Thanks again are given to Borough of Poole beach staff, The Royal Motor Yacht Club and the management and staff at Everyone Active Poole.

**Brian Pemberton**

- 5 -



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## Club Captain's Report

2015 was a year of many ups and downs with several illnesses within the club. Thankfully everyone rallied around and we managed to cover all of our commitments for the year. This was down to outstanding teamwork, which Poole lifeguards is renowned for, so thank you to everyone that took part and helped out.

Last year was a particularly busy season with an increase in events taking place, including several PR stands to promote our club out in the community and also the return of the Poole Swim under the new heading of Bespoke events. This was so successful that there will be two swims taking place in 2016!

Finally I would like to thank everyone that took part in the sponsored swim this year. We dedicated the swim in memory of our President, of many years; John Howes MBE, BEM, who sadly passed away in September 2015.

The Charity that we chose to support this year was 'My Time', which John supported and was a big part of. We managed to raise over £800 this year which was a fantastic effort made by everyone.

I would like to thank everyone for your continued support throughout the year and may it continue for 2016!

***Simon Moore***

## Pool Training Officer's Report

This year has been an exciting one for the club with members taking part in the Nationals in Sheffield and soon the Speeds in London.

Many thanks goes to Tim Harris for promoting competitions and for providing an entrance into competitive lifesaving again.

Having succeeded in getting more people into competitions, the next challenge should now be to encourage beach training for our 13+ members. Beach training is always popular with the Rookies, but fewer members from the late session attend training. Encouraging participation here is not just important for beach safety awareness, but also to train our members so that they are able to provide important safety cover duties at our numerous events.

The Rookies continue to work towards their awards as do our members in the Survive and Save groups. As always, my thanks go to all the trainers, Simon, Lara, George, Amy, Scott Dave P, Dave C, David, Lyndon and Tim, who have given up their time to support our club. Here's hoping that 2016 will be our best year yet!

***Andy Smart***

# Competitions Officer's Report

Over the last year (2015) we have worked to encourage competition participation, and on improving competition skills during dedicated pool sessions.

This has resulted in a great deal more enthusiasm and participation in competitions, both internally and externally (much of this before I was Competitions Officer).

The Summer Twilights were however still poorly attended, and we will hope to improve upon participation in these events during 2016.

Notable 2015 Competition achievements: •Winter Twilights - The 2015 Winter Twilights were well attended with Poole entering multiple teams in all age groups. A successful 2015 Poole Winter Twilight was hosted.

•May 2015 - Senior Boys (George Kennedy and Sam Harrison) and senior Girls pairs (Emma Marjason and Sophie Torok) were both Runners up in the Wessex regional Competition

•Summer Twilights - RLSS Poole had limited participation in the Summer Twilights, Scott Bye and Sophie Torok were notable exceptions. RLSS Poole hosted a successful Twilight 21/07/2015

•September 2015 - Senior Boys (George Kennedy and Sam Harrison) and senior Girls pairs (Emma Marjason and Sophie Torok) were both Winners in the regional Competition, qualifying for the finals in Sheffield.

•November 2015 - Senior Boys (George Kennedy and Sam Harrison) successfully competed in the National finals in Sheffield, including winning the rope throw competition. Our senior girls were unable to compete due to unforeseen prior commitments for Emma on the final date. Lessons have been learnt for the future in entering a Reserve.

•We have had 12 Rookies signed up for the 2016 Speed competition.

**Tim Harris**

## Training - Community Cohesion Training

As in previous years I have been able to carry out various Community /Outreach sessions on behalf of the RLSS Wessex Branch and also representing the Club.

I have completed 15 Save a Baby's Life sessions at various Children's Centers across both Poole & Bournemouth visiting Southbourne, Townsend, Winton and Home Start Support Group in Kinson.

In addition this year I gave a water safety talk to a whole School Assembly at Wimborne First School attended by 320 children age 5-9. Demonstrations were given on reaching and throwing rescues.

In total 520 people were reached and over £190.00 was donated to the Society from the Save a Baby's Life Sessions.

**Malcolm Acreman**

# Public Relations Officer's Report

The development of the club website has continued this year, with making the "Members Area" more interactive towards the operation of the club. The following areas can now be accessed by members: Club Calendar | Club Documentation | Club Volunteers | PLG Incident Reporting | Club Newsletters | Members Awards Register | Club Patrol Log Form | Club RYA Courses

Members are encouraged to visit the website and enter details of awards taken, apply to go on RYA courses, Sign up to assist with safety cover at the various events we cover. On top of this the website is used to collate a log of Patrol/Safety Cover hours that our members put in during the year.

We have also been able to generate regular newsletters from the website, however it is disappointing that they appear to only be reaching 50% of the membership. This is most probably because the newsletter is going into spam / junk folders. So if you have not seen one of our newsletters, then please add the email address: [plgweb@rlss-poole.org.uk](mailto:plgweb@rlss-poole.org.uk) to your address to prevent this from happening. All past newsletters can be viewed from the website so you can always catch up if you want to.

The Club Volunteers section is good to keep up to date with the up and coming events that we are covering, once you sign up to one of these slots you will get email reminders approx 1 week and then 2 days before the event which will help you if you have forgotten.

As well all the above website development regular articles are posted there, about what the club has been doing, throughout the year.

The above articles are also published on our Facebook Page as well as our club's Facebook Group which is solely for our members (not open tot the public) to keep in touch with what is happening and to post notices etc.

[www.rlss-poole.org.uk](http://www.rlss-poole.org.uk)

[www.facebook.com/groups/rlsspoolelg/](http://www.facebook.com/groups/rlsspoolelg/)

<https://www.facebook.com/RLSS-Poole-Lifeguard-Page-141945055914612/>

**Mark Shakles**

# Membership Secretary's Report

This year has been a very challenging one for me personally, having spent much of it in hospital. My special thanks go to Julie Larner who willingly stepped in and for took over. My thanks must also go to Malcom for all his help too.

Sadly, we lost our long standing President, friend and mentor; John Howes MBE,BEM, in September which is a great loss to the club. He would be so proud his granddaughter who has joined rookies following in her Grandads footsteps.

We are getting a lot of new rookies joining; it's so good to see so many youngsters wanting to learn those essential lifesaving skills.

My special thanks for all the well wishes, especially to the Rookies for the lovely card they sent me.

***Irene Pemberton***



# Annual Club Honours 2015

The awards for the 2015 club year were presented during the Annual Awards presentation evening on Friday 26th February 2016 at the Hamworthy Sports and Social Club.

The recipients of this year's awards were:

<b>Presidents Award:</b>	Malcolm Acreman
<b>Lifeguard of the Year:</b>	Sam Harrison
<b>Assistant Lifeguard of the Year:</b>	George Kennedy
<b>Rookie of the Year:</b>	Isabella Marshall
<b>Most Improved Female Rookie of the Year:</b>	Eveleen Hendey
<b>Most Improved Male Rookie of the Year:</b>	Morgan Taylor-Habgood
<b>Boatman of the Year:</b>	Simon Moore
<b>Training Shield:</b>	Tim Harris
<b>Services to Lifesaving:</b>	Lara Moore
<b>Associate of the Year:</b>	Julie Larner

Certificates of thanks were awarded to Jude Martin, from The Borough of Poole Beach Office for her continued support of the club, and to James Marsh for his dedication and hard work throughout the year.

Many congratulations to all of the recipients of these well deserved awards!

# MEMBERSHIP 2015

<b>Trustee</b>			
Ian Andrews			
Stanley Alfert			
Andrew Dayus			
<b>Life Member</b>			
Malcolm Acreman	Stanley Alfert	Stuart Bailey	Mary Blinston
Peter Fraser	John Howes	Eric Millman	Hazel Millman
Brian Pemberton	Irene Pemberton	Mark Shakles	John Stone
Stuart Archer	Louise Harrison		
<b>Senior</b>			
Lily Edwards	Jam Anderson	David Ayres	Andrew Smart
David Riley	Lara Moore	Tim Harris	Miriam Whitaker
David Perch	James Marsh	Simon Moore	David Cooper
Julie Larner	Thomas Nally	Lyndon Bye	Lara Moore
<b>Junior</b>			
Cathy A'Barrow	Rosie A'Barrow	James Barnard	Oliver Barnes
Charles Burke	Jacob Bruchez	Scott Bye	Louis Clayton
Chloe Cole	Archie Craig	Katie Crane	Amber Felton
Charlotte Friberg	Isaac Digby	Piper Davis	Sophie Faulkner
Lauren Gale	Stephanie Hayward	Lauren Dollimore	Astrid Harris
Charlotte Harris	Chloe Harris	Max Harris	Daniel Hart
Samuel Harrison	Eveleen Hendey	Joe Hennessy	Archie Hickling
Isabella Marshall	Jodie Hiron	Holly Horswill	Nathan Hoyle
Kiera Johnson	Elizabeth Johnstone	Millie Kelsall	Poppy Kendall
Harrison Kendall	Eve Kennedy	George Kennedy	Brodie Wyatt
Katherine Parry	Harry Krum	Thomas Krum	Charlotte Friberg
Lola Randall	Sabrina Robinson	Emma Marjason	Spencer Marshall
Eve Nebel	Harry Mogg	Lauren Mogg	Mollie Mousley
Anastacia Mulheran	Simon Mulheran	Ella Pope	Morgan Goddard
Oliver Parkin	Rupert Parkin	Amy Perch	Jake Perch
Samuel Miller	Josef Mitchell	Luke Moore	Grace Parish
Hannah Ricketts	Tom Peacock	Leonie Robinson	Ollie Purchase
Victoria Thompson-Purvis	Alex Thompson Purvis	Morgan Taylor Habgood	Ella Rathgeber
Amelia Torok	Evie Tipper	Sophie Torok	Isabel Turner
Katherine Tyler	Lucy Tyler	Jenna Vincent	George Vincent
Henry Rathgeber	Eryn Young	Dylan Saberton	Jack Wellings
Millie Shearing	Oliver White		
<b>Supporter</b>			
Cheryl Kingham	Jill Bailey	Glenn Cooper	Lynne Cooper
Mike Darkin	Derek Pemberton	Janet Taylor	

**Total 125 for the year 2015**



# BROWNSEA ISLAND SWIM 2015

Once again, another truly wonderful Brownsea Island Swim, the weather held up beautifully and the wind against tide made for an extremely tough swim on the back half of the island, right into the finish funnel. It was certainly a much talked about topic by the swimmers on the finish line whilst getting their breath back and recovering.



No one said it would be easy and after all the Swim T-Shirts do state “Brownsea Island Challenge”, well guess what – it lived up to it this year.

Although 300 swimmers were on the start list, 13 failed to show which I have to say is disappointing, as there were swimmers still on the reserve list who would have loved to have had the opportunity. That a side, it meant that 287 started the swim, which saw some extremely fast flowing spring tides at the start line. Despite the extremely challenging conditions only two swimmers did not complete their distance, so all in all a tremendous achievement all round.

As is customary with each swim now, we do encourage the swimmers to use the event to generate sponsorship for a charity of their own choosing. This year a staggering £23124.00 has been pledged to a large number of charities, which in itself is an amazing achievement and makes the hard work that goes into organising the whole event even more worthwhile. A list of all the charities that will benefit from the 2015 swim is shown at the bottom of this article.

As with every Brownsea Swim, we have to give a big shout out to all the Marshals, the Guys and Girls in the safety boats and on the paddle craft without whom, the event would not take place. There were 35 marshals, 54 paddlers 12 safety boats with at least 2 crew in each one, plus the Half Swim Finish Team, add all that up and you have over 100 people who gave up their time to enable the swim to take place.

- 12 -

A big thank you must also go to the National Trust -Brownsea Island and The John Lewis Partnership \_ Castle who support the event 100% and its great to see their own swimmers taking part now.

Lastly but not least the Brownsea Island Ferry company that support us and assist with getting the swimmers and marshals to and from the island every year.

I look forward to welcoming all to the 2016 swim on Sunday 4th September.

**Mark Shakles**  
**Organising Committee,**  
**Brownsea Swim 2015**

### **Supporters of the Annual Brownsea Island Swim**



# Acknowledgments

**RLSS Poole Lifeguard is very grateful for and appreciated the continued support received during 2015 from:**

Officers and Staff, Royal Motor Yacht Club  
Brownsea Castle (John Lewis Partnership)  
Borough of Poole Beach Staff  
Members and Clubs from the PBCLSA  
Beach Officers and Staff, Borough of Poole  
RNLI  
SLSA-GB  
National Trust, Brownsea Island  
South Worcester Lifeguard Club  
The Oaks Nursery  
Poole Harbour Canoe Club  
Dolphin Swimming Pool  
SALIX Embroidery  
The Department of Transport Inland Waterways Grant  
Marine Volunteer Boat Service  
North Haven Yacht Club

**All of our club members**

and of course any other people that we have missed off the above list!

## Distribution

The Royal Life Saving Society UK Headquarters  
RLSS Wessex Branch Chairman  
Borough of Poole  
Dolphin Swimming Poole  
Patron  
Trustees  
RLSS Poole Lifeguard website - [www.rlss-poole.org.uk](http://www.rlss-poole.org.uk)

## With thanks to the Exec Committee

RLSS Poole Lifeguard would like to thank all its Executive Officers for all the work that they have done during 2015, we look forward to working with those that have offered themselves for election or re-election and wish those that wish to stand down all the best for the future.

# INFORMATION FOR 2016/17

## EMAIL ADDRESSES:

[treasurer@rlss-poole.org.uk](mailto:treasurer@rlss-poole.org.uk)  
[clubcaptain@rlss-poole.org.uk](mailto:clubcaptain@rlss-poole.org.uk)  
[training@rlss-poole.org.uk](mailto:training@rlss-poole.org.uk)  
[comps@rlss-poole.org.uk](mailto:comps@rlss-poole.org.uk)

[equipment@rlss-poole.org.uk](mailto:equipment@rlss-poole.org.uk)  
[membership@rlss-poole.org.uk](mailto:membership@rlss-poole.org.uk)  
[fundraising@rlss-poole.org.uk](mailto:fundraising@rlss-poole.org.uk)  
[pr@rlss-poole.org.uk](mailto:pr@rlss-poole.org.uk)

[president@rlss-poole.org.uk](mailto:president@rlss-poole.org.uk)  
[chair@rlss-poole.org.uk](mailto:chair@rlss-poole.org.uk)  
[honsec@rlss-poole.org.uk](mailto:honsec@rlss-poole.org.uk)

## GENERAL

[info@rlss-poole.org.uk](mailto:info@rlss-poole.org.uk)  
[onguard@rlss-poole.org.uk](mailto:onguard@rlss-poole.org.uk)  
[brownsea@rlss-poole.org.uk](mailto:brownsea@rlss-poole.org.uk)  
[david@rainbird96.freereserve.co.uk](mailto:david@rainbird96.freereserve.co.uk)

General Enquiries about RLSS Poole Lifeguard  
Any information /news items for submitting to the news letter  
Information or enquires relating to the Brownsea Island Swim  
RLSS Wessex Branch – representative for Poole

## 2016/17 DIARY DATES:

### EXECUTIVE MEETING DATES:

Committee Meeting No 1	Venue - PHC	11 <sup>th</sup> April 2016
Committee Meeting No 2	Venue - PHC	4 <sup>th</sup> July 2016
Committee Meeting No 3	Venue - PHC	5 <sup>th</sup> September 2016
Committee Meeting No 4	Venue - PHC	5 <sup>th</sup> December 2016
Committee Meeting No 5	Venue - PHC	7 <sup>th</sup> February 2017
PLG Annual General Meeting 2017	Venue - PHC	8 <sup>th</sup> March 2017

### RLSS / RLSS WESSEX DATES

RLSS Wessex AGM – Pavilion on the Park, King Fisher Rd, Eastleigh	17 <sup>th</sup> April 2016
RLSS UK Annual Conference – Staverton Park, Northamptonshire	2nd/3 <sup>rd</sup> July 2016
RLSS UK National Drowning Prevention week	18th-26th June 2016
RLSS UK National Honours Ceremony – Guildhall, London	8 <sup>th</sup> October 2016
RLSS UK National LS Championships – Ponds Forge, Sheffield	31 <sup>st</sup> October 2015
RLSS UK National Speed Championships 2016 – London Aquatic Centre	20 <sup>th</sup> /21 <sup>st</sup> February 2016
Wessex Branch Lifesaving Championships – Totton Health & Leisure, Totton	7 <sup>th</sup> May 2016
RLSS South Region Lifesaving Championships – TBC	TBA

### SUMMER TWILIGHTS DATES

Twilight No1 – Branksome Chine	18:00	25 <sup>th</sup> May 2016
Twilight No2 – Durley Chine, Bournemouth	18:00	21 <sup>st</sup> June 2016
Twilight No3 – Friar's Cliff Beach, Christchurch	17:30	2 <sup>nd</sup> July 2016
Twilight No4 – Sandbanks beach, Poole	18:00	21 <sup>st</sup> July 2016
BBQ Fun Session – Solent Beach, Southborne	13:00	TBA

### CLUB DATES

RLSS Poole Lifeguard Awards Presentation Evening for 2015	26 <sup>th</sup> February 2016
Brownsea Swim	4 <sup>th</sup> September 2016
PLG Internal Club Championships	January 2017

## UNIFORM

Members can order their very own Club Uniform/ kit direct from Salix Embroidery. Just go to the website link [www.salixembroidery.co.uk](http://www.salixembroidery.co.uk) select 'RLSS Poole Lifeguard' from the Clubs/Organisations list, select the clothing and colour of your choice and pay your money. Or use the following link to go directly to our page

[http://www.salixembroidery.co.uk/html/rlss\\_poole\\_lifeguard.html](http://www.salixembroidery.co.uk/html/rlss_poole_lifeguard.html). It's that simple!



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Founded: June 1975

Website: [www.rlss-poole.org.uk](http://www.rlss-poole.org.uk)  
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