



Annual Report - 2023



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lifesavers
The Royal Life Saving Society UK

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

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Patron

The Mayor and Admiral of The Port of Poole

Appointed Governance Trustees

Jill Bailey
Louise Harrison
Brian Pemberton

The Executive Trustees Committee will appoint the Governance Trustees for a period of five years, an appointed Governance Trustee may stand down from their role at any time. Appointed Governance Trustees are appointed to maintain a governance overview of the club and to provide stability.

Executive Trustees Committee 2023

President	Vacant
Chairman	Amanda Wise-Hall
Vice Chairman	Vacant
Hon Secretary	Clare Hawkins
Hon Treasurer	Mark Shakles
Club Captain	Tom McMahon
Pool/Open Water Training Officer	Andrew Smart
Equipment Officer	Tim Travers
Public Relations Officer	Vacant
Competitions Officer	Tim Harris
Membership Secretary	Julie Larnar
Fundraising Officer	Vacant

All members of the Executive Committee are Trustees of the club as stated in the RLSS Poole Lifeguard Club Executive Committee roles document. As such they are responsible for the general control and management of the administration of the club.



Club Aims

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, 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.

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: 7.00pm to 8.30pm** - caters for the Rookie members. They normally start at 7.00pm for a dry theory / life support session followed by a pool session from 7.30pm to 8.30pm.
- **Session 2: 8.00pm to 9.30pm** - caters for members of a slightly older age group and covers training towards the National Lifesaving Academy Qualification This includes theory / life support sessions followed by a pool session for both 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 for the summer months on a Thursday evening.

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 or come along to the Dolphin Swimming Pool, Thursdays between 7.00pm and 8.30pm and introduce yourself to the trainers.

Alternatively, you can visit the club website for more info and e-mail: info@rlsspoole.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 lifesaving, 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 1st of January to 31st 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 under 18 and in full time education.
- The Supporter membership is for non-active members (parents and friends).

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

- Membership Secretary - membership@rlss-poole.org.uk
- Pool Training Officer - training@rlss-poole.org.uk
- For further info send an email to info@rlss-poole.org.uk

Or come along to the Dolphin Pool on a Thursday evening between 7.00pm and 8.30pm. 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.

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Cost

The cost of the Membership is unchanged as agreed by the Executive Committee. Members pay by monthly standing order at a fee of £10.00 per month for weekly swim fee.

2022		2023	
Senior	£45.00	Senior	£45.00
Junior	£35.00	Junior	£35.00
Supporter	£25.00	Supporter	£25.00
Family	£80.00	Family	£80.00

2023 Trustee Annual Reports

Chairman's Report

We started the year off with the introduction of the new RLSS National Lifesaving Academy (NLA) award programme with several senior members gaining Instructor status. Following several local news reports of individuals getting into difficulty whilst swimming/paddling at the beach, the Club took the vote to work on the beach strand for the next few years.

In February we held our 2023 Annual Awards - we were able to hand out NLA Bronze Certificates for Beach to over 85% of our members! The poolside was filled with cheers as trophies were awarded to well deserving nominees. Every member of the Club deserved an award for their hard work and dedication to lifesaving.

The first of many safety cover events of the year started in May and finished in September. As usual club members volunteered to help and needed to be onsite early to lay the courses and be water ready for the events to commence. Once the events were finished, members needed to help wash and pack away. Events included the Swanage Triathlon, Sandbanks Triathlon, Seahorse Swim and finally the Results Triathlon.

Our Beach Training days also made a comeback for the whole of the summer and members from both Rookie and NLA programmes took part. Weekly sessions included beach fitness, paddling, kayaking, simulated rescues and even wave jumping! All enjoyed the sessions both in the water and on land. This was followed by a finale BBQ social, with games on the beach. Thank you to all those that helped - it was a great success!

In July the club had a promotional stand at the Hamworthy Park Fete again, to raise awareness of water safety and lifesaving skills. To finish off the year, the club yet again attained an outstanding achievement at the RLSS UK National Championships, A team of competitors and volunteer casualties took part in the Southern Regional competition to represent Poole. Following a

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fiercely contested competition, in which all our team members excelled, 5 competitors moved forward as debutants to represent the Southern region at the National finals in Leeds on 5 November. However, due to circumstances, only 2 competed at the finals where they finished 6th overall and picked up an impressive bronze medal each in the aquatic initiative test.

Finally, the year has not been without challenges, one of which was to arrange a development day to review our current Executive team structure and the 5-year plan outlining the club aims alongside the understanding that we all need to remain flexible in our approach to leading the club into 2024 and beyond.

As a club we have achieved so much in the past year and continue to see member and trainer numbers grow.

Amanda Wise-Hall

Treasurer's Report

2023 was a good year in terms of the club finances.

We ended the year up on previous years which goes a little but towards recovering from the COVID years etc.

We were however, hit with a huge increase in our annual equipment insurance premium, which would have taken the premium up to £5500 for the year. We challenged this with the brokers and whilst doing so, discovered that our existing policy was not only hugely costly but that it was not even fit for purpose, as it did not cover our equipment (Safety Boats and Kayaks) whilst afloat on the water. Thankfully, this was eventually resolved in December 2023, and we have now got a brand new, fit for purpose, policy, which now costs £1350 - so a huge saving on that. Unfortunately, we were left with a part payment of the previous policy from April 23 through to December 16th of £3550. We again challenged this, as we felt that we were not liable for it taking so long to come to an agreement on the new policy. We suggested a 50/50 split, which the broker finally accepted. This payment needed to be accrued into next years' accounts due the time taken to negotiate the final amount owed. Suffice to say that this has meant that we will be in a much better place in future years for insurance of our equipment.

As a club we were also able to organise the Brownsea Swim for the first time in three years. Unfortunately, we had to cancel it on the day before the swim due to extreme weather conditions. We therefore had to refund all the swimmers, what was left after all creditors and invoices had been paid.

Due to the generosity of a large number of swimmers, who donated all or part of their refunds to the club, we actually raised a large amount from the swim this year.

Mark Shakles

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Club Captain's Report

2023 has proved to be another successful year for the club. Training has been to a good standard and beach training through the summer was particularly well attended. The National Lifesaving Academy qualifications have started well and will undoubtedly deliver first class lifesavers on completion. It is fantastic to see everyone having fun whilst learning; and improvements in skills can really be seen at all levels on Thursday nights.

A key activity in the club calendar is providing safety cover for swimmers engaging in open water swims either as individual challenges or as part of triathlon events. 2023 saw our members volunteer to take part in:

- Seahorse Swim
- Swanage Triathlon
- Sandbanks Triathlons (x2)
- Salty Sea Dog Swim
- Regular cover for East Dorset Open Water Swimming Club.

Unfortunately, whilst we had a team ready to support the Brownsea Island Swim 2023, the event had to be cancelled due to weather and sea conditions.

We are keen to support Brownsea Swim 2024 and hope the conditions will be much better. We have received requests to cover various other events however have decided that our priority is to focus on our current engagements and have agreed to support one new event for 2024, details of which will be circulated later in the year.

Throughout the year members hit the age limit that they are allowed to take part in safety cover, and we saw a few members take part for the first time.

2024 should bring even more members that are old enough to take part, and we look forward to welcoming them to the team. Event cover is a key part of club life as it gives vital experience, develops confidence, and fosters team spirit.

Once again, I'd like to thank the army of parents that support the club throughout the year. It makes a huge difference having the additional help on beach training evenings and getting up ridiculously early to deliver your children to the beach for safety cover. Thank you all, it really is appreciated.

Tom McMahon



Pool Training Officers Report

This has been a fantastic year for pool training with the introduction to National Lifesaving Academy (NLA) replacing the old Survive and Save programme.

We have successfully put 5 groups through their initial award, NLA Bronze Lifesaving Certificate.

It has been a bit of a challenging transition with more difficult elements required of our members who had just turned 12. Finding the right balance was key to this, and it is an ongoing process as we progress through the awards of this exciting new suite of awards.

We have also seen the formation of a new Rookie group and the introduction of a new set of theory. The Rookie programme is designed to be used by leisure centres and private swim schools, where time is limited. As a result, the Rookie awards were designed for practical training only with all theory removed. As a club, we felt that the theory that we were giving our Rookies needed to be refined so that it reflected the level of the award being taken. This has now been implemented and is being used with our 2 Rookie groups.

It has been a successful year for beach training, in terms of being able to run full sessions this year. The introduction of NLA Bronze Star Beach meant that we had to adapt to a new training programme, which proved more challenging than expected. We will be continuing to work on this in the 2024 season to iron out the issues we had with implementing the NLA programme into our training.

Finally, I would like to say a huge thank you to all the instructors that have made the club what it is.

We wouldn't be a club without you. A huge thank you also goes out to our fantastic members and parents, and we look forward to your continued support.

Andy Smart

Competitions Officer's Report

2023 has been a successful year for competitions, both in terms of participation, and results.

We ran an indoor Twilight at the Dolphin pool back in January 2023 with teams from Poole, Boscombe, Branksome, Bournemouth and Southbourne attending.

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18 Junior teams, 7 from Poole competed (2nd, 8th, 9th, 12th, 14th), 9 Open teams, 2 from Poole competed (1st, 4th) and 4 Masters teams, with the Poole Masters helping to run the event.

In the Boscombe Twilight Poole entered 5 Junior teams and took a clean sweep 1,2,3 as well as 7th and 11th from 13 teams. Poole had 2 Open teams who finished 3rd and 7th from 8 teams, and a Masters team which finished 1st out of 4 teams.

In the Bournemouth Twilight Poole entered 3 junior teams, finishing 2nd, 5th and 12th from 16 teams. In the Open category Poole entered 1 team which finished 4th from 9 teams, and in the Masters Poole finished a disappointing 4th out of 4 teams.

We had 12 entries for the Regional Championships in Dorchester, once again, the best represented club in the Southern region. 5 members went through to the National finals in Leeds, but due to circumstance only 2 were able to attend where they finished 6th overall and picked up an impressive bronze medal each in the aquatic initiative test.

We also provided volunteers and casualties for the Police National Lifesaving competition which was hosted by Dorset police at the Dolphin pool in June. The internal club competition was run in January of this year with great and enthusiastic attendance. Scores are being collated for prizes to be awarded at our Annual Awards event.

We have maintained our Competitions group in the late session, and in this group, I continue to coach competition and swimming skills to seniors and Masters.

Our National Lifesaving Championship competitors were also coached in this session leading up to the competitions including dry side scenario sessions.

I have continued to work to encourage competition training, and on improving competition skills throughout the club, promoting, and running Twilight practice sessions for both sessions.

Tim Harris

Equipment Officer's Report

Firstly, can I say a massive thank you to Brian Pemberton for his commitment to the role of Equipment Officer over many years. Thanks to his stewardship, the Club is in a strong position for its equipment and resources. I was very pleased to be able to take up the reigns in 2023 and I'm grateful to him for his time and for mentoring me as a newbie!

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Thanks to a team of willing helpers under Brian's direction, the old container was decommissioned and the garages at Sandbanks were re-imagined, with event equipment taking the 1st garage and operational items in the other 2 spaces. Thanks are due to our carpenters, scaffolders, and everyone else for making this happen.

I was introduced to my new role with some repair work on our fleet of kayaks in preparation for the Brownsea Island swim. The swim itself also needed my support and, despite not being able to see the event through, it served as a useful practice run for this coming year, which is destined to be a huge success for the Club.

At the swimming pool, I was asked to replace the ageing plastic storage unit and have now installed something larger in its place. It seemed a little precious when it was finished so, fingers crossed, it will perform well for you all. I hope you all agree that its neat and tidy and a good use of space. Thank you also to my young apprentice for his help in the construction phase.

Next steps for the is to push through phase 2 of re-organising the garages. There are several items of old and unserviceable equipment to dispose of and some further reorganisation needed, in advance of the summer beach training and safety cover programme. I also plan to get more up to speed on the needs of Legacy and Apollo.

Thanks again for everyone's help and for making me feel so welcome!

Tim Travers

Membership Officer's Report

Membership for 2023, a total of 94 members, 64 of which are between the ages of 9 to 17 and 30 of which are members made up from Seniors, Supporters and Life Members,

We are now getting our membership numbers back on track after a couple of hard Covid years and it's great to see the club returning slowly back to its former buoyant state.

Our new system of getting new members to complete a taster form is working well and we have a lot of interest from new potential members. They are then invited for a swim test when membership spaces become available. It would be nice to see a recruitment drive for more senior members to ensure the club is able to fulfil its commitment to future safety cover and events as we seem to struggle to do this now.

Julie Larner

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RLSS Poole Lifeguard Annual Club Honour Awards for 2023

Congratulations to the following members who were awarded annual awards for 2023.

Lifeguard of the Year

Scarlett-Lily Williams

Most Improved Female Rookie

Summer Southam

Rookie of the Year

William Chester

Services to Lifesaving

Tim Harris

Associate Member of the Year

Clare Hawkins

Certificate of Thanks

Emma & Tim Travers
Gary & Emma Snook
Michele Williams
Susan Peachey
David Cooper
Herve Tribouilloy

Assistant Lifeguard of the Year

Samuel Travers

Most Improved Male Rookie

Brian Peachey

Boatperson of the Year

Scarlett-Lily Williams

Training Shield

Ethan Pilley

President's Award

Mark Shakles

Certificate of Recognition

Riley Hayes
Brian Peachey
Dylan Hall
Daisy McMahon
Samuel Travers
Ellen Shakles
Lola-Mae Pilley
Ethan Pilley
Scarlett-Lily Williams

RLSS Equipment List 2023

Sandbanks Beach

ASSET	MAKE	TYPE	QUANTITY	COST PER ITEM	TOTAL COST
Rib 3.8mtr + 15hp engine	Avon	Rib	1	£6,000.00	£6,000.00
Junior racing ski			2	£795.00	£1590.00
Rib 5.9mtr + 115hp engine	Ribcraft	Rib	1	£39,000.00	£39,000.00
Road Trailer			1	£750.00	£750.00
Cobra ski			4	£820.00	£3280.00
Launch Trailer			1	£350.00	£350.00
Racing Ski			2	£695.00	£1390.00
Junior Racing Board			2	£430.00	£860.00
Nipper Boards			2	£310.00	£620.00
Foam Float Boards			2	£350.00	£700.00
Reel & Line			1	£850.00	£850.00
Racing Malibu Boards			4	£699.00	£2796.00
Paddles			10	£30.00	£300.00
Paddles			10	£45.00	£450.00
Lifejackets	Crewsaver	275kg	4	£528.00	£2112.00
Lifejackets	Crewsaver	175kg	2	£90.00	£180.00
Lifejackets	CRS	150kg	2	£90.00	£180.00
Lifejackets	Crewsaver		5	£60.00	£300.00
Buoyancy Aids	Crewsaver		10	£40.00	£400.00
Buoyancy Aids	Palm		11	£40.00	£440.00
Rescue Tubes			12	£86.75	£1041.00
Radios (Handheld)	ICOM	VHF	3	£150.00	£450.00
Radio (Base)	ICOM	VHF	1	£250.00	£250.00
Tables			5	£40.00	£200.00
Electric Urn			2	£150.00	£300.00
BBQ & Gas Bottle			1	£100.00	£100.00
Small Pink Buoys			2	£250.00	£500.00
Small Pink Buoys (PBCSLA)			2	£250.00	£500.00

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Anchor, Wrap & Chain			6	£100.00	£600.00
Kayaks – Sit on			10	£430.00	£4300.00
Boat suits			15	£60.00	£900.00

Totals	£53838.75	£71689.00
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Dolphin Swimming Pool

ASSET	MAKE	TYPE	QUANTITY	COST PER ITEM	TOTAL COST
Adult Manikin	Laedra		10	£137.20	£1372.00
Junior Manikin	Laedra		2	£137.20	£274.40
Baby Manikin	Laedra		5	£101.35	£507.00
Body Boards			9	£30.00	£270.00
AED Units		Practice test	2	£115.00	£230.00
Rescue Tubes			10	£86.75	£867.50
Diving Bricks		Large	6	£19.50	£117.00
Diving Bricks		Small	3	£12.46	£37.38
Throw Ropes			20	£17.50	£350.00
Swim Hoops			8	£5.00	£40.00
Flippers(pair)			14	£17.25	£241.50
Snorkels			7	£5.00	£35.00
Buckets			2	£2.00	£4.00
Water Polo Hoops			2	£25.00	£50.00
Towing Manikin			3	£185.00	£555.00
Towing Manikin		PBCLSA	1	£185.00	£185.00
Spine Board			1	£560.00	£560.00

Totals	£1641.21	£5695.78
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Brownsea Swim Kit

ASSET	TYPE	QUANTITY	TOTAL COST
20KG Disc Weights	Heavy Duty Weights	8	£240.00

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Airhorns - 2 x Horns & 2x Canisters Plus Whistle		2	£20.00
Anchor	Wrap & Chain	4	£150.00
Assorted Lanyards for Swim Cards			£200.00
Bad Weather Protection Kit	Small umbrella/rain pouches		£45.00
Beach Shelter Beach Tent for Paddle Craft		1	£20.00
Brownsea Swim Banners	3m	2	£210.00
Cold Case Packs Blanket Plus Bin Liner and Instructions		13	£50.00
Event Shelters	4m x 4m	3	£400.00
Notice boards	A1	2	£100.00
Course Marker Buoys	Crewsaver – Triangle shaped	6	£1650.00
Gantry Galvanize Scaffold Poles & Clamps		1	£350.00
HI Vis Marshall Bibs	Yellow Orange	24 150	£210.00 £300.00
ID Card Printer		1	£399.00
ID Cards	Box	1	£180.00
Inflatable Tubes for Finish	Yellow	8	£200.00
Large Buoys	Yellow Pink	2 4	£500.00 £1,200.00
Large Blankets Vacuum Pack		5	£50.00
Large Clock Large Analogue Clock for Finish Line		1	£40.00
Loud Hailer 1		1	£241.50
Marquee	6x3 9x3	1 1	£60.00 £150.00
Place Cards	Box	275	£50.00
Registration Boxes	Transparent, Purple, Blue	8	£35.00
Stop Watches 3x100MEM, 2x3003x30MMEMEM, 1x500MEM		9	£150.00
Storage Boxes	65L	10	£200.00
Trugs For General Carrying of Items		4	£25.00
VIP Weather Writers		2	£55.00
Whistles & Lanyards for use by Paddle		55	£75.00

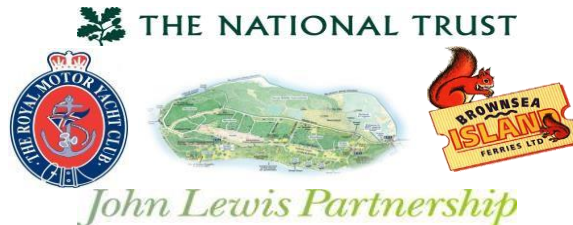
Total	£7612.88
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Acknowledgements

RLSS Poole Lifeguard is incredibly grateful for and appreciated the continued support received during 2023 from:

Officers and Staff, Royal Motor Yacht Club
BCP Beach Staff
Members and Clubs from the PBCLSA
Beach Officers and Staff BCP
RNLI
SLSA-GB
Poole Harbour Canoe Club
Dolphin Swimming Pool – Everyone Active
Marine Volunteer Boat Service
North Haven Yacht Club
Supporters of the Annual Brownsea Island Swim



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
BCP Council
Dolphin Swimming Poole
Patron
Trustees
RLSS Poole Lifeguard website - www.rlss-poole.org.uk

With thanks to the Executive Committee

RLSS Poole Lifeguard would like to thank all its Executive Committee Trustees for all the work that they have done during 2023, 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.

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INFORMATION FOR 2024 - 2025

EMAIL ADDRESSES:

treasurer@rlss-poole.org.uk	equipment@rlss-poole.org.uk	president@rlss-poole.org.uk
clubcaptain@rlss-poole.org.uk	membership@rlss-poole.org.uk	chair@rlss-poole.org.uk
training@rlss-poole.org.uk	fundraising@rlss-poole.org.uk	honsec@rlss-poole.org.uk
comps@rlss-poole.org.uk	pr@rlss-poole.org.uk	

GENERAL

info@rlss-poole.org.uk
brownsea@rlss-poole.org.uk

ill.bailey2@sky.com

General Enquiries about RLSS Poole Lifeguard
Information or enquires relating to the Brownsea
Island
RLSS Wessex Branch – representative for Poole

2023/2024 DIARY DATES:

EXECUTIVE MEETING DATES:

Committee Meeting No 1	The Cornerstone Academy	19 Feb 24
Committee Meeting No 2	The Cornerstone Academy	
Committee Meeting No 3	The Cornerstone Academy	
Committee Meeting No 4	The Cornerstone Academy	
Committee Meeting No 5	The Cornerstone Academy	
PLG Annual General Meeting 2024	The Cornerstone Academy	13 March 24

RLSS / RLSS WESSEX DATES:

RLSS Wessex AGM	TBA
RLSS UK Annual Conference	TBA
RLSS UK National Drowning Prevention Week	15 – 22 June 24
RLSS UK National Honours Ceremony	TBA
RLSS UK National LS Championships – John Charles Centre for Sport, Leeds	2 Nov 24
RLSS UK National Speed Championships – Aquatics Centre, Liverpool	23 Mar 24

SUMMER BEACH TRAINING DATES:

Twilight Beach Dates May – Aug 24

CLUB DATES:

Brownsea Swim 2024	23 June 24
PLG Indoor Twilight Competition	1 Feb 24

SAFETY COVER EVENT DATES:

Sandbanks Triathlon (No. 1)	16 June 24
Sandbanks Triathlon (No. 2)	22 Sept 24

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2023 IN PICTURES

