



Avon and North Wiltshire Branch Newsletter

June 2010 Branch Highlights

- Brand new West Region Website launched
- New Branch Management Committee elected
- Interview with new Branch President and Chairman, Colin Almond
- Latest events from around the West Region
- Vacancy on Branch Management Committee
- Baby Choking Recap

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June 2010

Issue 1

Welcome from our President!

Hello all and welcome to the first Avon and North Wiltshire Newsletter!

My name is Colin Almond and I have the great honour to be both your Branch President and Chairman.

As some of you will be aware, I have been involved in lifesaving for over 32 years and have been an active member of the RLSS West Region pilot project. This has kept the Branch Committee busy over the past 18 months with the help and support of Ellen Moore, the West Region Manager. We have seen many positive changes during this time and plan to keep the

momentum going, I would like to take this opportunity to thank everyone who has supported the pilot project.

The Branch Committee have developed this newsletter as a means to update and connect regularly with its members and would appreciate any contributions and feedback. This communication will hopefully encourage more people to become involved in their local lifesaving and lifeguarding pursuits.

I would like to thank Alan Sutherland, our Hon. Secretary, for his continued hard work in producing this newsletter and hopefully more to come.

Editor's Corner

Welcome to the first monthly Avon and North Wiltshire Branch Newsletter!

We'll be bringing you the latest news and events from around the Branch and the West Region.

You'll get technical updates and advice each month in our "Talking Technical" articles, passing information from conferences and updates onto you our members.

We'll be publishing interviews with local members of the Branch Management Committee and representatives from

local clubs, so that you can get to know the people who make up the Branch. From Issue 2 we'll be introducing a "Club Profile" reviewing each of our Branch Clubs—if you want your Club to be the first, get in touch.

Finally, let us know what you think of the new newsletter—what do you like, what don't you like, what do you want us to start doing?

Feel free to get in touch—details on how to contact the Editor are on the last page.

Branch AGM—The Results!

The Branch AGM was held on 28th April 2010 at The Riverside Inn, Bradford on Avon. The meeting provided a valuable opportunity to report on the activities of the Branch over the last year.

The guest speaker for the AGM was Tristram Newey from the Maritime and Coastguard Agency (MCA). He is the Severn Sector Manager for the MCA and spoke about how the MCA is organised, its roles and responsibilities and general information about HM Coastguard, Coastal Rescue and Mud Rescue.

Also, due to the suspension of elections at the previous AGM, the whole Branch Management Committee was up for election.

The results are:

Colin Almond—President and Chairman;

Linda Rolfe—Vice President and Community Officer;

David Fielding—Vice Chairman;

Alan Sutherland—Hon. Secretary;

Lisa Johnston—Branch Safeguarding Officer;

Jessica Johnston—Youth Officer;

Maggie Mead—Lifeguard Officer.

All of the above can be contacted at www.rlsswest.org.uk/avon-and-north-wiltshire/contacts/

The Sport
Development
Day will
introduce the
NEW West
Region Virtual
League!

Lifesaving Sport Development Day—11th July

On the 11th July, the West Region Lifesaving Sport Working Group will be running their Sport Development Day at Keynsham Leisure Centre. The day will introduce those attending to Lifesaving Sport, the new West Region Virtual League and how to integrate Lifesaving Sport into training sessions at all levels. In the afternoon, everyone can have a go at the events of the Virtual League while receiving teaching tips and practical experience. We'll also be teaching and assessing the RLSS Competitive Start

Award. The event is open to all Rookie Instructors, Trainer Assessors, ASA Swimming Clubs/Coaches/Teachers, Lifesaving Clubs and Sports Centres. The day will start at 10am and finish at 2pm.

For more information, look at www.rlsswest.org.uk/2010/06/lifesaving-sport-development-day/

and to register a place contact league@rlsswest.org.uk.

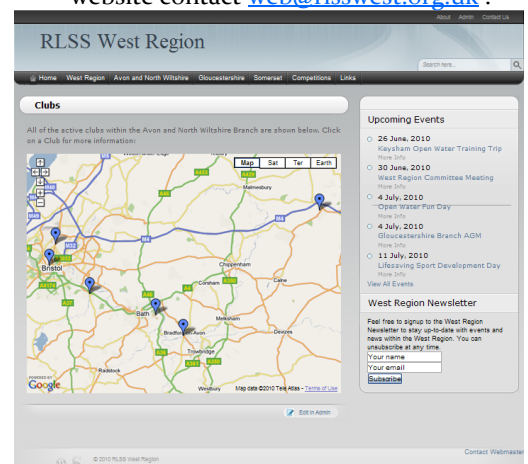
Brand New West Region Website Launched

On the 9th June, the new West Region website was launched at www.rlsswest.org.uk/.

Instead of each Branch having their own website, all three Branches can have exactly the same functionality as having their own site, but at a much reduced cost. It allows members to see what goes on within other Branches and the Region as a whole.

The website is a big step forward for the Region allowing information to be passed onto members much more

easily. If you have any ideas for the website contact web@rlsswest.org.uk.



Keynsham Open Water Training Trip

On **Saturday 26th June** between 10.30am and 4pm, Keynsham Lifesaving Club is heading to Bournemouth beach to train with Bournemouth Lifeguard Corps (BLGC). The Club will spend the day learning beach-lifeguarding skills including open-water swimming, beach sprinting, lifeguard patrol skills and how to use specialised rescue equipment including rescue craft and reel-and-line. The event is open to all Avon and North Wiltshire members aged 8+.

For more information, contact David Fielding at blondie@klsc.co.uk.

Open Water Fun Day

Gloucestershire Branch are hosting an Open Water Fun Day at South Cerney Lakes on **4th July** between 10.30am and 4pm. In the morning and afternoon, there will be the chance for all to have a go at some open water lifesaving. In between these sessions, there will be a very tasty BBQ!

The day will cost £10, with no additional cost for the BBQ. If you're interested in attending, have a look at www.rlsswest.org.uk/2010/06/open-water-fun-day/ for more information and the medical and permission forms.

Lifesaving Trainer Assessor Course

This 4 day course running from **2nd to 5th August** will allow candidates to train to become Lifesaving Trainer Assessors (TA's). The course will be run at Lime Kiln Leisure Centre in Wootton Bassett and will cost £150. For those who are Lifeguard TA's wishing to become Lifesaving TA's, you only need to attend on the 5th August at a cost of £50. More details are available at www.rlsswest.org.uk/?p=261

Rookie Instructors Course

Everyone who successfully completes this one day course will be qualified to teach and assess Rookie Lifeguard. The course will be held on **6th August** at Lime Kiln Leisure Centre in Wootton Bassett following the Lifesaving TA course. For more information on becoming a Rookie Instructor or to book a place on the course, have a look at www.rlsswest.org.uk/2010/06/rookie-instructors-course/

Open Water Experience Day

Again, Gloucestershire Branch are busy organising lots of Open Water events over the summer months. They are putting on another Open Water event at South Cerney Lakes on **5th September**. The event is open to everyone wanting to go swimming or have a go at doing some open water lifesaving.

More details can be found by looking at www.rlsswest.org.uk/2010/06/open-water-experience-day/

Regional Lifesaving Championships

The Regional Heat of the National Lifesaving Championships will be run on **Sunday 19th September** at Monkton Combe Sports Centre with registration open from 1pm. The competition is primarily for those who have entered the Lifesaving Championships within the West Region, but the competition is open to those wanting to have a go at competing. More details are available at www.rlsswest.org.uk/competitions/regionals/

Upcoming Events in the West Region

Talking Technical—Baby Choking

In our first article, we're going to recap on baby choking protocols. It is certainly something that gets some confused or worried that they might hurt the baby.

Firstly, if you come across a baby which can't cough or cry, then shout for help.

Next turn the baby face down, so that the baby is positioned over your lower arm, and that the head is lower than the chest. Make sure that your hand supports the baby's head.

Now give UP TO 5 back slaps. Using the heel of your hand, slap the baby's back between the



Back Slaps—Picture by RLSS UK.

shoulder blades. When giving back slaps, make sure you are forceful and that you're not gently patting their

back. The aim of each back slap is to get the object out. Pause after each back slap to see if the object has been expelled. If not, continue the back slaps, but don't do more than 5. If the obstruction comes out STOP!

If after 5 back slaps, the baby is still choking, turn the baby face up and place two fingers in

the centre of the chest. The fingers should be positioned in the same place as chest compressions during CPR (see the picture on the right).

Now press down sharply and vigorously, 1/3 of the chest depth.

After each chest thrust, check to see if the object has become dislodged. If it has, STOP and get the baby checked by a doctor as soon as possible. If not, do UP TO 5 chest thrusts.

If the 5 chest thrusts don't stop the baby choking, then repeat up to 5 back slaps and up to 5 chest thrusts, until the obstruction is cleared or the baby becomes unconscious.

If the baby become unconscious, attempt 5 rescue breaths, then start 30 chest compressions followed by 2 rescue breaths. Ensure that an ambulance has been called.

If you want any more information, please get in touch with the Editor.



Chest Compressions—Picture by RLSS UK.

“I also look after a small menagerie of animals: Hope (the house rabbit), 5 chickens and a mix of tropical fish”

In the Hot Seat—Colin Almond

The first person to be interviewed is our new Branch President and Chairman—Colin Almond.

Ed: How long have you been involved in lifesaving/lifeguarding?

Colin: It feels like a lifetime! I think I joined Bradford-on-Avon Lifesaving Club at the age of 7, so about 32 years.

Ed: I would say that is dedication to lifesaving! So as Branch President and Chairman, what are your aims for the Branch in the coming year?

Colin: I want to raise the profile of lifesaving and improve the flow of information in the Branch area. Hopefully, I will encourage some new members to join the Branch Committee!

Ed: You're definitely going to be busy. So, what do you do outside of lifesaving?

Colin: Outside of Lifesaving? Is there life

outside of Lifesaving?! My job has me covering 24 hour call out shifts. I also look after a small menagerie of animals: Hope (the house rabbit), 5 chickens and a mix of tropical fish.

Ed: That is certainly a collection of animals. Finally, what has your best moment been within lifesaving/lifeguarding?

Colin: I would have to say encouraging children with low self esteem that say they are going to fail at the start of an assessment, to pass and show them they are able to do it. Hopefully it raises their self esteem. I know of one such person that is now a good assistant teacher. But overall it is encouraging children to take part and have FUN!

A big thank you to Colin for letting me interview him. If you are interested in being interviewed, please get in touch with the Editor.



Branch President and Chairman—Colin Almond

Branch Competitions Secretary Vacancy—1 Year Only

Do you want to volunteer within Lifesaving? Are you interested in helping Lifesaving Sport develop within the Branch? If so, Branch Competitions Secretary may be the role for you!

Following the Branch AGM, the role of Branch Competitions Secretary was unfilled. The Branch Committee are looking to co-opt a member of the Branch into this role until the next AGM in 2011. The Competitions Secretary will assist in running the West Region Heat of the National



BULSCA Student Nationals 2009, Burgess Hill. Picture by Jon Burt.

Lifesaving Championships and any other events that the Competitions Secretary arranges. As well as keeping the Branch up-to-date with developments within Lifesaving Sport. The Committee meets once every 3-4 months and the role only requires a commitment of a few hours a month.

If your interested in the role or want more information, feel free to get in touch with Alan Sutherland, Hon. Secretary via the contact form at www.rlsswest.org.uk/avon-and-north-wiltshire/contacts/

New RLSS Information Page

The RLSS are using the power of Facebook to spread the word about developments within the RLSS and in the volunteering world.

The webpage is updated multiple times each day by the RLSS National Club and Volunteer Development Officer, Anna Walters.

Anna updates the webpage with the latest details on grants from around the country. As well as spreading

events going on in other Branches and Clubs in the UK.

There are a number of excellent posts from Anna and from the growing number of people using the page.

The new RLSS Facebook page can be found at www.facebook.com/#!/RLSSUKClubsandVolunteersOfficialPage.

Go check it out for the latest news!

How to get in touch

Have you got any ideas for new articles or features for the newsletter?

Do you want your Club or someone you know to be interviewed in a future newsletter?

Do you have some news or an event to share with the Branch?

If you do, please get in touch with Alan Sutherland, Hon. Secretary at www.rlsswest.org.uk/avon-and-north-wiltshire/contacts/ or contact him on 07816 254 776.

You can send a letter to him at:

20 Lymore Avenue

Bath, BA2 1BA.

If you have an event or some news you want to add to the new West Region Website, get in touch at web@rlsswest.org.uk.

The deadline for articles or news and events for the next Branch Newsletter is 16th July 2010. The next newsletter will be published on or after 19th July.

The new webpage is an excellent resource for the latest grants and events from around the UK.