



Horsham Life Saving Club

Horsham Life Saving Club Chairman's Annual Report 2016

Introduction and General Statements

This year the report is back to being the Chairman's as I was away for five months on an extended holiday in Australia, returning in April. Thanks to Robin Akers and James Cossons for last years, Lee Wright for taking the role as Chairman and the rest of the Club for holding the fort whilst I was away.

The year has been mixed, good, if not excellent in parts but not so good in others. There have been some considerable pluses in our achievements during 2016 and details are in this report.

A big downside has been the lack of new members. We usually have a large intake in September but there was no one on the waiting list this year and we had only two people join slightly later. We are having a recruitment drive early in 2017 to address this. Given the drownings at Camber Sands and the publicity surrounding them it could have been expected this would have prompted a surge in interest. In addition several of our existing members are no longer continuing, mainly due to pressure of studying for school exams.

As with any organisation, interest fluctuates from year to year but this tail end of 2016 has been singularly disappointing and a cause of some concern for the future of the club and increased risk to those who might have joined. Our members have all done extremely well and have achieved much to be proud of on a personal level as well as in the community at large, so well done everyone. Where else could you find such a small group achieving so much? The award numbers have increased this year, mainly due to last years' large intake. Most of the group have taken Bronze and Silver Awards in three strands.

For our Open Water Awards we have again been made very welcome by Frances Garrard and her husband at their house and sheds in Lancing which provided a good base for beach awards. Our Stillwater activities were at Southwater Lake and thanks go to Adrian Green of Southwater Water Sports and Horsham District Council for use of the facilities. The weather was exceptionally kind throughout all our open water days. Southwater water temperature at no time was below 20°C and on 4 occasions reached 26 °C. Positively sauna-like conditions!



Although we have had three people wanting to take a Survive & Save Instructor course the Branch has not run one this year due to lack of numbers. We are planning to run our own in 2017 as well as a Community Instructor Course.

We have however organised an Automated External Defibrillator course and a First Aid at Work Course.

This year over £1,500 was raised in grants and donations. Thanks go to James Cossons and his father, Simon, who organised match funding for the Swimathon with Barclays to boost our funds.

Once again we had a successful Drowning Prevention Week event in Swan Walk with "Perry the Buoy" meeting people, including the local MP. Other activities associated with the

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Horsham Life Saving Club
is a registered club affiliated to
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The Royal Life Saving Society
& RLSS Sussex Branch

week were visits to Schools and supporting an event run by Pavilions, teaching young children Water Safety and Basic CPR.

We embarked on a series of Save a Baby's Life courses which were organised by James Cossons, assisted by other Club members. A total of 59 people were trained over 7 sessions and we were fortunate to have sponsorship from Spofforths to cover the cost of room hire for three courses.

On the competitions front it was another successful year with the Club competition running smoothly, but with far fewer competitors than usual. We had teams in Sussex Schools, Sussex Pairs, National Lifesaving Championships and the World Lifesaving Championships.

John Stainer was elected President of Sussex Branch with Lee Wright continuing as webmaster and Robin Akers taking on the sales role.

The Details

Life Support; Lifesaving Pool; Lifesaving Sport; Lifesaving Stillwater and Lifesaving Beach

As a Club we follow the Survive & Save Programme from the Royal Life Saving Society UK. The award scheme is broken down into three levels Bronze, Silver and Gold with Medallion, Stillwater, Beach and Sport strands at each level. A pre-requisite for the awards is Life Support. This year 166 awards were assessed which was more than last year but not as many as 2013 or 2014.

This year we assessed 25 Life Support exams, 22 of which were at the higher level of Life Support 3. We have passed 21 Bronze awards, 42 Silver awards and 20 Gold awards. When you pass three gold awards you qualify for your Distinction and it is great to see that 6 Distinctions have been awarded to our members this year, one for the second time. The rest of the award numbers are made up with the Core assessments which are a pre-requisite for any strand.

We provided training and assessment for Open Water awards to members of Worthing Club. We are conscious that the awards fees are not cheap and the summer months when members are working on Beach and Stillwater and at two levels means it's not unusual for a parent to have to pay in excess of £60 plus quarterly fees.

Other Qualifications

Two people took their Automated External Defibrillator course and six people a First Aid at Work Course both run by Bryan Lopez. It is hoped to run more AED courses in 2017. Although not run by the Club three members passed their NPLQ and are now working at the Pavilions

Finance

Once again we have been fortunate in receiving grants and donations which have enabled us to subsidise the pool and lake hire as well as reduce award costs for both first and second awards for new members and first award in 2016 for current members. However, with the drop in membership numbers, the gap between quarterly fees and Pool hire is widening which means we will have to increase fees and cut back on exam subsidies.

We have continued with raising funds via Easyfundraising, Lions Swimathon, Waitrose green discs and the street collection as part of Drowning Prevention week. We will be exploring other funding streams during 2017.

Sussex Branch

Club Members have been active this year with Sussex Branch, actively being involved with the Committee and assisting with the RLSS 125 anniversary celebration events, more later.

National Honours

These presentations took place at the Guildhall London in October:



Stanley Peck Trophy:	James Cossons
Sussex Young Life Saver of the Year:	Natasha Mays
Medal of Honour:	David Slade
Certificate of Recognition:	Kate Hall
Bar to Service Medal:	Dean Wright
	Lee Wright
Certificate of Thanks:	Emma Hatton
	Bryan Lopez
	Elish Edwards

The following are presented at our Annual Presentation Evening:

Friends of The Society Certificate:	Sue Akers
	Catherine Slade
	Marlene Woolgar
	Swan Walk Shopping Centre

Endeavour Cup

This cup is not necessarily awarded for any specific achievement. It is made to someone who, during the year or longer, has shown exceptional commitment. This could be what they have achieved through sheer hard work, determination to improve or succeed, consistently 'being there' to act as a casualty or simply having improved greatly and thus merits recognition.

When I returned from Australia in April I was asked to give some concentrated coaching to a couple of members who were struggling to get inside the 60 second timed swim over 50m to enable them to pass their Bronze Medallion Core.

One of those was constantly adrift by about 30 seconds. With much encouragement and taking notice of ways in which to improve her stroke and stamina, she succeeded in getting her time down to 55 seconds. Having thus being able to complete her BM she then set about her Silver Core timed swim. After much cajoling and confidence building and sheer determination on her part, she succeeded in swimming her 100m in 2 minutes with 1 second to spare. These passes enabled her to take on the stillwater and beach bronze and silver strands which in themselves required her to move well out of her comfort zone. Gold core time next, when we get back. The 2016 award goes to Josie Simmonds.

Club Member of the Year

Voting to elect the 2016 Club Member of the Year took place at the Presentation Evening. Those members present were given a slip with three Nominations these were Ed Baker, Jenny Fletcher and Kathryn Otley.

This year the votes were in favour of Ed Baker and his citation reads:

"Ed has helped at most of the Outreach events the Club has been involved with. Although he has completed all of his Survive & Save Awards he still attends on a Thursday evening and helps to teach others in life support and water skills. He assisted at several Save a Baby's Life events. He has competed at a number of Branch Competitions and was a member of the Team providing safety cover at Southwater Triathlon. He approaches all that he does with great enthusiasm."

Outreach

This year we have again been involved in talks to Cubs and Schools, Save a Baby's Life Courses and Street Collections highlighting the Drowning Prevention message. Drowning is still a tragedy that affects around 400 people each year in the UK. The events in this report would not have been able to happen without the dedication of our strong team of volunteers and I would like to thank them all for another great year of work.

Swan Walk

This year we were lucky enough to secure a Street Collection Licence which generated £337 in donations for the Club. We had the use of The Royal Life Saving Society Mascot Perry the Buoy for part of the day with the person inside carrying on to an event in Brighton organised by Sussex Branch.

We had an area within the shopping centre to display Life Saving materials as well as a CPR teaching zone. Thanks goes to Swan Walk Management for allowing us to use this facility

School Presentations

This year we visited two primary schools to promote Drowning Prevention and water safety. Three sessions were run by David Slade at Trafalgar Road School in Horsham and two at Summerlea School in Rustington. A SAFE pack was left with each school containing various posters, leaflets and stickers.

Once again we visited Millais to conduct school assemblies for three year Groups, these were run by Kate Hall, Kathryn Otley and David Slade. These focused on water safety and drowning prevention. Kate also presented at Tanbridge.

It was unfortunate that we were unable to visit any more schools mainly due to lack of resource, both for planning and presentations.

Other Events

Cub water safety teach-ins were carried out by James Cossons, Natasha Mays and Kathryn Otley whilst Kate Hall undertook two first aid sessions with 2nd Southwater Cubs.

James Cossons, with assistance from Natasha Mays, Kathryn Otley and Ed Baker organised seven Save a Baby's Life Courses. There were 59 attendees in total. We are planning to run more during 2017.

Members provided safety cover for the Annual Southwater Triathlon Relay Competition where approximately 120 teams of three each swim 400m, cycle 12 miles then run 2 miles. It covers all abilities and once again the first team was finishing before the last competitor had completed their swim!

We fielded a team for Horsham Lions Club Swimathon and as previous years instead of just swimming lengths we towed a person using a rescue tube! In the 55 minutes allocated the team of Julian Lee, Jenny Fletcher, Elysia Marrs, Sophie Lee, Emily Rutherford and Ed Baker completed 111 lengths. This exposed the Club to many members of the public, both as members of other teams and those supporting them.

Membership/Class Numbers/Instructors

Sadly total membership is down on previous years. Many of those who remain 'regular' attendees have now secured the S&S range of qualifications so we are now approaching the stage of having too many chiefs and not enough Indians. We will be running other courses such as a Community Instructors and another AED Operators Course. Hopefully the Branch will run a Survive & Save Instructors Course since we have a number of members already interested.

Most of our intake comes from those in secondary education who are looking to use lifesaving either as part of their Sport GCSE or Duke of Edinburgh Award. However some Exam Boards have dropped Lifesaving as an option and D of E enrolment has been delayed.

Average attendance at the pool throughout the year was 21 whilst the instructors have delivered some 365 hours of tuition between them. Open Water activities over the 17 sessions at Southwater Lake, and Lancing and Littlehampton Beaches, had an average attendance of 11. Instructors delivered a further 56 hours tuition at the three sites. These tuition figures do not include 'Outreach' work in which many more hours were delivered. Without the commitment of our Instructors nothing would have been achieved, so a considerable vote of thanks is due to them and my own sincere thanks is added for their continued support.

James Cossons has been an enthusiastic member of the Club since 2010, joining the Committee and running the Club's Volunteering and Community activities. He decided to resign from the Committee this year and left the Club in September to pursue other activities. My thanks go to him for his work with us which was reflected in his winning Club Member of the Year in 2013 & 2014, and then on the Club's recommendation, Young Lifesaver of the Year for Sussex in the National Honours of 2015 and also The Stanley Peck Trophy in the 2016 National Honours.

Competitions

Club Competitions – Results

Overall Champion

1 st	Jenny Fletcher
2 nd	Kathryn Otley
3 rd	David Slade

Novice Champion

1 st	Ben Keegan
2 nd	Joey Kent

Speed Competition

Mens	
1st	Sean Otley
2nd	Jack Robison
3rd	David Slade
Ladies	
1st	Sophie Lee
2nd	Kathryn Otley
3rd	Ellen MacRae

Set Piece

Instructors / Distinction Holders	
1st	David Slade
2nd	Robin Akers
3rd	Kathryn Otley
Mens	
1st	Zach Gaudiano
2nd	Jack Robison
Ladies	
1st	Erin Tarling
2nd	Sophie Lee
3rd	Josie Simmons

Novices Rope Throw

1st	Ben Keegan
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SERC

Instructors / Distinction Holders	
1st	Jenny Fletcher

2nd	Ellen MacRae
3rd	Kate Hall
Ladies	
1st	Sophie Lee
2nd	Louise Kinnerson
3rd	Josie Simmons