



# BCU Lifeguards Newsletter

July 2008

## Welcome

In the past few months, BCU Lifeguards and the National Committee have been extremely busy, with lots going on. I would like to take the opportunity to thank all those that have been giving up their time recently for Lifeguards - your hard work really is appreciated.

Since the last newsletter we've had a fabulous Lifeguard convention that was enjoyed by all that attended, with lots of lifeguards gaining new qualifications and awards. Sadly, numbers we're slightly down on previous years, and we're hoping to improve that for our September convention in Llyandsal. A big thank-you to John Wheeler who organised this at Herts Young Mariners Base.

A Level 4 Coach course for the Open Water module ran in April, resulting in us now having 7 Level 4 (Open Water) coaches, with plans being put in place to get trainers qualified for the other bolt-on modules.

Finally, as the summer season kicks off, I would like to remind everyone of the two national events coming up soon:

**Sherborne Ironman - Sunday 7th September - Help needed!**  
**Convention—Sat 13th - Sun 14th September—**Llandysul Outdoor Education Centre, Carmarthenshire  
Further details about both these events can be found on the BCU Lifeguards website: <http://www.bculifeguards.org.uk/events.php>

Have a good Summer!

**Martin Suzan**  
Vice-Chairman

## BCU Lifeguard Database & Audit

Over recent months BCU Lifeguards have invested in a new membership database to record the details and qualification of BCU Lifeguards around the country. Within the next few months the aim will be to log all active BCU Lifeguards onto the database along with their qualifications. Then, as and when awards are re-newed we will be able to update the database. To do this, we will be carrying out a national lifeguard audit, through your club/unit Secretary. The database is totally secure, access is restricted to a handful of individuals and BCU Lifeguards are registered with the data protection registrar.

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## Dates

London Triathlon  
9th-10th August

Sherborne  
6th-7th Sept.

Convention  
13th-14th Sept

Visit us at: [www.bculifeguards.org.uk](http://www.bculifeguards.org.uk)



## GAFIRS

GAFIRS cadet section have just taken delivery of a new Canoe Trailer, replacing the original (of 15yrs Vintage) the trailer was purchased with grants received from two charitable trusts with additional funds being raised by the cadet section towards the trailer.

The cadets are also the recipients of two new canoes, donated by KB Marine Services and Solent Ribs Limited, these were constructed by Solent Ribs using a mould which was donated and is the same as the original shark mould. (Gafirs original mould having been beyond repair)

The cadets have over the winter months been mainly training on local inland waterways and have had several journeys around Portsmouth harbour. In addition, on their Wednesday night training they have been brushing up on First Aid skills, rope work and also had a surprise exercise one evening, that demonstrated assisting the adult crews working in flooded area's.



## Lifeguard Modules: Open Water & Moving Water

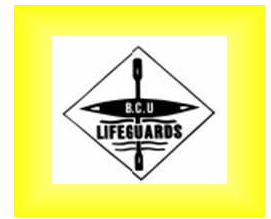
The Open & Moving water bolt on modules for core lifeguard have now been approved by the national committee. We now have 7 Level 4 coaches able to provide the Open Water module. In the course of the next 6 months coaches will be validated for the Moving Water Module, and the Sea Module, that will be approved later this year. Syllabi are available on the BCU Lifeguards website under the 'Awards' section.

## Rash Vests

BCU Lifeguard rash vests are now available to purchase from BCU Supplies. They are available in all sizes (S-XL) in red with the BCU Lifeguard logo on the left chest. They will be retailing at £15. If you would like to purchase one, please e-mail [supplies@bculifeguards.org.uk](mailto:supplies@bculifeguards.org.uk) or see Gavin at the convention, where the shop will be available.

## E-updates

Want to receive these newsletters and other BCU Lifeguard News electronically? Then sign up to e-updates, the electronic news service from BCU Lifeguards. To register visit: <http://www.bculifeguards.org.uk/e-updates.php> or click 'Subscribe to E-Updates' from the homepage



## SHERBORNE

Things are moving forward with Sherborne and a planning meeting was held and attended by us last week. The event is happening in the same format as usual but with a later start time due to the new date.

The campsite is available Friday evening, Saturday will be spent training, examining and people just paddling the lake, a social will be arranged on the Saturday evening as usual followed by the swim Sunday morning.

Full expenses are being paid and due to clashes with other events we are likely to be short of help this year. Because of this can I please ask you to pass this invite to all of your members, and anyone else you feel would enjoy the event. Minimum requirements are a CST or be of CST standard with your club's approval to attend. Lifeguards from other organisations are more than welcome with boards, skis or other suitable equipment.

St Johns are also short this year at the event so anybody that wishes to attend and help with the first aid provision will also be gratefully received, so please do let me know if you have a partner / club member that wants to be involved but isn't a lifeguard.

If you're able to help with cover at this event please contact:

Andy Squirrel – Event Safety Officer 07813171246

Email [treerat@bculifeguards.freeseve.co.uk](mailto:treerat@bculifeguards.freeseve.co.uk)

## Canoe Lifeguard Convention 2008 Thank You

There are a number of people I would like to thank for their help with convention this year which enable the training weekend to a successful event.

The people I would like to thank are:-

The trainers for their assistance with the running of courses and assessments.

Martin Suzan and his helpers for organising the shopping, packed lunches and for his help and support over the weekend in general.

Gavin and his wife for bringing along the Canoe Lifeguard Shop, and their help in general over the weekend.

I must not forget all the other members who helped and gave their support and assistance over the weekend, Steve Hobbs who did an excellent job running the BBQ on Saturday and his other help, plus all the people who helped out as casualties etc... for the candidates doing assessments.

**John Wheeler**

May Convention Organiser

## London Triathlon

Would you like to be part of the London Triathlon 2008? The biggest triathlon in the world!

Herts Canoe Lifeguards are looking for competent kayakers to come and be part of a 75 strong Lifeguard team.

Ideally every kayaker will hold a CST.

You will receive a donation of £100 for giving up your weekend (£50 per day) and reasonable travel expenses.

For more information email [triathlon@hclifeguards.co.uk](mailto:triathlon@hclifeguards.co.uk)

An information pack and DVD will be available for all Lifeguards attending.



## Committee

**Chairman**  
Andy Walters

**National Training Officer**  
Nigel Whitehead

**Elected Member**  
John Wheeler

**Vice Chairman**  
Martin Suzan

**Publicity Officer**  
Mike George &  
Lawton Hicks

**Elected Member**  
Des Merrigan

**Secretary**  
Dave Wyatt

**Treasurer**  
Andy Squirrel

**Junior Representative**  
Kevin Calderon

**E-Mail your newsletter contributions to Kevin at:**  
[newsletter@bculifeguards.org.uk](mailto:newsletter@bculifeguards.org.uk)

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