

As most of you will be aware, all ULU sports clubs submitted sports development plans to us 12 months ago. Those plans are now due to be reviewed so that we can assess the progress that has been made and reconsider the best use of ULU funds. We have kept review as simple as possible and divided it into three parts.

### **The template**

The original template for the sports development plan is attached. For your reference a copy of your most recent review will be available for collection at the training sessions, and thereafter available on request. With reference to your original submission:

Did you fill in sections 1-7 in enough detail?

- If not, please provide any missing information now.
- If so, please give details of any changes to this information.

### **Your targets**

Please give a detailed report of how your club has progressed in meeting the targets you set yourselves in section 6.

The sports development plans are intended to be annually reviewed plans. Please indicate if any of your targets are intended to be longer term, and show any progress made towards them.

Please give your club a mark out of ten for progress against your plan and justify your mark.

### **Your future**

Please use section six of your current sports development plan to apply to the next three years (note: Include section 7 as it contains info on how you intend to achieve your objectives) Make sure your objectives are SMART

- **S**pecific – define the action
- **M**easurable – how will you know you have been successful
- **A**chievable – attainable....
- **R**ealistic – without having to compromise your studies
- **T**imed – including a target date for completion, and major project stages

and accompanied by key performance indicators. (For example, if a 20-member club had the target of doubling its membership, reaching a total of 40 members would be the performance indicator.)

**These plans are studied in detail and play a large part in deciding the amount of support that your club receives from ULU. Please ensure that you complete your plan to the best of your ability, and if you have any questions at all please contact Alex Stacey, Ruth Morrison or Denise Goodwin in the ULU office. An example of a good SDP submission is also available on request.**

# Template

## 1. Introduction to Lifesaving

The purpose of this section is to set the scene for the sport, to put your ULU Sport in the context of the sport, locally (including college provision), nationally and internationally where relevant.

- 1.1 Briefly explain how your sport is organised/governed/administered national, with particular reference to:
- a) a National Governing Body, and liaison officer,

As previous plan (APP) we do not have a national governing body as such. The Royal Lifesaving Society (RLSS) is the closest we have, as most university clubs are members of the RLSS. Some run according to Surf Lifesaving Regulations. There are plans amongst University Clubs to invite RLSS and Surf to become our NGB and oversee our Student Nationals Competition as part of our attempts to become a BUSA sport. Rules for University competitions, which are based on the RLSS competition rules have been agreed at previous British Universities Lifesaving Clubs Association (BULSCA) Captains meetings.

- b) any Local Governing Bodies, and liaison officers,

We are members of RLSS Essex Branch, current President Dave Flood. Dave is also the ULU Lifesaving Club Coach.

- c) any Local Co-ordinators,

SE Region Competitions Coordinator: John Payne

- d) any League Co-ordinators,

There is a University League system, both an A team league and a B team league exist. In the A league a win scores 10 points for 1<sup>st</sup> place, 9 points for 2<sup>nd</sup> and so on down to 10<sup>th</sup> place and under scoring 1 point for competing. In the B team league a team scores 20 points for winning, 19 points for 2<sup>nd</sup> place and 20<sup>th</sup> and under score 1 point. This is to reflect that B teams are in direct competition with the A teams. This league table is posted at [www.uni-lifesaving.org.uk](http://www.uni-lifesaving.org.uk) The league was designed by a member of Oxford Lifesaving Club and the format and scoring was fully decided at BULSCA Captains meeting 2002.

Di Kedge is the RLSS Essex Branch Competitions Secretary and is responsible for organizing participation in National Lifesaving Championships through Branch heats and for selecting Essex competitors for SE Region Competitions.

- e) contact details for these people

Dave Flood, [REDACTED]

Di Kedge, [REDACTED]

SE Regional details are available through Dave Flood

- 1.2 Briefly explain the position of the sport at local level, including within the colleges and the ULU club, in terms of:

- a) Participation in the activity, detailed by sex, college

Anyone can join the club to train, compete and gain awards with no previous experience necessary. University Competitions are all mixed sex teams of either four or six. Other competitions are individual, mixed sex pairs, single sex pairs, mixed and single sex teams of four and six. In order to enter the National Championships members must hold individual RLSS membership (ULU Lifesaving Club also holds club membership). This year we have overcome one of the weaknesses identified in last year's plan as our members represent a wide range of colleges within ULU including: UCL, Imperial, Kings, St George's, Queen Mary, RVC, LSE, School of Pharmacy. For the second year running we have maintained a good mix of men and women members.

- b) Demand for the activity (with regards beginner/elite etc)

ULU Lifesaving Club is the only student lifesaving club in the University of London, there are at present no collegiate clubs/teams. Although fewer students than in previous years signed up at ULU Freshers Fair the club has managed to attract new members throughout the year, our newest members joining in March. Due to the nature of our sport we

attract those without experience who want to learn skills and pass awards (most of whom go on to compete), people with qualifications who want to learn to compete, people with previous competition experience as we can offer high level competition and also competitive swimmers looking for a slightly different challenge. Through the club, members have access to a variety of levels of competition, ranging from the introductory ULU Open and Oxford University Freshers Competition through to the Student Nationals. We also offer access to RLSS competitions which again range from the introductory Pat Grey Competition (local level), to South East Regional Competitions right through to the National Championships and the possibility of being selected for both regional and national development squads. In terms of awards we offer Bronze Medallion and Life Support 1 training for complete beginners and Award of Merit and Life Support 3 for more experienced members. This year, for the first time we were able to run an RLSS Assistant Teacher Course for more experienced club members, not only did this qualification offer a challenge for the members taking the award but it left the club better equipped for teaching novices who join the club. The club participates in the annual University Beach Lifeguard Training Weekend hosted by Bournemouth lifeguards in May. This offers members the chance to learn from scratch beach skills such as Power Boat, navigation, advanced first aid and kayaking. The club is also planning to offer Bronze and Silver Cross Open Water Training during the summer in association with Essex RLSS. Demand for the National Pool Lifeguard Qualification (NPLQ) is high due to the benefits of paid employment as a lifeguard. We receive in the region of 30 enquiries a year relating to this. Unfortunately no one in the club is currently qualified to train people for this award. We have been limited to handing them over to Catherine Wildey who is able to offer NPLQ courses. Ideally a reciprocal relationship would work between ourselves and Catherine Wildey whereby people are encouraged to take her course through membership of our club, perhaps with a discounted fee. A larger percentage of these people would then go on to compete for ULU.

1.2 Briefly explain the position of the sport at national level in terms of:

a) Participation (number of clubs)

There are 51 branches and approx. 2000 RLSS teaching centres nationwide (around 200 separate active clubs). There are 40 affiliated clubs/groups/organizations in the Essex Branch of RLSS. There are around 15-20 University clubs with several clubs recently formed and beginning to compete regularly. Nottingham University Lifesaving Club has over 200 members and is the most successful club at Nottingham University. All RLSS events are open to us through Essex Branch.

b) Participation (number of men/women, number of seniors/juniors)

We have no figures for actual numbers competing in RLSS events around the country. However junior competitions appear to be increasing in numbers, as are university competitions. University competitions are generally attended by between 20-30 4 man teams. At the RLSS nationals there is an over 65 category. However, it should also be noted that, unlike in many sports, there is no category for under 18's, under-21's etc. At RLSS competitions, the ladies' and men's categories are for 16-30 year olds. (30+ move into 10 year band masters groups.)

As a club we have a good mix of men/women, in the past this has been a problem with few men being attracted to the club. A good balance of men/women members is a benefit to the club as university competitions are for mixed sex teams, requiring at least one member of each sex.

c) Growth trends

The National Speed and Lifesaving Championship used to be held over one weekend but have been split due to large numbers of attendees. University Lifesaving is the fastest growing area in the sport, a fact recognized by the RLSS committee drafting the National Development Plan for Lifesaving. ULU Lifesaving members make up a large percentage of Essex Branch active competitors. New university clubs have continued to regularly compete this year. Manchester have attended all competitions in their first year, Bristol have attended 2 competitions and Plymouth have attended 1 competition in their second year of existence and continue to demonstrate that getting swim clubs to add a lifesaving element to their training is a good way to start a competitive Lifesaving Club. This is the fifth year that ULU has hosted a university competition, attended by 15 teams. Loughborough held the first National Student Speed Championships this year which was well attended and have already announced the date of the 2<sup>nd</sup>. University clubs have also entered teams in the RLSS National Speed Championships, National Championships (with Southampton University winning the Team Initiative) and competitions such as Bournemouth Regatta. University clubs such as Southampton, Nottingham, Birmingham and Warwick are also entering the World Inter-Club Championships 2004 which is to be held in Italy this September.

d) Lottery support & financial health

The RLSS has a charity status (No. 1046060). The RLSS Essex Branch is in good financial health having over £10,000 in the bank. The club has been liaising with ULU to overcome the red tape involved with applying for a lottery grant. The snag is that the Lottery wants grants to go into club bank accounts and not Union ones. It is hoped that a letter stating that the monies will be solely for the club's use from ULU will overcome this. If this fails it is understood by the club that the setting up of a new account for Lifesaving overseen by ULU will be seriously considered for the benefit of all parties. The club is to meet with Ruth Morrison to discuss this further. Although the club has not progressed any further with its lottery application this year it is hoped that next year the application will be completed.

e) National League/Competition Structure

There is a British Universities League table based on results from the University competitions. The National Student Speed Championships were not included in the league this year. Warwick University trialed the first university six man team competition this year, with the increasing number of teams entered by university clubs it was felt that a six man team competition would allow a greater number of members to compete without increasing the number of teams entered and, therefore, avoiding the increasing time competitions are taking to run. At this year's BULSCA Captains meeting the advantage of six man over four man competitions will be discussed. As a small club, ULU will be voting to retain the four man structure as we can often field 8 members to a competition whereas 12 would be difficult. There are numerous RLSS Open Competitions, which anyone with RLSS membership can enter. RLSS Essex Branch also holds several inter-club competitions, these offer an appropriate level of competition for many of our novices to enter. In order to enter the National Lifesaving Championships one must compete at branch level and regional level first. Speed Championships do not have such a selection procedure and therefore several hundred people enter the various events in this competition. Clubs can also enter the World Inter-Club Championships to be held in Italy in September 2004. The variety of competitions entered by ULU Lifesaving Club ensures that there is a level of competition available which is correct for all club member standards from beginner to proficient competitor.

1,4 Briefly explain the position/status of the sport at international level in terms of:

a) World Ranking

There are no current international university competitions. However, entry into the World Inter-Club Championships is possible, ULU Lifesaving Club, in association with Nottingham and Birmingham University clubs, is looking into the possibility of entering a team in the 2004 World Inter-Club Championships to be held in Italy.

b) World structure

The International Lifesaving Society (ILS) is in charge of international lifesaving and was based on the RLSS UK. International athletes are picked from the National Championships or pass through the structured development squads (organised at regional level). Successful teams at the European Championships proceed to the World Championships. There is also a Commonwealth Championship.

c) Number of nation states competing/international teams

This is believed to be approx. 12 nations at the World Championships. There is also a World Inter-Club Championship which runs concurrently.

d) Notable achievements by UK, GB or home nations teams

Unknown at present, World Championships will be held in September 2004.

e) Olympic/Commonwealth status

The ILS is working towards gaining commonwealth and Olympic Games Status by 2006.

## 2. Background to club

This section is to position your club within the context described in the previous section.

2.1 What is the relationship between ULU/your club and the NGB for your sport? Please describe any joint initiatives undertaken or planned and any mention of the role of University sport (and particularly ULU teams) in NGB development and funding strategies.

ULU Lifesaving Club holds club membership with the RLSS and is part of Essex Branch. Many members also hold individual membership. The RLSS provides us with insurance and updates us on all issues concerning lifesaving through magazines and meetings. They also provide judges, examiners and equipment to purchase. One of our members is now a qualified RLSS examiner. An Assistant teachers course was set up in liaison with Essex Branch, 7 members became qualified RLSS Assistant Teachers this year, funding the course themselves, this was in order to become better equipped to train members who are novices when they arrive. Our coach is Dave Flood, the current Essex branch President. Three members last year and two members this year have been awarded "Friends of the Society" awards. Two members of ULU Lifesaving Club, the Captain and Competitions Secretary, have been asked to represent Essex at the RLSS Annual Branch Conference (ABC) to be held in Oxford. Not only is this an opportunity to find out what is going on in Lifesaving and pass the information onto the club, it also offers the chance to raise awareness of both the Club and University Lifesaving as a whole. This year, at ABC, there is a position available on the RLSS National Development Committee, Position for Lifesaving Programs for Sport Development, it is hoped that John Morley (BULSCA President) will stand for this position in order to raise the profile of University Lifesaving within the RLSS Sport Development plans. Abi Hoyle, a member of the club, recently sat on the RLSS management board in charge of writing the RLSS Child Protection Policy.

2.2 Please note any partnerships or initiatives with organisations other than NGB's, such as schools, Local Council Sports Development Officers, etc.

The club ran a Bronze Medallion and Life Support 1 course for Havering volunteer Police Cadets. Members of the Lifesaving club traveled to Upminster to teach 40 cadets, the Club also arranged examiners and provided the necessary training equipment (e.g. manikins). The cadets are aged between 14-19 years old and do light police duties, therefore they need first aid knowledge.

There is an annual BULSCA Captains' Meeting held around Easter, which is advancing University lifesaving and moving us towards BUSA status. We believe this will occur within a few years, as University clubs would not require money from BUSA, association and use of their name is our immediate aim. Bournemouth Lifesaving Club actively promotes university open water training by hosting the British Universities Beach Training Weekend which will be attended by ULU members for the second year running. The weekend is an introduction to Beach Lifesaving skills, 'teams' are made up of mixed university members with a range of beach experience, from novice to expert. Skills learnt include reel and line, power boating, navigation skills and emergency first aid.

Following the Club's involvement with the ACPO Police Lifesaving Championships in 2001, the Club has an association with the Metropolitan Police. However, this relationship is not as active as it has been in previous years, partially due to the reduced activity of the Met Police lifesaving team.

Prior to the moderation of our Assistant Teachers we were approached by a London rollerblading group and asked to provide a basic first aid course. As no Assistant Teachers had been moderated at that point we could not offer a course due to liability issues, however, we hope to be able to offer a course in the coming year.

2.3 Explain the organisation/committee structure for your sport within ULU, detailing the role of individual committee members (by post rather than name).

Please refer to Club Constitution for full roles.

Captain  
Treasurer  
Secretary  
Competitions Secretary  
Training Officer  
Publicity Officer  
Social Secretary  
Up to four members without portfolio (WOP)

Coach – not on committee

This year, in recognition of the benefits of an efficiently run club and realization that as our club grows certain committee positions will verge on the impossible, a WOP with responsibility for dryside training sessions (first aid) was trialed. This was found to be successful, with dry training time being used more efficiently and a greater level of success seen at competition dry initiatives. However, it was felt that the role did not require the creation of a permanent Officer role due to the club size, therefore, this responsibility will be taken on by a WOP again this year. In the future Competitions Officer may require a split between University and Non-university Competitions Officer as the number of competitions we attend increases. A Vice-Captain may also be required as the club grows. The number of WOPS would need to be reconsidered at this stage.

2.4 Does your ULU Sport benefit from organisational assistance/support from outside your immediate committee, either internally – from ULU - or externally? If so, please explain how.

Essex Branch :

Coach: Dave Flood, lifesaving teacher from Essex, President RLSS Essex Branch. Currently coaches 3 hours per week mostly for awards, moderated Assistant Teachers Awards. Helps to arrange exams and examiners and aids in organizing the London University Competition (arranges judges, writes the Initiative).

Various Others: Judging competitions, purchases, awards examiners etc.

ULU:

Angela Jelfs: Helps with account information, purchasing kit, obtaining medals for competitions, general assistance.

Ruth Morrison: As above.

ULU VP Sports: Assists with many aspects of club.

Catherine Wildey: We have a good relationship with Catherine and have allowed her half our pool on some Tuesdays for the NPLQ course. She has also assisted us with pool bookings for the ULU Open and London University Competition.

Havering Volunteer Police Cadets: contact Debra Bradshaw on [REDACTED]

Other: various ULU staff including Duty Manager and Receptionists provide assistance on a day-to-day basis.

ULU Canoe Polo Club: They have kindly agreed to let us use their older canoes as part of our incident training, a canoe was also used in our competition incident. We allowed them to use a Sunday pool time for their competition.

LUST: We have made a joint purchase of swimming caps in order to keep kit costs down for members of both clubs. It may also be possible to purchase swimming costumes with them in the future.

2.5 What is your current provision for/ How do you target:

a) Recruitment

ULU Freshers Fair with flyers, display, pool demonstration and plenty of enthusiastic members keen to answer your questions and persuade you to join the club. Publicity via Yahoo User Group Emailing and the Club website. Publicity through RLSS for young lifesavers that will be joining university in the future. Birmingham and Nottingham University Lifesaving Clubs have both featured in the RLSS magazine, raising the profile of University Lifesaving nationwide. ULU have featured in the regional section of the magazine. Word of mouth, attending competitions and wearing kit around college are also important. There are no pre-requisites either in terms of awards or competition for joining the club (although we do not teach people to swim) so there is equality for any student who would like to join. The ULU Open is designed to introduce new members to both lifesaving skills and competitions. We have found that we are able to recruit new members throughout the year, not solely in October.

b) Selection

For competitions, competitors must be of Bronze Medallion standard or above to be considered. The Competitions Secretary and Captain choose university teams and team captains. We currently have strong A and B teams and an upcoming C team which will hopefully attend more competitions in the coming year. For non-university competitions selection is either the same or based on results in Essex, SE Region competition and/or selected by the Essex or SE Region Competitions Officer. In order to aid team selection, records are kept of individuals' performances both in training and at competitions (both university and RLSS). For the Oxford University Freshers Competition, anyone can compete and there is no selection process, this gives everyone an opportunity to experience a competition and then train hard in order to make the team at the next competition!

c) Talent Identification

Members are encouraged to enter the Essex Branch trials from which they can qualify for the National Lifesaving Championships. Training at the Regional Development Squad is available to members upon recommendation from coaches, branches or current squad members. Our coach, Competitions Secretary and Captain take an active role in talent identification during training sessions and competitions. This year we built on the records started last year, records were kept of members' individual rope throw times and their swim and tow times. Records from individual competitions are vital in assessing performance in initiatives and swims/throws under competitive conditions. There is no hard and fast A team, the team is chosen from an A squad, allowing newer members to move up into the A team if they are good enough. The ULU Open has proved to be a good marker of talent, as well as offering an introduction to lifesaving competitions.

d) Training

Sundays are intended for awards training under the tuition of both our Coach and members who are newly qualified Assistant Teachers. Around the time of the Nationals, Sundays became competition oriented in order to prepare the two teams for this competition. Award training has begun again now that the university competition season is drawing to a close. This shows that our training can be flexible to meet the members' needs. Bronze Medallion exams were arranged in the summer term 2003 and early spring term 2004, hopefully another exam will run in May 2004. A third training session, dedicated to fitness and swim training, was trialed this year; unfortunately it was cancelled due to low attendance numbers as the session was mid-afternoon on Thursday. If a lane could be acquired on a weekday evening then it would be used for swim and fitness training to complement the existing awards training on Sundays and competition training on Tuesday.

The club is planning to offer Open Water Training for the first time this year. The training will take place at Chalkwell in July in association with Essex RLSS. This will compliment training provided at the Annual British Universities Beach Training Weekend.

e) Training Venues

ULU swimming pool and rooms in ULU for 'dry side training'. Sundays begin in the pool 4-5.30pm and a room (usually 2A) is used 5.30-7pm. Tuesdays begin in a room (usually 2A) 7.30-9pm and we train in the pool 9-10pm. At the beginning of the year we used Studio Base 2 on Sundays but we have since changed to a 2<sup>nd</sup> floor ULU room as it is better suited to our needs (we required use of a whiteboard, tables and chairs etc).

f) Coaching

As above, this is split between senior members (recently qualified as Assistant Teachers), especially Competitions Officer and Training Officer, and the Coach. Training Officer this year was also a qualified swimming teacher and improved our swim times using approx. 30-40 mins a week pool time for swim sessions. We have also benefited from the fact that two of our members are ex-St John's and have a wealth of experience in 'dry side' (first aid skills).

2.6 How do you ensure that the principles of sports equity and the Education Act in equality of opportunity for all students are met within the headings above.

Anyone is free to join the club, no previous experience is necessary (although we do not teach people to swim). All students are welcome to compete at RLSS team and pairs competitions, individual competitions do require personal RLSS membership. Training is open to all members and swim sessions can be scaled according to ability so that nobody is left feeling inadequate or bored. Awards are taught from scratch so that a complete beginner is able to sit an exam and gain an award. Although teams for the nationals are limited to 2 per club and selection is based on the

principles described above, there is an unlimited number of teams available at competitions such as Oxford Freshers Competition, providing all members with the opportunity to experience a competition even in the early stages of their training.

2.7 In what way does the existence of your ULU Sport provide 'added value' to the experience of students of UL Colleges? (This may be through high level coaching, access to top class competition, or simply through the provision of the club in the case of minority sports.)

Compared to most other ULU sports we are a minority sport and there are no collegiate lifesaving clubs. However, we provide access to top-level competition through the RLSS structure whilst still encouraging those with no previous experience to join and enter lower level competitions in order to gain experience. The beauty of Lifesaving is that the basics are exactly that and are easy to pick up so that beginners soon feel confident and able to contribute and fine tune their skills. We teach practical skills which are useful in real-life. Our members leave with recognized qualifications and experience. Those who achieve their NPLQ (in association with Catherine Wildey) can also gain employment. Our club also provides a useful way for qualified Lifeguards to keep their skills up to date. It is disappointing that more lifeguards at ULU fail to take up the opportunities we offer despite many attempts at attracting them. Our members represent a wide range of London colleges including some of the smaller colleges (RVC, SOP) enabling students to meet, and socialize with, other students from a wide range of backgrounds and interests.

2.7 Please list the competitive successes of your club over the last 5 years (individual and team).

APP and also:

Abi Hoyle: RLSS National Speed Championships, March 2004

Medley Relay 4x 50m = Gold

Mannikin Relay 4 x 25m = Gold

Best Overall Incident Captain, Bouremouth Regatta July 2003

Surf Still Water Nationals March 2003

Rope Throw = Silver

Obstacle Relay 4x50m = Bronze

Mannikin Relay 4 x 25m = Silver

Medley Relay 4 x 50m = Gold (new British Clubs Record, Surf and RLSS)

Worlds 2002

Team Incident = 6<sup>th</sup>

Rope Throw = 6<sup>th</sup>

Gary Hannant: Kent Open 2004

3<sup>rd</sup> Men's Aquatic Incident

4<sup>th</sup> Men's Overall

3<sup>rd</sup> South East Regional (SER) national qualifiers

Clare Howarth: Kent Open 2004

2<sup>nd</sup> Ladies' Aquatic Incident

3<sup>rd</sup> Ladies' Overall

Captained Essex to 2<sup>nd</sup> in SER 4 Man Ladies' Championships 2003

4<sup>th</sup> SER national qualifiers

Zeph Bradley: 2<sup>nd</sup> in SER 4 Man Ladies' Championships 2003

Patrick Phillips: 3<sup>rd</sup> in SER 4 Man Men's Championships 2003

A team 5<sup>th</sup> in British Universities A team league 2004, 5<sup>th</sup> in Student Nationals 2004

B team 3<sup>rd</sup> in British Universities B team league 2004

### 3. Current Programme

This section asks you to provide information about the programme or range of activities currently provided for your sport. You may need to obtain some of this information from Ruth Morrison, Sports Development Officer, based on the fourth floor.

Please outline the competition programme for your ULU club/team:

3.1 In National leagues and competitions, with reference to number of fixtures (home and away), opportunities for trials and representative competition;

There is no provision for Lifesaving within the BUSA structure at the moment. Following further discussion at last year's meeting, the British Universities Captains will, at their 2004 meeting, attempt to further the move of Lifesaving into BUSA. The RLSS and Surf will probably both be asked to be joint NGP of Student Lifesaving and to oversee the Student Nationals only at first. We will ask BUSA for recognition and use of their name and association. University clubs should all benefit financially without direct money from BUSA. Being a BUSA sport would also raise the profile of Lifesaving. Abi Hoyle and Gary Hannant have been highly involved in this move to BUSA.

The British Universities Lifesaving League Table has been up and running for 2 years now but there are no other national leagues. There were 6 university competitions this year, with BUSA association it is hoped that Clubs will receive the financial aid required to travel to competitions at e.g. St Andrews and Aberdeen. Success in regional development squads or at National Speed Championships can lead to selection for the World Championship teams. Due to our affiliation with the RLSS all their competitions are open to us and in this way we manage to attend Essex competitions which can result in selection to represent the South East Region and onwards to National level. Through the RLSS we have also begun to compete in Speed Competitions.

- 3.2 In BUSA leagues and competitions, with reference to number of fixtures (home and away), opportunities for trials and representative competition;

N/A

- 3.3 In Local leagues and competitions, with reference to number of fixtures (home and away), opportunities for trials and representative competition;

There are around 6 annual competitions organized by Essex Branch including West Ham Shield, Sid Tyne Cup, Pat Grey team Event and qualifying round for SE Regional Team Championships, SE Mixed Pairs Championship and National Lifesaving Championships.

The SE regions hold SE Regional Team Championships, SE Mixed Pairs Championships and the Qualifying round for National Lifesaving Championship.

There is also the Kent Open, Crawley Open, ULU Open, Eastbourne Dick Barton Trophy and Bournemouth Regatta. We are always on the look-out for new competitions to enter, this year we have been invited to some speeds competitions, this is an area we are keen to develop.

Is there currently a ULU competition/ league in your sport? If yes answer question 3.4, if no answer question 3.5.

No

- 3.4 What support do you offer to current UL leagues/competitions in terms of player improvement days, access to top level coaching, avoiding fixture clashes, releasing players to college teams, assisting the Sports League Co-ordinator, access to NGB coaching and officiating courses, etc?

- 3.5 a) What demand is there for a new ULU league/tournament/competition in your sport?

We held the second Annual ULU Open Individual Competition this year. This competition is open to all ULU students who want to come along and see what competitive Lifesaving is like. Events are simple so that no previous experience is necessary. The Club gained 4 new members from this competition. It is a good beginning of the path to College teams and a possible London league. As the club grows in size it may be possible to begin to establish collegiate teams (teams would only require that 4 members be from the same college) which would result in the possibility of a new ULU tournament.

- c) What support would you be able to offer to such a league/competition?

At present we host the ULU Open competition and we aim to assist anyone who wishes to setup a college Lifesaving Club in the future. In the first instance it may be possible to allow such members to continue to train with ULU but enter competitions such as Oxford, Kent Open, Crawley Open as a collegiate team (if all 4 members were for instance from Imperial). ULU Lifesaving Club could also be responsible for the administration of any future ULU tournaments/leagues. An obvious next step to follow on from the ULU Open is to hold a ULU Mixed Pairs Competition, where collegiate pairs could compete, almost in a varsity match style.

- 3.6 What additions/changes would you like to make to your current programme and why?

The addition of a third weekly pool session would be a great advantage to the competitive side of the club. In order to continue to improve on the club's successes and also to enable us to compete in speed competitions, the club needs to concentrate on fitness and speed. This can be achieved most efficiently by having a swim session dedicated to fitness and speed training. Participation at speed competitions is an area the club is trying to develop.

The introduction of an hours gym time a week for the A Squad would also help us in fitness training. The need for dry fitness training has recently been addressed by our training officer, who has dedicated half an hour of our Tuesday dry session to some fitness work, however not only would this be better achieved in a gym environment it would also then not be at the cost of the first aid training which Tuesday dry-side is aimed at. It is felt that an hours gym time a week for the A Squad would be sufficient to encourage them to go away and work on their fitness in their own time, using fitness plans available from the club.

3.7 How many International/National representative athletes in your sport currently attend UL colleges?

One: Abi Hoyle

#### **4. Financial Status**

Please write a short statement on how you intend to spend your budget, what (if any) additional funds would you like and why. Please include details of how you use your self-raised funds.

The vast majority of the grant is spent on travel to league matches, we are trying to reduce the amount by using the RVC and ULU minibuses as much as possible (in the 2003/4 season we managed to book ULU bus once and RVC twice) the rest of the grant is spent on competition entry fees and affiliation (which includes insurance). The grant this year was almost all spent near the middle of the second term meaning that the club has to use self raised monies if it is going to continue to compete in the remaining competitions of the national league.

Self raised funds are used to purchase replacement equipment for the club as the current equipment falls into disrepair. We have purchased some 'gates' for use in speeds training (Obstacle relay) and are planning to place an order with RLSS for a baby manikin, 8 x 17m throw lines and a Lifeguard Trauma bag. A lot of money is tied up in kit (hoodies, polo shirts, swimming hats) which is ordered in bulk to reduce the cost per item, also this year a new set up fee was needed as our previous supplier had gone out of business, this money is recouped as the kit is sold to club members. The fund is also used to help in the annual league match staged at ULU, which although does make a profit for the club needs to have money to be set up. Funds are raised through team entry fees and social charges. Another large expense form the self raised is the travel cost and competition entry fees when the grant money has run out about half way through the season.

Additional funds are required as the club is attending more competitions every year and university entry fees have risen from £20 per team to £25 per team this year and we have found that the grant does not cover the cost of entry and travel to all competitions. The Club would like to attend speed competitions; however these can have entry costs of up to £60. At present members pay their own travel to RLSS competitions, to encourage more members to compete in these competitions (which offer the chance to compete at national level and to be selected for regional and national development squads) the Club would like extra funding in order to cover the travel. Funding for a Teacher course for some of our newly qualified Assistant Teachers would also be a great benefit to the club. Extra funding for a new rescue manikin is desperately needed as our rescue manikin has no bungs and so is no use in training. The extra funding required is approximately £1000 (based on a grant of over £700 this year, see budget application for full justification). Equipment such as rescue and resuscitation manikins have a long life expectancy and so this large amount of money would not be required in subsequent years. Funding for the extra competitions and increased entry fees will be needed every year.

#### **5. Strategic Factors**

This section asks you to consider some strategic factors that may have some bearing on your ULU sport.

5.1 What would you regard as the current strengths or positive attributes of your ULU Sport (e.g. National Champions)?

- Commitment, organization and enthusiasm of committee members. The training structure this year was much better than in previous years. Training officers invited feedback from members, resulting in sessions that were of maximum benefit to all members. With the introduction of the new Assistant teachers' course, members of the club who were teaching found it easier to prepare their sessions, leading to a much more efficient and interesting session for all concerned. As identified in last years plan, a dryside officer was trialed, this was an

overall success. The introduction of swim sessions during Tuesday training has resulted in the improvement of members swim times which has in turn resulted in higher placings, both at individual and team events. Unfortunately, a third session solely for swimming and fitness, as planned in last years plan, did not happen, it is hoped that this will work out next year. This year, many members used the swim plans available on the website. The regular training update and handouts from the training officer allowed members to learn skills very quickly.

- Prior lifesaving knowledge and teaching experience of some members allows them to help members with no experience. This has been aided this year by the qualification of 7 members as Assistant Teachers. We can often give one-on-one tuition to help sort out specific problems members have.
- Individual member's successes and experiences of high-level competition (e.g. Abi Hoyle) are a great benefit to the club's development. Abi has also been involved with RLSS National Committees and with the writing of an RLSS child protection policy. The involvement at such level committees is really too demanding for most ULU students.
- Success breeds success. Our recruitment next year will be aided by us being able to impress people with our results and league position. We have had less success this year in terms of medals at university competitions, however, our overall league position has improved and we now have a strong B team which can rival the A team for competition positions, this was an aim in our last SDP. The club has seen a rise in success at non-university competitions, where members 'medaled' at several RLSS SER competitions.
- Our ability to work together with other University Clubs in our quest for BUSA recognition despite them being our rivals most of the time demonstrates the ambition and maturity both of the club and of its members.
- Keeness of members to attend new competitions. This year members have been very keen to attend new competitions such as Leeds Lifesaving Classic and RLSS Speeds. Although the club has little experience in attending speed competitions this is an area we are keen to develop, with the aid of our coach. The interest in Open Water has also been higher than in previous years, this all encourages the club to broaden the program we offer our members.

## 5.2 And what would you regard as the main weakness or problem (e.g. lack of facilities)?

- Not enough pool time. It is difficult to juggle training for awards, practicing for incidents (a major competition component) and building up fitness and swimming within our current slots. There is a strong correlation between success and time training.
- Pool booking for our competition. University Competitions are held on Saturdays and we have again struggled to book the ULU pool for when we wanted it, despite booking in June for a December competition. As we want the competition during term time (to ensure other universities can send their optimum teams) we are in competition for pool time with paying, outside bodies. This was partially overcome this year by holding the competition later in the afternoon (4pm not 12pm), this is not ideal.
- Difficulty to get 20 members at the start of the year. We have not managed to meet our target of 30 members; however we hope to do so next year. Although the club struggles to get 20 members by the October deadline, we get a group of new members in the second term each year. Our final total number of members for this year was 24. Members often join late in first term or early second term as lifesaving is a year round sport, members interested in open water or beach lifesaving often only join for the spring/summer terms.
- Minimal use of London Student. We did not meet our target of using London Student regularly to publish results of our competitions and to advertise the ULU Open. This was in part due to the high college workload of both the Publicity Officer and Competitions Secretary. Next year we hope to address this by allowing the Publicity Officer duties to be split between two people, one responsible for the website and one responsible for all other publicity, particularly London Student correspondence. This is basically a reintroduction of the Webmaster role which the club had until last year. This should also ensure that the website is kept up to date more regularly than this year.

## 5.3 How do you think you could address these problems?

- Pool time. We could again request an extra lane during the week, preferably in the evening, to be dedicated to fitness and swimming training. If this fails, the Training Officer has produced swim plans in order for members to train in their own time at any pool. These are available on our website for members now.
- Competition. As this year, the solution appears to be book early and have the pool later on Saturday afternoon. Although not ideal this allows the competition to be held in term time, benefiting not only our own club but all the universities attending.
- Members. Advertise our participation in Speeds, Open Water and Beach Events better, both at Freshers Fair and on the website in order to attract members interested in these areas at the beginning of the year.
- London Student and Website. As above, we hope to address this by splitting Publicity Officer duties into Publicity and Webmaster.

5.4 Can you identify any opportunity which may benefit your ULU Sport currently, or in the foreseeable future, e.g. Major events, NGB initiatives, Lottery funding (incl. WCPP), UK Sports Institute, sponsorship opportunities?

- Worlds 2004. The World Inter-Club Team Championships are to be held in September 2004 in Italy. The top 4 universities in the A league are attending and it would benefit ULU Lifesaving Club if we could also attend. The club is looking into the possibility of sending a team.
- Joining BUSA. This will help raise our profile both within ULU and outside (e.g. for gaining sponsorship) and would also help attract more members.
- Lottery Grant. We are currently in the process of applying for this. The main benefit of this would be the equipment we could buy. Members could also have their qualifications paid for (unlike this year where the members paid for their own assistant teachers qualifications). The Club would also be able to travel to more competitions.
- Sponsorship. We are still seeking sponsorship for the club. A different approach was tried this year, when we tried to find a sponsor for our competition rather than for the club. We are going to try to gain 'equipment sponsors' next year e.g. a company could sponsor a baby manikin.
- Training. Three pool slots would help as mentioned in 5.2. Some gym time for the top competitors would also be beneficial.
- RLSS National Development Plan. This is a plan for the whole RLSS covering the three strands of sport, awards and vocational qualifications. The plan lays out a development program for RLSS sport and athletes with an aim of becoming an Olympic sport. University lifesaving will benefit greatly from this plan, which will be fully announced at the Annual Branch Conference 2004; to be attended by two club members (including current captain). A position on the sports program development committee is also to be elected at the Branch Conference, two members of BULSCA are considering standing for this position. If one of them is elected this will be a boost for University Lifesaving as we will have an influence on sports development within the RLSS.

5.5 Are you aware of any threats or adverse influences which may affect your ULU sport, e.g. changes at national level, alternative provision sources, legislation changes?

APP, we no longer have a qualified NPLQ trainer/assessor in the club or available for free to the club. There is a high demand for NPLQ and being able to offer it would give the club a large advantage. It would be good to involve Catherine Wildey's NPLQ course more with the club and set up a reciprocal arrangement where we pass members to the course and vice versa.

## 6. Future Aims and Objectives

This section asks you to consider the key aims and objectives for your ULU Sport for at least the next three years. Longer-term plans are welcome. A number of section headings have been given below for guidance. Not all of these may be applicable to your sport and there may be other areas of activity that you need to add.

The stated aims and objectives will then be linked to formulating action plans and key performance indicators (section 7).

## 6.1 Committee Structure

**Example aim:** *To create a management structure to effectively serve the needs of the sport across the UL colleges through the club.*

What is the most appropriate/ideal committee structure to meet the needs of the sport, the ULU regulations, NGB regulations, and Safety issues? What roles are needed? Do you need to recruit more help? If so, in what area & how might this be achieved effectively?

APP. We shall continue to keep the committee active and complete and reallocate jobs if necessary so as not to overburden one member. The trial of a dry side officer will continue this year, but it was not felt necessary to create a permanent committee position to this end. As the club grows the committee structure will again be reviewed, with the creation of Vice-Captain, Non-University Competitions Officer and Kit Officer considered.

The role of Publicity Officer has been split into Publicity and Webmaster for this year, hopefully this will result in a more regularly updated website and a greater presence of lifesaving in London Student, however, with such a small club, there are no plans to create a committee position for the Webmaster, this could be taken on by a member without portfolio in future, or handed over to the next Publicity Officer.

## 6.2 Strategic Planning

**Example aim:** *To identify the needs of your ULU Sport across UL, and to prioritise those needs in terms of strategic importance.*

What are the needs of participants and potential participants in your sport at competitive level in UL colleges? How do you identify these? What are your priorities?

Our main priority is competition training to improve our results. The A team and regular B team members need more pool time. Award training is also required for new members and for renewal of awards for senior members. The best way to achieve this would be to have three pool sessions a week. Sundays would involve the coach and senior members teaching award training and the basics with dry-side training also, this year this worked well as the moderation of Assistant Teachers complimented the teaching of Bronze Medallion skills. The Tuesday session would become incident and rope throw practise only with dry side for first aid incident training and the third session could be dedicated to fitness and swim and tow training with no dry session.

This is justified by the fact that, as last year, teams have seen a good improvement in competitive swim times and placings following 30-40 minutes swim session on a Tuesday. However, as we only have two sessions a week, this has been at the expensive of time to practise our incidents.

The definite allocation of Sundays to awards would allow members only interested in competing to avoid the awards session, preventing some members becoming 'bored'. It would also allow less experienced members to build up confidence before feeling they have to attend the more difficult third swim session.

The club would also benefit if we followed the most successful Lifesaving University Teams and incorporated some gym training. An hour a week gym time would be beneficial to the top 8 competitors; this could be supplemented by a training plan to do at leisure (as with the existing swim plan on our website).

If no extra pool or gym time is available we will repeat this year's strategy of arranging training to suit the majority of members, i.e. award training on Sundays as and when needed and competition training otherwise. Tuesdays are always competition training, although at the start of the year these also involve basics teaching, both for the freshers and for the summer rested (i.e. 'forgotten everything') senior members.

As this year, the Training Officer will produce a training update in advance of training sessions so that members know what the session will concentrate on. Swim plans will also be available for those wanting to train extra on their own.

We will continue to promote the Oxford University Freshers Competition as a 'fun weekend' and take as many members as possible (either on Oxford Tube or ULU minibus) with us. We will encourage people to compete ASAP.

As an increasing number of members have expressed an interest in both Speed Competitions and Open Water training, the club is looking to develop in these areas, with the assistance of our coach. This should also aid in our recruitment efforts as many students like the idea of open water 'Baywatch' style lifeguarding and speed competitions often provide a new and exciting challenge for competitive swimmers.

We are planning to hold a club-wide consultation in the summer term 2004 to ensure that our plans for the coming year reflect what our members want.

Another important aim is to increase membership and regular attendance. The above training improvements would go some way to helping with this. This year we managed to address the problem identified on last year's plan and have managed to prevent members dropping out due to 'boredom', this was achieved both through better planned training sessions and through a regular training update.

### 6.3 Competition Structure

**Example aim:** *To provide an appropriate programme of competitive opportunities for your sport across UL colleges.*

More specific objectives may be divided into those applying to:

- ULU league competition
- ULU tournament competition
- Representative competition (developing your current programme)
- National competition – promoting your athletes into National squads

Aim to increase the number of Speed Competitions attended by the club

- By increasing links with the Lifesaving community to find out about and gain invites to them
- By organizing some speed training in our regular program
- By purchasing obstacle gates with the assistance of Rochester Lifesaving Club
- Obtaining money to cover entry fees and travel costs, this could be obtained through competition fees and grant

Continue to hold the London Competition

- Book pool as early as possible, ideally before end of summer term
- Hold competition in term time as other universities struggle to attend if it's in the holidays

Continue to hold the ULU Open

- Better advertisement of the competition (e.g. London Student) would open this to a wider range of colleges
- Hold early in first term to attract members and provide an introduction to competitive lifesaving

Aim to enter Lifesaving into BUSA in the next 3 years

- To be organized through Captains' meeting which we will continue to support and take two members to (outgoing and incoming Captain ideally)

### 6.4 Recruitment & Selection

**Example aim:** *To ensure that recruitment efforts and selection policy are transparent and guarantee the principles of sports equity.*

More specific objectives may cover:

- improving your active recruitment efforts
- ensuring equality of opportunity to students of all member colleges
- sport-specific newsletters to AU clubs across London

- potential use of technology
- raising awareness of opportunities in the sport through effective publicity channels

Aim to increase membership to 40 members within 2 years by increasing awareness of UL students of the Lifesaving Club

- By submitting Competition reports to London Student after every competition along with the League Table (this will be the responsibility of the Publicity Officer).
- By encouraging members to buy and wear kit.
- By improving the efficiency of our Freshers Fair effort.
- By annually running the ULU Open and advertising it well.
- By making better use of the website
- Work with Catherine Wildey to use NPLQ course as a source of potential members.
- By advertising our participation in Speeds, Beach and Open Water events in addition to the traditional Lifesaving Awards and competitions.

Aim to keep members and potential members informed about lifesaving

- By sending out emails using Yahoo User Group system
- By making better use of the website

Aim to increase awareness of lifesaving by members of the public or other universities who may later be able to become members

Aim to welcome current members of other University Lifesaving Clubs who come to London as Post-Grads – their knowledge and experience are very useful.

## 6.5 The Achievement of Excellence

**Example aim:** *To provide the environment, programme and opportunities for competitive players to excel and achieve their potential within the ULU sporting framework.*

More specific objectives may cover issues such as:

- Attracting talented sportsmen/women into ULU sport
- Identifying and tracking talented students across UL colleges
- Providing support facilities & services to enable talented students to excel
- Preparation for NGB selection events

Aim to improve the fitness and, therefore, the performance of all ULU Lifesaving individuals and teams

- By applying for a third pool session dedicated to swimming and fitness
- By applying for gym time for the A squad
- By making both swim and fitness plans readily available on the website for members' personal use outside training times.

Aim to standardize judging and rules at University competitions, this is an ongoing process and will hopefully be finalized within 2 years

- By working with other universities to ensure the qualified university lifesaving judges play an active role in university competitions
- By promoting the use of qualified judges at university competitions, through verbal and written recommendations and at the Captains meeting
- By using the refined rules established by British Universities Lifesaving Clubs Association (BULSCA)

Aim to give competitors the chance to compete more often

- Continuing to send an A and B team to competitions and consolidating a C team within the next year
- By promoting individual RLSS membership to club members so they can enter more RLSS competitions. Last years target of ¼ has been met, aim for ½ of members in next 2 years.
- Continuing to produce an annual fixture list and letting members know competition dates as soon as they are released so members can plan their college workload.

- Continuing to ensure that members who are unable to compete at university competitions compete at non-university competitions and recognize success there is as valid as success at university competitions. Performance at all competitions is used to select teams.

Aim to publish results and encourage the field to grow.

- By sending reports and league tables to London Student
- By making better use of the website

Aim to promote to members the opportunity for National Selection

- By keeping them up to date with training times of the regional development squads and passing this information to members.
- By encouraging participation at RLSS Essex and SER competitions, this year more members have participated in these competitions, this trend should be continued next year.

## 6.6 Developing the Profile of ULU Sport

**Example aim:** *To create and use every opportunity to raise the profile of your ULU Sport.*

More specific objectives may include liaison with sport- publications and with national/local press.

Aim to achieve a high profile for the sport within ULU.

- By working towards high standards of achievement at the level of purples, both through structured training and through attendance at high level competition e.g. RLSS Speed Nationals.

Aim to promote ULU Lifesaving both within UL and nationally

- By sending reports and league tables to London Student
- By hosting and advertising the ULU Lifesaving Open

Maintain links with Police Cadets through offering high quality and successful first aid courses as and when required.

Aim to raise the profile of ULU Lifesaving within the RLSS

- By attending the RLSS Annual Branch Conference (attended by all UK Branches)
- By publishing reports and photos in the RLSS publications 'Around the Regions' and 'Lifesavers'
- By attending Essex RLSS AGM and competitions
- By volunteering at RLSS Rookie on the Beach

## 6.7 Vocational Development

**Example aim:** *To consider the potential for developing education and training initiatives for students in your sport across the University of London.*

Objectives could include:

- Player development days – with senior coaches or National athletes
- Coaching awards
- Referees/Umpires/Officials Courses

Aim to assist our newly qualified Assistant Teachers to practice their skills

- By organizing a teaching schedule which allows them to prepare beginners for Bronze Medallion
- By informing them of RLSS Teacher courses and encouraging them to attend, possibly these could be paid for from the grant?

Aim to train a Pool TA in order to offer the NPLQ, this would increase our membership and profile.

- By approaching Essex RLSS for funding for a Pool TA course for a member who plans to be associated with the club for a few years.

Aim to assist those members who are University Lifesaving Judges to use their skills

- By working in association with BULSCA Captains to produce a current list of judges and by encouraging the use of listed judges at all university competitions
- Encouraging further members to attend a Judges training course

Aim to provide Lifesaving training to ULU members

- By continuing to offer Bronze Medallion, Award of Merit, Life Support 1 and 3
- By organizing an Open Water training session in association with Essex RLSS within the next year
- By continuing to support the British Universities Beach Weekend
- By offering NPLQ through Catherine Wildey

Aim to remain involved in community projects

- To maintain links with the Cadet group and offer training sessions as required. These courses should have a high exam success rate.

Aim to encourage A squad members to attend the Regional Development Squads through provision of information

## 6.8 Resourcing your Sport

**Example aim:** *To identify resources currently available and potential new resources*

What are your financial objectives? Can you identify any sport sponsorship opportunities? How are you going to resource the contents of your development plan? Concentrate on human, time and physical resources in addition to financial resources.

Aim to gain sponsorship

- By actively writing to companies with a club CV featuring achievements and activities
- By seeking equipment, competition and club sponsorship

Aim to continue the partnership with our current coach who provides coaching at a very low cost

- By maintaining contact over the summer period, including him in club events (both competitions and socials) and attending the Essex branch AGM

Aim to gain more pool time for training for all aspects of awards, competition and open water

- By liaising with Essex RLSS regarding open water training sites and trainers
- By applying to ULU for an extra lane pool time one evening a week
- By achieving good results and thereby warranting the extra pool time
- By producing a good development plan stating our needs for extra pool time
- A different time slot for the third session (previously Thursday 3pm) would make it accessible to more members and would hopefully be more convenient for a coach to attend.

Aim to gain gym time for top competition training

- Apply to ULU for gym time for A squad (8 members)
- By improving performance as a result of this extra training

## 6.9 Partnerships

**Example aim:** *To investigate opportunities for partnerships of mutual benefit*

With whom, and how? For what?

Aim to maintain good relations with other University Clubs

- By attending the BULSCA Captains' Meeting and all university competitions.
- By continuing to host the London University Competition and invite all BULSCA Clubs.
- By hosting a social for BULSCA Clubs following our competition

Aim to maintain links with active RLSS clubs so members can continue training on leaving University

- By attending competitions such as Kent Open, Crawley Open. This also provides a good source of new members for us, as their members often go on to join ULU.

As already mentioned under various sections: Dave Flood, Cadets and Essex RLSS

## 6.10 National Governing Bodies

**Example aim:** *To liaise with the sport's national governing body to explore opportunities for mutual benefit*

More specific objectives may cover:

- Co-ordination of events calendar
- Access to NGB facilities
- Inclusion of ULU Sport in the NGB development and funding strategies
- Scholarship issues

Aim to get RLSS and/or Surf Lifesaving involved in university lifesaving as part of our BUSA goals within the next 2 years.

- By creating a unified front of the lifesaving universities through the Captains' meetings
- By asking RLSS/Surf Lifesaving to attend the Captains' meetings.

## 7.0 Action plans

To implement each of the ideas expressed above, we need some action plans. These should address each objective – either collectively, or independently – and be SMART.

### 1. Committee Structure

- These action plans will be distributed to each member of the 2004-05 committee and used as a 'checklist' throughout the year to keep us on target.
- Committee members will be made aware, at the first meeting, of which of these action plans they are responsible for. This will hopefully prevent the 'if everyone is responsible for everything, nobody does anything' situation.
- Following the review of the position of *Dry side training officer*, records will continue to be kept of wet and dry training sessions and a second review of the dry side position will be undertaken at AGM 2005 with the creation of a permanent position if necessary.
- The duties of *webmaster* and *publicity* have also been split. The measure of whether this works will be a regularly updated website and regular reports published in London Student.
- A detailed record of all competitions will be kept by the *Competitions Secretary* with a view to reviewing the need for a non-university competitions officer at AGM 2005.
- Regular, minuted committee meetings will be held and work spread out over the whole committee to lessen the burden on any members who are overworked.

### 2. Strategic Planning

- Two (three if pool time granted) well-defined training sessions will be held each week with *Training Officer* being responsible for planning awards sessions and *Competitions Secretary* responsible for competitions training. Three sessions should be gained within two years, ideally to begin this year.
- Session plans will be available via the Yahoo Group Email and supporting material, such as fitness and swimming plans and training handouts, will be readily available on the website. With sessions independently dedicated to competitions, fitness or awards it will be easier for club members to attend sessions relevant to their needs.
- *Competitions Secretary* will keep records of members swim and tow and line throw times and performance in competitions (including initiative results).

The performance indicators will be improved times, rope throw consistency and improved placings at competitions. A dedicated awards session should also lead to an increased number of members gaining their bronze medallion (7 this year).

- Another way to tackle the low number of exams taken is to arrange an assessment at Bramston pool, Witham, Essex as this would overcome the problem of Essex-based examiners being unwilling to travel into London.
- An element of speed training will be introduced into our regular training program; this will be aided by the purchase of obstacle 'gates' from Rochester Lifesaving Club. The Club will attend a greater number of Speeds Competitions next year including Crawley Open and RLSS Speeds Nationals.

The performance indicator this year will be that we enter at least one team in these competitions. In following years we should aim to improve on our performances, however, this year as this is a new area to us we will simply try to get a grasp on the events and train accordingly, our aim should be to do well at the initiative (which we are experienced in) and to simply try our best at the new events. It is accepted that as the number of competitions attended increases this puts a strain on members who are trying to compete and do well in their degree, this should not become a problem as members are not expected to compete at all competitions. In fact, different competitions will appeal to, and suit, individual members.

- Membership numbers should again be aimed at 30, rising to 40 in two years. *Publicity Officer* will ensure that the club advertises its involvement with speeds, open water and beach training in addition to traditional competitions and awards, this should be advertised in London Student, ULU Student Guide and the Website. An increased variety of activities will hopefully encourage more people to join the club. A performance indicator will be the number of members we have at the end of the year.

### 3. Competition Structure

- The club will attend a greater number of Speed competitions, fees and travel will be covered by grant money and competition fees. The Club should aim to attend at least 2 Speed competitions next year, rising to 5 in 2 years.
- *Competitions Secretary* will book ULU pool prior to the end of summer term 2004 in order to secure a desirable date for the London University Competition. This date will be released to universities through the BULSCA website and emailing list immediately. A performance indicator is that we will aim to have at least 20 teams in attendance.
- The ULU Open will be held during the first term. A performance indicator will be that there are at least 10 competitors. The ULU Open will be advertised through London Student, the Website and through email correspondence with other ULU watersports clubs. The ULU Open not only aids our recruitment but encourages students to set up clubs within their colleges which, in turn, aids the move to BUSA.
- The outgoing and incoming *Captains* will attend the annual BULSCA Captains Meeting and report any changes to the Club, this may include the introduction of 6 man competitions or the move towards BUSA recognition.

### 4. Recruitment and Selection

- Membership numbers should again be aimed at 30, rising to 40 in two years. *Publicity Officer* will ensure that the club advertises its involvement with speeds, open water and beach training in addition to traditional competitions and awards, this should be advertised in London Student, Student Guide and the Website. An increased variety of activities will hopefully encourage more people to join the club. A performance indicator will be the number of members (target 30) we have at the end of the year
- *Publicity Officer* will be responsible for submitting a report to London Student after each competition attended, along with the Universities League Table if applicable.
- The existing kit (swimsuits, swim hats, polo shirts and hoodies) will be sold to members and worn around college, to competitions and to relevant meetings outside ULU.
- The role of *Publicity Officer* is to be split into two this year with one member solely responsible for the website, it is hoped this will result in a regularly updated and accurate website where both members and non-members can find information easily.

- Members will be kept informed of training events (*Training Officer*), upcoming competitions (including selection dates if applicable) (*Competitions Secretary*) and social events (*Social Secretary*) via the Yahoo User Group Email, this is the responsibility of the committee members indicated.
- Selection for teams by the *Competitions Secretary* and *Captain* will be based on performance records kept at training and previous competitions, as detailed earlier.

The performance indicators will be an increased membership of 30, rising to 40 within the next two years, an accurate and up-to-date website and regular reports featured in London Student.

#### 5. Achievement of Excellence

- Fitness will be targeted through planned swimming sessions and fitness sessions. Members will also be encouraged to use the available plans to train in their own time outside the normal sessions. Performance indicators will be improved competition placings of A, B and C teams, along with an improvement in individual performance (monitored through the records kept).
- An hours gym time for the A squad will be requested and a planned fitness session stuck to, this will be written in conjunction with a qualified personal trainer. In the event that there is no gym time, members will be encouraged to train in their free time.
- A consolidated C team should be regularly competing by midway through next year.
- Members will be encouraged to purchase individual RLSS membership, enabling them to compete in the qualifying heats of RLSS Nationals. At present approximately  $\frac{1}{4}$  of the club have individual membership, in 2004-05 we aim to have  $\frac{1}{3}$  members with individual RLSS membership. Competing at RLSS events provides the opportunity for both regional and national selection of individuals.
- As this year, a fixture list will be produced at the beginning of the year by the *Competitions Secretary*, enabling members to plan their college work appropriately, this list will be added to throughout the year, giving as much notice as possible of competition dates to members.
- A greater number of members will be encouraged to compete at RLSS competitions. Competitions such as the Sid Tyne Cup can be an ideal first competition for a novice while the National qualifiers provide an appropriate level of competition for more experienced members. Again, a performance indicator will be the number of members actively competing in RLSS competitions, this should be greater than 4 members which is this years total.
- ULU will work with BULSCA to ensure that University Judges are used at competitions and that the agreed rules (available on the BULSCA website) are adhered to at all university competitions.

#### 6. Profile of ULU Sport

- Current members will be encouraged to wear club kit at college and to Lifesaving events to highlight the profile of the club and the sport in general. We again hope to attract members from a wide range of colleges, the performance indicator will be that members originate from diverse colleges.
- The *Publicity Officer* will aim to increase the profile of ULU Lifesaving through reports published in London Student, RLSS Lifesavers and Around the Regions magazines. The ULU advertisement boards will also be used to publish training times etc for the Club.
- The Club will aim to fulfill the criteria to become a Core Sport, through achieving the targets laid out in the Development Plan, this should be achieved within the next two years (hopefully this year!!)
- The link with the Police Cadets and rollerblade group will be maintained and courses offered as and when necessary. Another bronze medallion course will be offered to the police cadets next year.
- The club will continue to attend regional and national RLSS competitions in order to raise the profile of ULU outside the university circle of lifesaving competitions.
- Members will be informed of the possibility of volunteering at Rookie on the Beach 2004. This is a weekend course for children to learn basic lifesaving skills at the beach. This would provide an excellent opportunity to raise the profile of ULU Lifesaving.
- The outgoing and incoming *Captains* will continue to attend the Essex RLSS AGM.
- For the first time, two members will attend the RLSS Annual Branch Conference (May 2004) and we will express our interest in continuing to attend this event.

#### 7. Vocational Development

- Another Assistant Teachers Course will be held in 2005-06, there is no need for a course to be held in 2004-05 as there are no members ready to take the award.
- *Training Officer* will produce a plan which allocates teaching time to newly qualified Assistant Teachers, allowing them to be moderated and also allowing them to gain confidence in teaching.

- The *Training Officer*, in liaison with Val Hardy of Essex RLSS, will look into the feasibility of arranging a Teacher course for those members who have achieved Assistant Teacher status, as this is a financially costly course assistance may be required e.g. from Evolution.
- Senior members with competition experience will be informed of any local Judging Courses. Previously qualified Judges (from various universities) will continue to be invited to the London Competition to judge.
- The Club will continue to offer Bronze Medallion, Life Support and Award of Merit awards. Additionally, Open Water training will be arranged for the summer term and we will continue to attend the Annual Student Beach Training Weekend hosted by BULSCA and Bournemouth Lifeguards. Members interested in NPLQ will be put in touch with Catherine Wildey.

Performance Indicators will be that the Assistant Teachers are all moderated by the end of summer term 2004 and some of them, if interested, will go on and qualify as RLSS Teachers. A large proportion of the judges at our competition will be student judges. The number of members taking Bronze Medallion and Life Support, as previously discussed, will continue to increase.

#### 8. Resourcing the Sport

- Competition sponsorship will be sought by the *Publicity Officer* sending out a CV of the clubs achievements and activities. The help of ULU will be sought for advice etc. regarding this letter. Sponsorship of kit/competition will be achieved within the next two years. Club sponsorship will be achieved within the next five years.
- *Publicity Officer* and *Captain* will continue to work towards a Lottery Grant with the aid of Ruth Morrison.
- Dave Flood will be kept informed over the summer break of club news etc. including the start date of our training sessions. Dave provides coaching at an extremely low cost.
- *Captain* will apply for extra pool time for the club, the performance indicator is that we will have three sessions a week instead of two. An improved performance at competitions will justify this extra pool time. Essex RLSS will also be approached to provide us with Open Water training facilities.
- *Captain* will also apply for gym time for the A squad, again improved team performance will justify this resource.
- Essex RLSS have agreed to pay for two members to attend Annual Branch Conference, Oxford in 2004. We should express our interest in attending Conference 2005.

#### 9. Partnerships

- Good relationships will be maintained with the other University clubs by incoming and outgoing *Captains* continuing to attend the annual BULSCA Captains' Meeting.
- London will continue to host a social after the London University Competition and continue to encourage members to attend the socials held by other university clubs.
- The club will enter RLSS competitions (local, regional, speeds).
- Outgoing and incoming *Captains* will continue to attend the Essex AGM and, Essex RLSS permitting, the RLSS Annual Branch Conference.

#### 10. National Governing Body

- *Captain* will continue to vote for RLSS as the national governing body, this is discussed at BULSCA meetings.

### **DEADLINE FOR SUBMISSION: 26<sup>th</sup> March 2004 12:00pm**

All plans are to be submitted to Alex Stacey, Ruth Morrison or Becky Fawcett on the 4<sup>th</sup> floor at ULU, Malet Street, London WC1E 7HY. Forms will not be accepted after the deadline and failure to submit a form will affect your funding for next year. Please ensure that you get a receipt from ULU for your form.