

# Sports' Development Plan (2004-2005)

<b>GENERAL INFORMATION</b>	
<b>Sport</b>	Lifesaving
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<b>Date submitted</b>	1 <sup>st</sup> April 2005

**Please attach this front cover to your completed review.**

**This template has changed from previous years, please ensure you read the following instruction pages carefully and note the changes especially in sections 6, 7 & 8.**

## ULU Sports Development Plan

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.

### The template (sections 1-5)

The original template for the sports development plan is attached. For your reference a copy of your most recent review is also attached.

Did you fill in sections 1-5 in enough detail?

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

This section gives us background information your sport and your club so that we may evaluate you at local, national and international level.

### Your future (Sections 6 & 7)

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) To help you, you can make your objectives 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

Section 6 is concerned with setting your targets and should include 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.)

Section 7 is concerned with the actual processes you will go through to achieve them i.e. 40 members by continued recruitment throughout the year using 1) Posters 2) Updated website 3) Well publicised 'try' sessions.

### Evaluation against your targets (Section 8)

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

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. It is not always necessary to have achieved your aims if you can indicate why you think you did not. You may therefore decide to approach achieving your aims and objectives differently this year as a result.

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

**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 Jim Eynon or Alex Stacey in the ULU office.**

# Template

## 1. Introduction to your Sport

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) AGMs, and a Competition Manual has been produced based upon these discussions. It has undergone a one year trial, with ULU hosting a review meeting for BULSCA in December.

- 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,

BULSCA run a University League system, with both an A team league and a B team league. 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, with amendments made to the scoring procedures in 2004.

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

Please provide contact details for these people

The BULSCA Chair (currently Martyn Bellwood from Nottingham University LSC) can be contacted by email ([chair@uni-lifesaving.org.uk](mailto:chair@uni-lifesaving.org.uk))

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, so long as they can pass the ULU swim test. University Competitions are all mixed sex teams with four members (at least one of each sex). 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). Our members continue to represent a wide

range of colleges within ULU including: UCL, Imperial, Kings, Queen Mary, RVC, LSE, School of Pharmacy, SOAS and Birkbeck. For the third 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. In addition to a successful campaign at Freshers' Fayre (where we managed to sign up approximately 160 people to our email list) the club has managed to attract new members throughout the year, our newest members joining in February. 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 university competition, ranging from the introductory ULU Open and Warwick 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. 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 was also able to offer Bronze and Silver Cross Open Water Training during the summer in association with Essex RLSS at Chalkwell beach, which was well attended. We hope to continue our close working relationship with Essex by running the courses again this summer.

For the first time in at least 3 years, we have been able to offer the National Pool Lifeguard Qualification, in association with Energy Base. This is a professional qualification, allowing members to work as lifeguards in pools across London. In previous years, we had had as many as 30 enquiries a year regarding the course, but unfortunately had to turn these people away. With the help of ULU funding secured in the Summer term on 2004, I was able to complete a Pool Lifeguard Trainer/Assessor course last September. We ran our first course with the help of Catherine Wildey in February, and gained one new member as a result (most of the course was taken up with current club members). We hope to run two courses next year, one in both Michaelmas and Lent terms. Due to negotiations with Catherine Wildey, we agreed to charge current members £100 for the course, which still represents very good value for money compared with other NPLQ courses run in the capital.

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 20-25 University clubs with several clubs recently formed and beginning to compete regularly, including Bangor, Edinburgh and Newcastle. BULSCA operates a buddy system for new clubs, whereby one of the more experienced clubs provides expertise and help whilst the new club gets off the ground. This has proven incredibly successful, and resulted in new clubs forming fairly regularly. Next year, ULU may become the buddy club for Hertfordshire, who are considering setting up a club. 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 25-30 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 compete regularly this year, with several clubs absent in recent years making a welcome return. Newcastle, St Andrews and Bristol have all attended one competition this year, and Bath have managed to make it to four.

This is the sixth year that ULU has hosted a university competition, attended by 24 teams, and won by Loughborough.

Loughborough held the second National Student Speed Championships this year which was well attended by both university and non-university teams, with several student and British records smashed. University teams, namely Southampton and Warwick, entered the Inter-club World Championships in Italy in September, with Southampton picking up a silver medal in the aquatic simulated emergency response competition (SERC). Several clubs are considering entering the European Championships in Germany this summer, as well as the Inter-club World Championships in Australia next February.

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. Unfortunately, our Publicity Officer, who has been dealing with the Lottery Grant for the last two years has had a very poor attendance at committee meetings. It has been impossible to reassign these tasks, as he has all the information regarding the Lottery Grant and hence would involve us starting the process from scratch.

We have, however, managed to do a lot of fundraising ourselves, particularly with the introduction of standard £25 fees for clubs entering BULSCA competitions (providing a net surplus of £281), and the successful running of the NPLQ (providing a net surplus of £225).

e) National League/Competition Structure

There is a British Universities League table based on results from the University competitions. The National Student Speed Championships are not included in the league. 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 European Inter-Club Championships to be held in Germany in August 2005, or the World Inter-Club Championships to be held in Australia in February 2006. 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

The only way countries and clubs are currently ranked is through competing at the World Championships, held most recently in Italy in September 2005. At this event, the GB team was ranked 8<sup>th</sup> overall, with gold medal in the SERC. Southampton University are currently ranked joint 60<sup>th</sup>, with Warwick and Loughborough Universities ranked joint 67<sup>th</sup> in the inter-club rankings.

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

Abi Hoyle, a former club member, is the reigning World Champion and former British record holder in the women's individual line throw. The GB team are World SERC Champions. Southampton University hold a silver medal in the inter-club SERC.

e) Olympic/Commonwealth status

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

f) Etc

## 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 Pool Lifeguard Trainer/Assessor. In 2003, an Assistant teachers course was set up in liaison with Essex Branch, and 7 members became qualified RLSS Assistant Teachers. This has continued to prove useful, as many of the more senior members of the club have been well equipped to teach our new members. Our coach is Dave Flood, the current Essex branch President. Two members last year and five members this year have been awarded "Friends of the Society" awards. For the second year in a row, 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 Northamptonshire. 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. As a result of attendance last year, Clare Howarth and a member of Manchester University Lifesaving Club, Dan Graham, were asked to represent the views of young people as an advisor to the RLSS National Communications Committee. It is hoped that a similar offer may be made again this year.

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

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.

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, APP, we continued to trial a WOP with responsibility for dryside training. The role was altered slightly from last year, with the WOP taking more of a behind-the-scenes role, liaising with ULU and RLSS Essex Branch with regard to organising and running exams. This enabled us to run more than ever before, however it also led to a shortage of candidates for exams organised well in advance. At the AGM, despite the success of the role, it was felt that it was not necessary to continue it, especially with the introduction of NPLQ. Instead, a WOP has been given the responsibility for NPLQ, namely myself. It is common for lifesaving clubs to split training in this way, as the requirements for lifesaving and lifeguarding courses are completely different and are governed by the RLSS and the Institute of Qualified Lifeguards (IQL, a relatively autonomous division of the RLSS) respectively.

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).
- RLSS Staff National Trainer/Assessor: Val Hardy. Regularly assesses our exams. Moderated the club's first NPLQ course, as part of the Pool Lifeguard Trainer/Assessor qualifying process. Arranged for the open water training to take place at Chalkwell, where she acted as an assessor.
- 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, and more recently Alex Stacey: As above.
- ULU VP Sports: Assists with many aspects of club.
- Catherine Wildey: We have had a good relationship with Catherine. She has also assisted us with pool bookings for the ULU Open and London University Competition. She has also acted as the Training Coordinator for the recent NPLQ course organising assessors and booking rooms and equipment.
- Other: various ULU staff including Duty Manager and Receptionists provide assistance on a day-to-day basis.

ULU Clubs:

- 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 for the second year in a row. 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. They also assisted us to run the first ULU Aquatics Clubs Social event, attended by Lifesaving, Water Polo, Canoe Polo and LUST.
- Water Polo Club: We have a very good relationship with Water Polo, who regularly borrow some of our Sunday pool time to conduct BUSA matches. In return, we get extra training sessions at other times, and the use of the shallow end whilst they are training for aquatic spinal injury management with the NPLQ courses.

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

### a) Recruitment

We have had a very successful Freshers' Fayre this year, with flyers, posters, laptop presentations, music and even free pens with the club URL on them. The club was also well represented, with a large number of willing volunteers helping out with our stall. Additionally, we ran a very successful freshers' social, having given out tickets to people who signed up to the email list. This was very well attended, with over 40 people turning up. Unfortunately, the club was underrepresented, and we only got two or three members from it.

We are very keen on members wearing club kit around their colleges, and promoting the club through word of mouth. This has brought us lots of new members over the years, including two members of the outgoing committee! We also make good use of our website, where email contact details for all committee members are listed, as well as our activities and achievements. We have found that this year, more than any previous year, the website has received a lot of enquiries, and several students have joined as a result.

NPLQ has proved very effective in our drive to recruit new members, as expected. We have had several students join us with the intention of becoming a lifeguard, although only one eventually sat the course.

### b) Selection

This year we have introduced a Team Selection Policy, outlining the procedures by which teams should be selected. This was done to increase the accountability of the Club Captain and Competition Secretary with respect to team selection, as well as giving members clear targets to work towards in order to improve their chances of making a team. The policy is available on our website ([www.ululifesaving.org.uk/competitions.html](http://www.ululifesaving.org.uk/competitions.html)). We currently have two teams that compete regularly and are very close to getting a third. We have had to withdraw the C team from several competitions at the last minute this year because team members could not attend (in one case due to a broken coccyx, in another due having a paper accepted at a conference).

### 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. The ULU Open has proved to be a good marker of talent, as well as offering an introduction to lifesaving competitions. The criteria against which we judge competitors are written down in the team selection policy, and feedback can be, and often is, requested from the Competition Secretary or Club Captain.

### d) Training

Sunday sessions focuses almost exclusively on awards training, with our Coach and Training Officers tutoring members and preparing them for exams. We also run NPLQ on Sundays, sharing pool time with the rest of the club, and making use of Studio Base 2 for dry training.

Tuesday sessions focus on training for competitions, run by the Competitions Secretary, with the help of the Club Captain, who is a qualified swimming instructor.

We have managed to secure another training session on a Wednesday this year. We have one lane in the swimming pool from 1530-1630. This session is designed for swimming training, where the A squad and concentrate more on fitness than any of the other skills required for competitions. It also gives members the opportunity to have their strokes scrutinised by the Club Captain, and helps us to assess relative speed and fitness levels for team selection.

There is, however, a great deal of flexibility in the way we train, reflecting changes in our members needs throughout the year. For example, at the start of the year, all training sessions are given over to awards training, as these tend to be more skills based. This tends to also happen the week before club members sit any lifesaving or life support exams. During the run up to the BULSCA National Student Lifesaving Championships, all sessions being exclusively competitions training, to allow those competing to be at peak performance for the event.

As Club Captain, I have regularly met with my Training Officer and Competitions Secretary to evaluate the sessions we have run, in order to strive to improve them. This constant evaluation, combined with a reasonably relaxed training-style allowing members to give feedback, has proved very effective, with the Club winning the BULSCA A-League.

e) Training Venues

Lifesaving training is broken into two elements, dryside and wetside. Dryside takes place in a room and consists of first aid, resuscitation, theory and SERC training. Wetside takes place in the swimming pool, and concentrates on all the aquatic aspects of the sport.

Sunday sessions begin in the ULU pool from 1600-1730 for wetside. We then get changed and reconvene in a room in ULU, usually 2A from 1730-1900. NPLQ courses start at 1200 in Studio Base 2. We have 3 ½ hours of dryside before candidates go to get changed. We then use the pool with other club members from 1600-1730, before returning to Studio Base 2 from 1730-1900.

Tuesday sessions start at 1930 in 2A, although we have the room from 1900. This allows committee meetings and other informal meetings of committee members to take place without having to book extra room time, as well as giving the Competition Secretary the time required to set up prior to the arrival of our members. We finish in the room at approximately 2045, before heading down to the pool from 2100-2200.

Wednesday sessions make use of one lane of the ULU pool from 1530-1630.

f) Coaching

As above, this is split between senior members (qualified as RLSS Assistant Teachers as well as the Pool Lifeguard Trainer/Assessor), especially Competitions Officer and Training Officer, and the Coach. We have, once again, benefited from weekly swimming sessions on a Tuesday night, organised by the Club Captain. We have also profited from the fact that two of our members are ex-St John's and have a wealth of experience in dryside.

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 they must complete the ULU Swim Test). All students are welcome to compete at RLSS team and pairs competitions, but individual competitions do require personal RLSS membership. Training is open to all members and is differentiated, so that everyone feels challenged, but nobody feels inadequate. Awards are taught from scratch so that a complete beginner is able to sit an exam and gain an award (ideally within one term).

Although places for university competitions tend to be limited, our Team Selection Policy ensures that no-one is treated unfairly. We take as many teams as we can to each competition, however it has often been the case that we have fallen one member short of a complete team. Member who are not selected for a team are still more than welcome to attend the competitions, as host teams usually required people to 'body' in the SERC, i.e. act in distress and await rescue by teams. This has proven quite a popular option, as university competition socials normally constitute a good night out. The Club will not pay travel expenses for non-competitors.

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 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:

**Team Results:**

No in brackets is the no. of teams competing.

▪ **A Team**

**British Universities League**

Southampton	(2004)	5 <sup>th</sup> (12)
Warwick		3 <sup>rd</sup> (25)
Aberdeen		1 <sup>st</sup> (11)
London		6 <sup>th</sup> (21)
Birmingham		2 <sup>nd</sup> (24)
Nottingham		3 <sup>rd</sup> (28)
Student Nationals		3 <sup>rd</sup> (28)
Southampton		1 <sup>st</sup> (22)

British Universities A team League Final Position 1<sup>st</sup>

▪ **B Team:**

Southampton	(2004)	12 <sup>th</sup> (12)
Warwick		20 (25)
Aberdeen		8 <sup>th</sup> (11)
London		16 <sup>th</sup> (21)
Birmingham		20 <sup>th</sup> (24)
Nottingham		26 <sup>th</sup> (28)
Student Nationals		26 <sup>th</sup> (28)
Southampton		21 <sup>st</sup> (22)

British Universities B team League Position 7<sup>th</sup>

▪ **RLSS**

Crawley		9 <sup>th</sup> (11)
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**Individual results**

▪ **Clare Howarth**

RLSS National Championships November 2004

– Ladies Dry Initiative 2<sup>nd</sup>

- Swim and Tow 7<sup>th</sup>
- Rope throw 10<sup>th</sup>
- Aquatic Initiative 12<sup>th</sup>
- Overall 12<sup>th</sup> (16)

1<sup>st</sup> Bournemouth Regatta Incident (with Southampton Uni) July 2004 - gold

1<sup>st</sup> Bournemouth Regatta Ladies (with Southampton Uni) July 2004 – gold medal

1<sup>st</sup> RLSS South East Region Ladies Championship and National Qualifiers September 2004 – gold and trophy

ULU Open 1<sup>st</sup> in Ladies and winner of overall Nic Williams Trophy Oct 2004 – gold medal and trophy

RLSS Kent Open Feb 2005 3<sup>rd</sup> (9)

**Full Purple 2004-2005**

▪ **Iain Long**

Loughborough University Student Speed Nationals Oct 2004 (out of 16)

- 100m Mannikin tow with fins 7<sup>th</sup>
- 100m Rescue Medley 6<sup>th</sup>
- 100m Mannikin Carry with fins 3<sup>rd</sup>
- 50m Mannikin Carry 8<sup>th</sup>

**Full Purple 2004-2005**

▪ **Nic Williams**

ULU Open 1<sup>st</sup> in Men's – Gold medal

World Inter-club Championships, Italy – Southampton Uni Coach

**Full Purple 2004-2005**

### 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 2005 meeting, continue to attempt to move Lifesaving closer towards BUSA entry. 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, a former club member and current World Champion in the Individual Line Throw, and Gary Hannant, outgoing Publicity Officer, have been highly involved in this move to BUSA.

The BULSCA League Table has been up and running for three years now but there are no other national leagues. There were 6 university competitions this year, but with BUSA association it is hoped that more clubs will receive the financial aid required to travel to competitions at e.g. St Andrews and Newcastle. 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. Clare Howarth, the outgoing Competition Secretary recently represented the South East Region at Nationals, through this channel.

We have also begun competing at speed lifesaving competitions through the RLSS, as this is proving to be a large growth area within the sport.

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 organised 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, and 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?

N/A

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

We held the third 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. It is a good beginning on 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.

b) 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 Warwick, 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 gym session would be of great benefit to our A Squad. As we develop into a speed lifesaving club as well as a more traditional club, fitness will become ever more important. Although we have done extremely well in BULSCA competitions this year, this has been down more to our SERC performances, rather than our swimming agility. A clear dichotomy is developing within the sport between those teams who are able to train for speed, many of whom have gym time, and the other clubs. Although we are on pace with most other clubs, there are several teams (namely Loughborough, Southampton and Nottingham), who finish over 30 seconds, or two lengths, ahead of us over a 16 length event. If we are to stand any chance of retaining our title as BULSCA League Champions, we need to close this gap. The Club feels that a gym session would a significant step towards achieving this goal.

As with many skill based sports, it is often difficult to train new members in the basics, whilst maintaining the interest of the more senior members. It is felt that the use of one of the larger rooms on the third or fourth floors, instead of the smaller second floor rooms, would allow for more differentiated training, whilst not making new members feel like they are being excluded. Given a larger room, we would be able to run more than one session simultaneously, making full use of all our teaching qualified personnel. For example, the Coach could run basic resuscitation lessons at one side of the room, whilst the Training Officer discusses paediatrics at the other. We have tried running a similar style session in our current location (2A), but have found it difficult due to lack of space. The use of a larger room would ease this pressure on space, and allow a more effective session to be carried out.

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

One, to our knowledge. Clare Howarth (UCL) represented the South East Region at RLSS UK Nationals.

#### 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, although we are trying to reduce the amount by using the ULU minibuses as much as possible (in the 2004-2005 season we managed to book ULU bus once), as well as asking committee members to drive the teams in their cars. 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. The last time we ordered kit we did so through a new manufacturer, requiring a large set up cost. We are gradually covering this as kit is sold. The fund is also used to help in the annual league match staged at ULU, which although does make a profit for the club, requires a large outlay prior to the event. Funds are raised through team entry fees and social charges. Another large expense from 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 are now £25 per team. This year and we have found that the grant does not cover the cost of entry and travel to all competitions, particularly due to the fact that Aberdeen announced their competition after last year's budget application deadline. 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, but 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 this. Funding for a Teacher and another Assistant Teacher course would also be a great benefit to the club, especially as many of the participants of the last course graduate this year. Extra funding for a new rescue manikin is desperately needed as our rescue manikin has no bungs and so is no use in training. 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. Additionally, due to competition rules changes, our torpedo buoys can no longer be used at events. The cost of purchasing enough new torpedoes for each team to have one is £270.

#### 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)?

- British Universities Lifesaving Clubs Association National League Champions 2004-2005. This required a strong performance throughout the year. The club won medals at all bar one BULSCA competitions, in addition to a bronze at BULSCA National Championships.
- A motivated and competent committee. This year's committee has been the best we have had for many a year. As a result, committee meetings have occurred more often, and have been well attended. There have been a large number of new initiatives introduced, ranging from an additional event at the BULSCA London Competition and the first ULU Aquatics Clubs Social to the Team Selection Policy and the National Pool Lifeguard. The enthusiasm and organisation within the committee has given the club a professional image, and allowed us to make the Club more adaptive to the rapidly evolving changes within the sport.
- A highly qualified and motivated training team. Our Training Officer (who is continuing in the post next year) holds a PGCE, and is also involved in training with St. John Links at ULU. The Dryside Officer (graduating) is a former

RLSS Lifesaving Trainer/Assessor, as well as a First Aid at Work Trainer. The Club Captain (WOP next year with responsibilities for NPLQ) is an ASA Swimming Teacher, an ISRM Pool Supervision Trainer/Assessor and a RLSS Probationary Pool Lifeguard Trainer/Assessor. In addition, we have made continued use of those members who qualified as RLSS Assistant Lifesaving Teachers last year, allowing us to train in small groups, which has proven far more effective and less intimidating for new members. The range of experiences offered within our training team have allowed for a high degree of specialisation and division of labour, resulting in club members being taught by experts in each field. In addition, the use of small groups has given members the opportunity to provide the training team with regular feedback, which has fed through into changes in working practices.

- The National Pool Lifeguard Qualification (NPLQ). This has been a significant addition to the range of awards the club offers. In addition to providing the club with a means of raising funds (£45 per candidate from the club), it gives our members the opportunity to sit the course in central London for far less than was previously available. This is a professional qualification, and consequently gives students the chance to use their membership of the club to gain employment, at a better wage than, say, bar work.
- Our website. The website has undergone a major overhaul over the last two years. It is now updated regularly, with everything from details of upcoming courses and handouts to photographs of recent competitions and socials. It has raised the profile of the club significantly, and there are even links from lifesaving sites in Canada and medical sites in the USA to it.
- Our ability to work with other ULU clubs. We have significantly strengthened our relationships with other aquatics clubs this year through the ULU Aquatics Sports Social, run in December. This has raised the profile of the sport within ULU, and created good working relationships with other committees (See 2.4 for more details of the specifics).
- Our relationship with the RLSS Essex Branch. All our awards are run through Essex branch. They provide our members with the opportunity to compete at local, regional and even national level. Additionally, they ran an open water lifesaving course for us in the summer of 2004 free of charge, so that members only had to pay awards fees. The outgoing Club Captain and Competition Secretary will be representing Essex at the RLSS Annual Branch Conference in May.

Five club members have been nominated for 'Friend of the Society' awards (presented at the Essex AGM), as a result of their involvement in the club, and at least one more is to receive a 'Certificate of Thanks' at the annual awards ceremony at the Guildhall.

- Our reputation within BULSCA. We are a very well respected club nationally, not only for our competitive success. In December we held a Competition Rules Review Meeting of the BULSCA Captains in the Malet Suite. This was attended by all the Club Captains from the constituent clubs of BULSCA. We were able to propose several changes to the rules that were accepted by the meeting.

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

- Lack of space during dryside sessions. As a result of improved training methods, we are rapidly running out of space during dryside sessions. When running differentiated training, we may have different resuscitation lessons, for example, running concurrently: one dealing with adults, another with children. All members require enough room to practice these techniques on manikins (approximately 3m<sup>2</sup>). In our current location of 2A, this is often not possible, as chairs, tables and other lessons get in the way.
- Old non-capital equipment. Much of our equipment has been due to be replaced for several years now. Unfortunately, due to insufficient funds in recent years, we have been unable to replace them, as our priority has been sending teams to competitions.
- Difficulty booking the pool for our competition. For the second year in a row, our pool time has been altered on the day of our competition, ruining weeks of careful planning. This year, we booked the pool before the end of summer term, for a competition in Michaelmas term of the next academic year, and received confirmation from Energybase. However, on the day of the competition, this has been reduced to half of the pool during the SERC event. This has damaged our standing within BULSCA, as competition is generally thought of as one of the best run in the league.

University Competitions are held on Saturdays. As we want the competition during term time (to ensure other universities can send their optimal teams) we are in direct competition for pool time with paying, non-ULU groups. This was partially overcome this year by holding the competition later in the afternoon (4pm not 12pm), this is not ideal.

- 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.
- Retention of members. As with all skill based clubs, we find it difficult to retain members. There are only limited places available for team selection, and those who have learnt the skills we offer, but are unable to make the team tend to get bored. We have tried to give everyone a chance to compete, but we still want to send our best teams to events.

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

- Book a larger room for dryside sessions. By booking larger, rather than additional rooms, we can solve the problem of lack of space without making new members feel excluded from the rest of the club, as we can run differentiated training in the same room, just as we run differentiated training in the pool.
- Engage in more fundraising activities, so that, combined with our ULU Grant, we have sufficient funds to cover competition entry and the purchase of new equipment. Activities could include NPLQ, Community Life Support courses (a 2 hour course teaching adult basic life support), and Save a Baby's Life courses.
- Book the pool early, and confirm the booking at the start of Michaelmas Term and again as the competition approaches.
- More effective publicity. Closer involvement of the Club Captain should ensure that the club is better publicised. Although we did have one report in London Student this year, our Publicity Officer said that he was too busy to write others. The Publicity Officer could delegate the writing of articles to club members, and could simply proof read, and make any necessary edits before sending it on to London Student. This would give them far more time to engage in other publicity activities. Advertise competitions and courses through posters in ULU and Energybase
- Getting outside tutors in to teach more advanced courses. These courses can include teaching courses, such as the RLSS Assistant Teacher course last year, as well as open water training and more advanced first aid courses, for example defibrillator or medical gases training.
- Training members as lifesaving teachers. Once trained as teachers, these members will be able to take an active role in the delivery of training, and will derive all the satisfaction that will entail. It also ensures that newer members are not being taught by the same faces all of the time, with the same style. This should maintain their interest.
- Introduction of a C Team. This will provide more opportunities to compete. A C Team would allow four more places at competitions to open up, and will allow for a more stable B Team.

### 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?

- Europeans, 2005. The European Inter-club Team Championships are to be held in August 2005 in Germany. Many of the larger clubs in BULSCA are considering sending a team, particularly those who did well at Worlds in 2004. It would be of great benefit to the Club to send a team as well, in addition to raising the profile of ULU abroad.
- Worlds, 2006. The World Inter-Club Team Championships are to be held in February 2006 in Australia. Last time, Southampton University won a silver medal in Aquatic SERC and it would benefit ULU Lifesaving Club if we could also attend, as we have been consistently beating them in SERCs. 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. Our incoming Publicity Officer is a Birkbeck student, in addition to holding down a full time job in an import/export company. He feels that his strong commercial links may be able to yield a sponsor.
- Training. Some gym time for the top competitors would be beneficial, as discussed under 3.6.
- 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).

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?

No.

## 6. Future Aims and Objectives (i.e. 2005-06)

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. With the addition of NPLQ to the awards the club offers, and with the decision at AGM that a Dryside Officer was not necessary, a trial of an NPLQ Officer was decided this year.

As a result of complaints from members in recent years regarding too many emails, it was decided at the AGM to trial the idea of adding the sending of emails to the Publicity Officer's role. Should this be successful, and if decided at the AGM next year, this could lead to the creation of a Communications Officer, encompassing publicity and internal emails.

### 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?

To maintain the Club's competitive success by:

- Maintaining the results achieved by the A team this year.
- Developing a more stable B Squad.

- Developing a regular C Team.
- Attending more speed competitions

To provide participants with the opportunity to undertake a diverse range of awards by:

- Running courses leading towards our core awards: Bronze Medallion, Award of Merit, Distinction, and Life Support 1, 2 and 3.
- Providing the opportunity to be assessed for these awards.
- Running open water training again this year with the help of RLSS Essex Branch.
- Running one NPLQ course a term, in the first two terms.
- Providing differentiated training, allowing participants to join and start from scratch throughout the year.

To provide participants with the opportunity to engage in the social aspects of the Club by:

- Continuing to organise the ULU Aquatics Clubs Socials, at least once a term.
- Organising regular, inclusive social events for club members and their friends, that are affordable.

To keep the participants and potential participants well informed of the opportunities that we offer by:

- Sending out weekly or biweekly emails.
- Maintaining an up-to-date website.
- Providing the opportunity to sign up to our emails on the website.

To provide the membership with a regular opportunity to give feedback by:

- Ensuring that the membership have the committee's contact details.
- Providing the opportunity to give feedback at the end of each training session.
- Giving out feedback sheets at the end of each term, to include questions on competitions, training, socials and publicity.

To use the feedback provided to direct the actions of the Club Committee.

### 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

To increase the number of speed competitions attended by the club by:

- Providing specific speed lifesaving training sessions for all members.
- Making available speed lifesaving-specific kit for members to purchase.
- Obtaining money to attend speed lifesaving competitions in addition to our normal BULSCA meets.
- Allowing members to specialise more in speed lifesaving if they wish.
- Publicising speed lifesaving at freshers' Fayre and within the club.

Continue to hold the London Competition by:

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

Continue to hold the ULU Open by:

- Better advertisement of the competition (e.g. London Student) would open this to a wider range of colleges
- Holding the competition 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 BULSCA 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

To increase the membership to 40 within two years by:

- Submitting competition reports to London Student after every competition along with the League Table (this will be the responsibility of the Publicity Officer).
- Encouraging members to buy and wear kit.
- Ensuring that we have a successful Freshers' Fayre, making use of all the opportunities it presents, e.g. demonstrations.
- Running the ULU Open annually and advertising it well.
- Keeping the website up-to-date, and striving to improve it.
- Advertising our participation in Speeds, Beach and Open Water events in addition to the traditional Lifesaving Awards and competitions.
- Continuing to run National Pool Lifeguard courses, and advertising these in Energybase, London Student and ULU and on our website.

To send out one weekly email only, informing those on our email list of the coming weeks activities, to include:

- Details of the areas to be covered in training.
- Competitions.
- Socials.
- Advertisements for Club kit.

To increase awareness of lifesaving within the public and other universities who may later be able to become UL students by:

- Encouraging members to wear club kit around London.
- Attending BULSCA and RLSS competitions.
- Keeping the website up-to-date, and striving to improve it.
- Seeking sponsorship.

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

To maintain the use and appropriateness of the Team Selection Policy by:

- Reviewing it at the start of Lent term.
- Advertising its existence to the membership.
- Making continued reference to it whilst selecting teams for competitions.

## 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

To further improve the fitness of club members by:

- Applying for a gym session for the A Squad.
- Encouraging members to carry out additional training outside of club times.
- Providing members with sample training plans from which they can work.
- Continuing to use the Wednesday sessions effectively, and encouraging a higher attendance.
- Recording times, on a regular basis, for all members in speed events, and using these in conjunction with the Team Selection Policy when deciding upon teams.

To give competitors the chance to compete more often by:

- Continuing to send an A and B team to competitions and consolidating a C team within the next year
- Promoting individual RLSS membership to club members so they can enter more RLSS competitions.
- 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 around the competition.
- Continuing to ensure that members who are unable to compete at university competitions compete at non-university competitions and recognizing that success there is as valid as success at university competitions.

To publish results by:

- Sending reports and league tables to London Student
- Keeping the website up-to-date.

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.
- Encouraging participation at RLSS Essex and SER competitions, this year more members have participated in these competitions, this trend should be continued next year.

To run an effective, adaptive training regime by:

- Applying for a larger room for dryside training.
- Running differentiated training, so that everyone is challenged.
- Teaching the individual, not lecturing the group.
- Providing regular opportunities for feedback.
- Using times recorded in training, combined with the other performance criteria in the Team Selection Policy, to identify areas for improvement, and direct the efforts of the training team there.

## 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.

To improve the profile of the sport within ULU by:

- Submitting competition reports to London Student after every competition.
- Submitting a copy of the league standings with each report.
- Producing posters to be put up in and around ULU, advertising the Club and its activities.
- Running the ULU Open, and asking the VP Sports and Societies to present the medals.
- Organising regular ULU Aquatics Clubs Socials, and inviting the VP Sports and Societies along.
- Attempting to have representatives on the ULU Finance Committee, and Sports Executive, and the Sports and Societies Committee.

To improve our profile within UL by:

- Continuing the run NPLQ courses.
- Running other courses in conjunction with RLSS Essex Branch, such as Community Life Support and Save a baby's Life, for any UL student to attend.

To improve our profile within the RLSS by:

- Continuing to work closely with Essex Branch.
- Representing Essex at the RLSS Annual Branch Conference.
- Submitting articles, through BULSCA, for submission in the RLSS's 'Lifesavers' Magazine.
- Submitting photographs of awards ceremonies in the RLSS's 'Around the Regions' supplement.
- Attending the Essex branch AGM, and submitting a report for their Yearbook.

## 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

To run another RLSS Assistant Lifesaving Teacher course at the start of Michaelmas Term, so that we can teach new members in small groups by:

- Organising dates with Val Hardy (Staff National Trainer/Assessor, friend of the Club).

To run an RLSS Lifesaving Teacher course at the start of Lent Term, so that we can continue the assistant teachers' development and the progress of the club's members by:

- Organising dates with Val Hardy (Staff National Trainer/Assessor, friend of the Club).

To organise trips to some of the best clubs in the country for the purposes of training, and inviting some of the top coaches to train us for one-off sessions by:

- Speaking to Crawley Town LSC about the possibility of attending one of their sessions.
- Organising with Abi Hoyle (current World Champion in the Line Throw, and former club member) for her to come and take some competition training sessions.
- Organising with Rob Inett (Coach, Loughborough University HP Lifesaving Club) for him to come and take a speed lifesaving training session.
- Attending more RLSS competitions, so that relationships may be built up with other clubs.

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.

To gain sponsorship by:

- Actively writing to companies with a club CV featuring achievements and activities.
- Seeking equipment, competition and club sponsorship.
- Using the commercial contacts of the Publicity Officer to seek sponsorship.
- Having more in depth discussions with the ADT, with regard to any support or assistance they may be able to offer with respect to sponsorship.

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

To gain gym time for top competition training by:

- Applying to ULU for gym time for A squad (8 members).
- Improving performance as a result of this extra training.

To ensure an effective committee by:

- Working within the Club Constitution and the SDP.
- Re-allocating tasks as workloads change.
- Having regular meetings of the Club Committee (every fortnight or three weeks), as well as meetings of the training team.

## 6.9 Partnerships

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

With whom, and how? For what?

To maintain good relations with other University Clubs to maintain our reputation within BULSCA by:

- Attending the BULSCA Captains' Meeting and all university competitions.
- Continuing to host the London University Competition and invite all BULSCA Clubs.
- Hosting a social for BULSCA Clubs following our competition.
- Offering to host another rules meeting, should the need arise.

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, 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

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 (2005-06)

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. They will detail the process you will use to achieve your aims.

### 7.1 Committee Structure:

- By the end of Michaelmas term, 80% of all emails to the club should be made by the Publicity Officer.
- These emails should be sent once a week.
- The new Committee should decide, at its first meeting, a deadline for submission of notices to the weekly email as well as a day on which to send out the email.
- By the end of Lent term, 95-100% of emails to the club membership should be made by the Publicity Officer, once a week.
- The Club Committee should then review the process at the start of Lent term.
- This SDP should be circulated to the committee, and discussed at their first meeting, highlighting sections 6 and 7.

## 7.2 Strategic Planning:

- Maintaining the Club's competitive success.
  - The Team Selection Policy should be used to select all teams.
  - The Competition Secretary should provide the Club Captain with a plan for the distribution of Tuesday training sessions at the start of each term, which should then be discussed and revised, in conjunction with the Captain and Training Officer. The revised copy should be sent to the Publicity Officer and put on the website within two weeks of the start of term.
  - Attendance records should be kept by the Competition Secretary for all Tuesday sessions, wetside and dryside. The Treasurer should ensure that the Competition Secretary with an up-to-date list of club members, and should inform the Competition Secretary immediately of any changes.
- Providing participants with the opportunity to undertake a diverse range of awards:
  - The Training Officer should provide the Club Captain with a plan for the distribution of Tuesday training sessions at the start of each term, which should then be discussed and revised, in conjunction with the Captain and Competition Secretary. The revised copy should be sent to the Publicity Officer and put on the website within two weeks of the start of term.
  - The Training Officer must also keep the Publicity Officer up-to-date with details of the awards offered, as well as dates of exams as soon as these are available. They should be put on the website immediately.
  - The Training Officer should organise for differentiated training, and provide teachers with details of their next session, at least one week in advance.
  - The Training Officer should liaise with RLSS Essex Branch through our Coach, Dave Flood, to ensure that exams can be carried out at least once a term.
  - The Training Officer should also liaise with RLSS Essex Branch in the Summer Term, with regard to running open water training at Chalkwell.
  - The WOP with responsibility for NPLQ should liaise with Energybase, ULU and, if needs be, the IQL, with regard to running a NPLQ course each term, in line with the guidelines set down by Catherine Wildey.
- Providing participants with the opportunity to engage in the social aspects of the Club:
  - The Social Secretary should liaise with the Club Captain and the VP Sports and Societies with regard to running a ULU Aquatics Sports Social, starting in ULU, during the last week of Michaelmas and Lent terms.
  - The Social Secretary must begin organizing these socials not less than four weeks in advance, to give members enough notice.
  - The Social Secretary must run regular socials, without prompting from the Club Captain, that must be deemed inclusive and affordable.
  - The Social Secretary must inform the membership, through the Publicity Officer's email, of these social events, not less than two weeks prior to the date.
- Keeping the participants and potential participants well informed of the opportunities that we offer:
  - The Publicity Officer must send out the weekly emails as previously discussed.
  - The Publicity Officer must keep the website up-to-date, uploading all materials within 72 hours of receiving them.
- Providing the membership with a regular opportunity to give feedback:
  - The Club Captain must liaise with the training team, to prepare questionnaires for the penultimate session of each term, covering training, competitions, socials and publicity.
  - These questionnaires should not have contain a place to write your name, and anonymity should be assured to members.
  - The Club Captain should review these results, and present their findings to the next meeting of the Club Committee, before the end of term.
  - Every session must provide the opportunity for members to give verbal feedback.

## 7.3 Competition Structure:

- Increasing the number of speed competitions attended by the club:
  - The Competition Secretary must provide at least one speed lifesaving training session every calendar month during term time.

- The Club Captain must make available the opportunity to order speed lifesaving specific kit, for example fins, on a rolling basis, ordering them once cheques have been received, at least once a term.
- The Club Captain should make a wide variety of products available, rather than just the top-of-the-range ones.
- The Club Captain should ensure that speed lifesaving is also advertised at Freshers' Fayre.
- Continuing to hold the ULU Open:
  - The Publicity Officer, in conjunction with the Competition Secretary, must produce publicity for the ULU Open, which should be distributed not less than two weeks prior to the event.
  - The Competition Secretary is in charge of organizing the event, which should take place no later than week 6 of Michaelmas term.

#### 7.4 Recruitment & Selection

- Increasing the membership to 40 within two years:
  - The Publicity Officer shall be responsible for all publicity mentioned under this heading in 6.4. They shall liaise with the Club Captain, and shall set deadlines for publicity, not less than three weeks before any event.
  - The Club Captain shall hold overall responsibility for the Club's Freshers' Fayre efforts, and shall hold a meeting of the Club Committee in the week prior to the event to assign tasks, and present strategy.
- For the rest of 6.4, committee members will fulfil their constitutional obligations. This should be carried out on a rolling basis.

#### 7.5 The Achievement of Excellence

- Further improving the fitness of club members:
  - The Competition Secretary shall have overall responsibility for the improving of the Club's fitness.
  - The training team shall provide the Publicity Officer with plans for submission to the website no later than the end of week 4 of Michaelmas term, to cover swimming, lifesaving, and dryside fitness.
  - The Publicity Officer should then make members aware through the use of the weekly email.
  - Times shall be recorded by the Competition Secretary at least twice a term, as well as at all competitions, and kept on members personal records.
  - Members should be made aware of these records, and allowed to see them if they wish, under data protection laws.
- Giving competitors the chance to compete more often:
  - The Competition Secretary shall provide the Publicity Officer with a fixture list at the start of each term.
  - The Team Selection Policy should be followed.
  - The Club Captain should encourage all committee members to hold personal memberships of the RLSS, and should endeavour to publicise this to the Club on a rolling basis.
- Promoting to members the opportunity for National Selection:
  - The Competition Secretary must provide the Publicity Officer with details of National Selection Opportunities, to be sent out in the weekly email, within 72 hours of finding out about the events.
- Running and effective, adaptive training regime:
  - The Training Officer and Competition Secretary should make use of qualified personnel within the club on a rolling basis.
  - The Training Officer and Competition Secretary must take feedback into account when preparing term plans or session plans.
  - Opportunities for feedback should be given at the end of every session.
  - The Team Selection Policy must be followed.

#### 7.6 Developing the Profile of ULU Sport:

- Improving the profile of the sport within ULU:
  - The Publicity Officer shall be responsible for organizing for a competition report to be written, and should endeavour to submit it within 7 days of the event.
  - The Social Secretary shall organize regular ULU Aquatics Clubs Socials as discussed under 7.2.

- The Club Captain should stand for election for at least one of the mentioned committees through the Sports Committee, and attempt to find other committee members to stand for the other positions.
  - Improving our profile within UL:
    - The NPLQ Officer shall be responsible for organizing NPLQ courses.
    - The Training Officer should liaise with RLSS Essex Branch about running at least one of the mentioned courses by the end of Lent term.
  - Improving our profile within the RLSS:
    - The outgoing Club Captain and Competition Secretary should attend the RLSS ABC.
    - The Club Captain and Publicity Officer should work together to prepare an article about the Club for 'Lifesavers' before the end of Michaelmas term.
    - The Publicity Officer should prepare photographs for submission to 'Around the Regions' on a rolling basis.
    - The Club Captain should write the Essex Branch Yearbook entry.
- 7.7 Vocational Development:
- Running another RLSS Assistant Lifesaving Teacher course at the start of Michaelmas Term.
    - The Training Officer should liaise with Val Hardy and Dave Flood over the Summer vacation with respect to this.
    - The course should be run prior to Freshers' Fayre
  - Running an RLSS Lifesaving Teacher course at the start of Lent Term
    - The Training Officer should liaise with Val Hardy and Dave Flood over the Summer vacation with respect to this.
  - Organising trips to some of the best clubs in the country for the purposes of training, and inviting some of the top coaches to train us for one-off sessions
    - The Competition Secretary and Club Captain should negotiate with the named groups and individuals on a rolling basis, starting as soon as they take up their positions.
- 7.8 Resourcing your Sport:
- Gaining sponsorship:
    - The Publicity Officer shall be responsible for this on a rolling basis.
  - Ensuring an effective committee:
    - The Club Captain shall be responsible for this on a rolling basis.
- 7.9 Partnerships:
- Maintaining good relations with other University Clubs to maintain our reputation within BULSCA:
    - The incoming and outgoing Captains shall attend the BULSCA Captain's Meeting.
    - The Competition Secretary shall begin planning for the London Competition at the end of Summer Term 2005, in liason with the Club Captain.
    - The Social Secretary shall ensure a successful social after the London Competition, and shall liaise with the Club Captain and Competition Secretary to ensure it meets the needs of the competitors, starting at the end of the Summer Term 2005.
- 7.10 National Governing Bodies:
- Getting RLSS and/or Surf Lifesaving involved in university lifesaving as part of our BUSA goals within the next 2 years:
    - The Club Captain shall push for this at the BULSCA Captains' Meeting, and liaise with the incoming Chair of BULSCA.

## 8.0 Evaluation against your previous years aims (2004-05)

Please list your previous (2004-05) aims and evaluate your progress against them stating if you achieved your target, if not what problems you faced and how you may address it.

- 8.1 Committee Structure:  
The role of Publicity Officer was split this year into Publicity Officer and Webmaster. However, the person who was voted in as a Publicity Officer did very little. Consequently, the roles were re-combined, as it was felt that

- one person may be better off doing both, as, although Webmaster constituted a full role, Publicity Officer did not.
- 8.2 Strategic Planning:  
 This year has been the most successful in the Club's history. We are now BULSCA National League Champions, and BULSCA National Championships Runners-up.  
 Our Sunday sessions have benefited from NPLQ, however the normal awards sessions have seen the same tail-off as in previous years.  
 We were unable to secure any gym time.  
 The Training Officer did not produce weekly training updates, as it was decided by the committee that they just added to the flood of other lifesaving emails.  
 The Warwick Freshers' Competition was the best attended by the club for some years. We took three teams, with the A team winning a medal.  
 We attended open water training, and more speed competitions, including the BULSCA National Speed Lifesaving Championships, and the Crawley Open. Speed events have also been integrated into normal BULSCA league competitions.  
 The club-wide consultation happened, and fed into our ideas for Freshers' Fayre, as we got a good idea of our strengths and weaknesses. It also fed into training.  
 The success of the Club has ensured a more regular attendance on Tuesdays and Wednesdays.
- 8.3 Competition Structure:  
 We held our biggest ever London Competition, attended by 120 people. It has been regarded by many clubs to be one of the best this season.  
 The ULU Open was held again this year, with the trophy eventually going to Clare Howarth.
- 8.4 Recruitment & Selection:  
 We had no trouble meeting our members deadline this year, and have acquired a few more members through NPLQ. We are still a long way from the target of 40, but I believe that this is still achievable within the 2 year time frame due to NPLQ being bigger and more regular next year.  
 The website has been regularly updated with photos and information, and emails have been sent out regularly.
- 8.5 The Achievement of Excellence:  
 We got the third pool session we asked for, and this has been well attended by the A squad. The results have been impressive, as we have beaten our personal best twice this season in the swim and tow event.  
 Swim plans are on the website, but as we don't have any gym time, there are no gym sessions.  
 BULSCA have produced a Competition Manual, which is available on our website.  
 We attempted to get a regular C Team, and managed to get them to two competitions, but due to acts of God, we were unable to send them to any more (either the teams were limited, or members had last minute accidents etc.).
- 8.6 Developing the Profile of ULU Sport:  
 We achieved five Full Purples this year.  
 We were unable to send London Student reports, due to the Publicity officer not writing them, when he said that he would.  
 We have had no further contact with the Police Cadets this year, but hope to have more next year.  
 We have attended all the RLSS events mentioned in 6.6, although Rookie on the Beach was not run.
- 8.7 Vocational Development:  
 We have made full use of our Assistant Teachers, particularly during the first few weeks of Michaelmas Term.  
 We have a Pool T/A, and have run an NPLQ course, raising £225 for the Club.  
 We have offered more awards than ever before, including Bronze Medallion, Award of Merit, Life Support 1-3, Bronze and Silver Crosses and NPLQ.  
 We failed to maintain our links with the Police Cadets, but have become involved with Chalkwell Lifeguards and have run NPLQ, which was open to non-members through Energybase.
- 8.8 Resourcing Your Sport:  
 We failed to gain sponsorship, due to the Publicity Officer not making many attempts.  
 We still have a good relationship with Dave Flood.  
 We ran open water training and have an extra pool session.  
 We were unable to secure gym time.
- 8.9 Partnerships:  
 We have a good relationship with BULSCA, as shown by us hosting their rules meeting.  
 We attended both the Kent Open and the Crawley Open.
- 8.10 National Governing Bodies:

We were unable to get the RLSS or Surf Lifesaving along to the BULSCA Captains' meeting, but have made progress towards BUSA, requiring only that a couple more clubs join before being accepted.

**DEADLINE FOR SUBMISSION: 1<sup>st</sup> April 2005 12:00pm**

All plans are to be submitted to Jim Eynon or Alex Stacey 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.