

Sports'

Development Plan

(2008-2009)

GENERAL INFORMATION	
Sport	Lifesaving
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Date submitted	2 May 2008

Please attach this front cover to your completed review and return, with a copy of your club constitution to Diego Carmona, VP Student Activities, in the U.L.U. Office by no later than 12 noon on Friday 2nd May 2008.

U.L.U. Sports Development Plan

All U.L.U. sports clubs are required to submit a Sports Development Plan every year to track development and ensure appropriate allocation of U.L.U.'s resources. Last years plans are now due to be reviewed so that we can assess the progress that has been made and reconsider the best use of U.L.U. funds. The plan is designed to be a reference document for future so feel free to use bullet points rather than prose. Please complete the plan in consultation with your committee and wider membership and with due attention paid to the SDPs of previous years.

These plans are studied in great detail and play a large part in the allocation of resources. Please ensure you complete this plan to the best of your ability and direct any questions to Diego Carmona or Peter Burgon in the U.L.U. Office.

Introduction to Sport – complete with reference to previous years SDP giving details of any significant developments in the past 12 months

Give details of your sport's position at national level and local level

What is the relationship between U.L.U./club and NGB?

- Any joint initiatives?
- Any other partnerships-local clubs, schools, councils, boroughs, officers, networks?
- Any other support from external or U.L.U. partners?

Current Programme – complete with reference to previous years SDP giving details of any significant developments in the past 12 months

Provide details of all competitions that members of your club are eligible to compete in.

How do you support U.L.U.'s activities through your club?

Is there demand for more competitive opportunities?

Are there any changes to be made to the current programme, either potential or happening?

For whom does your club exist?

Financial Status

Budget application

- Fundraising/Sponsorship
- What does the club invest to match U.L.U.'s contribution?
- Does the club provide value for money?

Strategic Factors

Review previous years SDP - outlining Future Aims and Objectives and Action Plans especially, describing progress for each aspect

Produce a SWOT analysis including plans/solutions for year 2007/08

Future Aims and Objectives

Consider the next three years of your club. At what stage of operation would you like your club to be in 2011? The following list is intended to inspire thought but it is not exhaustive, feel free to make reference to anything you feel is relevant.

- Competitive Structure
- Recruitment and Selection
- The Achievement of Excellence
- Developing the Profile of U.L.U. Sport
- Vocational Development
- Resourcing your Sport
- Partnerships with external stakeholders (e.g. NGBs, local boroughs, schools, clubs, etc.)

Considering the aims and objectives outlined above produce a plan for the year 2008/09 including dates of meetings when your plans can be monitored, evaluated and reviewed.



UNIVERSITY OF LONDON UNION LIFESAVING CLUB

SPORTS DEVELOPMENT PLAN 2008/2009

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Introduction to Sport

a. National Governing Body

All university clubs are members of the British University Lifesaving Clubs Association (B.U.L.S.C.A.) and our competitions run according to B.U.L.S.C.A. rules. We have two annual rules meeting and an annual general meeting. In 2008, B.U.L.S.C.A. has officially been incorporated as a company. It is hoped that in the future we will become part of B.U.S.A. The majority of clubs (including U.L.U. Lifesaving) are affiliated to the Royal Lifesaving Society (R.L.S.S.) and some to the Surf Lifesaving Association (S.L.S.A.). The U.L.U. Lifesaving club is part of the R.L.S.S. Essex branch in the South East Region (S.E.R.).

- The B.U.L.S.C.A. Chair is currently Kate Wade (of Southampton University Lifesaving Club). Her email address is chair@bulsca.co.uk.
- The current President of R.L.S.S. Essex Branch is Mrs L. Williamson [REDACTED]
- The branch Lifesaving Coordinator is Val Hardy [REDACTED] who is a Staff National Trainer/Assessor (T.A.).
- The branch Competition Sports Coordinator is Di Kedge [REDACTED]
- The Honorary Secretary of Essex Branch (and our Coach) is David Flood. His email address is [REDACTED].

b. League/competition structure

i) B.U.L.S.C.A.

University Lifesaving competitions are for mixed teams of four for league competitions and single sex teams and individuals at the National Student Speeds.

There are thirteen universities competing in the B.U.L.S.C.A. league. There are between seven and eight league competitions over the year, one of which is hosted by us. Each league competition comprises of a Wet and Dry Simulated Emergency Response Competition (S.E.R.C.), a four man fifty metre swim and fifty metre tow relay, a four man twelve metre line throw relay and a four man speed lifesaving relay (either a medley, obstacles or manikin relay). The S.E.R.C. is a simulated emergency and teams are judged on their ability to deal with the situation effectively and correctly prioritise and treat the casualties.

The two day Nationals is a new event started in 2006 and is part of the drive to become recognised by BUSA. A two day event, the Nationals comprise of the B.U.L.S.C.A. Speed Lifesaving Championships on the Saturday and the B.U.L.S.C.A. Student Nationals on the Sunday. The National Student Championship title will be won by the University with the highest points from the two days. Each university can enter up to three teams in the Nationals, although only the top two teams from each University will count towards the National title. Each University may field a squad of six male and six female competitors, and can enter two individuals from their squad of twelve in each individual event. Extra individuals can enter the Student Speeds but their result will not count towards their club's overall placing.

In 2007, B.U.L.S.C.A. has been officially incorporated as a community interest company, and all clubs are required to pay an affiliation fee of £25.00 per annum.

ii) Royal Lifesaving Society (R.L.S.S.)

Members of the club compete at various R.L.S.S. open competitions as individuals, pairs or teams according to the competition structure. Individuals from the club also enter the Branch's Regional Championships to qualify for the R.L.S.S. Nationals.

Moreover, the R.L.S.S. also runs the National Speed Lifesaving Championships for individuals and single sex teams. In order to compete in R.L.S.S. competitions, members of the U.L.U. Lifesaving Club must be individual R.L.S.S. members and hold a current Bronze Medallion award or higher.

R.L.S.S. competitions are split into single sex age groups: Junior pairs (under 14), Senior pairs (14-18), Open (18-29) and Masters (30 to 60+).

We also compete in an open water competition - the Bournemouth Lifeguard Championships held in the summer term.

Clubs have the opportunity to compete at the Interclub World Lifesaving Championships, which will be held this July in Berlin. There is also an annual lifesaving competition held in Belgium that is open to university clubs. International lifesaving championships are both still water and open water based and include a S.E.R.C. as well as having a large speed emphasis.

c. Funding

Nationally, the sport is funded through the charity, R.L.S.S. UK. Branches and regions fund their own competitions and national qualifying rounds, entrants pay an entry fee of around £5.00 to help with these costs. The cost of the national championships is met by R.L.S.S. UK. The speed championships are funded both by entry fees and R.L.S.S. UK. Local clubs are funded by membership fees and their own fundraising. R.L.S.S. branches are given money by R.L.S.S. UK to help them run courses, purchase branch equipment in addition to other administrative matters.

Each member club must cover the cost of its own competition through entry fees. However, as all clubs are affiliated to R.L.S.S. UK, it may be possible for them to apply for R.L.S.S. branch grants in order to gain extra money for particular projects. All clubs are required to pay an affiliation fee of £41.25 per annum to the R.L.S.S.

d. Lifesaving at the local level

U.L.U. Lifesaving Club is the only Lifesaving club within the University of London, and one of only two active competitive clubs within the M25, the other being Crawley Town Lifesaving Club (C.T.L.S.C.).

Any member of the University of London (U.L.) can join the club regardless of experience, subject to their passing the U.L.U. Swim Test. Currently, we have a good range of colleges represented in the club including L.S.E., U.C.L., Birkbeck, K.C.L., R.H.U.L. and R.V.C., and a good mix of male and female members. In addition, we have associate members from N.Y.U.L. and the University of Westminster.

This year, the club initiated the concept of four Core Pillars (C.P.) of lifesaving – Awards and Trainings, Competitions, Community Work and Socials. This idea behind this was to ensure that members get to experience fully what lifesaving sport is all about. We aim to give members the opportunity to engage in activities relating to each of these pillars every week.

Core Pillar One (C.P.1): Awards and Training

The club runs R.L.S.S. (both pool and open water based) awards. When a new member joins, he/she will be given choices regarding possible routes to attaining the various lifesaving qualifications. The club has been very successful in getting all beginners to take their Life Support 1 and Bronze Medallion award (the R.L.S.S. flagship award) within the first term (depending on swimming ability). For the advanced members, the club offers higher awards such as Award of Merit, National Pool Lifeguard Qualification (N.P.L.Q.) and Distinction. All members follow the R.L.S.S. syllabus for the awards as the B.M. Award is a pre-requisite to compete for R.L.S.S. and at the B.U.L.S.C.A. National Championships.

As training for the Bronze Medallion also counts towards hours required to renew an N.P.L.Q. this has helped the club attract members who work as lifeguards both in U.L.U. and elsewhere. In previous years we have conducted the N.P.L.Q. award successfully and we hope to reinstate it this year now that we have one fully qualified N.P.L.Q. Trainer/Assessor (T.A.) in the club.

Every year in the summer, the club collaborates with Essex Branch to let members experience open water lifesaving, which takes place either in still water (lakes) or tidal water. Members have the opportunity to take awards such as bronze cross, silver cross and the National Beach Lifeguard Qualification (N.B.L.Q.).

Experienced members who would like to help develop the sport further through teaching are also encouraged to undertake teaching qualifications conducted by the club. The qualifications include an Assistant Teachers Course and subsequently the T.A. course. T.A.s are the primary deliverers of lifesaving and lifeguarding training in the U.K. Assistant teachers are trained to work under a T.A., developing their teaching and presentation skills, with a view to beginning work towards becoming a T.A. themselves.

Following a course run in conjunction with Essex Branch we now have five fully qualified Assistant Teachers in the club. Besides helping us to retain

members who are experienced but not interested in competing, it develops the club as these members return to assist in training new members and they bring along an immense wealth of experience. We also have two fully qualified T.A.s. One is qualified to train and assess N.P.L.Q., life support awards and the Bronze Medallion. The other can train and assess lifesaving and life support awards, excluding the professional qualifications (N.P.L.Q. and N.B.L.Q.).

To give members the maximum out of each training session, we split training into awards training and competition training. The former is run in groups depending on the experience of the members attending and the type of award being taken. This has been very effective in equipping members with the skills needed; which has resulted in a 100% pass rate thus far this season. Competition training is divided into speeds based and S.E.R.C. training so that members will have the physical and technical ability to do well at competitions.

(For more details, please see attached files: 'Awards Timeline.pdf', 'Distribution of Sessions.pdf').

To further improve the skills learnt, members can participate in an annual speeds training day organised by B.U.L.S.C.A. The aim of this course is to equip members with the right techniques for each speed event, which will in turn enable clubs to teach the best techniques to members. As speed lifesaving is rapidly becoming an integral part of every lifesaving competition, such training is clearly essential. Three members of the club participated in the speeds training day conducted recently in Bath. In addition, members are given the opportunity to take part in South East Regional Development training with the prospect of being selected for the Regional R.L.S.S. squad and subsequently selected for the National R.L.S.S. squad depending on their performance.

On a higher level, we have also run a judging course in conjunction with B.U.L.S.C.A. and R.L.S.S. This was run by Janet Castro, head judge from R.L.S.S. This was open to all U.L.U. Lifesaving Club members (subsidised by a development grant), and to members of any other B.U.L.S.C.A. club (who paid to attend). The course was well attended by ten members from several university clubs which will enable them to officiate at B.U.L.S.C.A. and R.L.S.S. competitions.

Core Pillar Two (C.P.2): Competitions

The club's main competitions comprise the B.U.L.S.C.A. league and B.U.L.S.C.A. Student Nationals. For more details, please see the previous section on 'B.U.L.S.C.A.' under 'League / Competition Structure' and under 'Current Programme'.

In addition, members also compete at R.L.S.S. competitions such as the S.E.R. Mixed Pairs held recently at Eltham Sports Centre. For more details, please see the previous section on 'R.L.S.S.' under 'League / Competition Structure'.

In the summer, our members compete at open water events such as the Bournemouth Regatta. A few members of the club will be selected to

represent U.L.U. for the prestigious International Life Saving Federation (I.L.S.F.) Lifesaving World Championships (also known as Rescue 2008) in August this year in Berlin.

The club runs a U.L.U. Open competition annually which is open to any member of U.L.U. As this is an individual competition aimed at freshers to give them an insight into lifesaving competitions, it requires only basic knowledge and is held at the start of Michaelmas term after a few weeks of training. The U.L.U. Open is held before the first B.U.L.S.C.A. competition of the season to give members an insight into competitive lifesaving so that they can be well prepared for the first competition of the season.

Core Pillar Three (C.P.3): Community

In 2007, we initiated our club's community programme and are able to conduct both the R.L.S.S. Community Life Support Award (C.L.S.) and Save A Baby's Life (S.A.B.L.) course. The former is a two hour stand alone course that covers basic CPR and first aid. The latter teaches new parents, carers and anyone else how to diagnose and treat conditions that an infant (under twelve months) may suffer such as unconsciousness, non-breathing, choking and drowning.

Upon completion of either course, participants receive a certificate of attendance. All members are able to participate in the course, and the publicity has also attracted community groups which have approached us to organise a course for them. We have managed to attract several people who had not previously joined the club but were on our mailing list.

Core Pillar Four (C.P.4): Socials

Please see section under 'Current Programme - How do we support U.L.U.'s activities through our club'.

e. U.L.U./Club and NGB Relationship

We have strong links with both U.L.U. and our NGB.

i) B.U.L.S.C.A.

We host one of the B.U.L.S.C.A. league competitions. In the process of organising it, we liaise closely with U.L.U., including the V-P (Student Activities), the Activities Development Team, Conferences and Energy Base.

We also host the annual B.U.L.S.C.A. rules meeting at the London Competition.

Three of our members also participated in B.U.L.S.C.A. Speeds Training Day on 19th April. In addition, members have the opportunity to participate in a training camp in Olivia, Spain in September.

ii) R.L.S.S.

Our coach, Dave Flood, is the R.L.S.S. Essex Branch Honorary Secretary and we run all our awards through the branch. We always have several R.L.S.S. officials from various branches judging at our competition.

Members of the club represent Essex at the National Branch Conference, to be held this year at Whittlebury Hall. Not only is this an opportunity to find out what is going on in lifesaving and pass the information to the club, it also offers the chance to raise awareness of both the club, U.L.U. and university lifesaving as a whole. Members of the club also have the opportunity to attain some qualifications such as Level 1 Lifesaving Judge by attending the relevant courses conducted as part of the conference.

On the competition front, the club sends members to R.L.S.S. competitions such as the recently concluded S.E.R. Mixed Pairs held at Eltham.

Clare Howarth (officer without portfolio) was, until recently an advisor to the R.L.S.S. UK Management Board and is a youth representative. She has recently been forced to resign in order to pursue post-doctoral research in Canada.

Several members of our club have been awarded Friends of the Society certificates by Essex Branch in the last few years. Three members have also been awarded R.L.S.S. UK national honours for their services to the club and Essex branch.

iii) Other U.L.U. Clubs

In the past year, the club has collaborated with several other U.L.U. clubs.

For kit issues, we have discussed with LUST making a joint purchase of swim caps. There is a good possibility that we will be using the same supplier which will enable us to keep the cost of kit down for members as we share the screen charge.

Our new designed tracksuits and polo shirts have attracted the attention of other clubs. Mens Lacrosse has ordered club kit with the same design as us, and Athletics have also shown interest in our tracksuits. We believe this is a good step forward for U.L.U. sports clubs as it will bring about a degree of unity to U.L.U.

We have previously been allowed to borrow canoe polo equipment for use in our competition S.E.R.C.

Again this year, we have swapped pool time with LUST, allowing them to use our Sunday pool time the day after the London competition and in turn we can use their earlier Sunday pool time for awards. We have also swapped pool time with Water Polo and Canoe Polo so that they can have longer sessions before their B.U.S.A. finals and in turn we get longer sessions before our major competitions. We are also sharing pool time with Sub Aqua as the pool is free whenever they are away for dives.

The club is hoping to restart an annual aquatics social among the aquatic clubs in U.L.U. After discussing with other clubs such as Canoe Polo, we have decided on having a boat party during June when most of our members are around. It will be an excellent opportunity for various clubs to interact outside the pool, as we tend to just meet up in between training slots without much time to interact. Having closer ties among U.L.U.'s aquatic clubs will also encourage collaboration such as swapping pool time when there is a major competition coming up. Having more training at the right time will definitely benefit the competition performance of all the clubs.

iv) Other partnerships

The West Hampstead Community Hall (W.H.C.H.) kindly allowed us to use their facilities to house competitors for the 2007/08 London Competition. In return, we ran a C.L.S. course at the Centre on the 17th March 2007 and will be organising a refresher course. David Howell, the manager of WHCH has approached us to organise a S.A.B.L. course for young parents as part of the Sure Start programme.

We are also liaising with Dee Lynch, chair of Board of Trustee / Directors for West Hampstead Community Association to organise a CLS course for the staff of Kent Tenants Hall.

In the past year, we have conducted three C.L.S. and two S.A.B.L. courses. We have also reached out to community groups such as a recently concluded S.A.B.L. course for nine young mothers in one of their living rooms.

In addition to courses, the club was also invited by W.H.C.H. to their annual two day community event – the Jester Festival in July 2007 – where we taught members of the public C.P.R.. It was also good publicity for U.L.U. and the club. Two of the club's officers were commended by the event organisers, the police and the official first aiders when they helped save a man suffering from Parkinson's. They helped search for him, when he went missing without his medication, and found him against a gravestone. Had they not found him in time, he would have fallen into the long grass, and would have been impossible to see.

We also collaborated with Decathlon at their annual water sports event – the Tribord Diving Experience. We performed a safety recess and completed a full risk assessment for U.L.U., Decathlon and Southwark Borough Council before the actual event. At the day of the event, we taught members of the public CPR and demonstrated land based rescue techniques in Canada

Waters. Decathlon was very impressed and expressed interest to invite us back this year.

We have links with other R.L.S.S. Clubs and Branches. In the past, one of our members has attended the R.L.S.S. Open Water roadshow hosted by the Warwickshire branch. We also compete at competitions run by Kent branch and Bournemouth Lifeguard Corps who also host the University Beach Weekend.

Following the club's involvement in the Association of Chief Police Officers (A.C.P.O.) Lifesaving Championships in 2001, the club has maintained a relationships with the Metropolitan Police. We were asked to provide the casualties for the 2006 competition which was held in London. We provided fifteen casualties (with assistance from other B.U.L.S.C.A. clubs), all of whom were praised for their professionalism. This year the championships are being held in Sheffield and it is expected that several members will again volunteer to participate in the event as casualties for the S.E.R.C.

Since the introduction of the new National Championships and a greater emphasis on speed lifesaving events at league competitions, we have arranged a training session to be run by a member of Crawley Town LSC who has international experience. In the future we would like to host a University speed training day run by the Crawley Town and G.B. coach John Stainer.

Most recently at the B.U.L.S.C.A. speeds training day, there was keen interest for us to collaborate with Alaric Smith, who is National Level 3 coach in fins swimming. He is currently working for the British Finswimming Association (B.F.A.) and we are keen to invite him to U.L.U. this year to train the team up for fins related speeds events.

There has been some interest from the Royal Veterinary College to run the Community Life Support award at the Hawkshead campus as it has been noted that many students lack first aid skills.

This year, the club submitted two articles to London Student. One was submitted in October to explain what lifesaving was about while the second article published just this week summed up the success of the club over the past season.

The club has also collaborated with Walkabout to organise an online competition where winners of the competition are awarded a £20.00 voucher to be used in the Shaftesbury Avenue branch of Walkabout. It was initially hoped that London Student would help publicise the competition in their paper, but unfortunately they pulled out at the last minute.

Last but not least, the club has also collaborated with Kukri Sports to design new kit for the club which included polo shirts and a full tracksuit. As an introductory offer, Kukri Sports offered the club a ten percent discount.

Current Programme

a. B.U.L.S.C.A.

- Eight League competitions: three mixed teams comprised of four people each.
- National Student Championships: single sex speed relays and individual races at the student speed championships and mixed teams at the National Lifesaving Championships (two day competition)
- British Universities Beach Weekend

b. R.L.S.S.

- Individual branch or regional championships to qualify for the Nationals - competitors must have individual R.L.S.S. membership and hold Bronze Medallions.
- Several other Open R.L.S.S. competitions open to any member of U.L.U. lifesaving - Mixed teams, single sex pairs or individual competitions including SE Mixed Pairs, Crawley Open, Heanor Open, Leeds Classic, Kent Open, and Bournemouth Regatta.
- R.L.S.S. Speed Nationals are open to Bronze medallion holders but there are no qualifying competitions.

c. International Life Saving Federation (I.L.S.F.)

- A team has been selected to represent U.L.U. at Rescue 2008, the World Interclub Life Saving Championships to be held in Germany from 20th July to 2nd August 2008.

d. Representative Sport

- Members of U.L.U. Lifesaving will generally be eligible to compete in the open age category of R.L.S.S. competitions (18-29). U.L.U. is in the Essex branch of R.L.S.S. in the South East Region. The winner of the S.E.R. competition qualifies for the R.L.S.S. Nationals. Competitors may be 'talent spotted' at the nationals or from training with the South Region Development squad which is open to members of the U.L.U. A team. Two current members of the club have attended the South East Development squad training last season and it is hoped that more members will attend this year as the emphasis on speed competitions is increasing both within B.U.L.S.C.A. and R.L.S.S.
- The club has a rigorous team selection policy which is applied to all teams. Anyone in the club who fulfils the criteria has the opportunity to join the U.L.U. teams. (*For more details, please see attached file: 'Team Selection Policy.pdf'*).
- Two members of the club attended the SE Regionals last year. Unfortunately, the regional qualifiers take place before the start of the Autumn term thus making it difficult for many members to attend.

e. Lifesaving within U.L.U.

- We run the U.L.U. Open award which is open to all members of U.L.U. This competition is held at the start of the Michaelmas term, before the first B.U.L.S.C.A. competition. (*For more details, please see 'Introduction to Sport – Lifesaving at the local level – Core Pillar Two'*.)

How do we support U.L.U.'s activities through our club?

The club organises many socials through the year. We hold some of our socials such as Hallowe'en Pub Crawl in the U.L.U. bars. We also meet regularly before or after training in U.L.U. for drinks and food whenever U.L.U.'s bars are open. We hope that U.L.U. will open the bars a little later on Sunday evenings (after 7 p.m.) as our training finishes only then.

As a result of close collaboration with U.L.U., this year's competition was hosted very successfully, with more than seventy students from seven different universities competing. All the events were executed well, resulting in the competition running fifty minutes ahead of schedule. In addition, all the competitors were very impressed about the quality of food and drinks served by U.L.U. at the London Competition social. The competitors spent more than £300 on food alone. This year, we would like to host the 2008/2009 London Competition social in U.L.U.'s Duck and Dive if possible.

A few of our members have purchased Purple cards. We hope that there will be more discounts that a member gets from the Purple card, which will be a huge incentive for members to purchase one.

Several of our members have also purchased monthly Energy Base memberships, which has enabled them to train regularly outside the club's training times.

At the beginning of the Michaelmas term in 2007, we ran a Community Life Support award which we opened up to any person on our mailing list, whether they were members of the Club or not. The course is very useful to anybody who wants to learn basic CPR and first aid and all participants receive a certificate of attendance. The course was well attended and the aim is to open it up to more people through wider advertising next year. Not only will this increase the attendance at the course, it will provide good publicity to U.L.U.

The club has also regularly rented the people carrier from U.L.U. for travel to most of the competitions. As the club now consistently sends two teams to competitions, this has been proven to be more cost effective vis-à-vis travelling by train. Hence, the club would like to rent the people carrier for all competitions next year. As the club only has two qualified drivers and one of them will be graduating this year, the club will be sending more members to take the U.L.U. driving test over summer.

Is there a demand for more competitive opportunities?

Lifesaving competitions focus heavily on swimming ability as well as first aid knowledge. We have some members who prefer first aid to swimming and therefore it may be possible as it has been discussed in the past to run a joint first aid competition with the LINKS club. The club will be looking to build up ties with LINKS this season.

In the future the number of members may increase to an extent that there is a demand for an intercollegiate competition. This could be run as either the U.L.U. Open competition or as a separate intercollegiate competition in the format of a B.U.L.S.C.A. competition.

Are there any changes to be / being made to the current programme?

After analysing the competitions attended this year, the club finds that an area that needs improvement is in the speeds event. The club aims to increase speed training by having regular training sessions from an experienced speed competitor from Crawley Town Lifesaving Club. This will help us to improve on our placing at B.U.L.S.C.A. competitions and at the new Student National Championships.

As half of the speed events at competitions are fins related, the club also aims to invite Alaric Smith from B.F.A. to coach members in fins swimming. The club plans to open up the coaching to other university clubs in the B.U.L.S.C.A. league which will help develop the university lifesaving sport further.

At present due to exam pressures the number of members attending training sessions in the summer term decreases. However we still have open water training and competitions over summer as we believe in letting members have the opportunity to learn the full lifesaving package. This year, members are encouraged to participate in open water training by Essex branch, as well as attend open water competitions such as Bournemouth Regatta in July.

This year, we revived our Wednesday afternoon swim sessions run by one of the current members of the committee. As this swim training has proven very effective in improving our times at competitions, we will be applying for more pool time next year.

We now have two T.A.s and five assistant teachers in the club. This year, each term's training sessions were planned before the start of the season. The training sessions have been organised such that the training officer set the training schedule for the term and was helped at training sessions by the teachers. The aim is to involve the T.A.s and ATs (assistant teachers) more in the planning of the sessions and allocate them to run a session so they can plan in advance. Due to the level of teaching competence in our club this year we have been able to become less dependent on our regular lifesaving coach although he is still actively involved with the club in helping organise and assess awards.

(For more details, please see attached files: 'Distribution of Sessions.pdf').

The club would also like to apply to the PwC Evolution Fund to send T.A.s to an Automatic External Defibrillator (A.E.D.) trainers course. This will allow T.A.s to offer an A.E.D. course to all members as part of C.P.1., as part of the plan to equip members with advanced life support skills.

Above all, we have collaborated closely with other clubs in the B.U.L.S.C.A. league to host friendly competitions. Not only will this strengthen interclub ties, it will also be an excellent opportunity to maintain our competitive standards through consistent competitions as there tends to be huge gaps with no competitions at the start of each term. This year, Swansea University Lifesaving Club and Cambridge University Lifesaving Club have expressed interest in conducting joint training sessions with us, and we will be putting this in place next season.

For whom does the Lifesaving Club exist?

Lifesaving is a sport for all. This is the main motive for introducing the four core pillars of lifesaving which ensures that all members get to engage in activities relating to each of these pillars every week, so as to get a fulfilling experience.

For members keen to qualify as lifeguards, we offer all the different lifesaving awards. Experienced members who join the club can train for higher awards as well as play an active role in promoting lifesaving through undertaking teaching and judging qualifications.

The club also offers members a lot of opportunity to compete for the club. Based on the team selection policy, members have the chance to be selected for many competitions throughout the year. Competition training means that members have access to high level coaching during the season. In addition, the huge variety of competitions the club competes in, such as individuals, pairs and teams, which will cater to members with different interests.

Members who enjoy community work can participate in programmes such as C.L.S. and S.A.B.L. In addition to learning the skills at the courses conducted, they have the opportunity to volunteer when the club conducts these courses for members of the public or at community events that the club is invited to such as Jester Festival and Tribord Diving Experience.

Of course, members get the opportunity to meet a diverse range of individuals coming from different countries such as Singapore, Hong Kong and Spain, as well as different walks of life such as economists, medical and architectural students. Naturally, the club organises various socials to cater for different members, such as Commonwealth Day, St Patrick's Day, Pancake Day and Burn's Night. We also meet up regularly to watch DVDs, football matches and to listen to music at the Blues bar. The club believes that the huge diversity of members is essential as it encourages a lot of cultural exchange. As a result, strong friendships and bonds are built.

In conclusion, the four core pillars of the club will appeal to anybody. We are a skills-base, competitive and social club, and all members regardless of experience are welcome to join the club.

Review of SDP 2007/8

95% of aims and objectives from last year's SDP were achieved. The club has had a most successful year, culminating in us winning the President's Cup at Purples Ball.

Competition Structure

- Our competitive squad has been expanded greatly this year, resulting in a consistent 'A' team for all competitions (except London competition as all members were needed to help organise it) and a regular 'B' team for most competitions. This has been effective in retaining members as competitions have proven to be a main attraction for members.
- A 'C' team was fielded for the Student Nationals and Loughborough competition, the first time since 2005.
- Members have attended all competition socials which help build the relationship between lifesaving clubs and in turn will encourage more members to compete.
- Competition fees of £15 have been collected per member per competition, which helps fund half the cost of travel and entry fees. As transport costs form the bulk of competition fees, we have managed to keep it low through renting the people carrier for some of our competitions.
- This year we have increased the swim fitness and technique sessions and have teaching of the speed skills needed for speed races. The introduction of fins training and purchase of two red torpedo buoys has enabled us to train more efficiently.

Recruitment and Selection

- Membership fees were lowered to £10.00 this year in an effort to attract more members to the club. This has proved to be moderately successful. All members also received a free CLS course which gives them a certificate of attendance upon completion. Having a lower membership fee and offering the CLS course has proven quite effective in attracting and retaining members to the club.
- Freshers' Fayre was much better organised this year as a few committee meetings and a session on skills for Freshers' Fayre was held prior to the event. This helped develop the committee's ability to 'sell' the club to freshers and ensured the smooth setting up and running of the stand.
- The club revamped the old publicity materials by introducing a new logo for the club. The club also designed a brand new banner for the afternoon and new A3 posters and different coloured leaflets revolving around the club's four core pillars – Competitions, Awards, Community and Socials. This enabled the club to identify potential members with different interests and 'sell' the club based on what they are looking for.
- In addition, brochures from R.L.S.S. were effective in advertising N.P.L.Q., N.B.L.Q., C.L.S. and S.A.B.L. courses. We also showcased collection of medals achieved over the years. This attracted some members who were drawn to the different qualifications offered through the club.
- The club gave out free social tickets for our Freshers' social which was held the next night, and this drew interest from some students as we gave them tickets to invite a friend along. We also organised a stall for U.L.U.'s Refresher Fayre.
- The only drawback was that students who are interested do not sign up immediately at Freshers' Fayre due to lack of a passport photo for the

U.L.U. card. Hence, we will be extending this further by giving a discount to all students who sign up at Freshers' Fayre. Students will be allowed to get their U.L.U. card at a later date.

- We have had a range of socials this year, attended by members of the club and friends. The club held a variety of socials to cater for different interests of members, such as DVD nights, Pancake Day, Burns Night, Commonwealth Day, Alcohol Appreciation Week and bowling night. We also host the socials around London to accommodate the large spread of locations where members live.
- The website was revamped over summer last year. It was maintained regularly throughout the year with up-to-date information about training times, competition reports and competition results.

Achievement of Excellence

- Three awards night were held – one in the autumn term and two in the spring term. Seven members have achieved their Bronze Medallion award, six have successfully completed Life Support 1 and one completed Life Support 3. This means that all members will hold at least a BM or higher award by the end of this season, and the club has achieved its aim of getting all new members to attain the basic lifesaving awards – an integral component of core pillar one.
- Differentiated training was conducted throughout the year, teaching beginners and more experienced members in small groups for skills training and pairing experienced and inexperienced members together for competition training. This ensured more effective training, as members learnt skills at the same pace, while they also benefit from the experience of older members of the club. This was possible as the club boasts two T.A.s and five A.T.s.
- Members participated in training outside U.L.U. such as the B.U.L.S.C.A. Speeds Training Day on 19 April. Subsequently, by passing on the skills learnt at such external training, all members in the club benefit as they learn the proper techniques taught at the training day.
- Members purchased Energybase memberships and train regularly outside training times. Wednesday sessions have been re-established and one member conducted training sessions regularly throughout the year. Regular attendance at training has more than doubled. Increased training translates to a better competition performance.
- U.L.U. Open was successfully held, which gave freshers an introduction to lifesaving competitions, and prepared them for the first B.U.L.S.C.A. league match.
- The club's Assistant Teachers have been updated by our T.A. on all the new protocols and B.U.L.S.C.A. rules, hence this ensures that the club does not get disqualified or penalties at competitions. In addition, the teachers will be able to assist the T.A.s in conducting courses and training.
- A provisional team has been formed to participate in the British Universities Beach Weekend and Bournemouth Regatta.
- A team has been selected to represent the club at the Worlds Lifesaving Championship held at the end of July in Berlin. As this is an international competition, we will be applying to the P.w.C. Convocation Fund to send our team to Berlin.
- A weekly training email has been sent out regularly to all members regarding upcoming training and events. This new initiative has helped

retain members through the year because they feel very much in the loop of what is happening in the club.

- The club has allowed members opportunity to practice with the A.E.D. purchased last year. However, the club is unable to organise an official course due to a lack of trainers. Over summer, the club will be applying to the P.w.C. Evolution Fund for funds to send our T.A.s on a A.E.D. Trainer course. This will enable them to train and certify members on using the A.E.D.

Developing profile with U.L.U.

- U.L.U. Open was successfully held in autumn term.
- A C.L.S. course was conducted as the first session of the autumn term, and another was conducted at the start of the spring term. This was useful for members who were more interested in the dry side skills of lifesaving. It also helped refresh current members the basic lifesaving skills before the start of league competitions.
- Two articles were submitted for London Student – one at the start of autumn term to introduce the lifesaving sport and another for the 2007/2008 penultimate issue to highlight our achievements for the season. Having articles in the London Student was very useful publicity for the club. However, the club did not manage to publicise a competition held jointly with Walkabout as London Student refused to do so.
- New club kit was designed and purchased from Kukri Sports, which incorporated U.L.U.'s logo and colour with our club name. The club kit now consists of polo shirts, hoodies and full tracksuit. We also designed new social t-shirts. The club also ordered new swim caps. All members bought the new club kit, which contributed to the club's self raised funds. The new club kit has been commended by other universities as it looks very professional and attractive especially with the purple stripes – which is U.L.U.'s official colour.
- In addition, the club kit has attracted interest from Fencing, Mens Lacrosse and Athletics. Mens Lacrosse has ordered new club kit with the same design as us. The club believes that this is a positive step forward as it brings a huge degree of unity among U.L.U. clubs.
- New poster was created for the club's noticeboard on level 2.
- One member sits on the Sports Executive committee.
- One member ran in the British 10k for R.L.S.S.
- One member is an advisor on youth to the R.L.S.S. UK Management Board and the national communication committee.
- Twenty-one members attended the Purples Ball – the largest ever attendance in the club's history. Everybody had a good night and enjoyed U.L.U.'s prestigious annual event for clubs.

Developing profile with B.U.L.S.C.A.

- The club has attended all B.U.L.S.C.A. league competitions and Student Nationals, and the competition experience of all members has improved greatly. This has translated to faster speed timings and improved handling of S.E.R.C.
- Members have attended all competition socials. Not only did everybody have a good time, it helped build up closer interclub ties. It was after these socials that other clubs have expressed interests to hold joint training sessions in London which will bring greater publicity to U.L.U.

- London competition, a B.U.L.S.C.A. league competition was successfully held on 8th December 2007. Unfortunately, the club limited entries this year to eighteen teams, as we were only able to book the whole pool only from 1600 hrs onwards which was much later than any other B.U.L.S.C.A. competitions. There were also some problems getting rooms for the S.E.R.C. because there was a gig taking place that day. For this year's competition, the club would like to book an earlier pool slot. The club will also give competition date and room requirements to U.L.U. earlier so that we can book the rooms required. *(For more details, please see section on 'How do we support U.L.U.'s activities through our club?')*
- The club held the annual rules meeting on 8th December 2007.
- The club will be sending two members of the committee (the incoming and outgoing captains) to the B.U.L.S.C.A. A.G.M. held at Loughborough.
- The club will be sending a team for the British Universities Beach Weekend and Bournemouth Regatta which are events open to B.U.L.S.C.A. clubs. This will be an excellent opportunity for members to experience open water lifesaving, as well as for the Worlds team to practise as a team at an official competition.

Developing profile with R.L.S.S.

- The club sent five pairs to represent Essex Branch for the S.E.R. Mixed Pairs. This is the largest ever entry by Essex branch in the history of the competition. Two members of the club also helped the organisers act as bodies in the S.E.R.C.
- The club has submitted an article for the Essex yearbook. In addition, we designed the cover for the 2008 Yearbook and were given the back cover for advertising. This was very good publicity opportunity for the club and U.L.U., and the club has been invited to design both the inside and outside cover for next year's yearbook.
- Three members of the club were supposed to attend the Essex A.G.M., but the trains from Liverpool Street station were suspended suddenly on the day itself due to a fire alarm at a signal box. The alternative transport by bus will reach only after the A.G.M. is over, hence we did not manage to attend the A.G.M. The club sends members to the A.G.M. to show support for our branch and it is also a good chance to meet other lifesaving clubs in the branch.

Developing profile with the community

- We maintained strong links with West Hampstead Community Hall and have conducted a C.L.S. course for them. At their invitation, we also set up a booth at Jester Festival and taught members of the public C.P.R. In return, they have provided us accommodation for all competitors after the London Competition for two years and have invited us back to use the hall again this year.
- The club conducted a S.A.B.L. course for a group of nine young mothers in one of their living rooms in West Hampstead. The clubs gave out feedback forms, and from the feedback received, all the mothers felt that the course was well conducted and beneficial to them. They expressed interest asking us to conduct the same course for the fathers.
- We will be running a refresher course and SABL for their sure start programme for young parents. Conducting courses for members of the public helps to build ties with the community and advertise U.L.U. It also helps us raise monies for the self raised.

- We will be organising a C.L.S. course for the staff of Kent Tenants Hall.

Vocational Development

- As the club now has two T.A.s, there was not a need to run a teacher qualification and Assistant teachers course this year.
- A member of Crawley Town lifesaving Club with international lifesaving experience has taught a speeds session.
- One member took part in an R.L.S.S. open water roadshow
- Individual award record has been kept for each member which includes expiry dates of the awards. This helped the T.A.s organise the appropriate award sessions and helps members to plan the awards they would like to train for.

Resourcing Lifesaving

- The club has liaised with Diego Carmona (V-P (Student Activities)) and Pete Burgon (A.D.T. team) about getting possible sponsorships from companies. As a result, the club will be working closely with Pete Burgon to produce a sponsorship pack over summer.
- The club will be applying for the P.w.C. Convocation Fund to fund the team competing at the International World Interclub Lifesaving Championships in Berlin this July. As this team will be representing U.L.U. at an international competition, the club hopes to secure some funding towards their entry, accommodation and travel costs. More details about the competition can be found at (<http://www.resuce2008.com>).
- The club will be applying for the P.w.C. Evolution Fund and sponsorship to fund two members every year to attend a T.A.s course. This will ensure that there are enough T.A.s each year to train members for awards and competitions. In the long run, this will be beneficial as T.A.s will also be able to run community programmes for members of the public, hence the club will be able to reach out more to the community. This is one of the missions of U.L.U. and the club believes we are taking an active role by sending more members for the T.A. course.
- The club questionnaire has been sent out to all members prior to the A.G.M. All members were very happy with the progress of the club and new members felt that they have learnt a lot through the club. Sending out a questionnaire will enable the new committee to better take into account the views of our members prior to producing detailed plans of training sessions and the social events calendar.

Monitoring, Evaluating and Reviewing Progress

- Regular committee meetings were held throughout the year, and these were alternate between Tuesdays and Sundays. This was effective as most committee members attended the meetings and all of them knew what was happening in the club.
- A committee mailing list (yahoo groups) was set up, and all committee members were given their official @ulu-lifesaving.org.uk email address.
- A longer committee meeting was held at the end of each term to assess progress and determine action plans for the next term. Planning ahead ensured that most of the objectives and aims were met.
- The club's Annual General Meeting was held on 3rd February 2008.

Future Aims and Objectives

The club has listed numerous aims and objectives which we believe is reasonable in a three year timeframe. Under each aim, we've explained the objectives behind them, and where necessary, we've included sub aims.

In short, within three years, the club should have increased its membership. An increased membership will mean that regular attendance at training will increase steadily and hence with a rigorous team selection policy, the club will be able to field strong 'A' and 'B' teams. The club will continue to be a regularly competing club in both R.L.S.S. and B.U.L.S.C.A. competitions and in both pool and open water competitions. The 'A' team should be finishing top five in their respective leagues at all competitions and the 'B' team should be doing well at all competitions. More members will be competing in individual speed races both for B.U.L.S.C.A. and R.L.S.S. All members of the club will also have the opportunity to take higher awards and community programmes. Last but not least, strong friendships and bonds should have been forged, leading to a culturally and experientially diverse but united and strong club.

The layout of this section is as follows:

- Main Aim
 - Objective

Competitive Structure

1. Establish strong 'A' and 'B' teams
 - Implement a Team Selection Policy rigorously.
 - To ensure that the strongest teams are selected for competitions.
 - To ensure that all members have an equal opportunity to be selected.
 - To encourage members to train hard so as to be selected for the U.L.U. teams.
 - Plan detailed training schedules geared towards improving performance at competitions.
 - To ensure that training is effective.
 - To ensure that team members are proficient in the required skills and speed techniques.
2. Be an outstanding club at all competitions.
 - Compete in all B.U.L.S.C.A. and R.L.S.S. competitions and the Student Nationals. (C.P.2)
 - To build a solid reputation of the club.
 - To increase competition experience of all members in the club.
 - Finish top five in the 'A' and 'B' leagues
 - To improve our competition performance to win the league at the end of three years. (C.P.2)

Recruitment and selection

1. Increase club membership steadily to thirty within the next three years.
 - To ensure that there is an adequate membership base so that the Team Selection Policy can be used effectively.
 - To ensure that there are sufficient members to run for all the committee positions in the club.
2. Ensure that membership fees remain attractive for new members.
 - To ensure competitiveness vis-à-vis other sports clubs so as to attract many new members each year.
 - To introduce more students to try out lifesaving sport.
3. Ensure a well-run Freshers' Campaign.
 - To highlight the achievements of the club.
 - To attract many new members to the club.
 - To maintain a diverse membership base.

Achievement of Excellence

1. Encourage continued participation of members in training outside of U.L.U.
 - To build up strong ties with the R.L.S.S. and Essex Branch.
 - To build up strong ties with other B.U.L.S.C.A. clubs.
 - To publicise U.L.U. and the club to the community.
 - To improve speed timings and techniques of members.
 - To provide opportunity for members to experience training not available in U.L.U. such as open-water training.
2. Encourage members to train outside of club training times.
 - To improve speed timings of members.
 - To build up strong bonds and friendships.
 - To support U.L.U. by purchasing Energy Base memberships.
3. Encourage members to participate in more competitions.
 - To increase competition experience of all members.
 - To improve competition performance of teams.
 - To maintain strong ties with the R.L.S.S. and Essex Branch.
 - To develop strong camaraderie among members.
4. Build up strong ties with other U.L.U. clubs.
 - To facilitate joint collaboration for kit and socials.
 - To facilitate swapping pool time when necessary.
5. Provide access to high level of coaching for all members.
 - To improve the standard of the club.
6. Demonstrate a high standard for all competitions organised.
 - To showcase the high standards of the club.
7. Encourage members to take up higher awards.
 - To provide members the opportunity for continuous learning and development throughout their time with lifesaving.
 - To encourage members to return to serve the club as Assistant Teachers or T.A.s.

Developing profile with U.L.U.

1. Organise lifesaving related activities for U.L.U. members:
 - To give freshers a chance to learn lifesaving sport.
 - To attract students to join the club.
2. Submit regular articles to the London Student.
 - To increase publicity of lifesaving sport and of the club.
 - To highlight the achievements of the club.
3. Increase the publicity of the club in U.L.U.
 - See Point 2.
4. Encourage members of the committee to stand for election on the Sport committee or other U.L.U. committees.
 - To build up close working relationship with V-P (Student Activities) and A.D.T. team.
 - To be involved directly in achieving the aims and objectives of U.L.U.
5. Encourage members to attend U.L.U.'s events such as Purples Ball (C.P.4)
 - To demonstrate full support for U.L.U.'s activities.
 - To build up team spirit.

Developing profile with R.L.S.S.

1. Encourage members to attend R.L.S.S. competitions and training sessions (C.P.1, C.P.2)
 - To build up close links with R.L.S.S.
 - To meet other coaches and T.A.s who can run courses at U.L.U.
2. Attend Essex A.G.M..
 - To build up close links with Essex Branch.
 - To build up links with other coaches and T.A.s who can run courses at U.L.U.
3. Invite coaches from other clubs to train us. (C.P.2)
 - Introduce diversity into training to improve fitness and techniques of club members.
 - Encourage members to learn from experience of other coaches.
4. Increase publicity of the club at R.L.S.S. events.
 - To build a reputation of the club.
 - To highlight the achievements of the club.

Developing profile with B.U.L.S.C.A.

1. Continue to host a B.U.L.S.C.A. league competition and rules meeting.
 - To demonstrate our standards to other clubs.
 - To earn monies for our self raised fund.
2. Compete in all B.U.L.S.C.A. league competitions and Student Nationals.
 - To enhance members' competition experience. (C.P.2)
 - To be an active club.
3. Send two members of the committee (incoming and outgoing captains) to the B.U.L.S.C.A. A.G.M.
 - To vote on various issues pertaining to the sport.
 - To provide an avenue for feedback to B.U.L.S.C.A.
4. Encourage team members to attend the competition social. (C.P.4)
 - To allow members to have relax and have fun.
 - To provide opportunity for interclub interaction.
 - To enhance team bonding outside of training.
5. Encourage members to participate in training camps

Vocational Development

1. Send the club's T.A.s for an A.E.D. trainers course within the next year.
 - To run an A.E.D. course for members. (C.P.1)
 - To make full use of the club's newly purchased training AED.
2. Run a variety of award sessions every year (C.P.1)
 - To provide opportunities for members to attain a basic lifesaving awards.
 - To provide opportunities for members to attain higher awards.
3. Ask other club coaches/national athletes to train us. (C.P.1)
 - See Point 3 under "Developing profile with R.L.S.S."
4. Run another Assistant teachers course within the next two years. (C.P.1)
 - To create a continuous base of teachers to meet the club's teaching requirements.
 - To encourage current members to give back to the club by teaching new members.
5. Run a Teachers qualification within the next three years. (C.P.1)
 - To allow current Assistant Teachers to gain a higher qualification.
 - To encourage current members to give back to the club by teaching new members.
6. Run another student judges course open to any member of B.U.L.S.C.A. within the next three years. (C.P.1)
 - To increase publicity of U.L.U. and the club.
 - To allow members to judge at competitions.
 - To earn revenue for self-raised fund.

Resourcing Lifesaving

1. Seek sponsorship from companies for kit, equipment, the club's annual events such as London Competition and higher qualification courses.
 - To strengthen the financial position of the club's self raised funds.
 - To subsidise the kit and equipment for team members.
 - To send members on higher qualification courses such as T.A. courses which are very expensive for members to afford on their own.
2. Apply to the P.w.C. Convolution Fund
 - To send a team to the Worlds Interclub Lifesaving Competition to be held in Berlin in August 2008. (C.P.2)
3. Apply to the P.w.C. Evolution Fund
 - To send the club's T.A.s for an AED trainer course within the next year. (C.P.1)
 - To send two members for T.A. courses on an annual basis. (C.P.1)
4. Ensure that committee members work closely with each other.
 - To enhance communication within the committee.
 - To facilitate planning of training and other club related matters.
 - To increase team bonding.
 - To facilitate handing and taking over of the club.
5. Seek feedback regularly from the members
 - To allow for improvement in all areas of the club.

Partnerships

1. Maintain strong links with West Hampstead Community Hall. (C.P.4)
 - To ensure that we can use the community hall for competition accommodation every year.
 - To reach out to various community groups.
2. Run C.L.S. courses at colleges in U.L. (C.P.4)
 - To reach out to other students who do not come into U.L.U.
3. Continue our relationship with the A.C.P.O. (C.P.2)
 - To build strong ties with the A.C.P.O.
 - To provide members the opportunity to experience a different competition.
4. Continue using Essex branch T.A.s for award exams and vocational training (C.P.1).
 - To maintain strong links with Essex Branch.
 - To provide opportunity for members to take lifesaving awards.
5. Collaborate with Essex Branch to send the club's T.A.s on an A.E.D. trainers course. (C.P.1)
 - See Point 1 under "Vocational Development".
6. Develop strong ties with other U.L.U. clubs.
 - To enhance interclub ties.
 - To facilitate swapping pool time before major competitions.
 - To facilitate organising of joint socials.

ACTION PLANS

Many of the above aims will build on the success of this year and are achievable if the club attracts sufficient active members, hence it all starts with having a well run Freshers' campaign and continued publicity of the club. Most of the action plans will be a continuation and extension of what has been done and proven successful this year.

Competitive Structure

Aim: Establish strong 'A' and 'B' teams

Action plans:

- Select the 'A', 'B' and 'C' teams through a rigorous Team Selection Policy. This will ensure that the strongest teams are selected for competitions.
- Increase the base of members from which to select team members. This will allow the strongest teams to be fielded.
 - Get associate members of the club recognised as valid competitors at B.U.L.S.C.A. league competitions.
 - Ensure that all new members achieve the minimum of a Bronze Medallion qualification each year as it is the basic requirement for competing at the Student Nationals.

Aim: Be an outstanding club at all competitions.
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Action plans:

- Motivate all team members to train hard to retain their individual places and be committed to competitions.
- Request competition fees one week in advance so that members will be committed to the competition.
- Improve fitness of members through increased training. This will translate to improved competition performances.
 - Run Wednesday sessions as a speeds session.
 - Apply for more pool time, such as a lane on weekdays.
 - Collaborate with other clubs to swap pool time for longer training sessions before major competitions.
 - Encourage members to purchase individual Energy Base membership to train outside of club training times.
- Encourage members to participate in training outside of U.L.U. including B.U.L.S.C.A. Speeds Training Day, South Development Squad training, R.L.S.S. Open Water road shows and Essex branch open water training.
- Implement a detailed analysis of competition performance after every competition so as to spot the mistakes and improve for the next competition.
- Organise higher awards and teaching qualifications. This will enhance the skills and techniques of members, which will translate to better performance at competitions.
- Increase open water training and competition. This will provide opportunities for the club to excel in all types of competitions.
- Host a joint training session at least once a term with other B.U.L.S.C.A. clubs. This will help build ties with other clubs as well as maintain the competitive sharpness of members during lull periods between competitions.

- Run the U.L.U. Open to give freshers a taste of competitive lifesaving and to let team members get up to speed at the start of the season.

Recruitment and Selection

Aim: Increase club membership steadily to thirty within the next three years.

Action plans:

- Increase publicity of the club through London Student, Lifesavers Magazine, Essex branch and at various U.L. colleges. This will allow us advertise the club to more students.
- Maintain an attractive website:
 - Allocate members to write competition reports promptly for the website. This will increase awareness and interest in lifesaving competitions. (C.P.2)
 - Publicise competition results and update league tables regularly. (C.P.2)
 - Advertise upcoming socials and competitions.(C.P.4)
- Maintain close ties with other B.U.L.S.C.A. clubs to attract students who move to London to do their Masters or PhDs to join the club.
- Increase publicity of the club throughout the season:
 - Display an attractive poster on the club's notice board.
 - Submit an article about lifesaving sport to London Student at the start of the Michaelmas term and another article at the end of the season to highlight the achievements of the club.
 - Submit an article for the R.L.S.S. magazine about the Club.

Aim: Ensure that membership fees remain attractive for new members.

Action plans:

- Price membership fees competitively to attract more full members.
- Offer incentives for students who sign up as members at Freshers' Fayre such as a free social t-shirt.
- Conduct a C.L.S. course at the first training session so people have the opportunity to gain a certificate immediately.
Advertise the course as a free course for whoever who signs up at Freshers' Fayre.
Charge a fee for people to just take the award alone so that it will entice them to sign up as members since that will be more value of money. This will also generate revenue for the club's self raised fund as the cost of running the course is free because training materials and certificates are supplied free of charge by the R.L.S.S.
- The above plans will attract students to sign up at Freshers' Fayre as we feel that there are a lot of interested people at Freshers' Fayre but most do not sign up immediately. The main reason is due to the lack of sufficient incentives to outweigh the hassles of applying for a U.L.U. card.
- We feel that a competitive membership fee will not be detrimental to the income of the club as there are other ways of generating more revenue. For more details, please refer to the Budget application.

Aim: Ensure a well-run Freshers' Campaign.

Action plans:

- Run a session on marketing skills for new committee members, to develop their skills to 'sell' the club to students at the Freshers' Fayre.

- Use one laptop for people to sign up their email addresses. This will reduce the problem of illegible handwriting.
- Design attractive and effective publicity materials for Freshers' Fayre:
 - Use another laptop to showcase highlights of the club's activities such as the club's entry into the Worlds Interclub Lifesaving Competition. This can be done as a PowerPoint presentation.
 - Use different coloured leaflets to advertise the four C.P.s of the club.
 - Target the different C.P.s at specific audience to best meet their interests.
 - Display the club's new banner.
 - Display attractive, clear and informative posters at Freshers' Fayre.
 - Display medals, badges and certificates to showcase the range of awards the club offers to all members.
 - Collaborate with B.U.L.S.C.A. and R.L.S.S. to produce joint promotional materials for Freshers' Fayre.
- Giving out social tickets for Freshers' social at Freshers' Fayre and offer potential members to bring along a friend to the social. This will encourage them to come to the social as they will have somebody familiar to talk to, and at the same time the club gains by attracting more potential members.
- Organise a Freshers' social in the week after Freshers' Fayre to attract potential students, and to allow new members to interact.
- Submit an article about lifesaving sport to London Student at the start of the Michaelmas term.
- Produce a useful membership pack for members containing:
 - Calendar of competitions and socials for the season
 - Training schedule for the season
 - Basic first aid handouts
 - Important contacts

Achieving Excellence

Aim: Encourage continued participation of members in training outside of U.L.U.

Action plans:

- Promote the B.U.L.S.C.A. Speeds Training Day, South East Development Squad training, R.L.S.S. Open Water road shows and Essex branch open water training in the summer.
- To host a joint training session at least once a term with other B.U.L.S.C.A. clubs. This will allow members to get up to speed during lull periods in the competition season as well as to increase interclub networking.

Aim: Encourage members to train outside of club training times.

Action plans:

- Encourage members to purchase Energy Base membership.
- Negotiate discounts with Energy Base for club members. This will be a win-win situation as members benefit from reduced rates while Energy Base receives more membership fee.

Aim: Encourage members to participate in more training and competitions.

Action plans:

- Keep members informed about upcoming training schedules, award sessions, and competitions so as to encourage them to participate in them:
 - Continue sending out weekly training emails to all members.
 - Competition secretary to provide competition timeline at the start of season and remind members of upcoming competitions.
 - Training coordinator to plan award sessions at the start of the term and to closely supervise members who are training for the awards.
- Apply for a lane on weekdays for members to train. This will be beneficial as it allows members to train for rope throw event, manikin tow and other speed events that will not be possible otherwise.
- Continue running Wednesday training sessions as fitness sessions.
- Run differentiated training sessions for beginner and experienced members, this should be easily achieved as we have several assistant teachers as well as two trainer/assessors in the club currently.
- Hold the U.L.U. Open after the C.L.S. course at the start of the Michaelmas term. It should be held before the first B.U.L.S.C.A. competition to give freshers some competition experience as well as to let team members get up to speed before the competition.
- Publicise U.L.U. Open at Freshers' Fayre and in the London Student.
- Hold regular meetings between ATs and TAs to establish who is teaching which session at training so that members can get the most out of training.
- Host a joint training session with other B.U.L.S.C.A. clubs at least once a term.

Aim: Build up strong ties with other U.L.U. clubs.

Action plans:

- Liaise with other U.L.U. clubs in advance of major events such as London Competition so that a mutual agreement can be reached on swapping pool time.
- Organise joint socials such as the U.L.U. aquatic social to increase interaction between clubs.

Aim: Provide access to high level of coaching for all members.

Action plans:

- Organise regular speed training sessions with an experienced member of Crawley Town Lifesaving club.
- Invite Alaric Smith from B.F.A. to organise training sessions for fins related speeds events.
- Invite John Stainer (C.T.L.S.C. and G.B. Coach) to coach at a University Speeds training afternoon held at U.L.U. but open to any member of a U.L.U. Club / B.U.L.S.C.A. Lifesaving Club.

Aim: Demonstrate a high standard for all competitions organised.

Action plans:

- Liaise closely with the V-P Student Activities, A.D.T. team, Conferences and Energy Base to plan the London Competition.
- Continue limiting the number of teams for London Competition to eighteen so that it can be run fully.
- Be professional in terms of signage and execution of tasks.

Aim: Encourage members to take up higher awards.

Action plans:

- Record / update the awards progress for individual members at the start of each year.
- Hold award exams every term
 - To hold Life Support 1 qualification and Bronze Medallion awards for new members once in autumn term and another in spring term.
 - To organise higher awards if there is a demand for them.
 - To ensure that the club uses the individual award records to plan awards sessions so as to best suit the majority of members.

Developing Profile in U.L.U.:

Aim: Organise lifesaving activities for U.L.U. members.

Action plans:

- Run a Community Life Support award as the first session of the new season. (C.P.3). This will provide students the opportunity to learn basic first aid and resuscitation techniques. It will also help attract students who are interested in the dry side of lifesaving.
- Run CLS courses at any colleges of UL that are interested.
- Run the U.L.U. open in the autumn term. (C.P.2). This will give freshers a taste of competitions and to provide team members a valuable opportunity to practice together before the first league competition.
- Submit an article to London Student to advertise the C.L.S. course. Advertise it as an award for students who are interested to learn basic first aid and resuscitation technique. Highlight that they will receive a certificate of participation at the end of the course.
- Run an A.E.D. course. This is useful as such courses are in high demand as the A.E.D. is a requirement at all public venue now.

Aim: Submit regular articles to the London Student.

Action plans:

- Submit an article about lifesaving sport to London Student at the start of the Michaelmas term
- Submit another article at the end of the season to highlight the achievements of the club.

Aim: Increase publicity of the club in U.L.U.

Action plans:

- Encourage all members to wear the new club kit for all training and competitions.
- Encourage members to have drinks and meals before or after training in U.L.U.
- Publicity Officer to assign members to write competition reports for the website and noticeboard.

Aim: Encourage members of the committee to stand for election on the Sport committee or other U.L.U. committees.

Action plans:

- Encourage committee members to attend sport committee meetings and run for positions.

Aim: Encourage members to attend U.L.U.'s events such as Purples Ball (C.P.4)

Action plans:

- Advertise the Purples Ball as the main club social of the year.

Developing profile within R.L.S.S.:

Aim: Encourage members to attend R.L.S.S. competitions and training sessions (C.P.1, C.P.2)

Action plans:

- Committee to promote R.L.S.S. events such as their competitions, training sessions, Essex A.G.M., National A.G.M. and Conference well in advance to members so as to encourage them to participate.

Aim: Invite coaches from other clubs to train us. (C.P.2)

Action plans:

- Invite the Crawley Town coach or experienced members of Crawley to coach us.
- Invite Alaric Smith from B.F.A. to organise training sessions for fins related speeds events.
- Continue to invite R.L.S.S. judges to officiate at the London Competition

Aim: Increase publicity of the club at R.L.S.S. events

Action plans:

- Submit articles for R.L.S.S. magazine and Essex yearbook.
- Design the cover for Essex yearbook 2009.
- Invite local R.L.S.S. Clubs to compete at London Competition if there is enough pool time available.
- Continue to encourage members to take part in events to raise money for Kiss For Life the R.L.S.S. Charity for example Edinburgh Marathon Relay, British 10k, London Triathlon.
- Encourage members to attend Essex A.G.M.

Developing profile within B.U.L.S.C.A.:

Aim: Continue to host a B.U.L.S.C.A. league competition and rules meeting.

Action plans:

- Please see section on “Achieving Excellence”.

Aim: Compete in all B.U.L.S.C.A. league competitions and Student Nationals

Action plans:

- Send at least one team to all B.U.L.S.C.A. competitions and the Student Nationals.
- Employ a rigorous team selection policy to encourage members to compete for team places.

Aim: Send two members of the committee (incoming and outgoing captains) to the B.U.L.S.C.A. A.G.M.

Action plans:

- Before the A.G.M., incoming and outgoing captains to discuss with committee on issues to be raised.

Aim: Encourage team members to attend the competition social. (C.P.4)

Action plans:

- Social secretary to plan the club’s attire and purchase relevant accessories for the themed socials.
- Encourage members to suggest ideas for costumes to make the club stand out.
- Employ a sensible drinking policy to include members who do not like to consume alcohol.

Aim: Encourage members to participate in training camps

Action plans:

- Advertise in the weekly emails events open to B.U.L.S.C.A. clubs such as the training tour to Spain in September 2008 run by Southampton University Lifesaving club and the B.U.L.S.C.A. Beach Weekend in May.

Vocational_Development

Aim: Send the club's T.A.s for an A.E.D. trainers course within the next year.

Action plans:

- Liaise with Pete Burgon to apply for a grant from the PwC Evolution Fund to send T.A.s for an A.E.D. trainers course.

Aim: Run a variety of award sessions every year (C.P.1)

Action plans:

- Hold records of which awards members have achieved and expiry dates in order to plan award sessions.
- Hold at least one award session (where more than one award can be examined at one session) at least once a term.
- Run a B.M. exam at least once a year.

Aim: Ask other club coaches/national athletes to train us. (C.P.1)

Action plans:

- Maintaining contact with Crawley Town club.
- Invite Alaric Smith from B.F.A. to organise training sessions for fins related speeds events.
- Ensure that the outgoing committee members hand over all contact details to ensure links are maintained with R.L.S.S., other Clubs and coaches.

Aim: Run another Assistant teachers course within the next two years. (C.P.1)

Action plans:

- Ensure the training officer liaises with Essex Branch about running a Teachers qualification and any future Assistant Teachers Courses.

Aim: Run a Teachers qualification within the next three years. (C.P.1)

Action plans:

- Ensure the training officer liaises with Essex Branch about running a Teachers qualification and any future Assistant Teachers Courses.

Aim: Run another student judges course open to any member of B.U.L.S.C.A. within the next three years. (C.P.1)

Action plans:

- Liaise with B.U.L.S.C.A. and Janet Castro regarding Student Judges Course.

Resourcing Lifesaving

Aim: Seek sponsorship for events such as London Competition and higher qualification courses.

Action plans:

- Produce a sponsorship pack to seek sponsorship from companies involved with lifesaving for example wetsuit manufacturers, fin manufacturers or those companies to which individuals within the club may have close links. This will be carried out by the Publicity Officer and/or Captain.
- The sponsorship pack will contain (list is non-exhaustive):
 - Background and history of the club.
 - Current membership demographics.
 - Current and Past successes
 - Areas the club needs sponsorship.
 - Different levels of sponsorship.
 - What the company gets in return.
- Approach Kukri Sports for possible sponsorship for 2009/2010 season as all their funds for 2008/2009 has been allocated.

Aim: Apply to the P.w.C. Convocation Fund

Action plans:

- Submit application in May for grant to send a team to the Worlds Interclub Lifesaving Championships.
- Ensure that the strongest team is selected using the Team Selection Policy so that the club can best represent U.L.U.
- Book air tickets and accommodation in advance to reduce cost.

Aim: Apply to the P.w.C. Evolution Fund

Action plans:

- Liaise with our coach to locate an A.E.D. trainers course with vacancies.
- Submit application before the start of Michaelmas term for grant to send the club's TAs to A.E.D. trainers course.
- Over the season, select two club members with the passion undergo a T.A. course. Announce names of these two members at the A.G.M. each year.
- Submit application in June for grant to send two club members annually for TA courses in the summer.

Aim: Ensure that committee members work closely with each other.

Action plans:

- Hold committee meetings regularly, before either a Tuesday or Sunday training session and alternate so members can attend regularly.
- Hold a longer committee meeting at the end of each term to assess progress and determine action for next term.
- Have at least one committee meeting prior to Freshers' Fayre in order to organise smooth running of the stand and setting up.

- Hold the A.G.M. in February each year. This will ensure that incoming committee members have three months (February - 1 May) to job shadow outgoing committee members, hence facilitating a smooth hand over.

Aim: Seek feedback regularly from the members

Action plans:

- Inform all members of committee meetings so that they may be give feedback and suggestions, which will be useful in developing the club further.
- Review and distribute the club questionnaire to all members at least once in the year to allow for feedback and suggestions.

Partnerships

Aim: Maintain strong links with W.H.C.H. (C.P.4)

Action plans:

- Run a refresher course for W.H.C.H. in summer.
- Run a S.A.B.L. course for young parents under W.H.C.H.'s Sure Start Tuesdays and Thursdays programme.
- Run a C.L.S. course for Kent Tenants Hall which is run by the chairperson of the W.H.C.H. Board of Trustees.
- Participate in Jester Festival 2008 and Tribord Diving Experience 2008.

Aim: Run C.L.S. courses at colleges in U.L. (C.P.4)

Action plans:

- Publicise the club and C.L.S. courses at the Freshers Fayre of various colleges.
- If there is sufficient demand, organise a C.L.S. course at the specific U.L. college.

Aim: Continue our relationship with the Police

Action plans:

- Encourage members to help body for the Police competition.

Aim: Continue using Essex branch T.A.s for award exams and vocational training (C.P.1).

Action plans:

- Liaise closely with our coach to arrange for T.A.s from Essex branch.
- Attend the Essex A.G.M. to meet other T.A.s and coaches who might be willing to help the club.

Aim: Collaborate with Essex Branch to send the club's T.A.s on an A.E.D. trainers course. (C.P.1)

Action plans:

- Liaise with our coach to locate vacancies on A.E.D. trainers course.
- Apply for funding from the PwC Evolution Fund.

Aim: Develop strong ties with other U.L.U. clubs.

Action plans:

- Liaise with other clubs to swap pool time where necessary before major competitions.
- Organise joint socials with other U.L.U. clubs.
- Organise joint training sessions with L.I.N.K.S.

List of Abbreviations:

- A.C.P.O. Association of Chief Police Officers
- A.E.D. Automatic External Defibrillator
- B.M. Bronze Medallion
- B.U.L.S.C.A. British Universities Life Saving Clubs Association
- C.L.S. Community Life Support
- C.T.L.S.C. Crawley Town Life Saving Club
- N.P.L.Q. National Pool Lifeguard Qualification
- N.B.L.Q. National Beach Lifeguard Qualification
- R.L.S.S. Royal Life Saving Society
- S.A.B.L. Save A Baby's Life
- T.A. Trainer / Assessor
- U.L. University of London
- W.H.C.H. West Hampstead Community Hall

List of Attachments:

- Awards Timeline.pdf
- Distribution of Sessions.pdf
- Lifesaving Constitution.pdf
- Team Selection Policy.pdf