

# Sports Development Plan 2009

<b>GENERAL INFORMATION</b>	
<b>Sport</b>	Lifesaving
<b>Completed by</b>	Martin May
<b>Telephone number – term time</b>	
<b>Email – term time</b>	
<b>Telephone number – home</b>	
<b>Email – home</b>	
<b>Date submitted</b>	10/06/09

Please attach this front cover to your completed review.

Please indicate if you have made any changes in sections 1-5 of your SDP. Specify individual points where changes have been made in column two of the table below.

<b>SDP UP-DATES</b>	
<b>Example:</b>	2.2, 2.5, 2.6, 2.7, 2.8
<b>1 Introduction to your sport</b>	All
<b>2 Background to your club</b>	All
<b>3 Current programme</b>	All
<b>4 Financial status</b>	All
<b>5 Strategic factors</b>	All

**DEADLINE FOR SUBMISSION**  
**FRIDAY 12 JUNE 2009**

## **Outline**

**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**

Our university national governing body is 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 general meetings. It is hoped that in the future we will become part of B.U.C.S. 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 Simon Creasey (of Warwick University Lifesaving Club). His email address is [chair@bulsca.co.uk](mailto:chair@bulsca.co.uk).
- The current President of R.L.S.S. Essex Branch is Susan Stewart [REDACTED]
- The branch Lifesaving Coordinator is Val Hardy [REDACTED] who is a Staff National Trainer/Assessor (T.A.).
- The branch Competition Sports Coordinators are Stella Coulson/ Jodie Clarke.
- The Honorary Secretary of Essex Branch is David Flood. His email address is [beachwatchdave@btinternet.com](mailto:beachwatchdave@btinternet.com).

### **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 fifteen universities competing in the B.U.L.S.C.A. league. There are currently nine league competitions over the year, including London Competition, at which every university competes. 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). In the S.E.R.C.s teams are judged on their ability to deal with the situation effectively and correctly prioritise and treat the casualties.

The two day Nationals started in 2006 and is part of the drive to become recognised by B.U.C.S.. 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. Each University may field a squad of up to 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. From their squad of twelve each club can form three teams of four to compete in the Nationals on the Sunday, although only the top two teams from each University will count towards the National title. The National Student Championship title is won by the University with the highest points from the two days.

In 2007, B.U.L.S.C.A. was officially incorporated as a community interest company, and all clubs are required to pay an affiliation fee of £30.00 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. 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 Regatta held in the summer term.

Clubs have the opportunity to compete at the Interclub World Lifesaving Championships held every two years. 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. Locally 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 and contribute to running costs. Competitions are funded through a combination of R.L.S.S. UK contributions and entry fees.

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 £43.50 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 the only competitive club within the M25.

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 wide range of colleges represented in the club including L.S.E., U.C.L., 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 the University of Westminster, and alumni who help with training new members.

This year, the club has continued to develop in the main areas of Lifesaving laid out in the previous SDP – Competitions, Awards and Trainings, and Community Work. Rather than all areas having equal weighting the club has turned the greater part of its focus to competitions. The reason for this was that nationally competitions have been recognised as the biggest growth area for the lifesaving community as a whole and have been seen to have the greatest appeal for U.L. students.

## **U.L.U./Club and NGB Relationship**

We have strong links with both U.L.U. and B.U.L.S.C.A..

### **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 Vice-President, 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.

During the recent B.U.L.S.C.A. A.G.M. two members of the club were elected unanimously to positions on the B.U.L.S.C.A. committee; Martin May as Treasurer and Iain Long as Secretary. That two of our members could rise to two of the highest positions in B.U.L.S.C.A. speaks greatly of the respected position the Club holds in B.U.L.S.C.A.

### **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 were selected to represent Essex Branch at both the S.E.R. Teams Competition, where we won silver medals and Mixed Pairs Competition.

Members of the club attend the annual Essex AGM to maintain links with our parent Branch and to raise the Club's profile.

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.

Our new designed tracksuits and polo shirts have attracted the attention of other clubs. Men's Lacrosse has ordered club kit with the same design as us, and Athletics have also shown interest in our tracksuits. Our current supplier, Kukri, has recently been endorsed by U.L.U. to supply all the clubs.

This year we have had particularly strong links with Canoe Polo and ULSAC. At the start of the year we collaborated to produce a combined flyer for Freshers' Fayres. Additionally we co-manned stalls at college Freshers' Fayres to increase the visibility of all the Clubs. Throughout the year we have facilitated the exchange of pool sessions with both clubs to mutual benefit.

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

### **iv) Other partnerships**

Unfortunately we were unable to continue our relationship with West Hampstead Community Hall this year as internal problems led to their organisation ceasing activities at present time.

Members of the club attended and helped with the running of the 2008 London Triathlon. Along with members from other university Lifesaving Clubs Philippa Sprake and Nic Williams lifeguarded and acted as runners for the event.

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 road show 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.

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, the top club in the country, 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.

## **Current Programme**

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

- Eight League competitions: mixed teams comprised of four people each.
  - Performance over the year has greatly improved with the 'A'-Team winning medals at three of the league competitions, coming first in Birmingham's League competition.
  - Over the year London came fourth in the League, our second highest position in the Club's history.
- 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)
  - The women's team took first in the female line-throw relay.
  - The men took third in the medley relay
- British Universities Beach Weekend
- British Universities Spain Training Trip

### **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 S.E.R. Teams and Mixed Pairs, Crawley Open, Hearnor Open, Leeds Classic, Kent Open, and Bournemouth Regatta.
  - The men's team won silver at the S.E.R. Teams.
  - London 'A' and London 'B' came fourth and fifth respectively at S.E.R. Mixed Pairs.
- R.L.S.S. Speed Nationals are open to Bronze medallion holders but there are no qualifying competitions.
  - Iain Long and Martin May came seventh in the men's individual line-throw.

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

- A team was selected to represent U.L.U. at Rescue 2008, the World Interclub Life Saving Championships held in Germany from 20<sup>th</sup> July to 2<sup>nd</sup> August 2008. The next World Championships is due to be held in Egypt in 2010.
  - The S.E.R.C. team came sixth in the Tank 2 S.E.R.C.
  - Philippa Sprake and Tamsin Jones came eighth in the women's line-throw.
  - Iain Long and Nic Williams came twelfth in the men's line-throw.

### **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')*.

- Four members of the Club were selected to represent the Essex Branch Men's Team at SER teams in 2008.

#### **e. Lifesaving within U.L.U.**

##### Competitions

The club's main competitions are consist of 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. teams and 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 were 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) last year in Berlin.

The club holds a U.L.U. Open competition 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 Autumn 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 in order to prepare them for the first competition of the season.

##### Awards and Training

The club runs R.L.S.S. awards (both pool and open water based). 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 and Bronze Medallion award (the R.L.S.S. flagship award) over the first year regardless of ability on joining. 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 Bronze Medallion 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 summer as we have a 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. We are currently looking into running a T/A course in the next few years.

We currently have three T/As in the club. One is qualified to train and assess N.P.L.Q., life support awards, Bronze Medallion and the Rookie programme. Another can train and assess lifesaving and life support awards, excluding the professional qualifications (N.P.L.Q. and N.B.L.Q.). The third is qualified to train N.B.L.Q.

With regards training we have opted to combine competitions and awards training. The theory being that while training for competitions members pick up most of the skills required to achieve the awards. So far this is proving very successfully with improved performance at competitions and continued success in members gaining awards.

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 becoming essential. 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 offer members the chance to attend judging courses allowing them to judge at our competitions. It is hoped we may be able to run a judging course for our members in the near future.

### 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.

### **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.

As a result of close collaboration with U.L.U., this year's competition was hosted very successfully, with more than seventy students from twelve different universities competing. All the events were executed well. 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 2009/2010 London Competition social in U.L.U.'s Duck and Dive if possible.

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 Autumn term in 2008, 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 we hope to continue it next year.

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 than travelling by train. Hence, the club would like to rent the people carrier for all competitions next year, as it has done this year.

One of our members was elected to the Student Activities committee this year providing the Sabbatical Team with support. In particular he served on the Purples committee.

Two of our members volunteered their time to help man ULU Freshers' Fayre stalls at college Freshers' Fayres at K.C.L. and R.H.U.L..

The club worked with both the Canoe Polo Club and the ULSAC to produce material for Freshers' Fayres. Together we manned stalls and gave out leaflets promoting all three clubs and ULU Energy Base in general.

**Is there a demand for more competitive opportunities?**

The current programme is quite competition intense and as such there is little demand for more competitive opportunities. Having said this because of current funding restrictions it is not always possible to send more than two teams to each competition despite there being demand for more teams.

We currently focus on Inter-University competitions thus it may be possible to attend more R.L.S.S. and Surf Lifesaving competitions. There is particular scope to attend more competitions over the summer when the current University programme does not run.

We hope in the future as the number of members increases there will be 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?**

This year the club has undergone some drastic changes which reflect the current trend in Lifesaving Clubs as the sport develops. These changes have mainly been in the structure of the training sessions.

Over the course of the year different techniques have been implemented to see if there were areas training could be improved. One of the biggest areas was in creating a more formal structure to training sessions, which has not only cut out some of the wasted time in sessions but also provides members with an insight as to what they can expect from training. Additionally we have dedicated more of our limited pool time to Speed Lifesaving training and allocated more of the soft skills training to our dry sessions.

To improve our competitive performance we have instigated an extensive post competition analysis programme. This entailed analysing each competitor's performance at each competition regardless of ability and giving detailed, constructive feedback. The feedback included watching videos of their performances in conjunction with spreadsheets including extensive splits and speeds.

Following on from last year we have run a successful Wednesday training session this year with a good attendance. In the future it would be beneficial to look in to the possibility of getting pool time in the early evenings as currently three members of the A-team are unable to attend the Wednesday session due to university commitments.

### **For whom does the Lifesaving Club exist?**

Lifesaving is a sport for all. Regardless of sporting ability our programme aims to bring out the best in our members, encouraging them to compete at a national standard.

The club 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.

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.

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.

Of course, members get the opportunity to meet a diverse range of individuals coming from different countries such as Singapore, Hong Kong, Germany and France, 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, rugby 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.

## **Review of SDP 2008/9**

90% 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, Sports Woman of the Year, and Robert J Watson Award at Purples Ball.

### **Competition Structure**

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

This year we have had strong 'A' and 'B' teams.

- The Team Selection Policy has been enforced this year resulting in us sending the strongest possible teams to competitions as well as giving all members an equal opportunity to compete for the Club. Unfortunately owing to funding restrictions we have been unable to send more than two teams to competitions this year, though hopefully this will change in the future. However this has meant members who wish to compete have had to train hard to be selected for a team.
- We have managed to increase our membership base this year to over 30 members allowing us a greater choice from which to pick the strongest competitors.
  - We are currently supporting the University of Loughborough's efforts to get student associate members recognised for B.U.L.S.C.A. however they may currently compete outside the league competition.
  - All new members have achieved Bronze medallion or are waiting to take the test.
- This year the Club's Trainers worked out an extensive training programme geared towards preparing members to compete at the Student National Competition.

Aim: Be an outstanding club at all competitions.

We have performed outstandingly at all competitions this year with the second best performance in the Club's history at a national level and attending our first international competition with great successes.

- At the World Championship the Club came eighth in the women's line-throw, eleventh in the men's line-throw and twenty first in the S.E.R.C..
- The men's team were selected to represent Essex branch at S.E.R. Teams, winning silver closely behind the best club in the country, Crawley.
- In the B.U.L.S.C.A. league we came fourth over the year taking medals at three of the competitions. The results for London 'A' at each university competition were as follows: 6<sup>th</sup> at Southampton; 5<sup>th</sup> at Warwick; 3<sup>rd</sup> at Aberdeen; 4<sup>th</sup> at London; 2<sup>nd</sup> at Nottingham; 1<sup>st</sup> at Birmingham; 5<sup>th</sup> at Bath; 6<sup>th</sup> at Loughborough.
- At the Student Nationals competition the women's line-throw relay team came first and the men's medley relay team came third. These contributed to London coming 7<sup>th</sup> in the Speeds competition and the 'A'-team came 6<sup>th</sup> in the National competition.
- At R.L.S.S. Speeds one Iain Long came seventh in the men's line-throw.
- All Club members have trained hard this year to secure places on one of the teams.
- Members' fitness has improved over the year by a more rigorous training programme.
  - Wednesday sessions were continued this year.

- Though more pool time was requested we were unable to obtain any more.
- Over the year we have collaborated with other clubs to arrange mutually beneficial pool time in particular in the run up to the Student Nationals.
- Members of the Club were encouraged to purchase Energy Base membership – several members currently hold Energy Base membership.
- Detailed analysis was performed after every competition to highlight areas of weakness. This took a lot of effort as there was no guidance as to how to go about this.
- This year two members have taken their distinction exams and some members are looking to attend a T/A course over the summer.
- Members of the club had the opportunity to practice open water techniques at Warnemunde beach while attending the World Lifesaving Championships.

## Recruitment and Selection

Aim: Increase the Club membership steadily to 30 in the next three years.

Membership is currently at over 30 members.

- We had increased presence at UL college Freshers' Fayres and manned an enthusiastic stall at the ULU Freshers' Fayre. To help with this we recruited old members of the Club to attract attention in the Club.
- We have increased publicity for the Club within the lifesaving community. Our lifesaving competition was reported on by the RLSS magazine and we submitted our annual report to the Essex Branch year book. We have raised our profile within B.U.L.S.C.A. and have had significant interest from members of other Clubs who are coming to study in London next year.

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

Membership fees have remained attractive to members as evidenced by the increased membership this year.

- Students who signed up at Freshers' Fayre were given the incentive of cut price membership. This resulted in more members signing up at Freshers' Fayre than ever before.
- A C.L.S. course was run at the start of the year attracting new members.

Aim: Ensure a well-run Freshers' Campaign

This year's Freshers' Fayre was one of the most successful in recent years as evidenced by the increased interest in the Club at Freshers' Fayre.

- We held sessions to teach new committee members how to sell the Club to people.
- We had new leaflets designed to publicise the Club.
- We had two laptops at Freshers' Fayre: One to allow people to sign up for our mailing list; and one to show a montage of photographs of the club.

## Achieving Excellence

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

- Members were offered the chance to attend B.U.L.S.C.A. speeds training day and are currently being encouraged to attend the B.U.L.S.C.A. Spain trip.
- Members have been encouraged to attend a T/A course being run at the University of Bath.

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

This year several members have held membership of Energy Base allowing them to train outside our formal training sessions. This has led to increased fitness and improved performance at competitions.

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

This year there has been a much greater consistency to training with most members attending training regularly. Additionally we have attended all University competitions this year and several RLSS ones, including the RLSS national competition.

- Members were regularly reminded of training and competitions.
- We have continued to run Wednesday training sessions.
- We have involved new members more in training so they have more say in how the sessions are run and giving them ownership of it.

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

We have developed ties with other U.L.U. clubs in particular Canoe Polo and ULSAC.

- We have organised exchanging pool time with both clubs.
- We collaborated to publicise all Clubs at Freshers' Fayres.

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

We have not been able to engage the services of higher level coaches as detailed by last year's S.D.P.. However the Club's two current T/As attended the World Lifesaving Championships and gained valuable experience in how to coach elite athletes. As a consequence our training has drastically changed. Foremost of these changes has been the extensive post competition analysis and feedback employed to improve performance of all members. That this has been successful is evident by the much improved performance of the Club over the past season.

**Aim:** Demonstrate a high standard for all competitions organised.

Again this year the Club hosted the annual University of London Lifesaving Competition. For this we collaborated with U.L.U. staff and B.U.L.S.C.A. committee. The competition was still limited to 18 teams, because of the limited pool time available. Additionally for the first time in two years a London team was also able to compete at our competition and came fourth, narrowly missing out on third.

**Aim:** Encourage members to take up higher awards.

This year a successful Distinction course was run, the highest award offered by the R.L.S.S., and an Award of Merit, the second highest. In addition several members participated and completed Bronze Medallion courses.

### **Developing Profile in U.L.U.**

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

At the start of the year we ran a Community Life Support Course open to all U.L.U. members. Throughout the year we have continued to encourage new members and have had a steady stream attending regular taster sessions.

**Aim:** Submit regular articles to the London Student.

Several articles have been prepared, but none have been submitted as yet. This is because it would have left us spread too thin and meant other activity would have to be sacrificed.

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

All members have been encouraged to wear Club kit around U.L.U. and more kit has been ordered for new members. The Club has produced new leaflets which have been on display in Energy Base all year.

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

Two members of the Club stood for positions on the Student Activities Committee and one was elected to the role.

**Aim:** Encourage members to attend U.L.U.'s events such as Purples Ball

Purples Ball was attended by eleven members of the Club.

- Four members achieved Full Purples for our strong performance at the World Championships and our League performances.
- Philippa Sprake won Sports Woman of the Year for her success in coming 8<sup>th</sup> in the women's line-throw, and captaining the S.E.R.C. team to 21<sup>st</sup> at the World Championships as well as captaining the 'A'-team at the start of the season.

- Iain Long won the Robert J Watson Award for his performance at the World Championships including coming twelfth in the men's line-throw and competing in the S.E.R.C. team, in addition to being pivotal in the 'A'-team's current success.
- The Club won President's Cup for the second year running for its overall performance over the year and its community programme, which this year included going into two Camden schools to teach children C.P.R. skills.

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

**Aim:** Encourage members to attend R.L.S.S. competitions and training sessions

Members of the club attended various R.L.S.S. competitions throughout the year including:

- S.E.R. Teams, where the men's team took the silver medal representing Essex Branch
- S.E.R. Mixed Pairs, where the 'A' and 'B' teams came fourth and fifth respectively representing Essex Branch
- Crawley Open Competition
- R.L.S.S. Speeds, where Iain Long came seventh in the men's line-throw.

**Aim:** Improve profile of the club at R.L.S.S. events

The Club has had an increased presence within the R.L.S.S. this year.

- We attended the World Lifesaving Championships reaching two finals and narrowly missing out on a third, drawing much attention from other U.K. clubs.
- We submitted an article to the R.L.S.S. magazine as well as having our competition mentioned in the University pages.
- Members of the Club designed the Essex Year Book and submitted a report for it.
- Members of the Club attended the R.L.S.S. 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.

- This year we again ran a successful competition as part of the B.U.L.S.C.A. league, at which eighteen teams competed representing over twelve universities. Additionally for the first time in two years we were able to enter a team of our own.
- Following the competition we ran an equally successful social in the U.L.U. bars, attended by all the competitors
- Additionally we held the annual B.U.L.S.C.A. Rules meeting attended by representatives from over twelve universities.

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

Members of the Club attended all B.U.L.S.C.A. competitions this year and both days of Student nationals.

- In the B.U.L.S.C.A. league we came fourth over the year taking medals at three of the competitions. The results for London 'A' at each university competition were as follows: 6<sup>th</sup> at Southampton; 5<sup>th</sup> at Warwick; 3<sup>rd</sup> at Aberdeen; 4<sup>th</sup> at London; 2<sup>nd</sup> at Nottingham; 1<sup>st</sup> at Birmingham; 5<sup>th</sup> at Bath; 6<sup>th</sup> at Loughborough.
- At the Student Nationals competition the women's line-throw relay team came first and the men's medley relay team came third. These contributed to London coming 7<sup>th</sup> in the Speeds competition and the 'A'-team came 6<sup>th</sup> in the National competition.

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

Four members of the Club attended the B.U.L.S.C.A. A.G.M. Two of whom were elected to positions on the committee: Iain Long is now B.U.L.S.C.A. Secretary; and Martin May is B.U.L.S.C.A. Treasurer.

Aim: Encourage team members to attend the competition social.

All post competition socials were attended this year. This encouraged new members to attend competitions even if they were not able to compete.

Aim: Encourage members to participate in training camps

Members were encouraged to attend B.U.L.S.C.A. training days. Several members were going to attend the B.U.L.S.C.A. beach weekend, unfortunately this event was cancelled at the last minute by the organisers. One member has already booked to go on the B.U.L.S.C.A. Spain trip.

## Vocational Development

Aim: Run a variety of award sessions every year

So far we have run Life Support and Life Support 3 exams, a Bronze Medallion exam, an Award of Merit exam and a Distinction exam this year. One more Bronze Medallion exam is planned before the end of the year.

Aim: Run another Assistant teachers course within the next two years.

This has not been done yet, however we are looking into doing so in the near future. In particular there is interest from members in attending an assistant teacher course or T/A course.

Aim: Run a Teachers qualification within the next three years.

We are currently looking into sending members on a T/A course this summer, one member has already signed up for a course in Bath this summer.

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

We are currently looking into this, however the current judges course is undergoing reform and we need to wait until the new format has been introduced.

### **Resourcing Lifesaving**

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

The current Community officer has outlined potential sources of sponsorship and is developing proposals to put to the organisations concerned.

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

This was done and we were successful in gaining sponsorship to attend the World Lifesaving Championships.

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

We have not had a need for this yet however it will become more relevant in the near future with members attending a T/A course over the summer

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

The committee have worked well together all year as evidenced by the Club's success.

- We have held regular committee meeting throughout the year allowing us to collaborate closely.
- All committee meetings were strictly limited to 30 minutes to ensure committee members were focused on their objectives.
- All committee members have attended competitions and socials throughout the year.
- Members have worked together to design and order new kit from our suppliers.
- Members of the committee have collaborated to introduce new practices in training including the new programme of analysis and feedback.

Aim: Seek Feedback regularly from the members

Members have been actively encouraged to attend committee meetings and several have been observers over the year.

## Partnerships

In addition to what follows a member of the Club went into two schools in Camden, Our Lady's and St Michael's to teach C.P.R. skills to pupils at the school. The schools were very appreciative of this and 60 pupils were presented with certificates of attendance.

Aim: Maintain strong links with W.H.C.H.

This was not possible as W.H.C.H. went into liquidation last year and so no longer exists as an organisation.

Aim: Run C.L.S. courses at colleges in U.L.

We are currently investigating running a C.L.S. course at K.C.L.

Aim: Continue using Essex branch T/As for award exams and vocational training

All awards this year were examined by Essex Branch examiners.

Aim: Collaborate with Essex Branch to send the club's T/As on an A.E.D. trainers course.

This course no longer exists and as such it has been impossible to achieve this aim despite interest this year. Regardless of this, members with experience of using A.E.D.s have been showing others how to use them, including incorporating them into our practice S.E.R.C.s.

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

As mentioned above we currently enjoy strong relationships with both Canoe Polo and U.L.S.A.C. Additionally this year we have investigated the possibility of arranging a joint activity with L.I.N.K.S., unfortunately this has not yet come to fruition.

## **Future Aims and Objectives**

In this section broad aims for the future of the Club will be laid out. To aid in the achievement of these aims they are followed by measurable objectives. The objectives are meant as a guide for the new committee to gauge whether they are working towards the aims. It should be noted however that these objectives are neither exclusive nor necessary to fulfil the aims.

### **Competitive Structure**

1. To build on the current competitive ethos in the Club and increase the competitive standard of the Club.
  - i. The A-Team to finish in the top five for most University competitions.
  - ii. The B-Team to improve performance such that they finish in the top 15 for most University competitions.
  - iii. To send members to R.L.S.S. Nationals.
  - iv. To send members to S.E.R. Individuals/Teams /Mixed Pairs
  - v. To send members to Crawley Open.
  - vi. To send more than two teams to some competitions.

### **Recruitment and Selection**

1. To increase membership over the next three years.
  - i. To sign up 20 members within two weeks of U.L.U. Freshers' Fayre.
  - ii. To sign up more than 30 members over the year.
  - iii. Have at least 10 regular members at every training session.
2. To maintain/increase representation of U.L. Colleges within the Club
  - i. To have members from at least four of the U.L. Colleges
3. Ensure a well run Freshers' campaign.
  - i. Attend U.L.U. Freshers' Fayre.
  - ii. Attend at least one College Freshers' Fayre.

### **Achievement of Excellence**

1. Encourage members to train outside Club training times.
  - i. To have members who train outside of formal sessions
2. Run a successful University of London Lifesaving Competition
  - i. Have 18 teams attend.
  - ii. Hold a Social after the competition
  - iii. Offer accommodation to competitors who require it.
3. Improve skills within Club
  - i. Run a course for an award higher than Bronze Medallion
  - ii. Run a Life Support 3 course.
4. To become more active within the community
  - i. Run at least one community course over the year.
  - ii. Establish a link with a local community group.
5. Prepare for the World Lifesaving Championships in 2010
  - i. Select a team to send as per the Team Selection Policy

- ii. Have a focused training plan in place, ready to be implemented in May 2010.

### **Developing our profile with U.L.U.**

1. Increase publicity of the Club.
  - i. Advertise the Club within U.L.U.
  - ii. Advertise the Club within individual U.L. colleges.
2. Encourage members to take a greater interest in U.L.U.
  - i. Have Club members run for positions on U.L.U. committees.
  - ii. Hold socials within U.L.U. bars.
  - iii. Attend Purples Ball
3. Collaborate with other Clubs and Societies within U.L.U.
  - i. Maintain open dialogue with Canoe Polo and U.L.S.A.C.
  - ii. Establish a dialogue with L.I.N.K.S.

### **Developing our profile with R.L.S.S.**

1. Improved profile at a National level
  - i. Attend R.L.S.S. National competitions.
  - ii. Encourage members to attend R.L.S.S. road shows.
  - iii. Be mentioned in the R.L.S.S. magazine.
2. Improved profile at a Branch level
  - i. Send members to Essex Branch AGM.
  - ii. Put members forward to represent Essex Branch.
  - iii. Get Essex Branch T/As in to assess awards.

### **Developing our profile with B.U.L.S.C.A.**

1. Improve competitive profile.
  - i. Hold a competition in London
  - ii. Attend all University competitions next year
2. Improve administrative profile.
  - i. Hold the annual Rules Meeting
  - ii. Send representatives to both the Rules Meeting and the A.G.M..
  - iii. Send members to B.U.L.S.C.A. organised activities.
3. Improve relationship with other B.U.L.S.C.A. Clubs.
  - i. Attend socials with other Clubs
  - ii. Attend joint training sessions with other Clubs.
  - iii. Recruit members of other Clubs who come to London for further study.

### **Vocational Development**

1. Train members in Lifesaving techniques
  - i. Run a Bronze Medallion course or higher.
2. Increase the number of trainers within the Club.
  - i. Send members on a T/A course or assistant teacher course.
  - ii. Run such a course in the next two years

3. Increase the number of judges within the Club
  - i. Make members aware of judging courses.
  - ii. Run a judges course within the next two years.

### **Resourcing Lifesaving**

1. Seek sponsorship from companies outside U.L.U.
  - i. Look into company sponsorship programmes
  - ii. Apply for sponsorship from companies.
2. Seek more sponsorship from U.L.U.
  - i. Apply to P.w.C. Convocation fund for the World Lifesaving Championships.
  - ii. Apply to the P.w.C. Evolution fund to help fund members attending T/A courses.
3. Optimise current membership fees
  - i. Review fee structure.

### **Partnerships**

1. Improve relationships with U.L. colleges
  - i. Run a community course at a U.L. college

## **Action Plans**

### **Competitive Structure**

1. *To build on the current competitive ethos in the Club and increase the competitive standard of the Club.*
  - Establish a more competition focused structure to training sessions
  - Encourage new members to attend competitions:
    - Reduce competition fees for the first competition attendance
    - Have existing members encourage attendance at competitions
    - Present opportunities to attend more competitions in particular outside University competitions.
  - Recruit more experienced members of the club in training.
  - Look into holding an intra club competition such as the U.L.U. Open
  - Encourage members to train outside formal training.
  - Continue with post competition analysis
  - Enforce the Team Selection Policy.
  - Establish separate 'Elite' and 'Development' Squads; encouraging members to progress towards the 'Elite' Squad.

### **Recruitment and Selection**

1. *To increase membership over the next three years.*
  - Mostly this will come from a well run Freshers' Fayre.
  - Respond promptly to any enquiries.
  - Put leaflets out in Energy Base
2. *To maintain/increase representation of U.L. Colleges within the Club*
  - Send representatives to the College Freshers' Fayres
3. *Ensure a well run Freshers' campaign.*
  - Produce new leaflets
  - Produce new posters
  - Bring along medals, trophies, awards and certificates.
  - Be prepared to take down email addresses preferably with a laptop.
  - Create a photo montage to be played on Laptop
  - Put up banner
  - Get promotional material from R.L.S.S.
  - Encourage members to wear Club kit.

### **Achievement of Excellence**

1. *Encourage members to train outside Club training times.*
2. *Run a successful University of London Lifesaving Competition*
  - Start organising competition during the summer.
  - Organise pool time.
  - Rooms for Rules meeting, isolation and dry S.E.R.C.
  - Contact B.U.L.S.C.A. regarding judges and helpers.
  - Make sure deadlines are met as required by B.U.L.S.C.A.
  - Organise food for after competition.
  - Gifts for judges

**3. *Improve skills within Club***

- Run regular recap sessions.
- Encourage members to take more advanced awards.

**4. *To become more active within the community***

- Find community groups interested in running C.L.S. and S.A.B.L. courses.
- Look into new parent groups in particular as they are more likely to be interested in S.A.B.L.
- Consider running a Rookie Festival in conjunction with a swim school or summer activity group.

**5. *Prepare for the World Lifesaving Championships in 2010***

- Encourage members to start competing for places as early as possible.
- Look into tickets and accommodation soon after Christmas.

**Developing our profile with U.L.U.****1. *Increase publicity of the Club.***

- Look into being able to put more posters up around U.L.U. in particular using the notice board outside 'Duck and Dive' as suggested by Student Activities committee this year.
- Look into placing leaflets in Energy Base and U.L.U. reception.
- Investigate the possibility of advertising in colleges for example run an advert in the RUMS weekly email at U.C.L.

**2. *Encourage members to take a greater interest in U.L.U.***

- Encourage members to attend Sports Committee at the start of the year and suggest running for positions.
- Use the U.L.U. bars for socials or as a meeting place for socials.
- Start promoting Purples Ball early, encouraging members to attend.

**3. *Collaborate with other Clubs and Societies within U.L.U.***

- Maintain open dialogue with Canoe Polo and U.L.S.A.C.
  - Exchange pool time as required
  - Consider joint activities (bear in mind more than twice a year will be difficult so start small)
- Try to establish a dialogue with L.I.N.K.S.
  - Consider a type of joint competition. This could be in the form of U.L.U. Open a week after Freshers' Fayre and be used to attract members.

**Developing our profile with R.L.S.S.****1. *Improved profile at a National level***

- Attend R.L.S.S. National competitions.
- Encourage members to attend R.L.S.S. road shows.
- Be mentioned in the R.L.S.S. magazine.

**2. *Improved profile at a Branch level***

- Send members to Essex Branch A.G.M..
- Continue to help produce the Essex Branch Year Book
- Put members forward to represent Essex Branch.
- Get Essex Branch T/As in to assess awards.

### **Developing our profile with B.U.L.S.C.A.**

#### *1. Improve competitive profile.*

- Hold a competition in London
- Use competitions as a selling point for the Club
- Continue with competitions focused training sessions

#### *2. Improve administrative profile.*

- Hold the annual Rules Meeting
- Send representatives to both the Rules Meeting and the A.G.M..
- Send members to B.U.L.S.C.A. organised activities.

#### *3. Improve relationship with other B.U.L.S.C.A. Clubs.*

- Attend socials with other Clubs and try to encourage integration between Clubs.
- Attend joint training sessions with other Clubs.
- Recruit members of other Clubs who come to London for further study, and encourage cross Club friendships.

### **Vocational Development**

#### *1. Train members in Lifesaving techniques*

- This should follow from training, but also encourage members to progress through higher awards.

#### *2. Increase the number of trainers within the Club.*

- Send members on a T/A course or assistant teacher course. Such courses are often run by B.U.L.S.C.A. or Branch.
- Alternatively organise such a course at U.L.U.

#### *3. Increase the number of judges within the Club*

- Make members aware of judging courses – often one is run by B.U.L.S.C.A. towards the end of the year.
- Run a judges course within the next two years.

### **Resourcing Lifesaving**

#### *1. Seek sponsorship from companies outside U.L.U.*

- Assign this job to a specific person with goals and deadlines.
- Look into company sponsorship programmes
- Apply for sponsorship from companies.

#### *2. Seek more sponsorship from U.L.U.*

- Apply to P.w.C. Convocation fund for the World Lifesaving Championships.
- Apply to the P.w.C. Evolution fund to help fund members attending T/A courses.

*3. Optimise current membership fees*

- Consider having grades of membership fees depending on level of activity required. In particular consider a competitions membership where members pay all travel contributions up front at the start of the year.

**Partnerships**

*1. Improve relationships with U.L. colleges*

- Attending individual College Freshers' Fayres should go some way to improving relationships in particular it will make them aware of our existence.
- Run a community course at a U.L. college.

**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.P.R. Cardio-Pulmonary Resuscitation
- 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:**

- Lifesaving Constitution.pdf
- Team Selection Policy.pdf