



## Welcome

Welcome to the December 2004 NSVL Newsletter.

This newsletter is being sent to everyone who has been involved with NSVL at some point during the club's short 6 year history.

As you will see, there is an awful lot going on in the club at the moment and there has never been a better time to be involved with the club.

We hope that everyone in membership for 2004 will renew their membership in 2005, and perhaps this newsletter will persuade some of you who have let your membership lapse to rejoin in 2005.

Whoever you are and wherever you are, may we take this opportunity to thank you for your continuing support over the last year and we look forward to seeing



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## Boxing Day madness once again!

Once again the annual lunacy of the Boxing Day Swim will be taking place from our beach base at the south end of Whitley Bay beach.

All members are welcome to come along and participate, please arrive at 10.30 for an 11am start.

Those participating will receive a signed certificate of insanity and a special T-shirt. Hot showers and warm drinks, along with some Christmas nibbles will be available afterwards.



Please remember to bring lots of layers of warm clothes for afterwards and also wet suit boots / an old pair of trainers for going into the water as we will probably have to walk over pebbles.

Sponsorship forms can be downloaded from the web site for anyone wishing to get sponsored for the event. Those raising more than £15 will receive a free T-shirt, or you can buy one for £5.

If you would prefer not to get wet (and cold!) then you can still come along and support us on the beach—it's usually quite a spectacle!

## NSVL Online — nsvl.org.uk

The NSVL web site is one of the top sites in the UK for lifeguard information. It has received over 20,000 hits and every week gets e-mail from all over the country and the world asking about lifeguard qualifications.

The training documents produced by NSVL and available on the web site are used by leisure centres across the country.

As a member, the web site is also your first port of call for finding out any information you need to know about the club and training

sessions.

The web site is being relaunched in January 2005 where we hope to provide even more information and resources for training. It is also hoped to launch an interactive Rookies section of the site for Rookies in the club (and all over the country) to learn more about lifesaving.

If you have any ideas for what you would like to see on the web site, please e-mail [geoff@beachlifeguards.co.uk](mailto:geoff@beachlifeguards.co.uk)

## Beach Lifeguard Training

Beach Lifeguard training is going from strength to strength.

A Beach Lifeguard Trainer Assessor course was run by NSVL over Easter with NSVL members attending along with others from across the country. John Milburn and Robert Jackson have since become fully-qualified, with Dan Kennedy, Tom Poulton and Donna Robson hoping to run their courses to become fully qualified in early 2005. These 5 people take the number of Beach Lifeguard trainer assessors in the club to over 20.

Furthermore, the total number of beach lifeguards qualified through NSVL in 2004 stands at a massive 48, our highest ever total. We have welcomed people from all corners of the UK onto our courses at Whitley Bay. London, Manchester, Loughborough, North Wales, Birmingham, York and Kent to name but a few.



Beach Lifeguard trainees during an exercise with Cullercoats Lifeboat

In terms of both TAs and number of lifeguards qualified (around 10% of the UK total), NSVL is *the* largest Beach Lifeguard training club in the country.

Links with University Lifesaving have been strengthened with Tom Poulton setting up a lifesaving club at Newcastle University, while Geoff Wade organised and ran beach lifeguard courses for Manchester University Lifesaving Club.

And maybe NSVL will get an Irish Sea branch as Robert Jackson is now setting

up a lifeguard club a bit closer to home in North Wales. He is now qualified to run beach lifeguard courses, and has two beach lifeguards qualified through NSVL to provide safety cover for him. At least it will save them all the 6-hour trip to do training!

Our links with the other coastal rescue organisations have also continued to flourish with more joint exercises with the Tynemouth Volunteer Life Brigade and Cullercoats Lifeboat.

Beach Lifeguard training takes place throughout the year every Sunday afternoon from 12.30-5pm at the NSVL HQ on the Central Lower Promenade, Whitley Bay. Please remember you need at least 20 hours of logged training in order to renew your qualification. All lifeguards and members are welcome. Tea and coffee is always available!

On the social side of things, NSVL will be organising this year's unofficial Lifeguard Convention in October. Further information will follow.

## Pool Lifeguard Training

Ongoing pool lifeguard training is now being run by Tom Daley on Sunday nights, with dry side training at 5pm and water work from 6-7pm.

Any pool lifeguards are welcome to come along to join in with training and get hours logged for renewal, remember you need regular rescue and life support training throughout the two-years your qualification is valid other-

wise you will have to resit a full course.

Will Hogg, John Milburn, Donna Robson and Geoff Wade have all recently completed their Pool Lifeguard Trainer Assessor course and will be running their first courses in the New Year. Once fully-qualified, this will give the club a much larger pool of Trainer Assessors so that ongoing training can be shared between them all.

If you know anyone interested in completing a pool lifeguard qualification, please advise them to check the NSVL web site, which will have details of courses once they are arranged.

Pool Lifeguard courses running early 2005

[www.nsvl.org.uk](http://www.nsvl.org.uk)

## Lifesaving and swimming

The Sunday night seniors session at 6pm is not just for lifeguard training.

The session is now being used by a number of people who just coming along for a swim.

Even if you don't want to do any formal training, this is a great way to support the club and it's good exercise too!

There is also lifesaving training taking place during the senior session (Bronze

Medallion and higher) so why not make your 2005 New Year's resolution to get back into lifesaving and retake the new improved Bronze Medallion??

## Rookies

Since taking over North Tyneside Council's Rookie Programme in September 2003, this year has seen the Rookies go from strength to strength. We currently have around 50 Rookie members of all ages, with the Sunday night sessions being a hive of activity each week.

Some of the older Rookie members are now helping out during the lessons and in January will be attending an RLSS Assistant Teacher course as the first step on the ladder to become full lifesaving teachers. Any members who would like to get into or get back into teaching

lifesaving are welcome to come along and help out. Extra pairs of hands are always useful.

As a number of Rookie teachers are swimming teachers as well, the club is setting up to affiliate to the Amateur Swimming Association (ASA), which will mean that as part of the Rookie programme we can also develop the children's swimming ability in line with the ASA programme. This process was started in October and already a number of Rookies have gained ASA distance badges.

All of these new developments mean that in 2005 we hope that we will be in a position to set up some local friendly competitions with other Rookie clubs.



Rookie members raise money for the club at an Iceland bag pack

## Heartstart

NSVL is in the process of becoming affiliated to the British Heart Foundation's Heartstart programme. A number of 2-hour Heartstart courses have already been run, including one for the Poseidon Sub Aqua Club.

The courses are suitable for any age group and aim to teach participants a variety of first aid techniques, including resuscitation.

We hope to develop the Heartstart ini-

tiative in 2005 and start to run courses for the whole community, starting with the parents of our Rookies who seem to get away with doing very little while their kids are learning how to save lives!

If you know of any community or social groups that would like us to run a course then please pass on our details.

Heartstart courses are 2 hours long and can be run for any age group.

## Whitley Bay Regeneration

As many of you will be aware, the regeneration of Whitley Bay sea front will be happening in the not too distant future. This has implications for the club as it means our beach base will have to move, and there will be a new leisure pool.

We are currently in discussions with North Tyneside Council to find a suitable location and we will hopefully end up with some much improved facilities for our beach operation. In the meantime, the current beach base is still being used though we do not intend to spend any money improving it any further.

The design for the new Leisure Pool should serve our purposes well, with a 6-lane 25m pool and a separate leisure pool with wave machine. This should work well with our objectives to develop the competitive side of our Rookies.

## Investment in New Equipment

2004 saw a massive investment of over £7,000 in new equipment by the club.

In February we became the first club in the country to take possession of a new generation of lightweight rescue boards. The club purchased five of the new boards for use on Beach Lifeguard courses, and they have proved to be an excellent investment. Also purchased were two new kayaks for general pad-

dling and rescue.

The club has also purchased 4 VHF handheld radios for communication practice during courses and also to provide a direct radio link to the Coastguard.

The club's training facilities at the beach base now boast the latest in audio-visual equipment with a laptop and projector for Powerpoint Presentations. The club is

now developing a wide range of presentations to cover all aspects of lifesaving and lifesaving, including photographs and video clips.



New kayaks and safety equipment for beach lifeguard training



## NSVL Newsletter

Membership renewals to:  
Ann Lee,  
Treasurer, NSVL  
139 Meadow Vale,  
Northumberland Park,  
Backworth,  
NE27 0BD

For information about beach, pool or lifesaving training sessions, please contact Geoff Wade:  
Phone: 07990 827 407  
Email: geoff@beachlifeguards.co.uk

For information about social events, please contact Maureen Welsh at the tuck shop or on 0191 290 2352.

Club Chairman: Joe Welsh  
E-mail: joe.welsh@blueynder.co.uk  
Phone: 0191 290 2352

## DATES FOR YOUR DIARY...

**Boxing Day Swim 2004:** *see front page*  
**Pool sessions:** *19th December - Fun session; 26th December-9th January—No pool sessions. Sunday 16th January - spring term pool sessions start.*  
**Extraordinary General Meeting:** *16th January—see below*  
**Kiss For Life party:** *12th February 2005*  
**Beach Lifeguard Trainer Assessor Course:** *Easter 2005 (provisional, please contact Joe Welsh for info)*  
**Lightwater Valley trip:** *25th June 2005*  
**Police Lifesaving Competition:** *mid-July*  
**Lifeguard Convention:** *7-10th October 2005*  
**NSVL Pantomime trip—***Saturday 17th December 2005*  
**Boxing Day Swim 2005:** *what will be next year's theme??*

*Please see Maureen Welsh at the tuck shop if you have any other ideas for social events*

## Notice of Extraordinary General Meeting

All members of the club are invited to an EGM on Sunday 16th January, 10.45 for an 11am start. The purpose of the meeting is to accept the Memorandum and Articles of NSVL as an Incorporated Company, Limited by Guarantee.

If you wish to attend please ensure you pay your 2005 membership fee on or before this date.

## Membership Renewal

Membership is due for renewal in the New Year, the membership year running from January to December. The membership fee has not increased and is still £10 for Adult members and £5 for Junior members.

For this nominal amount you get access to all the equipment and training facilities of the club, which are available throughout the year.

Pool and Beach Lifeguards who are in membership of NSVL can also renew their qualifications for the cost of the assessment fee only. Remember, you need at least 20 hours of training in order to renew. Non-members will have to pay the full cost of the renewal.

Members can also benefit from a number of discount schemes, details to follow.

There are a number of options for you to pay: cash, cheque, standing order and now also Direct Debit.

All paid up members will receive a letter through the post containing their new 2005 membership card.

There has never been a more exciting time to be a member of NSVL, and we hope that you will all continue to support us.

### Internet Banking / Standing Order:

Please set up a payment using the following bank details:

**Bank:** Lloyds TSB

**Sort Code:** 30-93-55

**Bank account no:** 0285784

**Account:** North Sea Volunteer Lifeguards

### Cheque:

Please complete your membership form and hand to any Executive Committee Member or post to Ann Lee at the above address.

### Cash:

Please complete your membership form and return to any member of the Executive Committee.

### Direct Debit:

Please see Ann Lee if you would like to set up a Direct Debit.

*NB—In order to attend the EGM, please ensure all membership fees are paid on or before 16th January 2005. Otherwise, all membership renewals must be completed before 31st January 2005.*