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NSVL Newsletter  
January 2006

Welcome to the January 2006 NSVL Newsletter.

Inside you will find an overview of just some of our activities during 2005 and plans for 2006. There is a lot of information over the next few pages, but please take the time to read it as there are a number of exciting developments that affect all members.

May we take this opportunity to wish everyone involved with the club a peaceful new year and we look forward to seeing you in 2006.

## Membership Renewal

2006 membership fees are now due, but the good news is that fees remain unchanged for the ninth year in succession!

**Adult: £10 Under-18: £5**

Membership renewals will take place during the first pool session of the New Year on **Sunday 15 January from 4.30pm**.

Please complete the form enclosed with this newsletter and **bring to the session**. Membership cards will be produced on poolside.

Please read the form carefully and complete each section fully.

If you are unable to attend the registration session, please complete your membership form and send to James Parkinson at the company address on the back page.

If any parents would like to become members alongside their children then additional forms will be available on the night or can be downloaded from [www.nsvl.org.uk](http://www.nsvl.org.uk).

All membership renewals must be completed before 31st January 2006. Payment can be made by cash or cheque (payable to NSVL).

### Inside this issue:

Beach Lifeguard Training	2
Pool Lifeguard Training	2
Adult Lifesaving and swimming	2
Drop in at the beach	2
Rookies and Youth Lifesaving	2
Awards for Save a Baby's Life	3
Wild Medics	3
Heartstart	3
Investment in new equipment	3
Whitley Bay Regeneration and Pool Closure	3
Dates for your diary	4
New Executive Committee	4
Keeping you informed	4

## Best ever turnout for Boxing Day Swim

2005 saw the biggest ever turnout for the annual madness of the NSVL Boxing Day Swim.

*I swam in the North Sea on Boxing Day and all I wore was this lousy t-shirt!*

With the water a chilly 7°C, 54 hardy souls aged 5 to 55 jumped in the sea supported by more than a hundred people on the beach.



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

Although for some it was a quick splash, the veterans and some of the newcomers lasted a full 15 minutes in the waves. Time was only called as club chairman Joe Welsh had to hand out the certificates to the swimmers.

Hundreds of pounds was raised for the club and other local charities, and our thanks go to those who took the time to get sponsored.

Collected sponsorship money can be handed to any member of the Executive Committee by 15 January or posted to the club address on the back page (if posting please write a personal cheque for the amount payable to NSVL).

Apologies go to members who didn't get a t-shirt on the day. We had 45 t-shirts available, but unfortunately that still wasn't enough to go round. We have ordered more t-shirts for the people who missed out on the day. Please e-mail your name and size to [nsvl@beachlifeguards.co.uk](mailto:nsvl@beachlifeguards.co.uk) and we'll make sure you get one.

Visit [www.nsvl.org.uk](http://www.nsvl.org.uk) for photos of the swim.

## Pool session price drop!

More good news! From now on the cost for pool entry will be **reduced by 20p** to £2.00 for all members.

Additionally, pool sessions will now run **without breaks** for school holidays (excluding Christmas and New Year). Rookies sessions during the school holidays will be a bit different from normal weeks and include mini-competitions and a fun night at the end of each term for which **entry will be free**.

This benefits everyone: cheaper entry, easier payment on poolside & no more worrying whether the pool session is on!

To make sure sessions start promptly each week at 5pm, parents are asked to ensure that Rookies arrive and are changed ready on poolside by 4.50pm at the latest.

*NB—All teachers and lifeguards on poolside give their time for free. If you assist on poolside during the Rookies in any capacity you are entitled to free pool entry for the 6-7pm session.*

## Beach Lifeguard Training

Beach Lifeguard training is on every Sunday afternoon from 1-5pm at the NSVL HQ on the Lower Promenade, Whitley Bay; pool training from 6-7pm.

New Lifeguard Captain Dave Bedford is keen to encourage more lifeguards to come along on Sundays for training and to socialise.

There is no charge for use of the beach base facilities and equipment, but during courses lifeguards are requested to provide safety cover. We expect our volunteer lifeguards to complete at least 1-hour training per month.

If you fancy coming down at other

times then this can also be arranged by contacting Dave (details on p4).

Beach Lifeguard courses are planned for the new year open to good swimmers over 16 years. For more information please visit [www.nsvl.org.uk](http://www.nsvl.org.uk) or speak to any member of the Executive Committee.

## Pool Lifeguard Training

All pool lifeguards are welcome to come along and join in with training from 6-7pm on Sunday evenings.

**Could you teach someone else how to save lives?**

NSVL has a bursary scheme available to assist members taking trainer qualifications

Assistant Teacher (14+) and full Trainer Assessor (18+) courses can be funded.

These qualifications are valuable additions to CVs and university applications

If you are interested, please contact any member of the Executive Committee.

**Lifeguards must remain in constant membership of NSVL to qualify for reduced rate renewals, otherwise the full price will be charged**

If you come along at 5pm and supervise the Rookies session, your pool entry and training is free.

Remember, you need regular training throughout the 2 years of your qualification in order to resit. NSVL expects its volunteer pool lifeguards to complete at least 1-hour training per month.

NSVL trainers also run full pool lifeguard courses throughout the year.

To gain this Level 2 qualification you must be 16 years or over and a competent swimmer. For more information check [www.nsvl.org.uk](http://www.nsvl.org.uk) which has full details of courses and prerequisites.

## Adult Lifesaving and swimming

The Sunday night session at 6pm is not just for lifeguards - all members are welcome to come 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! Lifesaving training is available for those who want to participate so why not make your 2006 New Year's resolution to get fit, saves lives and have fun!

## Drop in at the beach...

The beach base is open every Sunday from 1pm-5pm for the benefit of all members, not just beach lifeguards. Whether you want to come down to practise some resus, experience the delights of swimming in the North Sea or just fancy a cuppa we'd love to see you down. Rookies and their parents are also welcome to come down to see the lifeguards in training—and the prom is an excellent place for Rookies to practise their rope throwing!

## Rookies and Youth Lifesaving

Six youth members of the club successfully completed their Assistant Teacher qualification during 2005 and now provide valuable assistance to the Rookie Trainers.

Another Assistant Teacher course is planned for early 2006 which will be open to all 14+ members and will bolster the teaching support for Rookies. We are also keen to welcome back any ex-Rookie teachers.

A Bronze Medallion course will be run early in the new year for all the Rookies who have turned 13 so that they can achieve the flagship lifesaving award.

The Bronze Medallion counts towards both GCSE P.E. and Duke of Edinburgh so it's an invaluable award for our younger lifesavers to have.

James Parkinson is in the process of completing his full Lifesaving Trainer Assessor qualification, and will be taking the current Assistant Teachers back into training so they can complete their Award of Merit.

To help us organise lessons so that badges can be awarded regularly, please ensure that your child attends

all sessions. If you know your child will be absent, please notify the trainer in advance. Please note, if your child is absent for more than four weeks consecutively without notification (or membership is not renewed before 31.01.06) his/her place will be offered to someone else.

Rookies is always looking to attract new members, so if you know any parents with children age 6 upwards please tell them to come along. We intend to increase the number of Rookies to 60 during 2006—once this number has been met we will introduce a waiting list system, so any new people interested need to get in quick to be sure of a place!

*All new Rookies must be able to swim at least 25m on their front and back and be able to tread water for 1 minute.*

**Lookout for a selection of Rookie merchandise, available soon!**

The younger Rookies will get the chance spend more time doing dry-side training (including resuscitation) and Star Grade badges will be awarded on a regular basis. As a break from normal teaching, there will also be mini competition nights where Rookies can put their skills to the test.

## Wild Medics

A group of 80 medical students from universities across the UK braved the wind, rain and sea for a crash course in coastal rescue and first aid.



The students were visiting Newcastle for the annual Wilderness Medical Conference and NSVL organised the Coastal Day to give them an insight into the types of incident encountered by coastal rescue teams.

In the morning the delegates were trained in techniques used by coastal rescue teams, then in the afternoon they put the morning's training into practice.

Simulated incidents varying from broken legs on the Tyne Pier with helicopter evacuation, cliff rescue at Tynemouth Longsands, and a kite surfing incident at Whitley Bay were dealt with by the medical students supervised by trainers from NSVL and Tynemouth Volunteer Life Brigade.

## Heartstart

After becoming affiliated to the British Heart Foundation during 2005, NSVL trainers have delivered a number of 2-hour Heartstart courses reaching more than 100 people.

Groups as diverse as the Anomalous Phenomena Investigations Team and St Wilfred's Youth Club in Blyth have been taught lifesaving first aid techniques.

The sessions are suitable for any age group, and it is hoped to develop the Heartstart programme further in 2006.

## Whitley Bay Regeneration and Pool Closure

Another year on and it is still unclear exactly how the regeneration of Whitley Bay will affect the club.

We hope to find out early this year what the plans are for the Lower Promenade where our Headquarters are situated. Before Christmas we renovated the Headquarters building to make it habitable in the short term. For a long term future the base needs a lot of money spending on it, but until plans have been finalised for

## Save a Baby's Life

Medical student and NSVL Trainer Tom Poulton recently won a national award for setting up a Save a Baby's Life programme in Newcastle.



Tom was entered for the Student Volunteering Award for his work developing a pilot scheme where 28 medical students were trained how to deliver the 2-hour community Save a Baby's Life sessions across Newcastle.

The training seminar at the Newcastle University was run by NSVL's Malcolm Dunn who is the Save a Baby's Life Coordinator for the area, and who himself won the RLSS UK Brian Morrissey Community Outreach Award earlier this year.

Tom is currently working with student organisation MedSIN to develop the pilot scheme for a national roll-out to allow medical students from around the country to set up similar projects. RLSS UK has also given Tom a £5,000 development grant to assist with this expansion of the scheme.

**NSVL can run Heartstart and Save a Baby's Life sessions for groups across the area. Sessions can be run from our Headquarters or at a venue suitable for the group.**

**If you know of any groups, clubs or organisations that would like to learn how to save lives, please send them to the web site at [www.nsvl.org.uk](http://www.nsvl.org.uk) or speak to any member of the Executive Committee.**

the Promenade we are just doing the bare minimum to keep the base habitable.

Along at the pool, plans for a new centre have now been scrapped, and instead the existing pool is set to be refurbished. This is not likely to happen this year, but the pool may close in May this year in order for the roof to be repaired. If the pool does close the Rookies sessions will move to the beach for the duration of the closure.

## Investment in New Equipment

A significant proportion of funds raised for the club go into providing new equipment for both the beach operation and the Rookies.

There was a massive investment in 2004 of over £7,000 in new equipment, so there was not a big requirement for new equipment in 2005. However, the

Rookies did benefit from the purchase of a number of body boards for use during the beach sessions in the summer.

The equipment wish list for 2006 is currently being collated and both the Rookies and Lifeguards should see some major investment in new equipment during 2006 to make training sessions more interesting and fun.



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## DATES FOR YOUR DIARY...

**Sunday 15th January:** *pool sessions resume*

**Sunday 29th January:** *monthly pizza night at Casa Bellissimo*

**Sunday 12th February:** *Kiss For Life Competition and Quiz Night*  
*Lookout for more information on monthly social evenings and trips*  
*for the Rookies. Please see Maureen Welsh at the tuck shop if*  
*you have any other ideas for social events*

## New Executive Committee

At the AGM on 11 December 2005 the following people were elected to the Management Executive Committee:

<b>Chairman</b>	Joe Welsh	07834 158 671	joe.welsh@blueyonder.co.uk
<b>Secretary</b>	James Parkinson	07754 271 148	james.parkinson@cantab.net
<b>Treasurer</b>	John A. Milburn	07815 819 605	john.a.milburn@btinternet.com
<b>Equipment Officer</b>	Grahame Wood	07770 901 130	woodg73@hotmail.com
<b>Lifeguard Captain</b>	Dave Bedford	07716 838 953	dave@beachlifeguards.co.uk
<b>Public Relations Officer</b>	Geoff Wade	07990 827 407	geoff@beachlifeguards.co.uk
<b>Social Secretary</b>	Maureen Welsh	0191 290 2352	maureen.welsh@blueyonder.co.uk
<b>Training Coordinator</b>	Malcolm Dunn	0191 257 5954	malcolmedunn@blueyonder.co.uk
<b>Child Welfare Officer</b>	Diane Charlton	0191 413 2782	dianecharlton@aol.com
<b>Fundraising Officer</b>	Vacant		

NSVL is run for the benefit of its members, so it is only right that all members are equally represented. Due to the increasing number of junior members we have decided that we need a **Parental Representative** and two **Youth Representatives** (1 male and 1 female, aged 14-17). Representatives would be required to consult with parents and Rookies on various issues and report back to the Committee at monthly meetings held after the Sunday pool session.

Any members or parents who are interested in filling the above positions, or the position of **Fundraising Officer** (which is currently vacant) should contact James Parkinson for a job description and application form. Applications should be received no later than 31 January 2006.

The new Committee would like to express its thanks to retiring members Ann and Graeme Lee, Richard Fahey, Dan Kennedy and Donna Robson. All five have given a great deal to the club over the years—some of it seen and some unseen. Special mention must go to Ann and Graeme who were founder members of the club and have given an enormous amount of their time, both on poolside and behind the scenes as Treasurer and Secretary. We wish all the retirees well in the future. Richard's Rookies will be pleased to know that he will continue teaching on a Sunday night.

## Keeping you informed...

With over 120 members in the club it is essential that the right information reaches the right people at the right time, so a number of new procedures have been implemented to improve communication with members:

- Setting up group e-mail lists for specific groups of members to send regular updates on training and events
- A quarterly newsletter sent via e-mail to all members and parents (hard copies on poolside/at beach base)
- Continued regular updates of the club web site at [www.nsvl.org.uk](http://www.nsvl.org.uk)

The new e-mail lists mean you will only receive information directly relevant to you—e.g. Rookie parents will only receive information regarding Rookies, lifeguards will only receive information about lifeguard training. This should ensure that you are not bogged down with irrelevant information.

If you do not have an e-mail address or would prefer us not to contact you via e-mail, please note this preference on your membership form. You will still be able to read any notices sent out on the members section of the web site, but the only direct communication you will receive will be postal copies of official club notices and newsletters.

Remember, this is your club! If you have any comments, suggestions or ideas, please feel free to speak to any member of the Executive Committee either in person or via e-mail. You can send e-mail to the whole committee by using this single e-mail address: [nsvlexec@beachlifeguards.co.uk](mailto:nsvlexec@beachlifeguards.co.uk).

You are also our most important tool for attracting new members, so to help you pass the word on the club is producing business cards and leaflets which will be available for members to hand out. In the meantime, the best place to send people for information is [www.nsvl.org.uk](http://www.nsvl.org.uk). The web site has loads of information about the club both for members and the rest of the world — if you haven't checked it for a while, have a look now!