



As Paul takes a break from the club to focus on other things, we would like to say **'Thank you'** for his valuable contribution. He has supported the work of the committee and trained many members in Lifesaving skills over the years. As a life member we hope to see him back

at some point in the future, and wish him well. This has meant some changes to Survive & Save classes, with George and Terry taking a lead on the Bronze level, while Rick has taken over the Silver/ Gold level.



Club Camp Update

For this year's Family Club camp we are returning to Long Beach campsite Hemsby on Friday 8th July till Sunday 10th, £16.00 per pitch per night for a 4 persons tent (Please see www.long-beach.co.uk for more information). On the Saturday we will mainly be on the beach and in the sea (weather permitting) for games and lifesaving activities. Family games in the evening at the camp site followed by Fish and Chips. Sunday morning will be back in the sea for award assessments, followed by a family BBQ. Also see our website for photos from our 2014 camp.

We are keen to finalise numbers so please get your form into Sarah on club nights by the 20th March

Photography Policy Update

We have recently updated our club policy which is available to view on our website. It is important that club activities/ members are only pictured where permission has been given and the appropriate form completed. This means that general club nights shouldn't be filmed or photographed without the agreement of the trainer and a form completed. Thanks for your co-operation.

The Committee

Open Water Training...

Each year we offer opportunities for club members to experience open water at Felixstowe. Open water is a very different experience from the pool, and as a club we feel it is important that we offer members the opportunity to put their skills and ability to the test under our watchful eye...after all, if you have to use your lifesaving skills it is more likely to be in an open water environment than a lifeguarded pool! **Rookie** members can work towards the Rookie Lifeguard award and all the **Survive & Save** levels have an open water element. This year we have organised the following dates down at Felixstowe (location details available on the website) and it would be great for members join us. It is a great idea to get a wetsuit and as with all outdoor activities we can be at the mercy of the weather so always keep an eye on the website if the weather isn't looking good on the day. If you have any queries, please chat to your trainer on club nights.

Training 1030am - 1pm at Felixstowe

Sunday 26th June Sunday 3rd July

Sunday 21st & 28th August



Last year saw the release of new guidelines for resuscitation (CPR), which guide both professionals such as Doctors, Nurses and Paramedics and volunteers like those of us involved in **Lifesaving**. Based on expert opinion and evidence the guidelines are reviewed and changes to improve outcomes recommended. Once this is published, groups like the *Royal Life Saving Society*

take time to review their guidance to clubs like ours and then changes are introduced. This doesn't mean previous versions aren't any good, just that new ways may help get better survival rates. The **RLSS** has released the training updates for Trainers (29th Feb), so once we have all undertaken the updates you will notice your Trainer teaching you the new version! Looking at the guidance, this time there doesn't seem to be many major changes, so we seem to have the right techniques and now need to make sure we are consistently good (so plenty of practice at club), just in case! **George**

Events/ Diary Dates;

Last night of term is 20th March

New Term starts back on the 17th April – we miss 1st & 29th May

Club Presentation Evening – 24th April – 7pm all welcome! Normal start at 6pm

Club Pairs Competition 15th May – please come along and support!