

THE ROYAL LIFESAVING SOCIETY UK

LIVERPOOL AND DISTRICT BRANCH



YEAR BOOK

2011

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Introduction

Welcome to the Liverpool and District Branch Year Book for 2011, the booklet is now well established within the Branch and continues to be very successful. We hope you find it useful. The booklet is available electronically on CD Rom and via the Branch website page. www.liverpool-lifesavers.org.uk. If a paper copy is required please inform the Branch Secretary.

The Purpose of the Year Book is to Provide Members with detailed information about what is happening in the Branch, how the Branch operates and the work undertaken for its Members. It also gives the opportunity to see the amount of help and support that is available to Clubs and Members. It is intended to provide information about the most appropriate person to contact within the Branch, should you require help or advice.

This Year Book has developed over the years; however, we cannot continue to produce without the full support of Members and Clubs.

If you provide details about your Club, including details of age range and days and times that you meet then it may attract new Members, which are vital to all voluntary organisations. We will include photographs of events that have taken place during the year and interesting articles for future editions.

It is intended that every Member of Liverpool & District Branch will receive a copy of this Year Book in their preferred format, so please make sure you let us know each year the best format for you, so we avoid unnecessary printing.

Enclosed at the back of the book is a form for Comments/Suggestions/Items for the next or future editions. Please feel free to complete and return the form to the Editors of the Branch Year Book.

If you have an email address please let us know so that we can keep in regular contact by email. Please contact Geoff Lyon the Branch's Secretary with your details.

Finally the Branch Executive would like to say a very special thank you to Beryl and Geoff Lyon for 'volunteering' once again to produce the Branch Year Book. Without their hard work and commitment, the publication of the Branch Year Book would not have been possible.

A Message from The Editors

Again, it is a great honour to be asked by the Executive of the Liverpool and District Branch to publish the Branch Year Book for the sixth year running.

We would like to thank members for taking time to read the Year Book; we hope you find it very interesting and useful. Also, we would like to place on record our thanks to members and clubs who have taken time out from their busy lives to send articles to us for the year book.

If members and clubs did not send us articles then there would be no Year Book. We would like to see more clubs and members sending in articles to make it more interesting and to enable the Year Book to flourish year upon year.

We are giving members various ways again this year to receive their year book.

Remember it is your Year Book-- Please support it!!!!

To help reduce production and postage costs, we have now introduced adverts into the year book. If you know anyone who would like to place an advert in the 2010 Year Book, then the fees for adverts are £25 for half A4 Page in Black and white and £27 for colour. For a full A4 page advert in black and white it is £50 and for colour the fee is £52, please send all adverts to the Editors at the address below.

Due to the escalating costs of producing the year book in hard back, the 2011 year book is only available to download from the web site www.liverpool-lifesavers.org.uk or by email from the Editors..

Please note items for 2012 Year Book must be in our possession no later than 15/1/12. In 2012 this cut off date will be strictly enforced to see if we can get the Year Book out earlier. So therefore articles received after 15/1/12 will not be published.

Thank you, for your cooperation

**Yours in Lifesaving
Beryl & Geoff Lyon
Editors
159 WINDY ARBOR ROAD
WHISTON
MERSEYSIDE
L35 3SE
Email: GgeoffLyon@aol.com**

The Royal Lifesaving Society UK

The Society Motto

“Quemcunque miserum videris hominem scias “

“WHOMSOEVER YOU SEE IN DISTRESS RECOGNISE IN HIM A FELLOW MAN”

AIMS OF THE ROYAL LIFESAVING SOCIETY

The Royal Lifesaving Society UK is committed to preventing loss of life from drowning and asphyxiation.

To enable these aims to be achieved the Society's Members spend considerable time:

- Promoting water safety education and life support in the community
- Training life savers in the areas of accident prevention, rescue, life support, emergency aftercare and first aid.
- Researching the causes and effects of drowning and effects of drowning and asphyxiation
- Developing education resources and technical expertise

History and Development of Life Saving

The RLSS was formed in 1891 in an attempt to reduce the annual toll of 2000 lives lost in drowning accidents in the United Kingdom-by publicising the causes of these accidents, by encouraging everyone to learn to swim and by teaching competent swimmers the methods by which a drowning person might be saved. In 1924 the Society was granted a Royal Charter by King George V: Queen Elizabeth granted a supplemented Charter in 1959

Today, The Royal Life Saving Society is the largest single organisation dedicated to the teaching of lifesaving and the prevention of drowning in the United Kingdom. It is active in over forty countries worldwide. The Society's Commonwealth Conference is held in the United Kingdom every five years and is attended by representatives from around the world. Special events and development workshops are held regularly on every continent organised by the Society's volunteer and professional officers

The Royal Life Saving Society has major Branches in Australia, Canada New Zealand and the United Kingdom. In addition, lifesaving activities are particular strong in the Far East, India and AFRICA. Members Branches and Honorary Representatives keep in touch with developments worldwide through the RLSS Commonwealth Secretariat, 4 Windsor Court, Greenhill Street, Stratford upon Avon CV37 6CG. Telephone no: 01789 29522.

RLSS UK has a strong links with international lifesaving bodies, and is a member of the International Life Saving (ILS).

RLSS UK is a Company Limited by Guarantee, Company No: 303781 and a Registered Charity No: 10460660, located at River House High Street Broom Warwickshire B50 4HN, telephone no: 01789 7730994, fax no: 01789 773995. Email:lifesavers@rlss.org.uk

Executive Members

President:

Mrs Lynn Billingham

15 Sudell Avenue, Maghull, Liverpool
Billingham_m@sky.com

Chairperson:

Miss Helen Kendall

Vice Chairperson:

Beryl Lyon

159 Windy Arbor Road Whiston L35 3SE
GgeoffLyon@aol.com

Treasurer:

Mr Brian Wiltshaw

9 Meeanee Drive, Nantwich, Cheshire
CW5 5JG

Secretary:

Geoffrey Lyon

159 Windy Arbor Road Whiston L35 3SE
GgeoffLyon@aol.com

Awards & Sales Officer:

Mr Brian Wiltshaw

9 Meeanee Drive, Nantwich, Cheshire
CW5 5JG

Life Saving Co-ordinator:

Mr Mark O'Dell

87 Richmond Avenue, Grappenhall,
Warrington
BLC@liverpool-lifesavers.org.uk

Competition Secretary:

Ms Julie Pearson

3 Capesthorne Road, Wistaston, Crewe

Public Relations Officer:

Mrs Lynn Billingham

15 Sudell Avenue, Maghull, Liverpool
Billingham_m@sky.com

PLUS ALL District Organisers.

District Organisers

1	Wirral	Ian Lowrie	0151 606 5493 (daytime only) ian.lowrie@ntlworld.com
2.	Liverpool	Joyce Norcross	01352 771318
3.	Sefton		
4.	West Lincs	Dave Smith	01695 726233 david@smithsonline.me.uk
5.	St Helens	Mike Booth	01744 616645
6	Warrington	Cheryl Hastings	01744 607567 CHEGGERS777@hotmail.com
7	Vale Royal	David Williams	01829 261 133
8.	Chester	Helen Kendall	01244 311467 kendallhrk@aol.com

District and Area Organisers

District 1 (Wirral)

District Organiser:

Birkenhead
E. Port & Neston
Wallasey
Wirral

Ian Lowrie

Tim Fowler
Vacant
Tony Jones
Vacant

(Temporary Post)

6 Bramwell Avenue, Prenton

11 Grennan Court, New Brighton

District 2 (Liverpool)

District Organiser:

Liverpool Schools

Joyce Norcross

Vacant

District 3 (Sefton)

District Organiser:

Southport
Crosby
Bootle

Vacant
Vacant
Vacant

District 4 (West Lancs)

District Organiser:

Wigan
Chorley
Hindley
Leigh
West Lancs

Dave Smith

Vacant
Mr G Rockley
Vacant
Vacant
Vacant

39 The Fields, Eccleston, Chorley

District 5 (St.Helens &Knowsley)

District Organiser

St. Helens
Huyton
Kirkby
Prescot
Halewood/Knowsley

Mike Booth

Lynn Houghton
Mr P. Ivans
Mr D. Fairclough
Mr P. Phillips

11 Broxholme Way, Maghull
15 Cheyne Walk, Sutton Heath
33 Galeston Road Rainhill

District 6 (Warrington)

District Organiser: Cheryl Hastings

Halton

Warrington

Cheryl Hastings

District 7 (Crewe)

District Organiser: Dave Williams

Crewe

Northwich

Nantwich

Crewe

Winsford

Alsager

Congleton

Dave Williams

Dave Flaherty

Julie Pearson

Vacant

43 Ashbank, Rudheath, Northwich
3 Capesthorpe Road Wistaston

District 8 (Chester)

District Organiser: Helen Kendall

Chester

Helen Kendall

C/O Branch Secretary

The following Executive posts, District Organisers , Area Organisers are due for Election at the 2011 AGM:

Executive Posts:

President: Present President : Lynn Billingham:

Awards and Sales officer Present Holder Brian Wiltshaw

District Organisers 1,3,5,7

Area Organisers; 2,4,5,6

NB: The information on pages 5-8 is correct according to the Information the Editors had at the time of going to print. If anything on these pages is wrong please inform the Editors so they can alter for 2011

Any Member who requires the new Executive, District and Area Organisers should contact the Secretary after the 2011 AGM.

Please Note that at the 2011 annual General Meeting it was resolved to abolish all Area Organisers in Liverpool and District Branch

President's Address

Lynn Billingham

I was delighted to be voted President for the Branch at the AGM in 2010, although apprehensive about following in the footsteps of Bob Olive who held the position for nearly 20 years.

My first year has gone so quick.

The Branch continues to hold regular Executive Committee meetings at Kingsway Leisure Centre, Widnes. Attendance at the meeting by members for various reasons is not always possible but we remain with a regular group of members and with improvements in electronic communication all members can keep up to date with what is happening. As ever the Executive Meetings are open to all members to come and discuss issues or just to find out what is going on, although non-executive members are unable to vote.

During the year I have attended several Branch Competition, which have been run by our Competition Secretary, Julie Pearson. Competitions are an important way to demonstrate our skills as well as an opportunity to improve and compare those skills. It is often by seeing others in action that we share best practice. As a lifesaver we never know how we will act if we are faced with a 'real life' situation that could save someone's live or improve their chances of recovery, regularly competing, particularly with 'unknown' incidents can help improve those skills. It is disappointing to see that only a small number of clubs regularly attend competitions. Lets see if we can improve this over the next few years. **Please support them.**

The RLSS is looking at the overall view of how we need to progress in the future, although not always agreeing with some of the idea's let us continue to be at the front with our support so that, it will be strong and vibrant both Nationally and Locally. The Executive Committee co-opted Bob Olive to represent the Branch at the North West Regional Meetings and he continues to Chair this group. By supporting the Executive Committee by attending meetings you can learn about changes nationally and put your ideas and concerns forward. It will also give you the opportunity to learn about actions and activities being undertaken within the Branch to promote lifesaving and to encourage new members.

I like to thank Beryl and Geoff Lyon for their continued support on the Branch Executive and for producing our Year Book and without their efforts it may not exist.

Finally thank you to you all for your continued support whether at Branch or club level in promoting lifesaving within Liverpool & District Branch

Lynn Billingham
President

Chairperson's Report

Helen Kendall

We now enter a new decade of 2011

We need to ask our Members what is the best way to move forward for the RLSS and its Members of Liverpool and District.

What do our Members want from their Clubs and Branch Executive/ How do we encourage lifesaving and attract new Members, particularly young people to join the many Clubs within this area?

We as a Branch need to move with the times, and perhaps bring in changes to adapt with the many changes in our daily lives.

We need to address of how you want lifesaving to move forward in the future, and we welcome ideas and suggestions from all our Members, young and old, of what they would like to see be changed or developed, so we become more attractive to encourage new Membership.

The Branch Executive continues to meet on a regular basis, at Kingsway Leisure Centre in Widnes. As in previous years, we will consider any request from Clubs for assistance with funding for equipment to help with promoting Lifesaving within their individual Clubs. Requests should be made in writing to Branch Secretary Geoff Lyon.

I would like to thank everyone within the Branch who have supported and assisted with activities and events over the last 12 months. We look forward to your continued support during 2011.

I would also like to thank members of the Branch Executive, District Organisers and Area Organisers for all their hard work through out the year and continued support to lifesaving.

Helen Kendall
Chair

Secretary's Report

Mr. Geoff Lyon

It has been a very successful year for Liverpool and District Branch during 2010. Our Trainers, Assessors etc have worked very hard during the year and my thanks goes to you all for all the hard work you carry out on behalf of the Branch.

During my term as Secretary I have developed an new way of setting out the minutes of Executive Meetings and AGM. The first number is the Minute Number, the Second is the month the meeting took place and the third number is the year. I hope you have found them easy to follow. I would welcome your comments on this matter.

The Executive have met regular during the year and my thanks goes to them for their help they have given to me.

If you think someone in your club deserves recognising for their efforts why not nominate them for a National Honour. Details are given later in this year book.

My thanks goes to the Leisure centres and their management for the help they have given to our Clubs etc during 2010.

May I wish you all the very best of Health during 2011 and I hope you continue your hard work in supporting Liverpool and District Branch

Trophies

The Branch have a number of Trophies they would like clubs to apply for.

If your Club has a Competition and are short of a Trophy, or If your Club would like to start a new competition they would like a Trophy for then please make your application in writing stating what the trophy is going to be used for to the Hon Secretary.

Geoff Lyon

Branch Secretary

RLSS Liverpool and District Branch

GgeoffLyon@aol.com

2010 Treasurer's Report

Mr. Brian Wiltshaw

Lifesavers UK have not selected the Liverpool and District Branch for an audit again this year. The accounts will be forwarded to our accountant Andrew Bradshaw our nominated accountant before the AGM.

It SHOULD BE remembered that Lifesavers UK do not wish money to be spent on employing other accountants so I am expecting some form of criticism from them. It is our own Executives decision that we have our accounts checked each year.

The National Executive seem to feel that there is too much money in Branches that they can not get their hands on, so as from next year they are stopping paying Branches a portion of the Pool Lifeguard registration fee, which means to us taking this years figures we shall lose £705 next year.

Comparison of figures for the past 5 years

For the year 2010

Income £7,746.54	Expenditure £7,031.70	Profit £714.84(£333.34 taking into account money We owe and is owed to us)
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For the year 2009

Income £10,435.91	Expenditure £10,640.90	Loss £204.99
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For the year 2008

Income £9,968.19	Expenditure £16,712.40	Loss £6,744.21
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For the year 2007

Income £11,460.24	Expenditure £11,770.89	Loss £310.65
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For the year 2006

Income £13,037.19	Expenditure £14,063.29	Loss £1,026.10
-----------------------------	----------------------------------	--------------------------

For the Year 2005

Income £11,164.33	Expenditure £12,796.77	Loss £1,632.44
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The breakdown of Income and Expenditure can be seen on the income and expenditure sheet

The Figures show that we have made a profit this year of £333.34 when the amount we owe and is owed to us is taken into account. The amount we owe is £403.50 and we are owed £22. The amount we owe is for awards ordered in December £223.50 with pool hire of approx £180 as yet not paid. The awards/goods payment happens every year because I will not receive the invoice for December 2010 until January 2011, a new financial year.

In addition to this I have just received an invoice for £175 for the RLSS Northern region for fees for the North West competition.

One reason for savings is that this year we did not have a representative at Lifesavers AGM at a cost in 2009 of £760.

Also we paid out or had no income from the following:

Junior payment for Bronze Medallion	£265
Life Support payments for TA	£152
Grants to clubs/Individuals	£481
Open Water equipment	£147
Accountant	£488(This is for 2 years)

The income and expenditure sheets shows all the transactions taken over the year and I have endeavoured to point out where money has been spent with no return.

Comparison for the last seven years

Liverpool Branch Final Year Totals and December 4th Quarter Figures statements cheques etc

	2010	2009	2008	2007	2006	2005	2004
Balance per statement	4,328.43	3,801.51	4,295.54	10,956.33	10,570.72	11,759.60	13,600.15
Add outstanding Lodgements							
	4,328.43	3,801.51	4,295.54	10,956.33	10,570.72	11,759.60	13,600.15
Deduct unpaid cheques	249.38	437.00	726.04	739.25	43.00	205.78	413.89
	249.38	437.00	726.04	739.25	43.00	205.78	413.89
Balance as above	4,079.05	3,364.51	3,569.50	10,217.08	10,527.72	11,553.82	13,186.26
We Owe	<u>403.50</u>	<u>787.95</u>	<u>589.46</u>	<u>704.55</u>	<u>356.32</u>	<u>251.09</u>	<u>1,412.08</u>
Total	3,675.55	2,576.56	2,980.04	9,512.53	10,171.40	11,302.73	11,774.18
Owing to us	<u>22.00</u>	<u>447.75</u>	<u>888.40</u>	<u>174.85</u>	<u>495.65</u>	<u>502.15</u>	<u>489.90</u>
Total	3,697.55	3,024.31	3,868.44	9,687.38	10,667.05	11,804.88	12,264.08
Flexible savings account	<u>14,105.98</u>	<u>14,099.50</u>	<u>14,026.14</u>	<u>8,773.80</u>	<u>8,494.13</u>	<u>8,409.91</u>	<u>8,229.95</u>
Grand Total	<u>17,803.53</u>	<u>17,123.81</u>	<u>17,894.58</u>	<u>18,461.18</u>	<u>18,882.52</u>	<u>20,214.79</u>	<u>20,494.03</u>

.We have made a profit this year and with careful spending I do not see us losing very much next year. The bank Balance is healthy and our accountant stated we are using our money wisely and to the good of our Members..

As usual one final request **Please make cheques payable to RLSS Liverpool Branch and Please have your Envelopes weighed to ensure you pay the correct postage as it costs the Branch the extra postage plus £1.00**

Brian Wiltshaw
Hon Treasurer
RLSS Liverpool and District Branch
brianwiltshaw@btinternet.com

	Income					Expenditure					
	Year 2009					Year 2009					
	1 st Quarter	2 nd Quarter	3 rd Quarter	4 th Quarter	Total	1 st Quarter	2 nd Quarter	3 rd Quarter	4 th Quarter	Total	
Exam Fees and Awards	808.90	1,228.00	1,188.25	806.25	4,031.40	Exam Fees and Awards	909.44	1,100.90	1,240.38	729.44	3,980.16
Goods	200.83	0.00	0.00	39.00	239.83	Goods	165.95	197.53	32.71	135.00	531.19
Membership	996.24	577.70	524.00	409.82	2,507.76	Postage	117.90	52.12	23.73	3.84	197.59
Grants	0.00	0.00	0.00	0.00	0.00	Telephone	0.00	0.00	0.00	0.00	0.00
Donations	180.00	0.00	0.00	0.00	180.00	Printing/Stationery	39.93	17.43	8.00	2.25	67.61
Courses	0.00	0.00	0.00	0.00	0.00	Branch Fees	0.00	0.00	0.00	0.00	0.00
Competitions	0.00	0.00	42.00	34.00	76.00	Membership	0.00	0.00	0.00	0.00	0.00
Pool LG Awards Fees	197.05	176.05	155.65	176.25	705.00						
Sundry	3.55	0.00	0.00	3.00	6.55	Insurance	0.00	0.00	0.00	0.00	0.00
						Course Fees	0.00	0.00	0.00	0.00	0.00
						Grants	0.00	0.00	77.00	404.00	481.00
						Repairs	0.00	0.00	0.00	13.40	13.40
						Competitions	51.40	97.60	152.80	76.21	378.01
Total	2,386.57	1,981.75	1,909.90	1,468.32	7,746.54	Conference	0.00	0.00	0.00	0.00	0.00
						Travel Expenses	0.00	0.00	0.00	0.00	0.00
Yearly	7,746.54	7,031.70	714.84	profit		Accountancy	0.00	488.25	0.00	0.00	488.25
Difference between money we owe and money owed to us	Owed to us £22.00	We owe £403.50	Profit/Loss -£381.50	loss		Pool & Room Hire	195.00	242.70	275.70	20.00	733.40
Money to be paid in bank			£333.34	Profit for the year		Sundry	0.00	25.00	110.25	25.84	161.09
						Totals	1,479.62	2,221.53	1,920.57	1,409.98	7,031.70
						Goods No Income					
						Open Water	180.00				
						Pamphlets	146.96				
						Total	326.96				
						Ropes and Watches					
						Comp					
						Total					
						Other					
						Conference	0.00				
						Grants	481.00				
						Bm	265.00				
						Accountant	488.25	Two Years			
						LS3	152.00				
						Comp fees	100.00				
						Total	1,486.25				

2010 Awards and Sales Report

Mr. Brian Wiltshaw

Proposed Award Prices for 2011

Award Description	NON Member £p	Member £p
LifeSaving		
Lifesaving 1 Badges (Poss Same Price)	2.55	2.55
Lifesaving 2 Badges (Poss Same Price)	2.55	2.55
Lifesaving 3 Badges (Poss Same Price)	2.55	2.55
Bronze Medallion with Life Support		22.50
Renewal of Bronze Medallion with Life Support –Form Only		15.45
Bronze Medallion with Life Support 3		22.50
Renewal of Bronze Medallion with Life Support 3-Form Only		15.45
Award of Merit	18.00	12.00
Distinction	21.50	14.00
Swimming Pool Rescue		
National Pool Lifeguard Qualification		51.45
National Pool Lifeguard Qualification- Premium Renewal(form only)		33.30
National Pool Lifeguard Qualification –New Premium		36.40
National Pool Lifeguard Qualification Standard Renewal (Form Only)		18.00
T.A. Pool Course –Units 1-4 RLSS UK charge to NTA's		315.00
Pool TA Unit 4 Only		200.00
ER(Swimming Pool)		19.00
NRASTC		15.00
Activity Supervisor with endorsements NRASTC		23.00
Rescue Test for Supervisors of swimmers with Disabilities (RTSSWD)		5.50
Open Water Rescue		
ER(Open Water)		17.00
ER(Activity Supervisor)		17.0
Assistant Beach Lifeguard	8.25	7..25
National Beach Lifeguard Qualification New Candidate (Manual and form)		49.00
National Beach Lifeguard Renewal		15.75
National Beach Lifeguard Qualification-Form Only		23.00
Beach TA Units 1-6		315.00
Beach TA Unit 6 only		165.00
Bronze Cross	14..50	10.00
Silver Cross	14.50	10.00
Rescue Boat Crew		17.00
Rescue Boat Helm		17.00
Life Support		
Life Support Certificate	7.60	5.75
Life Support 3 Certificate	11.00	8.25
Specialist		
Police Life Saving Certificate		7.75
Police Bronze Medallion		9.25
Diploma (Commonwealth)		31.00
Oxygen		15.50
AED-Oxygen and Defibrillator		22.50
AED		15.50
Training and Assessing		
Tutor (NTA)Pack Lifesaving 1,2,3 &5(including Tutor Notes)		78.00
TA Specialist Lifesaving Pack 5		85.00
Full TA Lifesaving Candidate Pack 1,2,3,&5		80.00
Full TA Life Support Candidate Pack 1,2,&3		78.00
Mentor Candidate Pack		43.00
Rookie Instructors(16+)		42.00
Assistant Instructor(14+) Tutors Pack		tbc
Assistant Instructors(14+) Candidates Pack		tbc
WSM Instructors		tbc

Sports		
Young Leader – Tutors Pack		12.50
Young Leader-Candidates Pack		12.50
Misc		
Replacement Certificates (any)		10.50

On the previous page the chart shows the prices for awards for the coming year. Lifesaving 1.2.3 badges were not mentioned in the information I received, but after a phone call I was informed that they would still be available possibly at the same price.

Prices have increased this year with Training and Assessing having a large increase than the others.

..
The following are the figures that are sent to H.Q via your assessment forms, but do not include Life Support, Life Support 3 Bronze Medallion(obtained via the packs)

NRASTC(156) or Rookie Awards

2010 271 Awards
2009 550 Awards
2008 627 Awards
2007 623 Awards
2006 707 Awards
2005 603 Awards
2004 1293 Awards
2003 2229 Awards

The following chart is for all the awards we took except Rookie

Award	2010	2009	2008	2007	2006	2005	2004	2003	2002
Life Support	61	66	67	113	130	65	157	204	216
Life Support 3	63	76	86	54	53	35	57	29	35
Community Life Support									
Bronze Cross	16	30	25	21	24	35	21	26	16
Silver Cross	15	24	15	26	24	24	20	24	14
National Rescue Award for Swimming Teachers and Coaches (New)	93	64	101	136	97	54	96	78	55
National Rescue Award for Swimming Teachers and Coaches (Renewal)	63	61	56	45	46	31	37		
Rescue Test for Supervisors of Swimmers with Disabilities	6	3	17		8				
Emergency Response (Pool)							0		
Emergency Response (Open Water)			0		19		0	21	
Police Lifesaving Certificate	47	104	56	96	105		696	1509	1347
Lifesaving 1	50	66	34	121	83	105	118	196	144
Lifesaving 2	50	50	40	116	46	25	65	121	109
Lifesaving 3	4	14	9	39	38	43	57	52	32
Bronze Medallion	67	73	90	98	163	86	156	181	123
Award of Merit	22	34	30	25	20	30	22	57	26
Distinction	8	15	12	9	6	11	7	5	8
National Pool Lifeguard Qualification	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1025
National Beach Lifeguard Qualification	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	32

By adding up the numbers in the above chart I make it that we have obtained 565 which is 115 less than last year. This is not counting the Rookie and Pool Lifeguard etc.

The Branch is still paying £15 for Bronze Medallions taken by Junior Members of the Society, and because a Junior Member can take two Bronze Medallion Awards before being classed as an Adult the Branch will pay £10 for the second award. Also if you are a Trainer Assessor or Assistant Lifesaving teacher the Branch will pay your fee for the Life Support 3 Award. This arrangement could be reduced or stopped in the future if the Executive decides because we are income from Lifeguard fees from next year.

Even though, there is a reduced amount of Assessment forms coming in, I do not keep any forms longer than Two Weeks, even if there is only one form. However there seems to be a problem at H.Q end, I sent some forms off on the 6/10/10 for 2 NRASTC Awards and they still not been received. Also there seems to be a delay on Bronze Medallion Awards. So please remember it is not my fault.

May I thank you for having large letters weighed and using the correct postage on letters, this year I have not had to pay excess postage on many items.

May I also thank all Clubs, Trainers, Assessors Members of the Executive and all who have helped me over the past few years, I hope that this will continue in the Future.

Mr. Brian Wiltshaw
Awards and Sales Officer
RLSS Liverpool and District Branch
brianwiltshaw@btinternet.com

Report on 2010
Mark J. O'Dell
Branch Lifesaving Co-ordinator



Well would you believe it over 10 years since the Millennium cruised us by.... my computer did carry on working, after all that *hype!*

Liverpool and District Branch of Lifesavers continues to maintain it's support to young people in the region and I hope any members of the public reading this report appreciate the hard work of our volunteer coaching staff in the clubs around the area. I personally think they deserve the *hype* for their excellent work.

During the course of 2010 quite a few *Assistant Teachers* have been signed off. Clubs can now deliver via a Trainer Assessor the new *Lifesaving Instructor* award, this should bring greater flexibility to clubs and also allow stretching activities for the young adults.

As reported in 2009 we still need experienced *Lifesaving TA's* in the Branch to contact the society at River House and push to become *National Trainer Assessors*. If we don't push and ask the courses will not happen. We need active NTA's in order to develop our aspirant members and future Trainer / Assessors. Please give this serious consideration.

I ran a full Lifesaving TA course towards the end of 2010 and several Branch members attended. I hope they will push hard to qualify as soon as possible. On the trainer front I intend to continue delivery of trainer courses with Conrad Horn. Running these courses is very intensive so two lead trainers does make it easier to manage the paperwork and tasks during the course.

As in 2009 the Branch again held successful open water exams at Boundary Park, Cranage. I congratulate the organisers for enabling this opportunity for our members a good event – excellent work! Perhaps we should run another Open Water TA course in 2011. Let me know if interested.

I continue to manage the Branch website, if you haven't seen it yet get yourself to www.liverpool-lifesavers.org.uk I remind all clubs to ensure they are shown on the website with contact details if possible. Any updates needed please email me. Further if you have any course dates or news please send me those details as the more we put on the website the more useful as a resource it will be. It is another avenue for communicating Branch information

Any Clubs who have Members who hold current external organisation Teaching and Assessing qualifications and who hold current Lifesaving Awards should speak to me if they wish to become RLSS Training Assessing Staff, as this may be achievable through Accredited Prior Learning and Experience routes. For example if you are a qualified Swimming Teacher or an Assistant Lifesaving Teacher you are exempt from Unit One of a TA course. Other teaching and assessing qualifications can also be counted.

Again I would like all Clubs to consider running some of the community courses for example Save A Baby's Life or Community Life Support, these short courses give excellent publicity to your Club and increase the good name of the Society. You don't need a swimming pool to run them just a suitable room.

Existing Clubs that need support with purchase of new equipment can consider contacting the Branch Executive Committee for a possible subsidy towards the purchases. I advise you ask contact the Branch Secretary first before spending to get approval.

The ***Rookie Lifeguard programme*** continues to grow and it is the main junior award scheme of Lifesavers. It's aimed at 8-12 year olds, though younger Members can also participate. It's an opportunity for children to explore water safety and alternative safe aquatic play. Existing Clubs need to manage the cross over to the new programme. As a Branch we need to encourage the take up of the scheme in new Clubs and organisations. It is an easily run scheme very popular with children. Current TA's, Assistant Teachers, Swimming Teachers even Lifeguards etc. can progress and become Rookie Instructors, the society website has more details www.lifesavers.org.uk Local Authorities are using this programme in their swimming pools which has got to be good for society, that's providing they don't close the pool due to the recession which is a problem in most parts of the country.

Keep up the good work!

Mark O'Dell
Branch Lifesaving Co-ordinator
01925 264822
07977 223626
blc@liverpool-lifesavers.org.uk

**2010 Public Relations Officer Report
Mrs Lynn Billingham**

A number of Individual Clubs have been successful in obtaining local media coverage within their local area, however we need to look at raising the profile further within the branch as part of encouraging people to get involved in lifesaving.

We continue to encourage young people within the branch to take up the Bronze Medallion and Membership of RLSS UK by part funding the award Further details of this promotional campaign can be found later in the Year Book.

With changes to the Awards Scheme we may need to review what support we offer to ensure that our young people continue to take lifesaving awards.

If any Club or Branch Member would like any assistance in using local media to promote their good work, do not hesitate to contact me.

**Lynn Billingham
RLSS Liverpool and District Branch
Public Relations Officer**

**Lynn Billingham
RLSS Liverpool and District Branch
Public Relations Officer**

2010 North West Region Report

Mrs Lynn Billingham

Liverpool and District Branch is part of the North West Region, which also includes Cumbria Branch, Lancashire Branch, Manchester and District Branch and North Wales Branch.

The North West Regional Lifesaving Committee meets twice a year. It consists of representatives from all the Branches in the North West Region.

The following members represent Liverpool and District Branch at the Regional Meetings:

Geoffrey Lyon	Branch Honorary Secretary
Helen Kendall	Branch Chairperson
Lynn Billingham	Branch President
Bob Olive	Branch delegate

In addition Bob Olive holds the position of Chairperson for the North West Regional Committee. I hold the position of Regional Heat Organiser for the North West Regional.

The Regional Heat Organiser is responsible for organising the North West Regional Heats, as part of the National Lifesaving Championships. As part of this role we are always looking for volunteers to help at the competition, either as a subject or as an official on the night. If you would like to get involved at a regional level please let me know.

It is also important that clubs take part in competitions and this event is an ideal way to see have your skills compare within Liverpool & District Branch with the opportunity to then compete at Regional and National level. It is an idea opportunity for lifesavers to highlight their skills. To find out more contact the Branch Competitions Secretary, Julie Pearson.

Lynn Billingham
North West Regional Representative

Bronze Medallion Promotion

**Attention All Clubs and
Youth Organisations!!!**

To encourage more young people to become Lifesavers, the Liverpool and District Branch will contribute £15 towards the cost of taking Bronze Medallions for the first time and 50% of the cost for those renewing provided the young person is in full time education and is or becomes a member of the RLSS, Liverpool & District Branch.

If you would like to know more contact a Member of the Branch Executive or the Awards and Sales Officer.

**Liverpool and District Branch covers a vast area
Merseyside, Wirral, Cheshire, West Lancashire.**

**Don't be a Bystander when it's so easy to become a ----
LIFESAVER**

*Issued with the Authority of the Executive Committee of the
Liverpool and District Branch of the Royal Lifesaving Society*

2010 District Reports

District 4 West Lancs

Dave Smith

Lifesaving sessions are held at Nye Bevan Pool Skelmersdale each Tuesday evening 8.00pm till 9.00pm. Ages range from 12 years upwards. All are welcome to attend, work hard, enjoy, and gain valuable lifesaving skills. There is no membership fee, just pay entrance fee to the desk, get changed into swimwear and join in.

The session is headed by me and Assistant Teachers Julie, Pete, and Stuart. We are there to teach you Life Support and Lifesaving skills that guide you if you wish; to gain the flags ship Bronze Medallion Award. We will encourage you to aim for higher awards including Open water awards.

Whilst numbers of swimmers have fallen in 2010, awards earned are, Lifesaving 1 Life Support, Life Support 3, plus open water awards Bronze Cross and Silver Cross. Some of these swimmers have committed to go even higher in 2011. Sadly, there appears to be a lack of enthusiasm in entering competitive Lifesaving so, if you enjoy competition!!!!

As stated above all are welcome. We are a friendly bunch. Remember strangers are only friends you've yet to meet. For general information contact the Pool direct on 01695 727111, or to answer any queries you may have contact myself (Dave) on 01695 726233

Dave Smith

2010 District 5 Report

Mike Booth

We have seen the appointment of one new TA and 2 Assistant Teachers in the District this year.

Lifesaving in St Helens has now moved to a brand new venue and continues under the name of "Queens Park LSC"

Activities this year have been:-

- Teaching at Huyton Leisure Centre
- Teaching at Parr Pool St Helens
- Delivering NRASTC courses in St Helens
- Examining NRASTC in District 5 and others
- Providing advice on and recommending local clubs to enquiries.
- Attending AGM
- Maintaining personal qualifications

We remain available to assist Clubs, Schools and other organisations with courses examinations or other lifesaving matters.

Phone 01744 616645 or email tmikebooth@sky.com

Mike Booth
District 5 Organiser.

2010 Club Reports

St. Helens Lifesaving Club 2010

Mike Booth

We have been successful this year in the following awards:-

- 3 Bronze Medallions
- 2 Award of Merit
- 3 NRASTC
- 1Life Support 3

This will be the last Annual Report posted by St Helens LSC; we have now moved to the brand new pool in Boundary Roar and will henceforth be known as;

Queen's Park Lifesaving Club.

We owe thanks to Queen's Park management for their enthusiasm and practical help in making this transition

Mike Booth

Nantwich Neptune continued to thrive in 2010. We now have 60+ Members regularly attending sessions. Our teachers have been extending their qualifications with 2 new probationary TA's we continue to run the new Rookie Lifeguard programme, and are working with the Local Council to introduce this into the new ASA National Teaching Plan.

The Club is held every Saturday morning, 8.00-9-30am. The Club caters for Rookies from 9 up to Adult and have classes for all abilities-Rookie through to Bronze Medallion and Award of Merit.

As well as this, we have had another busy year in competitions-with our Lifesavers gaining medals in most I Branch Competitions-and representing the region in the National Lifesaving Championships.

The Club also has its own website now-www.nantwichlifesaving.org.uk –please feel free to take a look and get involved in the forums!!!

For more information, please contact me and I will be only too pleased to help.

Julie Pearson
Tele: 01270 651018
Juliepearson101@gmail.com

Northwich Lifesaving Club

Tricia Porter

Northwich Club runs every Monday night from 8-00pm-9-00pm at Moss Farm Leisure Centre for Lifesavers from eight years to Adult.

We run classes for all abilities from Rookie right up to Distinction Awards and have a good number of qualified Assistant Teachers to help with our classes.

We encourage our Members to enter the Branch competitions and had success in the Junior Youth and Branch Eliminator competitions. We also did quite well in the Chester city Lifesaving competition in March. We had two teams representing the Branch at the North West Regional heats held in Liverpool, but unfortunately did not make it through to the National Finals.

Some of our Members took their Bronze and Silver Cross awards in open water at Boundary Park, Holmes Chapel including both our TA's who renewed their Silver Crosses.

Our Members achieved a good number of Lifesaving and Life Support Awards in 2010 including one Distinction.

For more information, please contact us on the number below and we will be pleased to help.

Tricia Porter 01606 49796

Email trish@porter222.freeserve.co.uk

Dave Williams: 01829 261133

Chester Lifesaving Club

Helen Kendall

7 years into my role as Chair of Chester Lifesaving Club, I realise time flies by at a tremendous speed. I have also spread my wings this year and taken up the position of Branch Chair of Liverpool and District, so I will also be involved in the new developments within the Branch, as we go into a new decade in Lifesaving.

Lifesaving Awards taken this year

- 2 Distinction
- 1 Bronze
- 1 Bronze cross
- 1 Silver Cross
- 1 Life Support 3

Well done to those Club Members. Let us hope we can improve on this tally this year (2011), as we welcome into the club a new clutch of young Members, whom hopefully will start taking awards during the year ahead.

Thanks to our Club Teachers, Morty Wilson, Heather McKinley David Harris, Margaret Dykes and Chris McGarry who continue as ever, always happy to assist and advise Club Members. Thanks also to The Northgate Arena and staff who enable us to continue teaching Lifesaving at the Northgate Pool.

Whilst Lifesaving training is a serious business, we at Chester try to include an element of fun into our sessions, so please if anyone wants to give it a try come along to one of our sessions on a Sunday morning 8-30am -10am and have a free try on your first visit before deciding to join.

Helen Kendall
Chester Lifesaving Club

Open Water event 2010

Tricia Porter

Our Open Water event this year was held on Sunday, 5th September 2010 at Boundary Park, Holmes Chapel, Cheshire

We had an early start of 9am in order to set up so that the candidates could start their tests at 10am. The water temperature was a very warm 18C and started very sunny, but as always, as the day drew on the weather got a little cooler, the sun went in and so the wind chill factor was quite nippy to say the least!

This year we had 11 Bronze Cross and eight Silver Cross candidates, culminating in 65 rescues, so well done to everyone!

We couldn't hold our event without the help of various people and our thanks go to Alan who allows us to use his lake; our assessors, John, Dave, Dave, Alan and Chris who turn up year after year to assess our candidates. Our canoeists who this year were Chris Morris and Peter Watson (parent) who very gallantly patrolled the waters to keep our lifesavers and casualties safe; our usual first aiders Pete and Julie, who always do a sterling job (and this year was no exception!); all those who helped to set up all the equipment and take it down again; Karen and Mick for making sure the registrations are done correctly; all the divers from Hartford Sub Aqua Club, Neil, Dave, Ian, Paul and Dave who, as always, make excellent casualties, and to all those who took part in the open water event.

A big thank you to the Branch who again gave us a donation, which allows us to keep the price to a minimum so only charging for the badge!

We also had a junior competition again this year for the under 13's which consisted of basic resuscitation and a land based rescue with a range of questions. There were 12 juniors who took part and 1st place went to Alice Carter from Northwich LSC, followed by Emily Lawton from Vale Royal and joint 3rd place went to Joshua Leech from Nantwich and Katherine Schofield from Northwich; Well done to all the competitors. Thanks to Doug Leech and Stuart Morris who very kindly organised the juniors this year in the absence of Steph Douglas and Aran Potts, who were sunning themselves somewhere very hot!

We finished, this year, at a very respectable time of 1pm so we could still enjoy Sunday lunch. Once again, a very good day and we look forward to next year!

Tricia Porter

Below are some photo's of our candidates and our junior lifesavers





Child Protection

Alan Condliffe

Important Message Please Read

Would all Branch and Club Child Protection Officer or Welfare Officer make sure they comply with the Legal requirements of Child Protection Issued by RLSS HQ.

C.R.B. checks must now be renewed every 2years.

A C.R.B. check form should be sent to me for verification, which I then forward to the appropriate party.

All disclosures are absolutely Confidential

Your Club **must** have a Child Welfare Officer and be registered at RLSS HQ.

Any queries please contact me via Telephone: 01270 212971
EMAIL: dcondliffe@hotmail.com

Alan Condliffe
CO Signatory
Child Protection Officer
RLSS Liverpool and District Branch.

2010 Competitions Secretary Report

Julie Pearson

.Competitions have been well attended again this year with a number of Clubs regularly taking part.

We also saw some different Clubs taking part this year- which is always great to see!!!

Competitions are a great way to 'benchmark' your own/your Club's skills against other Lifesavers-and to pick up some great tips and new skills. The Competitions are all run in a friendly atmosphere, and Competitors have made some great new friends along the way!

2011 dates are as follows:

Junior Competition	EPIC	26TH March
Youth Competition	Crewe	14th Mayl
Branch Eliminator	Crewe	18th June
Challenge Cup	EPIC	To Be Confirmed
Hall Walker	Kingsway	To Be Confirmed

We would love to hear from anyone who would like to have a go this year 2011-or we are always needing stewards or casualities.

As always –a great big thank you to Judges Stewards ,casualties and helpers who all help the competitions to run smoothly-and the Competitors and their parents/ clubs who all participate in the spirit of fair play.

Letters will be sent out to all RLSS affiliated Clubs during January-if you would like to get in touch, please do using the contact details below

Julie Pearson
(01270) 651018
juliepearson101@gmail.com

**RLSS Liverpool and District Branch
Competitions Secretary**

Competitions Criteria

Junior Competition

2 Competitions-teams of 2, boys and girls-age 13 and under
Basic Life Support, timed 8m rope throw accompanied rescue timed extended arm tow

Youth Competition.

2 competitions-teams of 4-mixed teams –under 14's and under 18's
Events as Branch Eliminator.

Branch Eliminator

For ages please get in touch. Competitors must be individual Members of the RLSS for this Competition.

Land based initiative, water based initiative, timed rope throw and timed swim and tow

Challenge Cup

3 competitions-individuals-under 12, 13-16, open

Under 12-rescue breathing-reach/throw initiative, wade rescue, straddle jump and pick up a brick

13-16-life support, water based initiative, reach/throw initiative, locked swimmer rescue,
Open-land based initiative, reach/throw initiative, locked swimmer rescue, contact rescue and defences.

Hall Walker/ Harold Davies

4 competitions-individuals, and teams of 2 (same sex)-14 and over

Resuscitation in water, contact tows, non –contact tows, various lifesaving techniques (sidestroke, surface dives, stirrup lifts etc)

These are just a brief description (which may be subject to change) and full details will be sent out nearer the time- but feel free to contact me earlier for more details/help. Contact details on page 37

It would be fantastic to see more groups involved in 2008.
Look forward to seeing you.

Julie Pearson
Branch Competition Secretary

2010 Competitions Results

Junior Competition

Girls

Position	Team	Names
1 st	Northwich B	Emma Roberts and Aisling Costigan
2 nd	Northwich A	India Trigg and Alice Stevens
3 rd	Crewe B	Kaitlin Rodwell and Emily Chapman

Boys

Position	Team	Names
1 st	Crewe	Branavan Rajakumar and Jack Hulme
2 nd	Northwich A	Zac Jackson and Matthew Watson
3 rd	Northwich C	Duncan Jackson and Chris Smith

Youth Competition

Under 14

Position	Team	Names
1 st	Nantwich A	Zac Garner, Stephanie Evans Lucy Hatton
2 nd	Nantwich B	Josh Leech, Harry Higginbottom, John Crawford, Cameron Garner
3 rd	Northwich B	India Trigg, Katherine Schofield, Sam Watson, Zac Jackson

Under 18

Position	Team	Names
1 st	Crewe	Stephanie Wrench, Rebecca Pressland, Adam Merrill, Aiden McFahn
2 nd	Notthwich	Katherine Ratcliffe, Chioe Evans, Alice Hodges
3 rd	Nantwich	Matthew Hatton, Liam Potts, Jessica Leech, Gemma Ryder

Branch Eliminator

Junior Boys

Position	Team	Names
1 st	Nantwich	Stephen Reid and John Crawford
2 nd	Nantwich	Josh Leech and Harry Higginbottom
3 rd	Crewe	Jack Shore and Branavan Rajakumar

Senior Girls

Position	Team	Names
1 st	Northwich	Vicky O'Sullivan and Katherine Ratcliffe
2 nd	Northwich	Lauren Roberts and Alice Hodges
3 rd	Nantwich	Stephanie Evans and Jennifer Hak

Senior Boys

Position	Team	Names
1 st	Crewe	Aiden McFahn AND Cameron McFahn
2 nd	Nantwich	Alex Keen and Liam Potts
3 rd	Nantwich	Robert Poole and Zac Garner

Branch Eliminator (cont)
Ladies Individual

Position	Team	Names
1st	Crewe	Rebecca Smith
2nd	Crewe	Steph Douglas
2nd	Nantwich	Jessica Leech

Mens Individual

Position	Team	Names
1st	Crewe	Stuart Morris
2nd	Nantwich	Warren Riley
3rd	Nantwich	Matthew Hatton

Mens Masters

Position	Team	Names
t	Nantwich	Doug Leech
	Crewe	Matt McFahn

Challenge Cup

12 and Under

Position	Team	Names
1 st	Nantwich	Harry Higginbottom
2 nd	Northwich	Emma Roberts
3 rd	Crewe	Emily Chapman

13-15

Position	Team	Names
1 st	Nantwich	Liam Potts
1 st	Nantwich	John Crawford
2 nd	Vale Royal	Emily Lawton
3 rd	Vale Royal	Ruby Southern

16+

Position	Team	Names
1 st	Nantwich	Matthew Hatton
2 nd	Nantwich	Katherine Ratcliffe
2 nd	Vale Royal	James Ashley
3 rd	Vale Royal	Luke Murray

National Honours

Honours Guidelines:

The Royal Life Saving Society UK has always been very conscious of the enormous amount of time, effort and dedication by its many Members. In order to recognise outstanding Contributions a series of Society Honours are awarded to Individuals by the National Honours Committee, The President and Vice Chairperson of the Management Board. The Director is in attendance.

The concept underlying the Honours system is that length of service and meritorious work should each be recognised separately. There are therefore 2 series of Honours-**Service Honours and Merit Honours**.

Each series is independent of the other and each has different criteria of eligibility. Individuals may, and often will, hold both Service Honours and Merit Honours and could receive one of each in a single year. It should be emphasized that both Service Honours and Merit Honours have equal value and are awarded in recognition of valuable work done to support the aims of the Society.

Nomination Procedure:

Liverpool and District Branch has an Honours Committee, which meets around January of each year to consider any Honour nominations they have received. Area Organisers Affiliated organisations and individual Members can submit names and records of service to the Branch Honours Committee for Merit Honours. Any person or organisation who wishes to nominate any Member for an Honour should either use the nomination form in this year book or write to the Branch Secretary either by post or email. The Secretary's details are given on pages 8.

THE CUT OFF DATE FOR NOMINATIONS IS 15TH DECEMBER EACH YEAR.

Nomination forms are on pages 43,44

The following list of Honours shows the types of Honours available:

1. National Honours

Awarded for an exceptional contribution to work of the Society at National Level

2. Branch Honours

a) Honorary UK Life Member

Awarded for exceptional contribution to the work of the Society including service at National Level.

b) UK Long Service Medal

To recognise an individual with 50 years or more commitment to the work of the Society

c) Medal of Honour

Awarded for exceptional work carried out at Branch or Regional level and outstanding work at National level

3. Service Honours

Honours from within this category are given for continuous years of service

a) Certificate of Thanks

Awarded after 4 or 8 years of continuous service

b) Service Medal

This honour is awarded after at least 12 years continuous service with the Society

c) Bar to Service Medal

This honour is awarded after at least 16 years continuous service to the Society

d) Service Cross

For Individuals who have attained at least 20 years of service to the Society

e) Bar to Service Cross

This honour is awarded to individuals who have given 28 years to the Society

4. Merit Honours

Merit honours may be given to individuals, including Members of Affiliated Clubs, who have

Fulfilled the criteria.

a) Certificate of Merit

Awarded for contribution at Club or Branch level. This honour can be given more than once

b) Certificate of Recognition

A new honour introduced in 2002 for continuing contribution at Club or Branch level. More than one may be awarded

c) Medal of Distinction

This honour is awarded for outstanding work at Club or Regional level, or with a notable contribution at National level

d) Bar to Medal of Distinction

Awarded for continuing outstanding work at Club, Branch, Regional level and/or a notable contribution at National level. Bars can be awarded more than once following a Medal of Distinction Award.

5. The Brian Morrissey Outreach Cup 2001

This award is made for the work undertaken on a Community Outreach Project, such as

NFWI/RLSS Life Support Programme, Safe Anglers, Safe Banks or the Save A Baby's

Life Campaign (see page 45 for criteria.)

6. The SE Peck Area Organiser of the year Trophy 2001

This Trophy is awarded to a Branch Area Organiser who has widely promoted the work of the Society, encouraged new groups to take Awards, and organised demonstrations with the Community (see page 45 for criteria)

Liverpool and District Branch Honours 2010

The following Members of the Branch received the Honours in 2009 listed below

1st Bar to Service Cross
Alan Condliffe

Certificate of Merit
Sophie Axford
Elsbeth McFahn
Kathrine Ratcliffe

Certificate of Reconition
Julie Pearson
Patricia Porter
David Williams

Congratulations to those who received an Award and thank you for your commitment and dedication to Lifesaving over many years.

REMEMBER –

**A National Honour is an opportunity for YOU to nominate someone from you Club. The Branch Executive know there are a lot of people who undertake a range of work to encourage lifesaving in the Branch, whether as a teacher, Assistant Teacher or behind the scenes as the club secretary or treasurer.
The Branch don't know who they are unless YOU tell us!**

**To nominate someone we need you to give us a write up about the person, who long they have been involved in lifesaving and the work they do to support your club.
Please see Nomination Form on pages 43-44**

Please Copy This Form for Each Nomination

Merit Honours Nomination(s)

Nominee:

Club/Organisation:

Membership No:

I/We would like to nominate

Name:

Address:

Post Code:

Membership No:

For a Merit Honours Certificate.

Please compile a short citation for each Nominee, outlining the contribution they have made to Lifesaving, including the number of years they have been involved in Lifesaving (please continue on another sheet, if necessary)

Signed:.....

Date:.....

Please Copy This Form for Each Nomination

Service Honours Nomination(s)

Nominee: -----

Club/Organisation: -----

Membership No: -----

I/We would like to nominate

Name: -----

Address: -----

Post Code: -----

Membership No: -----

For a Service Honours Award.

Please compile a short citation for each Nominee, outlining the contribution they have made to Lifesaving, including the number of years they have been involved in Lifesaving (please continue on another sheet, if necessary).

Signed:-----

Date:-----

S.E. Peck Trophy

- This trophy is award to the person who does most to carry out objectives of the Society in their Local area
- Only those who have not previously been awarded the trophy are eligible for nominations.
- Nominations must be submitted to the Branch Executive via their District Organiser by 15th December each year.
- The citation must relate to the previous year. Nominations can be for an Individual, Club, Group, however the citation must relate to previous year e.g.; if the Nomination is for 2011 the citation must relate to 2010
- Specific facts and figures relating to promotional activity on behalf of the Society, for which the nominated individual has been directly responsible, must be given where the nomination is based on these activities

N.B. This means the actual numbers of new groups affiliated % increase in Awards taken, number of visits made, demonstration/displays organised, number of new examiners recruited and courses arranged.

The Brian Morrissey Outreach Cup


- The Award is made for work undertaken on a Community Outreach Project such as, the First Responders Programme, Community Life Support Programme, Cricket Coaches, Safe Anglers-Safe Banks or Save a Baby's Life Campaign.
- Nominations should be made to the Executive Committee via District Organisers by 15th December each year
- Nominations can be for an Individual, Club, Group, however the citation must relate to previous year e.g.; if the Nomination is for 2011 the citation must relate to 2010

Ken White Fundraiser of the year Award

- Nominations can be made for any fundraising work on behalf of the Society at National, Regional Branch, Club or local level the citation should recognise the level of commitment and throughout the year. e.g.; if the Nomination is for 2011 the citation must relate to 2010
- Nominations should be made to the Executive via their District Organiser by 15th December each year


Young Lifesaver of the Year Award


- This Award is given to each Branch to recognise one Young Lifesaver of the Year
- Member must be 14-24 as at 31st December each year.
- A brief citation is needed
- There are no specific criteria.





What to do when a baby is choking

- 1** Shout for help


 - ▶ if baby cannot cough or cry
 - ▶ if you cannot see obstruction in mouth
- 2** Turn baby face down

 - ▶ position baby on your lower arm
 - ▶ ensure the head is lower than the chest
 - ▶ ensure your hand supports the head
- 3** Give up to 5 back slaps

 - ▶ use the heel of your hand
 - ▶ slap up to 5 times
 - ▶ slight pause between each slap
 - ▶ check if object has been expelled
- 4** (If still choking) Give up to 5 chest thrusts

 - ▶ turn baby face up and place two fingers in the centre of the chest
 - ▶ press down sharply and vigorously 1/3 depth of chest
 - ▶ slight pause between each thrust
 - ▶ check if object has been expelled

For a child adjust the technique by doing abdominal thrusts
- 5** (If still choking) Repeat up to 5 back slaps and up to 5 chest thrusts

 - ▶ until obstruction is cleared or baby becomes unconscious

For a child that is still choking Repeat 5 back slaps followed by 5 abdominal thrusts

If baby or child becomes unconscious
Attempt 5 rescue breaths, then start 30 chest compressions followed by 2 rescue breaths

Sample of Sequence leaflet.

Calling all qualified Trainers or Clubs with qualified Trainers why not run a Save a Baby's Life Infant Resuscitation Clinic. All details can be obtained from the Branch Lifesaving Co coordinator Mark O' Dell. His contact details are given in his report.

Materials/Resources

There are a number of materials that support this campaign. Details of these are given below

Emergency Sequence Leaflet (see page 46)

This is a full colour; pocket sized laminated card, emergency sequence aide memoire that can be kept in the baby's nursery, in a handbag or wallet. This is given to the parent/ carer to take away.

Certificate of Attendance

Following their attendance, each parent and carer will get one of these-it is not an Award. These will need to be signed by the Clinic presenter

Baby Resuscitation Clinic Attendance Return Form

This must be completed and returned to River House by the Trainer. Please ensure full names and addresses including post code, are clear. This is required for programme statistics and information.

2 Hour Course Programme

This is the programme for the delivery of the Clinic. It is to be used in conjunction with the Emergency Sequence Leaflet. There are no visual aids such as overhead projector transparencies. The full colour Emergency Sequence Leaflet will adequately serve this purpose. Refer to Life Support if necessary.

Trainer Briefing Notes

This gives the Trainer a summary of the aims and objectives of the programme and what is to be achieved

Materials Order Form

Please allow at least 2 weeks for the order to be processed. Use the materials order form. To book course materials

Sample Press Release

This can be used to generate Local interest for the Campaign in your area. Send out in advance to local newspapers and radio stations each time you run a course. In time you may want to develop and change the press release, especially if you get local statistics

Posters

A poster is included to enable you to publicise your Clinic in a variety of places e.g shops, libraries, Health Centres, leisure Centres etc.

And Finally

Please remember to ask for a donation to Save a Baby's Life from your attendees. Use this to cover local expenses and send the surplus to River House where it will be used to help develop materials and pay for printing costs of Save a Baby's Life Materials.

Why not Consider running a Save A Baby's Life Infant Resuscitation Clinic in your Area.

Events and Committee Diary 2011

Unless otherwise stated Events will be held at River House

January

Sat 8 National Standing Committees (River House)
Sat 29- Sun 6Feb Branch Management Committees Band 1 (Branch Venues)

Feb

Sat 5- Sun 13 Regional Executive Band 1 (Regional Venues)
Sat 12-Sun13 Management Board Meeting (River House)

March

Sat12 Sun 13 National Speed Championships (Ponds Forge, Sheffield)

April

Sat2- Sun 10 Branch Management Committees Band 2 (Branch Venues)
Sat 9-Sun 24 Regional Executive Committees Band 2 (Regional Venues)
Fri29 ILS Board Meeting (Ireland)

May

Tues 10- Fri 13 World water Safety Conference(Vietnam)
Tues 17 ILS Board Meeting /AGM (Vietnam)

June

Fri 3- Sun5 ACPO Technical Committee
Fri3- Sun 5 ACPO Lifesaving Championships
Fri10 Management Board Meeting(Workfield Park)
Sat 11-Sun 13 Annual Conference (Workfield Park)
Sat 25 National Standing Committees (River House)

July

Sat 2-Sun10 Branch Management Committees Band 3 (Branch Venues)
Sat9 Management Board Meeting (River House)
Sat 16-Sun 24 Regional Executive Band 3 (Regional Venues)

September

Sat 10 National Standing Committees (River House)

October

Sat 15-Sun 23 Branch Management Committees Band 4 (Branch Venues)
Sat 22 Sun 30 Regional Executive Band 4 (Regional Venues)
Sat 15 Management Board Meeting (River House)
Sat 22 Presentation of Honours, Guildhall London

Nov

Sat19 National Lifesaving Championships (Ponds Forge Sheffield)

Dec

Sat3 Management Board Meeting

*Please be aware of international events when booking regional venues and dates
The Regional and Branch meeting dates and frequency are for guidance only and we accept that local circumstances may dictate the date of meetings.

Approved Training Centres

Alvaston Hall Hotel	Kingsway Leisure Centre
Ashton Swimming Pool	Kirkby Swimming Pool
Ashworth Hospital	Lymm Leisure Centre
Austin Rawlinson Sports Centre	Manchester Airport Marriott Hotel
Bootle Leisure Centre	Nantwich Swimming Pool and Fitness Centre
Brook Vale Recreation Centre	Neston Recreational Centre
Broomfields Leisure Centre	Newhall Swimming Pool
Byrne Avenue Recreational Trust	Nick Keogh Independent Training Provider
Caldy Grange Swimming Pool Trust	Norris Green Leisure Centre
Chester College of Higher Education	Northgate Arena Leisure Centre
Chester Swimming Association	Northwich Swimming Pool
Crewe Swimming Pool	Otium Health and Leisure St Helens
Crosby Leisure Centre	Park Road Sports Centre
David Lloyd Leisure Centre –Cheadle	Parr Swimming Pool
David Lloyd Leisure Centre –Cheshire Oaks	Peter Lloyd Leisure Centre
David Lloyd Leisure Centre – Kirkby	Pontins Southport Holiday Centre
David Lloyd Leisure Centre – Speke	Queens Park Leisure Centre
David Lloyd Leisure Centre – Warrington	Runcorn Swimming Pool
Deyes Lane Swimming Pool	Sandbach Leisure Centre
Dragons Health Club – Brooklands	Scarisbrick Hotel Leisure Centre
Dunes Leisure Centre	Scotchbarn Sports Centre
Epic Leisure Centre	Selwyn Jones Sports Centre
Everton Park Sports Centre	Sir John Dean’s College
Ford ton Leisure Centre	Skelmersdale College
Garston Leisure Centre	Sutton Leisure Centre
Golden Gates Leisure	The Sporting Edge
Great Sankey Leisure Centre	University of Liverpool Sports Centre
Halewood Leisure Centre	Winsford Sports Centre
Heat Waves Leisure Centre	Woolston Leisure Centre
Huyton Leisure Centre	
John Moores University Liverpool	

Affiliated Clubs and Schools

- 8TH St Helens (St Thomas) Brownie S.C
- Birkenhead High School
- Bootle Citizens L.S Club
- Chester Lifesaving Club
- Crewe Neptune Lifesaving Club
- Halton Lifeguard Club
- John Harrison Swimming Club
- John Moores University Liverpool
- Kings School
- Leasowe Lifesaving Club
- Leigh and District LSC
- Merseyside Police
- Nantwich Neptune LSC
- Neptune LSC
- Northwich Amateur Swimming Club
- Penketh Swimming Club
- Sandbach School
- Scotchbarn Lifesaving Club
- Sefton Lifesaving and Swim Club
- Southport Swimming Club
- Trafford Metropolitan Borough SC
- Vale Royal Lifesaving Club
- Warrington and District Lifeguard Corps Club
- Woolton Swimming Club.

For Contact Names and Telephone Numbers for pages 50 and 51 please contact Branch Secretary on his email: GgeoffLyon@aol.com



*lifesavers*TM
The Royal Life Saving Society UK

Liverpool and District Branch

In appreciation of the work carried out by the late Vince Whittle over the many years with the RLSS Liverpool and District Branch, a Trophy will now be awarded in his memory for the most meritorious Life Saving/Support during the year. Eg: Water based/land based/resuscitation.

If you hear of any such action during the year, will you please bring it to the Branch Secretary's attention immediately?

If there are numerous nominations the RLSS Liverpool and District Branch Executive will determine which is the most deserving.

Presentation of the Trophy will be made to the successful nomination at the RLSS Liverpool and District Branch A.G.M. each year.

Please obtain written permission from the person who has executed the rescue you are nominating for their name to be published in the RLSS Liverpool and District Branch Year Book. (Data Protection Act)

Nominations can be sent during the year but no later than 31 December each year.

Nominations to be sent to:

Mr Geoff Lyon
Branch Secretary
RLSS Liverpool and District Branch
159 Windy Arbor Road
Prescot
Whiston
Merseyside
L35 3SE

GgeoffLyon@aol.com

Comments, Suggestions or Articles for the next edition

I/We would like to make the following comments, /suggestions or enclose an article for the next edition.

.....
.....
.....
.....

Name:

Address:
.....
.....

Phone No:

Email:

I/we the undersigned *do/do not give Liverpool and District Branch permission to include my Address /phone number/email in the next year book

Signed:

This Form **Must** be sent to the Editors . Any Article for the 2011 Year book **Must** be sent by 15/1/12

Mr G & Mrs B Lyon
159 Windy Arbor Road
Whiston
Prescot
Merseyside
L35 3SE
0151 430 7710
GgeoffLyon@aol.com



**The Royal Life Saving Society UK
River House
High Street
Broom
Warwickshire
B50 4HN**