

British Universities Life Saving Clubs' Association

Sponsorship

17th Aug 2011

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1. What is Lifesaving?

Lifesaving covers the prevention of accidents, personal survival and the rescuing of others. This is most commonly seen in swimming pools, leisure centres and at some beaches. However, accidents can happen anywhere, in rivers, canals, lakes and on unsupervised beaches.

Lifesaving is often associated with pool and/or beach lifeguards who are easily identifiable. But, anyone can be trained in lifesaving. There are over 150 volunteer lifeguard clubs that patrol open water areas in the UK and more than 3,000 clubs within the UK teach people to become lifeguards, and lifesavers.



Student Performing a Reach Rescue

The British Universities Life Saving Clubs' Association (BULSCA) acts as the contact point between university clubs and the major lifesaving organisations: the Royal Life Saving Society (RLSS), Royal National Lifeboat Institution (RNLI) and in the future the Surf Life Saving Association (SLSA). Whilst at university BULSCA clubs provide the opportunity for people to remain involved in club lifesaving without having to return to their home clubs. BULSCA offers the opportunity to people to continue training their lifesaving skills and to put them to the test in various competitions throughout the university calendar.

BULSCA clubs also attract many new people to volunteer lifesaving, with a large percentage of the BULSCA population having either no or limited experience of volunteer lifesaving prior to arriving at university. For these people BULSCA provides the opportunity to learn new skills and progress through the lifesaving awards, with the aim of introducing them to lifesaving competitions.

Did you know that the average response time for an ambulance in the UK is 8 minutes? By having people trained in CPR that can act before the ambulance arrives, vastly improves the chances of survival.

BULSCA teaches a wide range of awards from both the RLSS and the SLSA including life support awards, beach and pool lifeguarding awards as well as feeding members into the RNLI's beach lifeguards. It is intended in the future to encourage members to complete training which will allow them to pass their skills on to younger people through the RLSS' Rookie awards program.

Throughout the year BULSCA runs several courses and a major competition; over the coming year it is intended to work in close conjunction with the RLSS on the development of the RLSS' Lifesaving Sport Coaches qualification, with the first set of courses being run through BULSCA. There is also the opportunity to gain Trainer Assessor qualifications allowing club members to return to their clubs to pass on training to lifesaving newcomers.

Ultimately BULSCA has one simple aim, to support the various different lifesaving organisations with development, progression and membership whilst providing individuals with the skills needed to save a life if ever required.

2. What is Lifesaving Sport?

Lifesaving Sport is one of the most multi-disciplined sports in the world. The Sport requires competitors to swim speed events, tow casualties in the water and react to land and water based



Water Based Incident

scenarios as individuals, pairs or teams. The Sport helps to prepare competitors for the real life situations they may or may not encounter.

Lifesaving Sport is practiced in many RLSS clubs with RLSS UK holding Branch, Regional and National competitions. The International Life Saving Federation (ILS) organises European Championships, which are being held in Berlin this summer with a number of university lifesavers competing in this event, and the RLSS organises the Commonwealth Championships. The next one is in 2011

and will be held in South Africa.

Within BULSCA League competitions the following events take place:

Incidents

There are two unseen incidents or Simulated Emergency Response Competition (SERC); one on land and one in the water. They are the ultimate test of lifesavers' skills and team work. In a set time, between two and three minutes, a team of 4 must assess the situation and then respond by rescuing and treating any number of casualties. A good team will prioritize the different casualties treating those with the greatest need.



RNLI Incident at BULSCA Championships 2008

The scope of the incident depends largely on the writers' imagination; in the past incidents have ranged from the conventional drowning in a pool or choking in a restaurant, to the more extreme such as a plane crash, a climbing accident or a sinking ship.

Speeds

As well as incidents league competitions consist of team speed relays. These test the fitness of a lifesaver and their ability to use their skills at speed. Competitions involve a Line Throw Relay, a Swim and Tow relay, and one additional speed event of the hosting clubs choice from the list below. These events are briefly described below:

- **Line Throw** (4 x 12m): Each team member will coil a rope and throw it to a team mate who is acting as a casualty before pulling them 12m to the wall. That team member will then throw the rope to the next team member, and so on.



Swim and Tow

- **Swim and Tow** (4 x 100m): All four members swim 50m followed by towing one of their team mates 50m, generally using a wrist tow.



Line Throw

- **Obstacle Relay** (4 x 50m): All four members of the team swim 50m during which they will dive under two submerged obstacle gates.

- **Medley Relay** (4 x 50m): Competitor one swims 50m freestyle, competitor two then swims 50m with fins, competitor three then swims 50m towing a torpedo buoy. Competitor three then passes the torpedo buoy to competitor four who is wearing fins. Competitor four then tows competitor three, who is holding the torpedo buoy and kicking 50m.
- **Manikin Carry Relay** (4 x 25m): Each member of the team will tow a full manikin 25m before passing it to the next member of their team.



Manikin Carry Relay



3. British Universities Life Saving Clubs' Association

3.1. What is BULSCA and what does it do?

BULSCA, the British Universities Life Saving Clubs' Association was formed to oversee competitive lifesaving between university clubs, and to help develop the sport of lifesaving as a whole.

Key to the role of BULSCA is to be the liaison between the lifesaving bodies in Britain (e.g. RLSS - Royal Life Saving Society) and university clubs, and to support and develop both new and existing university lifesaving clubs.

Further to that BULSCA also acts to standardize rules for all the student lifesaving competitions, and are also there to organize and run the most prestigious competition on the university lifesaving calendar, the British University Lifesaving Championships.

BULSCA also organises courses which benefit students, with any spare places being opened to non-students. The most recent course organised by BULSCA was the Judges course, which was held in Southampton and attended by over 40 people over two days and were all trained to RLSS UK Branch Judge level. This will provide university clubs and their branches with a greater number of judges available to assist with competitions.

3.2. What is the future of BULSCA?

BULSCA aims to continue its development of Lifesaving Sport by expanding the knowledge base of Lifesaving Sport holding clinics for trainers and students. This will help to ensure that we have knowledgeable people within clubs around the country that can teach students the required skills.

BULSCA continues to aim for increased press coverage in order to ensure more people know about University Lifesaving and the Sport.

BULSCA is organising more courses aimed at helping students gain qualifications, such as teaching and assessing, which can then be used within university clubs and their branches as a wider effort to help lifesaving within the UK. These courses are hoped to be subsidised due to the high cost of them, which restricts the number of people who can gain the qualifications.

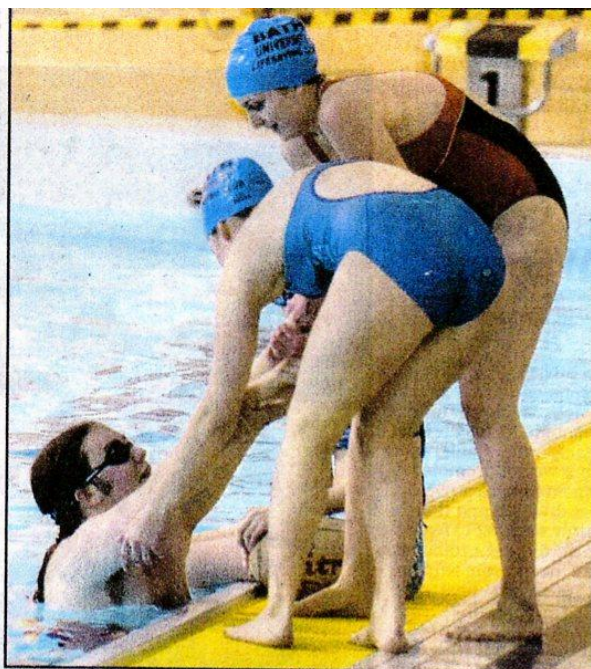
BULSCA will continue assisting the development of existing clubs, where needed, but also continue to setup more clubs around the country. BULSCA has recently been assisting the creation of 3 clubs, one of which is in Edinburgh. With the changes to BUSA (British Universities Sports Association), the potential of more clubs especially from colleges is a big possibility and we aim to provide as much assistance as possible. A number of resources are in the final stages of writing which will help students to found new clubs and how to run them.



3.3. BULSCA in the press

BULSCA has been in the local press a number of times in relation to its League and Championship competitions.

The University of Bath had a photographer and journalist from the local newspaper, the Bath Chronicle, at their 2007 BULSCA league competition. This article is produced on the following page.



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Lifesavers put through paces in university pool

YOUNG lifesavers in Bath were put through their paces at a daring water-based competition recently.

The sports training village at the University of Bath became a mock-up accident site for teams from universities across the south west to try their lifesaving mettle.

The event was organised by the Bath University Lifesaving Club, with the help of the Students Union, and is part of the league run by British Universities Life Saving Clubs Association BULSCA.

The day included live incidents and emergencies, prepared and carried out by teams of

LIFESAVING

By Anne-Marie Baker

trained lifesavers.

Lifesaving as a competitive sport has a growing reputation. It includes many multidisciplinary skills, such as the learning of first aid skills, judging situations and initiative and also embraces health and fitness.

Some of those who take part either work or volunteer as trained lifeguards or lifesavers.

Club chairman Rachel Armstrong said: "The pool was turned in to a river for the event and the teams, which are made up of four had to rescue a number of

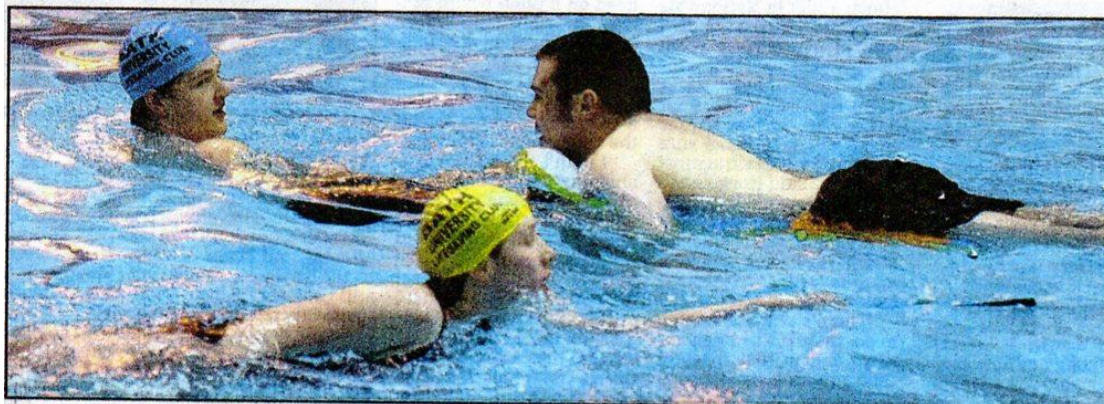
injured and sick casualties.

"It is great to be able to do it here because not many places have a 50 metre pool, so it enables us to do some good scenarios.

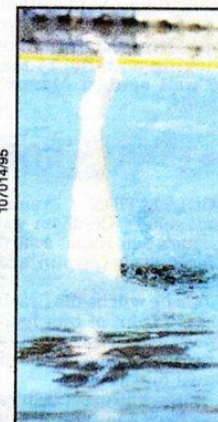
"It was a great opportunity for everyone to test their abilities."

Southampton University Lifesaving Club came first, with Bath A coming fifth out of 17 teams.

For more information about lifesaving please see www.rlss.org.uk.



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HELPING HAND: Bath B team in the pool and (above) a wave for assistance

PICTURES: Sam Farr



BULSCA attracted the attention of the local press around Burgess Hill at the 2007/08 Championships where the local mayor presented medals to the competitors and watched some of the incidents and speed events on the final day of the Championships.

BULSCA League events have also appeared in some of the university student newspapers, with a number of articles being produced in "Redbrick" the University of Birmingham student newspaper and "Impact", the University of Bath student newspaper. An article written by Helen Killingley in the 23rd March 2007 edition of Redbrick is re-produced on the following page:

Lifesaving Nationals

Helen Killingley

POSSIBLY the biggest University Lifesaving sporting event of the year was held this weekend at Bath's 50-metre pool over two days. The BULSCA (British Universities Life Saving Association) Nationals included two days of gruelling action against the likes of Loughborough, Swansea, Nottingham and many others.

The University's Lifesaving Club (BULSC) sent Oli Coleman down to compete amongst the best.

After a tense start with the 12 metre Individual Line Throw, Coleman had a brilliant swim in the Individual 100m Freestyle Obstacle, coming 3rd of 20 swimmers. This event involved a testing swim with four submerged obstacles that he had to dive under. He followed this form up with third place in the Individual 100m Rescue Medley, which involved a mix of freestyle, submersed swimming and towing a mannequin 100m.

With the BULSCA Nationals over, the club are looking to their final competition of the BULSCA league.



4. Sponsorship

4.1. Why does BULSCA want sponsorship?

BULSCA wants sponsorship:

- To allow BULSCA to provide more resources for new developing clubs for example, sending key people to meet with new clubs and provide assistance where necessary, and to allow promotional material to be developed to help better advertise University Lifesaving to students. BULSCA also aims to be able to provide grants available to clubs to buy expensive equipment needed for training;
- To help BULSCA with its aims of providing students more access to courses and clinics that will benefit BULSCA clubs and the lifesaving communities from which students come from;
- To help the Championships to run more smoothly in more accessible locations for all clubs. This would help BULSCA to raise the profile of Lifesaving Sport.

4.2. What benefits can BULSCA provide to a sponsor?

- BULSCA can help to heighten brand awareness by advertising your company at BULSCA events which are attended by many students and at times members of the public;
- BULSCA is increasingly trying to support clubs going into the local community and teaching lifesaving skills to children, as well as adults. BULSCA can advertise to these communities as well as help your company develop community relations in places, where it does not currently have any relationships or strengthen those relations;
- BULSCA can try and organise courses that your employee's and their children could take part in, such as a Save a Baby course for adults, which is particularly helpful and informative to new parents.



BULSCA League Table 2010/2011

The follow tables show the results of the A and B BULSCA Leagues from the 2010/2011 season:

BULSCA League A

Team	Event Locations							Total	Position
	Southampton	Warwick	Plymouth	London	Nottingham	Birmingham	Loughborough		
Warwick	4	10	10	10	10	10	10	64	1
Southampton	8	8	9	7	9	9	9	59	2
St. Andrews	10	9	8	8	6	7	7	55	3
Birmingham	9	7	6	9	8	8	8	55	4
Nottingham	7	2	7	6	7	6	5	40	5
Loughborough	6	1	0	3	5	5	6	26	6
London	1	5	5	5	3	2	4	25	7
Bristol	1	6	2	2	2	4	3	20	8
Cambridge	5	3	0	4	4	0	0	16	9
Plymouth	2	4	4	0	1	1	2	14	10
Swansea	3	0	3	0	0	0	0	6	11
Bath	1	0	0	1	0	3	0	5	12
Oxford	1	0	0	0	0	1	0	2	13

3 and 4th were tie broke by Count back to Most First Places



BULSCA League B

Team	Event Locations							Total	Position
	Southampton	Warwick	Plymouth	London	Nottingham	Birmingham	Loughborough		
Warwick	9	10	7	9	10	10	10	65	1
Southampton	10	9	10	6	5	9	8	57	2
Birmingham	7	6	5	10	7	7	0	42	3
Nottingham	5	5	6	8	6	8	4	42	4
Loughborough	8	8	0	0	9	5	5	35	5
London	0	0	9	0	4	6	9	28	6
Plymouth	3	7	8	0	0	0	7	25	7
Bristol	0	4	0	7	8	4	0	23	8
Cambridge	4	0	0	5	3	0	0	13	8
Swansea	6	0	4	0	0	0	0	10	10
St. Andrews	0	3	0	0	0	0	6	9	11
Bath	0	0	0	0	0	0	0	0	12;
Oxford	0	0	0	0	0	0	0	0	12

3 and 4th were tie broke by Count back to Most First Places



Provisional BULSCA Calendar 2011/2012

The following calendar is provisional and is subject to change:

Competitions and Events	
September	
	Fresher Weeks See Clubs or contact to set up your own
October	
29th	University of Southampton Fresher Competition
November	
5th	University of Warwick
12th	
19th	
26th	Bristol University
December	
3rd	
10th	University of London Union
17th	
Christmas Break	
2012	
January	
14th	
21st	
28th	University of Nottingham
February	
4th	
11th	University of Birmingham
18th	
25th	
March	
3rd	
10th	
17th	BULSCA National Championships(Sat & Sun)
Easter Holidays	
April	
21st	
28th	
May	
5th	
12th	Loughborough
19th	
26th	

This calendar is correct as of 25 June 2011.