

The Summer for the University Lifesavers

Bournemouth Beach Weekend 30th May – 1st June

As the Lifesaving year drew to a close then what a way to top it off with the 9th annual British Universities Beach Weekend hosted by Bournemouth Lifeguard Corps. A mix of University Lifesavers and cadets from Bournemouth LGC attended this fantastic event which included such activities as power boating, sea kayaking, malibu boards and reel and line with other activities including navigation and advanced first aid.

The weekend provided a useful introduction to open water lifesaving which is often neglected by university clubs and assisted realisation to the differences between lifesaving in the pool and lifesaving in the open water, as well as helping those who choose to compete in the many open water competitions over the summer and in the future.

Apart from the useful skills learnt over the weekend everyone had a chance to work on their tans, with lovely weather for the majority of the weekend.



Southampton Uni Compete in Lifeguard Regatta (12th/13th July)

The 40th Bournemouth Lifeguard Regatta took place in July this year, with teams from across the country competing in a gruelling two day beach competition designed to test the lifeguard's strength, speed and skill. The University of Southampton team entered into the 'Mens'

category, and were the only team present representing a university. The team consisted of Lauren Dyson, David Fielding, Christian Hadley, Christian Wood, Harvey Yules and Joe Scurrah.

Events ranged from incidents to torpedo relays, to distance swims and the challenging iron man race. Each competitor takes part in a different series of events, culminating in a huge team incident on the final day of the competition. Here, teams are exposed to an unseen scenario on a section of the beach, and are marked on the

efficiency and quality of their response, treatment and teamwork. The University of Southampton team were highly competitive in every event, which is illustrated by the results. The DEF competitors won their categories, as well as the whole team achieving first place in the incident and march events, leading them to overall victory in the men's competition – a fantastic result for a much enjoyed weekend!

Sun, Sea and Exercise Beach Training Camp, Oliva, Spain

September saw the British Universities Life Saving Clubs Association (BULSCA) host their second beach training camp in Oliva, Spain. University clubs from all over Britain again travelled to the shores of the Mediterranean in order to go through 10 gruelling days of fitness and open water lifesaving training.

The trip was aimed at helping lifesavers of all abilities, and the fitness sessions are run in tiered groups. A typical day for a participant starts at 8am with 4 hours of fitness on the beach and in the sea, alternating each day between high intensity training and endurance. This includes swim runs, beach runs, buoy swimming, rescue swimming and extensive stretching sets.

Morning training is followed by a well earned buffet lunch and then a siesta during the hottest part of the day. The afternoon sessions begin at 4pm and are for lifesaving theory and technique. The first 2 hours are dedicated to the beach lifeguard syllabus, and then two hours that are a mix of incident training, team building command tasks and beach event workshops from the lifesaving sport manual. Ironically after a long day's training the hardest part of every day for most participants was dinner and washing up! This needed the co-ordination of 6 kitchens each cooking a part of the meal, which was then all brought together for one big meal which was enjoyed on the

balconies of our flats. Unbelievably those who still had the energy would wind down in the local bars, with the trips favourite tippie, Sangria!

Last years trip was a massive success with a big thanks to the coaches; David 'Blondie' Fielding of Keynsham LSC and Barry Heathfield of RNLI Lifeguards, with support from the organisers from Southampton University LSC; Dominic Roberton, Christian Wood and Lauren Dyson. Big thanks must also go to all the participants for all your help and enthusiasm. This year we look forward to working with Blondie and Barry again, and we also say hello to Mike Grocott. This year Barry, Mike and Lauren were responsible for fitness training and beach lifeguard training. Blondie, Dom and Christian were teaching Lifesaving Sport, incident training, and co-ordinating the teambuilding tasks.

Due to the popularity of this trip it looks like this event will become a regular annual fixture in the already busy University Lifesaving calendar.



Join Your University Lifesaving Club!

Every new academic year brings about an endeavour for University Lifesaving clubs to recruit new members. With the normal degree lasting just 3 years, new members are needed to keep clubs in existence. Often students join clubs to complete awards and are not aware that it is even possible to compete in Lifesaving as a sport. In fact, once people have tasted the delights of University lifesaving clubs it's often the competitions that keep them keen to regularly attend sessions. Events are taken from the traditional RLSS UK National Lifesaving Championships, with the addition of a speed relay in a mixed team of four. If you're interested in Lifesaving, are about to start University soon, or are at University, here are a few of the forthcoming competitions for you to come along and sample:

University of Southampton
25th October

University of Warwick
8th November

University of Aberdeen
29th November

University of London Union
6th December

If there are any questions or you would like to know more about BULSCA you can view our website at: www.bulsc.co.uk, or contact the BULSCA chair on: chair@bulsc.co.uk.