

# UNIVERSITY LIFESAVERS

YOUTH DEVELOPMENT

## Freshers Competition Write Up

On Saturday the 25th October the BULSCA league took off with great aplomb, the first of many competitions was held at Flemming Park in Eastleigh.

The Fresher's Competition started with registration at 11.30am before isolation began at 12.15, with 38 teams taking part, including 5 non university teams, the wait in isolation was a long one.

The first events were the two unseen Simulated Emergency Response Competitions (SERC's), the dry SERC consisted of a building site onto which a father had pushed his baby, unfortunately a small load of building materials had fallen onto the pram causing the baby to fall unconscious and stop breathing. At the same time a building site worker became impaled by a pole through his leg whilst his foreman suffered an asthma attack! Nothing out of the ordinary there then! Meanwhile around the corner another worker slipped off his ladder falling unconscious, but still breathing, with the final casualty in a state of mild shock. This exciting introductory SERC was won by Nottingham A.

The wet SERC consisted of 2 non swimmers, a lady with cramp, an unconscious casualty on the bottom, 3 normal swimmers and a dry bystander and this was won by Birmingham A.

All of the teams competed admirably with a high level of skill, a very impressive performance from teams, many of which have never seen an incident before, although there is always room for improvement.

### The event winners were:

4 x 12m line throw relay	Crawley A
4 x 50m Obstacles relay	Loughborough Old Boys
4 x 50m Swim 50m Tow	Southampton A

### The overall team winners for this competition were:

Southampton A, with Swansea B winning the Fresher's Shield.

For a full list of student records and the league results for previous years please visit:

[www.BULSCA.co.uk/resources/resultsRecords.html](http://www.BULSCA.co.uk/resources/resultsRecords.html).



After every Competition there is always the much anticipated social where members from each competing team are able to catch up with old friends and make new friendships across the country, discuss the events of the day, predict future winners and losers whilst enjoying a glass of Europe's finest beers, wines and spirits. This 90's themed rave social, like all others, was a memorable event inspiring a large number of crazy costumes, rave wear and glow sticks.

Thanks go to the Southampton University Lifesaving Club committee for hosting this event.



## What and who is BULSCA?

British Universities Lifesaving Clubs' Association (BULSCA) was set up in 2002 by Robert Sharman of the University of Birmingham.

BULSCA was originally set up to manage the many competitions held between university clubs from around the UK. Prior to the conception of BULSCA each university competition was unique, using a different set of rules and holding different sets of events.

The first aim of BULSCA was to standardise these competitions, giving them common aims, structure and rules. Competitions between universities are based on teams of four and comprise of a dry simulated emergency response competition (SERC), a wet SERC, 4 x 12m Line Throw Relay, 4 x 50m Swim and 50m Tow Relay and one of the three speed relays (4 x 25m Manikin Relay, 4 x 50m Obstacle Relay and 4 x 50m Medley Relay). To encourage participation at all the BULSCA events the competitions themselves are also no longer one off events, as each one counts towards a league score it is currently not uncommon to see 20 to 30 teams at a majority of the competitions.

In addition, to the BULSCA league in an effort to achieve British Universities and College Sport (BUCS formerly British Universities Sports Association BUSA) recognition in the 2006-7 season, BULSCA introduced the Student Nationals, a full weekend of competition combining both speed events and traditional events.

The Saturday consists of Men's and Women's speed events as run by the ILS, the Sunday consists of a standard university dry and wet SERC followed by 4 x 12m Line throw; 4 x 50m swim, 50m tow.

To compete in the Student Nationals, universities entering teams must have between 8 and 12 competitors. As well as individual winners for each of the speed events there are three team titles up for grabs over the weekend;

### Student Speed Nationals Champions (Saturday)

### Student Nationals Champions (Sunday)

### Student Championships Champions (a combination of the whole weekend)

Each competitor is expected to compete in at least one individual event on the Saturday, as well as the relays. On Sunday, the teams of 8 to 12 are broken into teams of 4, who then compete on Sunday. The team of 4 who score the least points over the 4

events on Sunday, are named the winners of the Student Nationals. The Championship winners, are found by combining the 2 best place finishing teams from each university on the Sunday, with the universities score from Saturday. Whoever scores the lowest points total, is declared the Student Championship Champions. BULSCA are keen to open the opportunity to non-BULSCA affiliated clubs to compete at the Championships. If any clubs are interested in finding out more information, availability or to enter for all or part of the Championships please contact: [championships@bulscA.co.uk](mailto:championships@bulscA.co.uk)

The biggest change in BULSCA happened a year ago with the formation of a full committee. Previously, there had been a chairperson who dealt with the day to day running of BULSCA with the club chairperson and captain's making up the rest of the committee. However, as BULSCA grew in size and ambition it became necessary to form the full committee, made up of a mixture of current BULSCA members and BULSCA "old boys". The club captains and chair person's make up a general committee, to whom the BULSCA committee answers.

Although BULSCA predominantly exists to run the league and championships, BULSCA are making efforts to run courses which will aid our members through their lifesaving time, and to encourage participation in Lifesaving and Lifesaving Sport. With a Beach Lifeguard course already in motion, there are also plans for TA courses, as well as holding a coaching workshop in the future – so watch this space!

