

# PORTSMOUTH AND SOUTHSEA VOLUNTARY LIFEGUARDS (PSVL) INFORMATION PACK



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## 1. INTRODUCTION

The Portsmouth and Southsea Voluntary Lifeguards are a Beach lifeguard club, based on Southsea Seafront.

The main obligation of our club is to provide Beach Lifeguard cover for Southsea sea front. This takes the form of shoreline lifeguard patrols, surf-ski patrols and boat patrols on weekends and bank holidays between May and September. In addition we operate 7 days a week during the school summer holidays.

We are a declared rescue unit to HM Coastguard and both our lifeguards and rescue boats are tasked to 999 incidents.

The Club also provides specialist rescue and first aid cover for special events e.g. Triathlons, pier to pier, cross Solent swims, power boat races to name but a few.

We operate lifeguard shore patrols, a 4x4-patrol vehicle, 4 rescue surf skis, a lifeguard patrol boat and 2 lifeboats (a 4.7metre inflatable and a 5.9 metre Rigid Inflatable).

The club provides training for all its activities from lifeguarding to rescue boat crews so previous training is not a necessity.

The club is affiliated to the Royal Life Saving Society (RLSS). We provide training for variety of RLSS approved lifesaving, lifeguarding and resuscitation awards, as well as encouraging the increasing public awareness of lifesaving techniques.

We are also members of the Solent Sea Rescue Organisation (SSRO), whose role is to provide a rescue boat service in the Solent region.

Training is done both in the pool and at the beach including both practical and classroom training. The Lifeguard HQ can be found on Southsea Promenade between South Parade Pier and Southsea Castle at the end of the Rock Gardens. We train every Tuesday night at Victoria Swimming Pool.

## **2. PSVL HISTORY**

### **2. Portsmouth and Southsea Voluntary Lifeguards - A Brief History**

In 1875 Harry Fisk founded the Portsmouth Swimming Club, its motto being :

" We dare the waves a life to save"

This club was a forerunner to the Royal Life Saving Society.

June 1932 saw the formation of the Lifeguard Corps of the RLSS. By December the membership of the Corps in Portsmouth had reached over 200. Due to the level of membership a committee was formed to co-ordinate the lifeguards locally, Portsmouth and Southsea Voluntary Lifeguards was born. It was the first lifesaving club of its type in Britain.

During the 1930s there were 9 Lifeguard stations along the sea front and 2 at Hilsea. The rescue equipment consisted of 4 sets of Reel and Line, 2 rowing boats and 2 telescopes.

By the end of 1935 the club had nearly 1000 members.

When war broke out in September 1939 the club was disbanded, those who were not in the armed forces acted as Air Raid Wardens. Southsea sea front was closed from June 1940 for the duration of the war and the club was not reformed until 1948.

#### **The Present Day**

We currently have around 60 members. We now cover the beach with a mixture of lifeguard shore patrols and lifeguard boat patrols. Our teams are well equipped with up to date equipment and our levels of training are higher than ever before.

Whatever form an incident may take; swimmer in difficulty, drifting inflatable, spinal injury, searching for missing persons, vessels in distress or First Aids our dedicated team is ready to respond.

### **3. BEACH BASED ACTIVITIES**

#### **Location :**

PSVL Headquarters - situated on Southsea promenade, halfway between South Parade Pier and the Pyramids Leisure Centre.

Our main patrol area is between South Parade Pier and the Pyramids Centre, but this is often extend when tasked by HM Coastguard.

#### **Times :**

Beach training and patrol duty starts on May Day bank holiday weekend and continues until the last weekend in September. The times are as follows :

Tuesday

6.00pm - 8.00pm Beach Training (starting date TBA)

Saturday, Sunday and Bank Holidays

10.00am - 2.00pm Morning Patrol Duty

2.00pm - 6.00pm Afternoon Patrol Duty

#### **3.1 Beach Training**

The beach training performed by the club can take a number of forms depending on your interests. Typical activities taking place during training sessions are shown below.

##### **3.1.1 Fitness Training**

We carry out fitness training to prepare us for our patrol duties and lifeguarding awards. We try to keep things as fun and as interesting as possible.

##### **3.1.2 HQ Operations**

Training is available in the Normal Operating Procedures (NOP) and Emergency Action Plan (EAP) used by the club when on patrol. The aim of this training is to enable you to become firstly a Patrol Leader and then an Officer of the Day, responsible for the running of the HQ.

This training covers areas such as use of the VHF HQ radio sets, navigation techniques and distress signals.

### 3.1.3 Awards

Members of the club are encouraged to take RLSS Open Water and Lifeguarding awards, including the National Beach Lifeguard Award.

### 3.1.4 Equipment Training

**Lifeguard** - All our members are trained in the use of our lifesaving equipment; torpedo buoys, throw lines, hand held radios, stretchers, spine boards and first aid kits.

**Surf skis** - Training on our surf skis is built into our Beach lifeguard training from basic paddling to rescue techniques.

**Boat** - We have a structured on going training scheme with competency tests. We have various levels of competency from boat crew to Coxswain. Please see the boat training log for further details.

*All training is closely supervised and can be tailored with regard to previous experience.*

## 3.2 Patrol Duty

### Clothing & Equipment :

In addition to a warm clothing to change into after activities where you might get cold and wet, the activities below have special clothing requirements.

Activity	Clothing
Swimming Activities	Women : One piece swim suit* Men : Swimming costume*
Foot Patrol	Yellow Lifeguard T-shirt* Red Shorts* or Red Skirt* Trainers* Yellow & Red Lifeguard Cap Lifeguard Baseball Cap (optional to be worn over lifeguard cap) "Gul Type" Top (optional depending on weather)
Ski Patrol	Buoyancy Aid (Club approved) Canoe Helmet "Gul Type" Top
Boat Patrol	Wet Suit or Dry Suit Buoyancy Aid (Club approved) Gecko Marine Helmet "Gul Type" Top

\* Indicates clothing not provided by the club, although Lifeguard T-shirts and shorts can be ordered through the club.

### 3.2.1 Shore Patrol

A Shore Patrol consists of a minimum of 3 people and patrols the area assigned by the Officer of the day. The Shore Patrol should carry a first aid kit, Throw bag, a torpedo buoy each and a radio.

	Member	Leader
Age :	14 yrs +	16 yrs +
Requirements :	In date Bronze Medallion/ Assistant Beach LG	In date National Beach Lifeguard Award RYA VHF Licence

### 3.2.2 Ski Patrol

A Ski Patrol consist of a minimum of 3 people and patrols the area of coast up to 800 metres from the shore assigned by the Officer of the day.

	Member	Leader
Age :	14 yrs +	16 yrs +
Requirements :	In date Bronze Medallion or higher award	Either an in date National Beach LG or Higher Award and BCU 2 Star Award And RYA VHF Licence

### 3.2.3 Boat Patrol

Portsea 1	Crew	Coxswain
Age :	16 yrs +	18 yrs +
Requirements :	In date Bronze Medallion or higher award Pass appropriate sections in the training log Approval by the committee Annual update	In date Bronze Medallion or higher award Pass appropriate sections in the training log RYA VHF Licence Approval by the committee Annual update

Portsea 2	Crew	Coxswain
Age :	14 yrs +	17 yrs +
Requirements :	In date Bronze Medallion or higher award Annual update	In date Bronze Medallion or higher award Pass appropriate sections in the training log Annual update RYA VHF Licence

### 3.2.4 Officer of the Day

The Officer of the Day is responsible for the running of the HQ, the organisation of patrols and the safety of all the club members signed in at the HQ at the time.

	Officer of the Day
Age :	18 yrs +
Requirements :	RYA VHF Licence Approval by the committee Annual update

## **4. POOL BASED ACTIVITIES**

### **Location :**

Victoria Swimming Centre - Anglesea Rd, Portsmouth

### **Times :**

Pool training takes place throughout the whole year except at times when the pool is closed. The club trains at the following times :

Tuesday

8.00pm - 9.00pm First aid and Resuscitation classes  
(Victoria Swimming Centre)

9.00pm - 10.00pm Pool Session  
(Victoria Swimming Centre)

### **4.1 First Aid and Resuscitation Classes**

These classes cover the approved methods of resuscitation and first aid needed for the various RLSS awards.

### **4.2 Pool Session**

The pool session allows for practical training in the lifesaving techniques required for both RLSS awards and competitions. For those who wish just to build up their stamina or just to swim to keep fit our pool training officer will arrange the necessary supervision and facilities.

A nominal fee of £1.50 is charged to cover the cost of pool hire for this session.

## 5. AWARDS

### 5.1 Awards

PSVL by ourselves and with other organisations offer a variety of awards approved by the RLSS, these are listed in the table below.

<p style="text-align: center;"><b>LIFEGUARDING</b></p> <p style="text-align: center;"><b>Swimming Pool :</b> *National Pool Lifeguard Qualification</p> <p style="text-align: center;"><b>Open Water :</b> National Beach Lifeguard Qualification</p>	<p style="text-align: center;"><b>LIFESAVING</b></p> <p style="text-align: center;">*Bronze Medallion *Award of Merit *Distinction</p>
<p style="text-align: center;"><b>RESUSCITATION</b></p> <p style="text-align: center;">*Life Support 1  *Life Support 3</p>	<p style="text-align: center;"><b>OPEN WATER</b></p> <p style="text-align: center;">Bronze Cross Silver Cross Assistant Beach Lifesaving Award</p>
<p style="text-align: center;"><b>TEACHING &amp; EXAMINING</b></p> <p style="text-align: center;">Lifesaving Trainer/Assessor Lifeguard Trainer/Assessor Beach &amp; Pool Advisor Tutor</p>	<p style="text-align: center;"><b>COMPETITION</b></p> <p style="text-align: center;">Coach Judge</p>

\* Set Courses last for approximately 15 weeks and places are allotted from a waiting list held by the Pool Training Officer on a first come first serve basis.

## 6. FURTHER INFORMATION

### **6.1. HQ Telephone Number**

HQ can be contacted when staffed (during the patrolling season) on :

023 9282 0985

### **6.2. Committee Members List**

A list of club committee members from who further information can be obtained is found on the next page.

### **6.3. Information Boards**

Information about courses, competitions and the like can be found on the club notice boards located at :

- Victoria Swimming Centre entrance foyer
- Headquarters (when staffed)

### **6.4. Social Events**

The club has an active social calendar.

Members of the club usually meet at the Bridge Tavern, in Old Portsmouth after the Tuesday night pool session. Any club member is welcome to join us for a drink and a chat.

Other events organised throughout the year include numerous beach barbecues, pub crawls, events nights and the annual Christmas meal. Details of these events will be found on the club notice boards.

## **PSVL COMMITTEE 2007**

Chairman :	Anne White
Secretary :	Cyrus Daruvalla
Treasurer :	Trevor Linkins
Boat Officer	Roland Warmington
Lifeguard Officer :	Richard Hackwell
Pool Training Officer :	Luke Daruvalla
Equipment Officer :	Rob Bright (Web Master)
Membership Secretary :	Julie Rogers
Ordinary Mambers :	Sam Britain Sue Corbin Matt White
Co-opted Member :	Liz Buckle

## 6.5. Membership Information

Membership fees should be paid to the club membership secretary, cheques being made payable to "Portsmouth and Southsea Voluntary Lifeguards" or "PSVL".

The membership fees are as follows :

Annual Membership Fee (Renewable on 1 January)	£26
Student	£16
UB40	£16
Cadet	£16
Rookie	£6
Friend	£5

## 6.6. Club Insurance

The club insurance policy provides third party accident cover to members while they are on patrol duty. This does not cover personal accident or injury and we recommend that you provide your own cover in this respect.

The club can not be held responsible for loss of or damage to personal property while you are on patrol duty, so we strongly suggest that you take out you own insurance on any valuables that you might bring to HQ with you.

## 6.7. Vaccinations & Protection Against Infection

As with any activity where there is a chance of you accidentally cutting yourself or coming into contact with contaminated water the possibility of infection needs to be considered. For this reason PSVL recommend that you are vaccinated against the following:

- TETANUS
- HEPATITIS B

If you ever have to administer first aid protective gloves should be worn, especially where blood is involved, Face masks are provided for Mouth to Mouth Resuscitation incidents, so as to minimise the risk of infection. These can be found in the First Aid cabinet at HQ or in the First Aid pouches you carry when on patrol.

## 7. GLOSSARY

Ever been confused about what the SSO is or didn't know what the NOP meant and were afraid to ask, well here is a brief guide to some of those troublesome abbreviations.

ASA	Amateur Swimming Association
BCU	British Canoe Union
CPR	Cardio-Pulmonary Resuscitation
EAP	Emergency Action Plan A guide as to what to do in a rescue situation at HQ.
EAV	Expired Air Ventilation
ECC	External Chest Compression
HELP	Heat Escape Lessening Posture
HQ	Headquarters Sometimes called Portsea Rescue our official title.
HSE	Health and Safety Executive
NOP	Normal Operating Procedure A guide to the running of HQ under a non-emergency situation.
MRSC	Maritime Rescue Sub-Centre
P1	Portsea Rescue 1
P2	Portsea Rescue 2
PSVL	Portsmouth and Southsea Voluntary Lifeguards
RIB	Rigid Inflatable Boat
RLSS	Royal Life Saving Society
RNLI	Royal National Lifeboat Institution
ROSPA	Royal Society for the Prevention of Accidents
RYA	Royal Yachting Association
SLSA	Surf Life Saving Association
SSO	Solent Sea rescue Organisation
VF	Ventricular Fibrillation
VHF	Very High Frequency Radio frequencies used in marine communications