



# MEMBERSHIP PACK

The Portsmouth and Southsea Voluntary Lifeguards (PSVL) is a beach lifeguard club based on Southsea seafront PSVL provides lifeguard cover for Southsea seafront by providing supervision of the lifeguard patrol zone, between South Parade Pier and the Pyramids Leisure Centre from our beach promenade HQ. We encourage swimmers to use our patrolled area for their increased safety and our lifeguards will carry out duties including:

- beach surveillance
- shore patrols
- on-water patrols
- First Aid

We also respond to the local area and beyond when required.

PSVL is a declared rescue facility to HM Coastguard. This means that the unit has undergone rigorous scrutiny of their training, equipment and performance capabilities by HM Coastguard who will utilise our services to respond to 999 incidents in the area at agreed availability times. As part of that training, we train with the local HM Coastguard SAR helicopter who provide winching exercises afloat with our rescue boat.

In addition, the club also provides rescue and first aid cover for special events, some examples include triathlons, pier to pier swims, cross Solent swims and power boat races to name but a few. We have also provided safety cover for TV and film interests appearing on programs like motor mouth, fat families and the Beagle Insurance advert.

Community involvement is at the heart of PSVL's day-to-day existence. We aim to increase public awareness of water safety, lifesaving and rescue techniques. We carry out talks to community groups such as schools, youth groups and provide training for a variety of RLSS approved lifeguarding, resuscitation awards. We are also one of the founder members of SSRO allowing us to provide an independent rescue boat service.

## **Patrol Times**

Weekends including bank holidays, 1000-1800, May through to September.

## **What do I need to join?**

You do not need to be pre-qualified or experienced. PSVL can take and train anybody who is over the age of 13, enthusiastic, driven and willing to learn. For those with previous knowledge and experience, training can be tailored to build on your existing skills.

If you wish to become a lifeguard or join in on water-based activities and rescue equipment, we ask that you can swim 200 metres (8x25 metre lengths) in five minutes.

If you can't meet the swim time then we may be able to help you to improve your stroke and stamina, or focus your training into land-based activities such as first aid, life support, coordinating operations, operating our 4x4 vehicle or fundraising operations.

If you are over 16 years old, we will organise for you to apply for a DBS as part of your application. Once we have received this, your membership fee and timed swim your application to join will go for approval with our committee.

Whatever route you choose, all members are given intensive training in tea and coffee making procedures!!! Oh yeah and you must have a good sense of humour!

**Pool Based Training - First Aid, Resuscitation, in pool lifeguard training – Off Season **Oct-Apr** (We plan to be using the new Portsmouth University Pool when it opens. **Tuesdays, 1930-2130**)**

First aid and resuscitation training are a core part of a lifeguard's competencies and their continued maintenance and development is crucial. It is undertaken in a 'safe' and relatively controlled environment, while injecting a degree of realism into some of the activities, such as simulated incident work. Most of the resuscitation will be undertaken on the manikins although you will be expected to manoeuvre real casualties simulating symptoms, either for resuscitation or to place in the recover position. The courses are approved by the Royal Life Saving Society and are run regularly throughout the year either as standalone qualifications or as part combined with another course. These qualifications are nationally and internationally recognised as benchmarks within the leisure and tourism industry.



Pool training will develop water-based lifesaving techniques, such as contact and non-contact rescues, defences, entries and stamina. Pool training is a necessary part in maintaining and developing a lifeguard's competencies, their fitness and for the development of new and potential lifeguards. It is undertaken in a 'safe' and relatively controlled environment, while injecting a degree of realism into some of the activities, such as simulated incident work. The courses are approved by the Royal Life Saving Society (RLSS) and are run regularly throughout the year. The RLSS qualifications are nationally and internationally recognised as benchmarks within the leisure and tourism industry.

**Beach Lifeguard Training – In Season **May-Sept** (Lifeguard Headquarters, **Tuesdays 1830 until 2130**)**

Beach work is very much the 'business end' of Portsmouth and Southsea Voluntary Lifeguards activities where the focus of Beach Training is the RLSS Beach Lifeguard Qualification as part of an ongoing programme of maintaining and developing Lifeguard competencies.

The basic skills and training developed within the pool environment are taken to the beach, in this case Southsea Seafront where these are applied to real situations as part of our Lifeguarding role. This role brings our members directly in to contact with members of the public, adding another dimension to Lifeguarding. Training is carried out under real conditions but with close supervision from more senior, qualified Lifeguards in the overall development of individual potential Lifeguards. Additional training is carried out, on training night, to give all the chance to try or practice Lifeguarding skills not normally used, or, which need to be developed.



A major part of lifeguarding is local knowledge, where it will be essential for potential Lifeguards to have an in-depth awareness of their local environment. This will be developed under our Beach Training scheme, where it will be equally important to assist in rescue situation as it will be in the provision of preventative lifeguarding.

**Rescue Boat/RWC Training – In Season May-Sept  
(Lifeguard Headquarters, Tuesdays 1830 until 2130)**

We operate a Ribcraft 6.8 metre lifeboat style RIB. Capable of reaching speeds in excess of 45 knots, our rescue boat Portsea Rescue 1 is sure to thrill most, however this requires a delivery of specialist safety critical training. To be a competent crew, we ask that you complete an RYA Level 3 Powerboat award which PSVL will put you through externally. In addition to this you will need to pass through our in-house crew 1 training and pass your crew 1 assessment. To advance through to be Coxswain, you will need to have a year experience as a competent crew, pass a RYA Advanced Powerboat award and then our in-house Coxswain programme and assessment.



RWC training will run alongside the rescue boat training on a Tuesday evening. Most of our training is carried out externally via a K38 Operators course, but the operators help train budding crews on the basic use and board skills required during RWC operations.

Our PFD's ready for action on our rescue craft



Portsea Rescue 1 training with the Coastguard Helicopter on a Tuesday evening exercise



## Lifeguard Uniforms

Our lifeguards need to wear the club uniform of a yellow polo shirt and red shorts which allows us to be recognised and identified as a lifeguard by the public. You will be able to wear a yellow polo with lifeguard on the back when you have a minimum of our beach lifesaver award and until that time, a blue polo shirt with our club logo embroidered on it and red shorts are to be worn to identify as part of our team.

Sensible footwear like trainers is also required when out on patrol or responding on a rescue. Other footwear like flip flops ARE NOT suitable to perform the lifeguard role and if in doubt ask a member of the committee or the officer of the day.



On a patrol the team of lifeguards will carry a selection of essential equipment which includes a throw line, torpedo buoy, first aid kit and radio. A patrol will include a team leader and in larger rescues they might decide, in conjunction with the officer of the day, to carry further equipment like Oxygen, Defibrillator, spine board etc.

During lifeguard activities on the beach lifeguards WILL become wet. This means that ALL lifeguards will require a spare change of dry clothes.

In situations where the lifeguard is likely to get wet, i.e., water rescue, the appropriate PPE needs to be worn. This starts with appropriate wet shoes like wetsuit boots or old trainers. As a rescue becomes longer additional PPE is required, i.e., wind tops, wetsuits, dry suits, personal floatation devices, which PSVL will provide.

**All members need to be aware that not all rescue operations result in happy outcomes. The club has a support network to help members at these difficult times. New members should consider this carefully and make family and friends aware.**