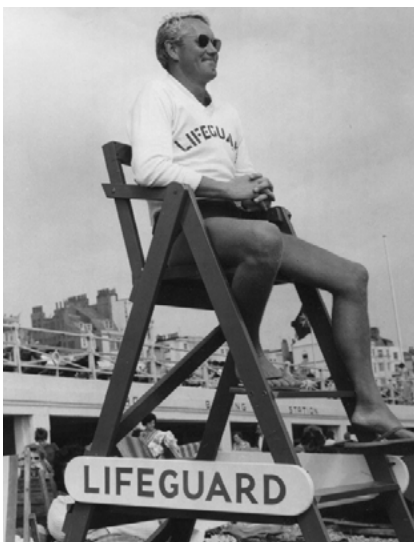




BUILDING THE FUTURE

BRIGHTON SURF LIFESAVING CLUB



Introduction

Brighton is one of the top 10 city beach destinations in the world¹. With this level of popularity and recognition comes responsibility. Brighton Surf Life Saving Club (BSLSC) is a volunteer run charity formed *to save life and improve the safety of beaches within Brighton & Hove through prevention, rescue, training and teaching of surf lifesaving skills.*²

BSLSC provides a vital service to Brighton and Hove's beachfront and it needs premises to continue. The club is the primary source of water safety management for all the major charity swims and water sports events held in the city. These include all the water-based events at the Paddle Round the Pier Beach Festival and the Brighton & Hove Triathlon where the event's water safety plans and lifeguards were supplied by the club. Accessibility has always been central to the club's core values and the Access Beach at Paddle Round the Pier is run by club members to provide safe, supported and controlled access to the sea for special educational needs and disability groups. New premises are vital as BSLSC does not have the necessary space or capacity to meet the city's needs.

BSLSC also delivers an annual school's program where up to 800 local children a year are taught about sea safety, the beach environment and being a lifeguard. To enable club and outreach activity, the club maintains a large stock of surf lifesaving equipment including rescue tubes, rescue boards (in various sizes), CPR mannequins, surf skis and two inshore rescue boats. This equipment is used for training, providing voluntary beach patrols and providing event safety cover.

The Club would like to be able to welcome and support new members and activities: The massive growth in open water swimming, stand up paddle boarding and other water-based sports has led to a tripling of UK Surf Lifesaving clubs' membership since 2017. Due to space limitations, BSLSC currently has a waiting list of over 200 young people and training equipment has to be stored in members' garages, sheds, lofts and cars around the city.

This document details the benefits to the city of Brighton and Hove that would be realised through the building of a bespoke hub for all local Surf Lifesaving and related sports clubs.

Surf Lifesaving is nationally recognised and regulated by SLSGB, it represents a lifelong commitment to learn, develop and maintain the skills needed to save lives. BSLSC's skilled and qualified volunteer coaches provide professionally recognised training in Surf Lifesaving, enabling all members to become competent lifesavers, with adults going on to serve their local community as first responders and voluntary or professional lifeguards, working on Brighton & Hove City Council's beaches and RNLI guarded beaches around the UK.

¹ <https://www.visitbrighton.com/things-to-do/attractions/beach-and-seafront>

² <https://brightonlsc.org/wp-content/uploads/2020/01/BrightonSurfLifesavingClubConstitution2017.docx>

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Preface

Brighton Surf Lifesaving Club is a success story.

From a simply desire to share the love of the ocean, a handful of volunteers learnt how to become lifeguards in order to pass on that knowledge to the city's young people, to influence and enhance their lives by utilising the sea.

This club became a catalyst for youngsters to flourish in a safe environment and one in which lifesavers were born.

The paths of popularity and growth are often set with stumbling blocks. However, perceived obstacles can often be reworked to form the building blocks of a brighter, more accessible future. Today, Brighton Surf Lifesaving Club faces one of the largest obstacles it has faced in its 87year history.

Space.



The History of Surf Lifesaving in Brighton & Hove

The formation of The Brighton Beach Lifeguards took place in 1934 (*as an adjunct to Brighton Swimming Club which had formed in 1860*).

The early Lifeguards were organised at the request of Brighton Corporation (*the former council*).

The clubs' purpose under the direction of a chap called *Tommy White*, was to patrol the bathing beaches during the summer - for which it was highly predated as a safeguard. *The distinctive blazers and swimming costumes of the members of the corps became well known on all the bathing beaches.*³

These early Brighton lifeguards functioned with increasing efficiency until the start of WW2.

Following World War 2, in 1953 a lifeguard club was reformed and this time it conformed to the rules of the Royal Life Saving Society (*RLSS*). This format was far more similar to the club activities we still see today.



In 1955 club member Roger Dunford became the first Secretary of the National Surf Life-Saving Association of Great Britain; later know as Surf Life Saving Great Britain (*SLSGB*) - the clubs current governing body.

³ <http://www.brightonsc.co.uk/history.html>

The Brighton Club entered their first National Life Saving Competition in 1958 at Perranporth, Cornwall where the club achieved second place. Then in 1959 club member, Roland David won the National Open Surf Race. ⁴



The original club closed in the late 70's due to a diminishing younger membership. The club reformed in 1997 as Brighton Surf Lifesaving Club (*BSLSC*) primarily made up of University students however it didn't begin to see true growth until 2011 when the Nippers and Junior section were introduced.

Since 2011 the club has grown from strength-to-strength training youngsters from aged 8 years upwards to be life savers and to encourage participation in Lifesaving Sport. Brighton is one of over 80 Surf Lifesaving Clubs in England and Wales and is affiliated to the UK national governing body Surf Life Saving Great Britain (*SLSGB*).

Brighton & Hove City Council employ many of our young adult members as professional lifeguards during the summer season, all of whom can demonstrate an unsurpassed local knowledge of the beach and their environment having trained with the club from an early age.

Furthermore, the club also now supplies an increasing number of Royal National Lifeboat Institution (*RNLI*) lifeguards who work on various other Sussex beaches and locations further around the UK.

⁴ <http://www.brightonsc.co.uk/history.html>

Many members will have received over 8 years tuition becoming effective first aiders and ultimately first responders. As an affiliate of the International Life Saving Federation (*ILS*) at 16 years members become well rounded Surf Lifeguards with a qualification that allows them to work on a beach anywhere in the world. ⁵

Growth as a sport, growth as a healthy lifestyle.

The growth of Surf Life Saving and Surf Lifesaving Sport is a representation of the interest and growth in all sea-based watersports but particularly in Open-water Swimming, Surfing and Stand Up Paddleboarding (*SUP*). This large influx of new open-water enthusiasts has swelled the ranks of Surf Lifesaving Clubs around the UK with SLSGB membership figures tripling in number since 2017.

In Sussex region; as well as the Brighton club we also now have SLS clubs in, Crawley, Eastbourne, St Leonards, Hove and newly formed Saltdean SSC. In 2021 an additional club (*supported by Brighton*) will open in Shoreham by Sea. Our community is growing quickly, consequently the justification for a purpose-built building comes from a very real need and a heartfelt desire to reach out to support the wider water sports community.

A new *Centre of Excellence* will stimulate further growth and interest in what we do, bestowing considerable provision for all that use it. Supported coaching of volunteers and students through a shared learning environment will empower our future trainers who will return to the wider community, further inspired to pass this knowledge on.



⁵ <https://www.ilsf.org/>

Brighton Surf Life Saving Club

“To facilitate and nurture the training of young people and adults in the pursuit of lifesaving, aquatic fitness and respect for the ocean environment”.



What BSLSC currently do.

Brighton Surf Lifesaving Club delivers weekly training sessions throughout the year for members aged 8years and upwards.

As a voluntary organisation the busiest coaching hours are naturally at weekends where sea training sessions predominate.

Members are coached in fitness, first aid and lifeguard rescue technique, all the time acquiring the knowledge and discipline to perform informed, safe rescues appropriate to the conditions they might face. It's a common understanding among all members that early prevention, which means the education of fellow beachgoers, is a key element of effective lifesaving.

- Our younger “Nipper” members begin with simple observations. They learn to recognise a danger (*or prospective danger*) and call for the appropriate assistance. Respect for the sea and beach environment is fundamental to the youngster's development. Their early understanding of the effect of currents/tide/wind and waves when in the water helps to moderate their fear

at the same time as nurturing respect and understanding the beach environment.

- Junior members (*13 years plus*) continue to develop fitness levels through Lifesaving Sport and learn how to perform effective water rescues as part of the SLSGB Graduate Lifeguard Program.
- Senior members will undertake their *Surf Lifeguard Awards* and take on voluntary beach patrols, promoting the club's community engagement.

All members learn to be skilled students in First Aid and many go on to become advanced First Responders. They understand how to use oxygen, a defibrillator and effective airway management. Even our youngest members can deliver efficient CPR and know how to utilise a defibrillator.



Lifeguard training does not start and end on the beach; members become skilled lifesavers who will proficiently perform CPR and advanced lifesaving techniques at their local cinema, the local supermarket or on a street where you live.

Skills quite literally “learnt for life” in every sense.

In summary, beach focus is based on the *Peterson* Tube Rescue, Board Rescue (*both conscious and unconscious casualty*). Surf Swimming, Ocean Ski Paddling and at an advanced level, the Inshore Rescue Boat (IRB) rescue.

Members also learn effective communications, teamwork, crowd management, water safety event management, local meteorological & tidal conditions, sponsor a healthy lifestyle, promote empathy with all beach users; in fact, everything it takes to become a valuable member of society as well as a confident lifeguard.

Current Training Schedule:

- **Monday:** Swimming Pool - Fitness & Stamina (*Nipper & Juniors*)
- **Tuesday:** Beach Competition training (*summer evenings*)
- **Wednesday:** off – committee meetings!
- **Thursday:** Swimming Pool - Fitness & Stamina (*Seniors & Masters*)
- **Friday:** off
- **Saturday:** Beach Lifeguard Training / IRB crew training & Patrols
- **Sunday:** Ocean Ski Paddle Training / IRB crew training & Patrols

Structure & Definitions

BSLSC echoes every other Surf Life Saving Club around the globe in the identification of sections and how they are universally defined:

- **“Nippers”** begin at aged 7years and run up to aged 13years.
- **“Juniors”** begin at 13years and run up to 16years,
- **“Seniors”** begin at aged 16 and cover those up to 29years.
- **“Masters”** are those 30years plus.



Outreach & engagement

Club members support many local events from simple charity swims to full-on triathlons. The facility for our teenage membership in particular to give something back to their community allows the club to further promote sea safety and respect for the beach environment. The development of members qualifications as skilled IRB Helm and Crew enables the club members to also provide water safety cover for numerous events around the UK, further increasing and upskilling our membership each time we support an event.



Volunteer hours

Paddle Round The Pier Beach Festival is a good example of the commitment and the hours submitted by our club lifeguards and supporting members. In 2019 on this one weekend-long event there were 40 voluntary club lifeguards in operation plus 6 IRBs and full crews committing to a contribution of over 640 volunteer hours.



On average an adult (*or young person*) helper at the club commits to a regular 2-4 hours per week volunteering with others volunteering up to 12hours per week.

Specific Outreach

Club members also support the **Access Beach** held at the Paddle Round The Pier Beach Festival (*PRTP*) each year. This is where the club helps to facilitate special educational needs & disability groups - allowing children and young people a safe, supported (*and controlled*) access to the sea, delivering what is said to be “*a life changing experience*”. The clubs lifeguard volunteers work to a ratio of 3-1 to enable each child the support and confidence they need. This often allows families to experience the sea & beach as a whole family unit for the first time.



As a service to the community of Brighton and Hove, the club have always aspired to help and train more children and young people in water safety and rescue. Each year there are fatalities by drowning along our coastline, many of which could have been prevented with a little knowledge and/or training.

Since 2010, after consultation with the RNLI, BHCC Sports Development team and local schools; the club has annually delivered a **Schools Surf Life Saving Program** in the city. This action supports the National Drowning Prevention Strategy 2016-2021. which aims to reduce incidence of drowning by half within a 5year period. The club's approach to this is through education and training of our children and young people.

BSLSC has always been focused on training, rescue, health, fitness, a sense of community and the importance of helping others. Consequently, the club alongside partner organisation PRTP, has built strong contacts within schools over the years accordingly the Schools Surf Life Saving Program now sees a different group of

school children from across Sussex attend a one-day course run by members over a 4-6 week period.

Each day a different class of 30-35 young students are introduced to the fundamentals of being a Beach Lifeguard and Surf Life Saving as an exciting sport. Packed into a very full day the youngsters are taught about the beach environment, what the different flags mean on the beach and where & when it is safe to swim. First and foremost, they are taught to respect the power of the sea.

The course leaders run through, basic lifeguarding skills such as the use of a rescue board, rescue tube and sea (*surf*) swimming. The participants all get wet as the club/PRTP invested in 60 wetsuits of various sizes to ensure no one missed out due to not being able to afford their own equipment; to be fully inclusive has always been a key focus of the club. Time is also spent dry-side on CPR and first aid ensuring every youngster present learns the core skills required to save a life.

Session/ Package Aims:

- Encourage children to develop their surf and lifesaving skills
- Encourage children to develop their beach awareness and surf safety skills
- Encourage children to become fitter, healthier, safer people
- Increase uptake of children and young people in outdoor water sports
- Create opportunities for young people to continue to take part beyond the structured school session and join a local Surf Life Saving Club

On average the 4-6 week-long summer program reaches over 750-800 children and young people.



Voluntary Patrolling

At the start of the COVID-19 pandemic BSLSC members were deployed to assist the BHCC seafront team in patrolling the beaches as “wardens” over the Easter period (*a period outside of the lifeguard “season”*). Although we were not deployed in any rescue capacity our members patrolled the beaches giving advice.

The clubs Inshore Rescue Boats (*IRB's*) were used in a voluntary capacity to facilitate additional lifeguard patrols outside of the limited lifeguarded (*flagged*) beaches over summer weekends. Our capability was well and truly tested with long days of service put-in and good service-logs submitted (*see below*).

IRB's (*Inshore Rescue Boats*) are an incredible resource to the coastline as they are easily dispatched enabling casualties to be reached at great speed = saving lives. The Maritime Coastal Agency (*MCA*) recognise this contribution therefore IRB's have become a registered (*funded*) asset under the classification "lifeboats". Brighton's IRB crews have already been involved in Search and Rescue (*SAR*) operations between Brighton & Hove.



Regular weekend training/patrols of the clubs boat crews around Brighton's' Palace Pier acts as a real deterrent to jet / wave skis where some irresponsible owners of these craft frequently give cause for concern.

Over the summer months our patrols were found to be particularly useful for giving advice and preempting potential issues as much as physically pulling people ashore (*rescues*). The enhanced visibility given by the IRB's combined with the speed at which they can deploy is a massive benefit to the city. Our detailed IRB log from one weekend (*a combined list from 2 club IRB's working together*) is testament to this.

BRIGHTON IRB log

[Aug weekend 2020. Saturday = Onshore winds / Sunday = Offshore winds]:

- SUP having difficulty getting back to shore – brought into shallow water and advice given. Brighton
- Observed Inflatable Kayak with owner having difficulty getting into it on the beach, Stood-off and waited as looked dubious. Inflatable kayaker made it out but then in difficulty in the wind, towed back to the beach and advice given. HOVE (Op.Peace Statue)
- 2 small children climbing and jumping off green part of Groin (West of Rockwater). Put IRB ashore and spoken the children in question, located mother on phone on prom (unaware of her kids) Advice given. HOVE
- Swimmer located 200m off (just past yellow swim marks) with cramp. Gave support until cramps subsided and swimmer allowed to continue on once recovered. Stood-off and observed until swimmer back in shallow water. HOVE - Lagoon
- Went to aid of 2 SUP's having difficulty paddling back to shore. Both SUPs underinflated, taken aboard and back to beach, advice given. HOVE (Rockwater area)
- Investigated wellbeing of swimmer after lifeguards (Hove) lost sight in choppy seas. Hove Lifeguard station called-in for IRB support. Swimmer located 200m off and all OK, left to continue his swim. HOVE Lifeguarded beaches
- Inflatable Unicorn removed from sea – returned to owner Brighton
- Inflatable kayak and paddler in difficulty as was in the water and could not get back in to kayak (was wearing PFD). Kayak and paddler returned to shore, advice given. HOVE-Lagoon area
- Palace Pier Sub structure – Repeat visits – removed approx. 15-20 youths from climbing under the pier over 2-hour period (foreshore to 30m out). Strong advice given.
- Swimmers investigated 50m off swim buoys. Advice given re jet-skis and not wearing bright swim hats/tow floats. Stayed alongside until swimmers returned inshore. Palace Pier Brighton
- Inflatable Beach ball recovered from sea Brighton
- Inflatable Beach football recovered from sea x 2 (destroyed) Hove
- Kayaker removed from under West Pier structure (Hired from BWS)
- 3 swimmers removed from west pier stanchions (sunbathing & Jumping from structure after climbing on) Swimmer sent from boat to advice (Unsafe for IRB approach, IRB stood off)
- Inflatable *Pizza slice* lilo removed from sea and destroyed. Brighton
- 3 youth in inflatable dinghy, found 50m off end of West Pier, advice given and stood-off as they rowed back inshore.

Members always on Patrol

The following is an example of why our club members are so important to the beach community and demonstrates that once appropriately trained, a lifesaver will always be on duty:

15:30 Monday 13th July 2020. Hove Lagoon Beach.

Two of our 17year old members *Ben L.* and *Oscar D.* just happened to be in the vicinity of the beach behind Hove Lagoon and the Big Beach Café. This is an extract from Bens report of the incident:

The sea conditions weren't too rough but the sea was not flat and there were some waves present.

I saw there was a group of three boys that looked around the age of 13/14 in the sea, close to the groyne/shoreline. However, one was further out than the others, so I went to the shoreline and signalled out to them to make sure they were safe. They signalled that they were ok and so Oscar and I went in the sea for a swim.

Roughly 10-15 minutes later, another one of the boys was out next to his friend and Oscar and I saw that they were further out than previously. The other boy on the shoreline began to panic but we reassured him we would help and advised him to stay on the beach. We made sure that our other friend (who wasn't a lifeguard) stayed with the boy on the beach and stayed alert in case anything happened whilst Oscar and I began to swim out to the boys.

Once we got to them, we explained that we were going to help and that we knew what to do. I asked if anyone else was out with them and if they had swallowed any water, to which they both said no. They explained that they had swam out of their depth. We told them to not panic and that everything would be OK and we were going to tow them both in. Oscar and I towed them back to the beach and kept an eye on them whilst they recovered and spoke to their mates.

However, before we could ask any more questions, the group all ran off - I presume they left due to possibly feeling embarrassed about the situation, even though we had reassured them that it was fine and that the sea can be unpredictable.



Surf Lifesaving Sport

Surf Lifesaving Sport is the only sport which has a greater purpose at its core.



SLS Sport replicates all elements of the skills needed to facilitate a successful surf rescue. It builds the participants confidence, resilience and fitness whilst honing the lifeguard's ability to respond to life threatening situations calmly and efficiently.



The competitive sport aspect of Surf Life Saving was developed from the requirement to maintain regular training, thus ensuring peak fitness was upheld to be

an effective lifesaver. SLS Sport is made up of multi-faceted disciplines therefore there is an activity that suits everyone from Surf Swimming, Board Paddling, Rescue Tubes, Ocean Skis, Beach Runs, Beach Flags agility, Surf Boats and the Inshore Rescue Boat (*IRB*).



Competitions may be solo events, although many are entered as a team building camaraderie. During the winter months swim-training is primarily done in heated swimming pools however all other aspects of the sport are year-round outdoor activities for members to enjoy.



Brighton Surf Life Saving Club proudly represent Brighton each year at both regional and national level competitions in Lifesaving Sport.



So why the need for a building of our own?

BSLSC currently rents storage from Brighton Sailing Club (BSC) located just east of the i360 and West Pier. The club also has access to the sailing clubs small changing rooms and showers for four-hours on a Saturday morning.

Brighton Surf Lifesaving Club does its level best to maximise this period and regularly trains up to 160 members within this tight time slot.

Restricted membership numbers are governed by the extremely limited access to the space therefore there is a very finite number who can access the current facilities. Priority over the changing room area is given to the younger members, consequently the vast majority of senior or masters members never get to appreciate the space they pay for.

There is also inadequate space available to store the equipment necessary to operate or develop as an effective Surf Life Saving Club. Surf Lifesaving boards/kit is expensive and current equipment is constantly getting damaged by poor storage facilities.

Much of BSLSC's more delicate kit such as electronic CPR training manikins, pool manikins and training defibrillators, are stored in members lofts/hallways and personal vehicles as there is simply no other space available. This is core kit required to train our future lifeguards.

The use of a space for just 4 hours each week does not allow any community engagement on site, nor allow fulfilment of the clubs' greater aims and objectives to *"facilitate and nurture the training of young people and adults in the pursuit of lifesaving, aquatic fitness and respect for the ocean environment"*.

Currently all community engagement has to occur away from the BSLSC base and its equipment store, providing a logistical nightmare and obvious safeguarding issues.

The Schools Surf Lifesaving Program has been a tremendous success celebrated by all.

It is recognise that by opening this scheme up to a wider community which includes all of Sussex and indeed inner-city London schools that this could be a year-round activity. This scheme would give employment pathways to our young members as they take up the coaching of daily sessions and greatly increase their own professional development.

There are 261 working days in an average year, that would equate to approx. 8000 young people being reached per annum by the broadening of this scheme. This is in addition to the clubs' work on the Access Beach at PRTP which also demands a development in itself to allow year-round access and changing facilities fit for all.

Herein lies a problem; Following the current schools program Brighton Surf Life Saving Club is approached by at least a quarter of those 750 attendees, children and young people expressing a wish to join the club and continue their training. Being in such high demand may be considered a positive position to be in – however the

reality is a frustration. The club could help so many more people if they had appropriate premises. Purpose built premises that didn't limit their ability to develop and offer a wider membership opportunity to all. The greater the membership the more potential community life savers the club will produce.

It's always been a fundamental irony that the club provides these one-day access courses and experiences which everyone agrees are fantastic...but then is unable to facilitate any further training due to a lack of space in the borrowed accommodation members currently overflow from.

BSLSC membership is continually at maximum capacity with a waiting list of 200+ children and young people longing to join. Those on the list are contacted annually to check if they wish to remain in the queue, some will invariably fall by the wayside and have taken up another sport in the 12-month gap thus the list is re-opened for a limited period. The unfortunate fact is the clubs waiting list is forced to close again almost immediately as the membership secretary is inundated within days.

If the appropriate facilities (and trainers) were no object, then a conservative estimate of potential active members (including adults) would be 700 – 1000+.

This would make it the largest Surf Life Saving Club in the UK.



Lack of facilities for young people

In less than a decade spending on youth services in England and Wales was been cut by 70% according to the **YMCA report “Out of Service”**.⁶

The services which have traditionally provided a lifeline for many young people have seen a rapid demise resulting in a situation in which individuals are increasingly being left without local safe spaces where they can engage in positive activities that supports their development into responsible adults. The lack of a physical building where our young people may access positive peer-group support and leadership from youth-centric community organisations, is still woefully lacking.

Whilst most people would agree with the necessity of further investment in the youth sector, those actually able and willing to deliver services right now are currently stifled by bureaucracy and a lack of urgency. This vacillation prevents a proven and resilient organisation such as Brighton Surf Life Saving Club doing considerably more for our community.

The YMCA analysis states that the cuts to spending since 2011 equates to the loss of 750 youth centres and more than 4,500 youth workers.

The government have now announced a new £500m Youth Investment Fund designed to help build 60 new youth centres across the country, so the demand is now clearly acknowledged however it is unclear if any of this provision will manifest itself to be available to Brighton & Hove City Council to be invested in much needed youth services.

The **BHCC Children Young People & Skills Committee Report** January 2020 [7]; discloses that its youth service grants programme 2017-2020 predominantly focused all provision (*of any scale*) within Brighton with no mention of Hove and its further communities of Portslade & Aldrington.

This may be easily explained; as almost all youth community buildings are currently based in the east of the city where historically the need has been greatest, however it is disquieting to understand that provision of youth services currently neglects Hove due, it might appear for a lack of suitable premises from which to operate from.

The report goes on to consider the support and development of a network of youth centres across the city to ensure young people can access youth services in their local area⁸.

Brighton Surf Life Saving Club already advocates strong supported learning for young people within our day-to-day activities. As young trainee lifesavers, members

⁶ [YMCA Out of Service report Jan 2020](#)

⁷ [B&HCC Agenda Item 52 - Review of Youth Services Jan 13th 2020](#).

⁸ [B&HCC Review of Youth Services Jan 13th 2020 alternative approaches 4.10, p.62](#).

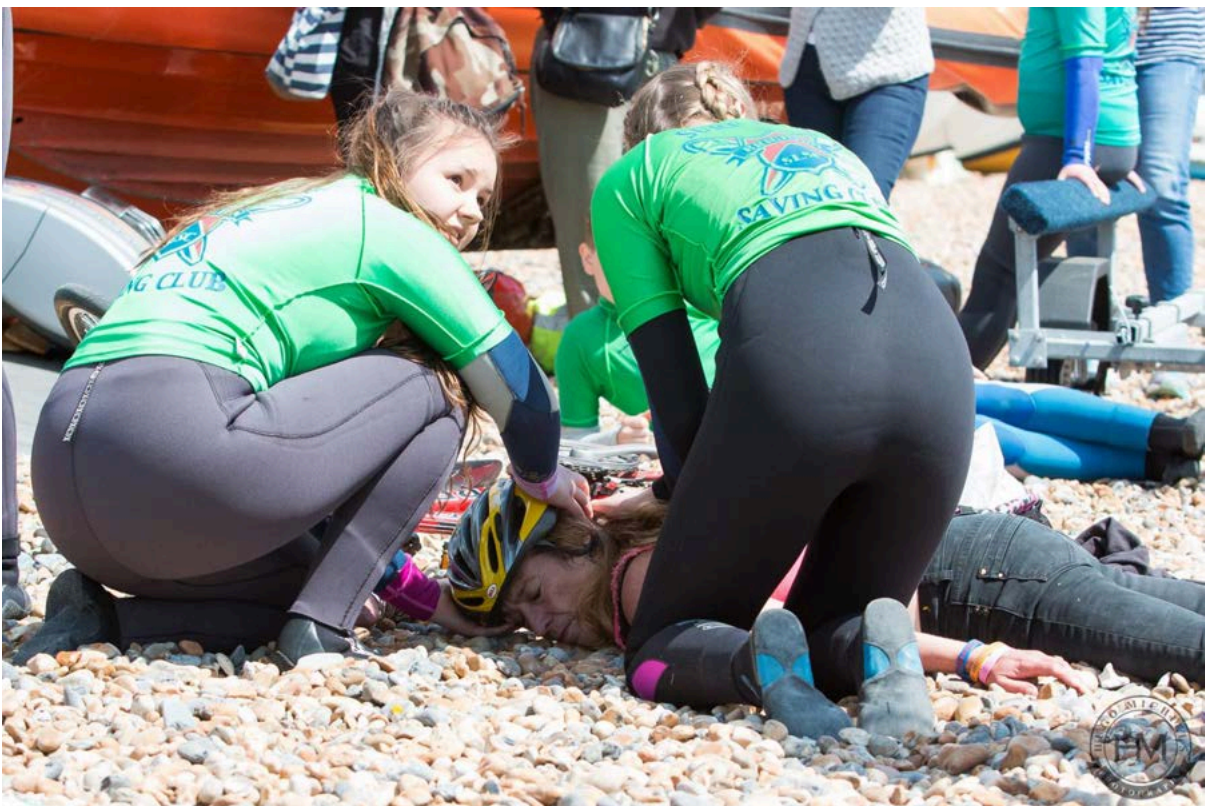
all promote health, fitness and community spirit by fostering the protection of the city's beaches and safeguarding our seagoing community.

B&HCC City Plan CP19 Sports Provision report [4.190] states that: *As well as providing fun, exercise and a sense of achievement, participation in sport and active recreation helps to create sustainable communities, improve health and well being, supports social inclusion and educational attainment and helps to reduce crime. A varied choice of activities helps to appeal and engage more people in physical activity and helps in the adoption of a 'lifetime habit' of participation in sport and to bring about the associated wider benefits.*⁹

Surf Life Saving becomes a lifestyle in itself for those lucky enough to feel its draw. It represents far more than just a hobby or sport, it's a lifelong commitment to help each other help others.

Commissioning a purpose-built Life Saving clubhouse, designed to further advocate & develop our youth means our young people will be engaged by the community, to work with the community and live to serve their future communities - wherever they go on to in life.

This is not just a building we need to build; *this is the beginning blocks of a community legacy.*



⁹ Brighton & Hove City Council City Plan March 2016 The Seafront [4.190] p.207

The **Brighton & Hove City Council City Plan March 2016** reports that any proposal *should support the year-round sport, leisure and cultural role of the seafront for residents and visitors.* ¹⁰

It goes on to state that the larger plan should; *Enhance and improve the public realm and create a seafront for all; to ensure the seafront has adequate facilities for residents and visitors (including public toilets, waste disposal facilities, seating, signage, lighting and opportunities for shelter and shade) and continue to improve access to the beach and shoreline and ensure the seafront is accessible to everyone,* consequently the proposed Surf Life Saving Club irrefutably fits within of these directives.

The **Brighton & Hove Fairness Commission Report** released in 2017 was delegated to help interpret and identify priority areas of outreach in the city. Three of the five areas identified were:

- Strengthening communities
- Improving the life chances of children and young people
- Employment and skills ¹¹

Brighton Surf Life Saving Club can show it already does all three of these things yet could do a great deal more if sited in the right building.

- It strengthens communities by building on civic network resilience, trust in one another (and lifelong friendships).
- It improves the life chances of our young people by building confidence, conviction and assurance of their abilities to succeed in life.
- It offers education and employment pathways, by empowering members from an early age, creating moral principles, integrity and the core skills to flourish in the wider world.

The report goes on to recognise that *a strong and vibrant community and voluntary sector genuinely changes peoples' lives, helping to lift people out of poverty, grow confidence and self-esteem and improve health.* ¹²

One of the key recommendations of the report was to remove the barriers and reduce the bureaucracy that prevents residents and communities doing more for themselves. ¹³ Consequently there is an obligation that Brighton & Hove City Council must seize upon a relevant and justified plan as presented and fully engage with the opportunity expounded by Brighton Surf Life Saving Club and all it represents for the community.

¹⁰ [Brighton & Hove City Council City Plan March 2016 – SA1, The Seafront p.97](#)

¹¹ [Fairness Commission Report 2017, Introduction, p4](#)

¹² [Fairness Commission 2017, Working with the Community and Voluntary Sector \(CVS\) p.62](#)

¹³ [Fairness Commission 2017, Working accountably – Recommendations, p65](#)

Retention of teenagers.

The retention of the 14 – 18year age group in any sport is difficult and Surf Life Saving is no exception. However, the training available with the correct investment does allow the club to offer enticement and reward to this group in particular. Junior members (*from age 13-16*) who complete their Graduate Lifeguard Award may at 16years, have the opportunity to attain their Surf Lifeguard qualification allowing them paid employment opportunities and an earning capacity well above any peer group outside of lifesaving.

The SLSGB Surf Lifeguard Award is recognised world-wide as an International Life Saving (*ILS*) qualification. Although not simple to achieve, the award is clearly attractive for all genders and allows the club to retain membership in this critical age range.

Once a member aged 16years plus has attained their Lifeguard Award, their next pinnacle to achieve is to become an accomplished Inshore Rescue Boat (IRB) Crew person. For a 16year old to be able to learn how drive a boat safely in surf is a “golden ticket” of enticement for any club needing youth retention.



Members can actually begin training in their 16th year under the correct supervision, therefore all the IRB qualifications are highly sought-after awards. Becoming proficient under instruction as a Crew person is no easy feat with a requirement of over 20hours training afloat in order to be considered. After a further 40 hours driving tuition (*40 supervised hours afloat*) members then have the opportunity to take their Helm (driver) award at 18years.

Targeting the retention of young women

According to the **Youth Sport Trust and Women in Sport report** of 2017¹⁴; of those aged 14years to 21, only 49% of female students take part in physical activity once a week compared to 65% of their male counterparts. Brighton Surf Life Saving Club bucks this trend with a 50/50 split of members (*identifying as male/female*).



The Future

Brighton Surf Life Saving Club has been looking for the past 8 years at various potential venue's and locations along the city's coastline (*and beyond*). Finding an area large enough to house all the equipment required together with a facility to cater for so many people is undeniably difficult. The analogy of trying to fit a square peg into a round hole could be used to describe almost all venues that have been considered to date – the club simply doesn't fit any existing building.

Being a city means that many of club members live in flats or small houses where storage space is either at a premium or simply non-existent. Key personal equipment such as a rescue/race board at 3m long, which members need to train on (*or a Ski at over 6m*) presents serious issues for anyone without their own secure garden or garage to store kit.

¹⁴ [Youthsporttrust.org/impactreport2017](https://youthsporttrust.org/impactreport2017)

This is a specific problem to Brighton & Hove residents as other Surf Life Saving Clubs around the UK have the advantage of greater space.

Enabling members to store personal kit in order to access daily training is a key objective of any future premises. Without this, it stigmatises those unable to afford a large house with enough open storage. Club premises must be inclusive hence providing accessible kit and storage must be an essential component of that.

The 2016 B&HCC City Plan commends:

- *The need to enhance and improve the public realm along the length of the seafront is recognised. New opportunities should encourage people to extend the amount of time they spend at the seafront.* ¹⁵
- *The identification of new sports and recreation facilities for people to be physically active on the seafront will help improve health and well-being.*

After 10years of research it was clear that any Surf Life Saving Clubhouse would need to be purpose built to satisfy the storage requirement, provide adequate training rooms for it to become a celebrated training *centre of life saving excellence* and a community hub for the future.

A purpose-built training facility will embed Brighton Surf Life Saving Club into the heart of the community and provide a building that will be both sustainable and support the development and nourishment of future members well into the next millennia.



¹⁵ [3.123 supporting text p.100](#)

Promoting our city

Brighton Surf Life Saving Club already represents our city on both the Regional and National SLS Sport Events Calendar. The club is slowly building our cache of Gold medals at a national level as our youngsters (*and adult members*) upskill year on year.

We can confidently project that with the correct premises in which to train from; some of our lifesaving athletes will become Team GB members proudly representing their city, county and their country at the Surf Lifesaving Sport World Championships.



Access for All, A natural partnership

An elemental component of any new building in our city – particularly that of a *Surf Lifesaving Centre of Excellence* was to be accessible to all. BSLSC firmly believes in the fundamental right of everyone to have free and uninhibited access our beaches and sea. To that end the club will wholeheartedly support any organisation to allow this to happen.

This commitment has already been demonstrated by our work supporting the Access Beach at *Paddle Round The Pier* and individual sponsorship of young people with learning difficulties within current and past club activities.

There is a natural synergy for Brighton Surf Lifesaving Club to work alongside Brighton Access Team, Brighton & Hove (BAT) in order to also expedite both organisations' aspirations for proper facilities to enable all disabled residents and tourists to fully access the seafront and beach, which can be encompassed within the larger project plan of the proposed new club building.

BAT

Brighton Access Team, Brighton & Hove (BAT) were formed following years of research and campaigning by a resolute group of volunteers with various access needs, as disabled people and parent-carers. The primary aim of the group was to make Brighton & Hove's beaches fully accessible to all residents and visitors alike.



Around 1 in 5 of people in the UK are disabled. This is a huge number of people who may face barriers to be able to enjoy the beach and sea that many take for granted.

A petition was presented to a Full Council meeting of Brighton & Hove City Council alongside a research paper, conducted with support from the New Economics Foundation and the Local People projects supported by Scope. It was clear from the offset that there was an appetite for change with a common understanding of the need to dramatically improve appropriate access for all those that need it.

After all-party support to progress their objectives, a Beach Accessibility Working Group was formed by the council. This working party is made up of members of BAT, B&HCC officers, and Councillors from relevant committees, with other parties previously invited.

Community input has informed BAT's recommendations which include new viewing platforms for people to spend time on the shingle with loved ones, ramped access to the sea, better beach wheelchairs, improved signage, lighting, maps and other information, changing rooms, better toilet facilities, quiet and shaded areas, and disability and deaf awareness training for seafront traders and staff. BAWG have also looked at buildings and possible structures to attain this. These recommendations are in a report that has been presented back to Full Council with

an acknowledgement of the strong work conducted to date. BAT is now a key consultee for seafront development works and continue to work with groups and developers to influence improved accessibility as well as directly with Brighton & Hove City Council's seafront team.

A key element of improved facilities on the seafront must include **Changing Places toilets**. These facilities provide a changing bench, hoist, and adequate space for people to move fully and have support from up to two carers. Beach Access Team have been working with the council and other seafront providers to increase the number of these, but more are always needed.

Standard accessible toilets do not meet the needs of all people with a disability. People with profound and multiple learning disabilities, as well people with other physical disabilities such as spinal injuries, muscular dystrophy and multiple sclerosis often need extra equipment and space to allow them to use the toilets safely and comfortably. These needs are met by Changing Places toilets.¹⁶



The requirement to remove barriers facing people who have limited physical mobility, who are constantly faced with inadequate physical infrastructure to support them was obvious.

The most direct challenge for those using a wheelchair is a key feature of our city, the shingle beach. We have all witnessed parents/carers struggling with a small/lightweight pushchair on the stones, now for one moment consider the

¹⁶ http://www.changing-places.org/the_campaign/what_are_changing_places_toilets_.aspx

magnitude of obstacle faced by those in a wheelchair and someone with physical impairment.

The sea and beach in Brighton and Hove are inaccessible to many people with physical and non-physical impairments. This has a profound impact on peoples' ability to participate in social interactions, enjoy the therapeutic benefits of the sea, and leaves them excluded from one of the key assets of Brighton and Hove. ¹⁷

Training new lifeguards in disability awareness in conjunction with providing fully accessible facilities will have a strong impact on beach accessibility across the city and beyond.

From a practical view-point; there can be no better location for a permanent supported Access Beach and building where a consistent flow of Lifeguards will be produced and continue their training from the site. The youth service element of the lifesaving club will administer to all parties equally, building friendships, trust and understanding. Growing the community and cementing a foundation of tolerance and understanding.



BSLSC recognise the need for Changing Spaces as a minimum provision and this will be encompassed within the new buildings' plans. Included will also be separate additional accessible toilets and showers, for those who do not need full CP facilities (and this will include provision for offensive waste disposal)

The Building will ensure space is given over specifically for:

- Personal Care: cleaning, changing, washing etc.
- Medical care: medication preparation & administration.

¹⁷ [ACCESS TO THE BEACH AND SEA IN BRIGHTON AND HOVE](#), White Paper- 2018. Hayley Jones, Hannah Loach, Neil Man, Claire Nelson, Ricky Tuke, Harriet Cavanagh, Community Engagement Project Co-ordinator, Scope Annie Quick, Health & Inequality Lead, New Economics Foundation

- Sensory respite & relaxation
- Transfer into/out of accessible wheelchairs (which will include hoists).
- Space where family & friends may enjoy the beach environment together
- Shade and respite space

Taking guidance from the BAT working Groups 2018 report, the partnership will:

- Improved Disabled Parking nearby
- Facilities to charge electric wheelchairs/scooters.
- Large print, braille & picture formats Information boards
- Facilities for assistance dogs: (cool flooring, loops to tether), with access to abundant fresh water.
- Lockers with internal charging point sockets for medical equipment
- Sharps bin / Clinical waste disposal
- Hearing loop
- Addition we will collectively work to provide:
- Improved beach wheelchairs, and space to store.
- Charging points for both beach and general wheelchairs.
- Space for wheelchair users to transfer in private from own chair into hired chair.
- Hoist (mobile & fixed).
- Space to store empty wheelchairs securely when users are in accessible chairs.

However this is not all.

The larger scheme will also look to landscape a beach in immediate proximity to the new centre. To allow ramped access and specialist equipment (managed and maintained by BSLSC) to further aid the integration of all members of the community together.

The desire is to extend the time and safe entry routes into the sea for all.

By hard landscaping this one beach with ramped access routes plus extending an existing groyne, our experienced marine engineers on the build team will seek to suppress the effect of the predominant SW winds and sponsor more sheltered-water access.

Easier Access – Safer Access – Equal Access

Promoting the wellbeing and economy of Brighton & Hove tourism.

To better understand how vitally important the Surf Life Saving Club can be to the economy of our city one only needs to reference ***The Economic Impact of Tourism on Brighton and Hove report*** - prepared by Tourism South East (2019) which states; the estimated number of day-trip visitors to Brighton and Hove in 2019 was around 10.7 million people, an increase of 12% compared to 2018.¹⁸

In monetary terms that equates to around £976.4 million being spent on day trips by overnight and day visitors to the city. According to the report around £927.7 million directly benefited local businesses from hotels and restaurants to cafes, shops and attractions in Brighton and Hove.

A further 'additional expenditure' spent by visitors to second homes, boats and staying with friends and relatives adds a significant additional source of income to the city estimated to be a further £29.7 million in direct turnover for local businesses.

The report concludes that by drawing together direct business turnover, supplier and income induced expenditure, and the additional expenditure spent, **the total value of tourism activity in Brighton and Hove in 2019 from an estimated 10.7million visitors was estimated to have been around £1,303 billion.**

10.7million visitors to a seaside city...Why are these facts of relevance to BSLSC?

If just 10% of these visitors were to visit the beach, then that equates to over 1 million visitors on our shoreline. The unquestionable need for lifeguard cover (*paid and voluntary*) to help advise, protect visitors and pursue water rescues when necessary is apparent for all.

Brighton Surf Lifesaving Club recognise that we have moral duty to safeguard the visitors to our (*the city*) shoreline, protect them from danger; and to educate and celebrate to everyone the merits but also the dangers the sea represents.

B&HCC City Plan March 2016 [3.116 p.96] states;

"The seafront has been, and always will be, the 'shop window' of Brighton & Hove",

What better spectacle to display in your window, what better representation of our city could there be than an architecturally sound, Community Life Saving Centre of Excellence?

The Brighton Surf Lifesaving Club Building will shine as a beacon for the city by sponsoring the health, safety and wellbeing of all who visit. It will uphold and

¹⁸ [Volume and value of Trips to Brighton & Hove 2019 p.3](#)

promote Lifesaving values which in turn will shelter our seaside visitors and in doing so, protect the tourist pound.

Current scoping document of the building March 2021

Introduction: *The Building – the Prom – the Beach – the Sea*

Intrinsically connected, the build needs to integrate the clubhouse (*on one part of the former pitch and putt spaces*) the promenade, the beach and the actual sea. It needs to link all these elements in order for it to feel one concurrent, coexistent space. (*a poor analogy is the indoor/outdoor room of a garden – bringing the outside in and visa versa*).

A structural example of this conjoined relationship between sea/beach/prom and building could include a *Tidal stream feature* within the building to show the ebb/flow of the tide, thus a small internal “architectural stream” floods at high tide etc.

The building needs to facilitate a number of key user groups.

Usage:

Primary Function:

To facilitate and nurture the training of young people and adults in the pursuit of lifesaving, aquatic fitness and respect for the ocean environment.

Secondary Function:

To ensure a safe and purpose-built facility to enable equal access rights to people with disabilities of all ages and abilities. Although for ease of reading in this draft document this is listed as secondary function, its purpose is not intended as a secondary value, meaning that in order for the key accessibility component of the build to work i.e. security, changing and a quiet space; it needs to be designed as a space in its own right - which concurrently also sits within the protection of the rest of the building “hub”.

Therefor the terminology used “*secondary function*” should not be read as diminishing its key importance.

General aspects required for the Secondary Function (*listed first as it's simpler remit*).

A quiet space where people with accessibility issues can access decent changing, WC, shower and hoist facilities. Sound proofing and sensory awareness is also important to note.

Primary function of the building:

Ground floor (suggested)

- 3.35m long x 500mm wide x 300mm tall Board lockers - accessible from the outside of the building.
- Garage space for up to 5 Arancia Inshore Rescue Boats (IRBs)/trailers, Tractor unit and quadbike.

- Garage space to house Ski trailers (4m clearance height tbc) able to be removed and taken to various locations to suit (tow).
- General public access to year-round fresh water outdoor showers
- Indoor and outdoor sandpit tracks for beachflags training 20m in length
- Two 4m endless training pools (swim coaching),
- Physiotherapy studio,
- Members weights Gym (indoor/outdoor).
- Adaptable changing rooms that can be closed off or opened up when more/less space is required. NB young people require separate changing to adults on safeguarding grounds and gender neutral changing needs to be provided.
- Members access to warm Showers – (interior)
- Well ventilated heated drying rooms for kit (essential)

First floor (suggested)

- Adaptable class-room spaced for lectures and physical activity (pt studio)
Classrooms to be multifunctional/ able to be split or opened-up into larger spaces for fitness classes, community meetings and functions.
- Catering spec kitchen facilities to allow for members functions, (basic area able to be isolated off for tea/coffee making for members)
- A licensed members bar facility (able to be locked away/ shuttered from the classrooms)
- Shop/Showroom for specialist waterports kit, Specialist kids wetsuits, SurfSki and rescue board showroom.
- Repair shop (Glass fibre and epoxy repairs)
- Generic youth centre facilities: pool tables, foosball, homework stations.
- Office facility for shared space (multiply organisations to be able to access PRTP, BSLSC, Wave Project etc)
- Lifeguard look-out station (essential).
- Built-in beach huts (beneath lookout canopy) encompassing those already there on the prom.

All heat and light from a sustainable source. Rainwater harvesting for all WC's and outdoor showers where possible.

What follows is how the building will be utilised on a day-to-day basis:

A day in the life of.... BSLSC

Weekday - Spring (school day):

05:30-6:30

- Adult members take their personal boards out of the board lockers to train and watch the sun rise before work and the club is open. No access to the club but they do use the exterior showers.

0600-06:30

- Sea swimmers arrive and take their first dip before using the changing rooms.

06:30-07:30

- Youth Lifesaving Sport team arrive for board training before School. They use the changing and showers plus weights in the gym.

07:00- 08:00

- Early morning yoga class begins in one of the air conditioned function rooms (adaptive spaces) or deck.

07:30- 08:30

- Ski paddlers arrive and take their skis from the garage and complete a 5k circuit before work. Use the changing facilities and showers before work.

08:00

- Staff arrive and complete sea training before work

08:30

- Lifeguard coaches set up class rooms for the days courses and remove all wetsuits from the “drying rooms” and sort into sizes for the days activities.

08:45

- Shared office opens

09:00-17:00

- Lifeguard candidates arrive for their 7 day course (run once a month). They use the classrooms, first aid rooms, changing facilities, showers, club kit.

09:00

- Glassing rooms (repair shop) open for business fixing boards/skis/sups etc

09:30-15:30

- School arrives for the days Schools Surf Lifesaving Program. Run by 2-3 staff.
- They use a classroom/function room, the sand pit tracks, changing facilities, and first aid training rooms. They use the centers wetsuits and club boards. Which are then washed in fresh water (outside tap) and hung back up to dry in the facilities drying rooms.

10am

- Parent and Toddler group begins in one of the function rooms. Sand tracks are used by toddler groups for sand play.

10am

- Physiotherapy studio opens for (public) business

10am

- Endless pools open for private swim coaching

10:30

- Members arrive to use the gym before training in the sea, use the changing facilities, Gym, Showers, board lockers, Cycle Racks.

11am

- Pilates / Tai chi classes run for seniors in one of the function rooms

11:30

- Function rooms are booked out for community meetings.

13:00

- Over 50's chess/Checkers /Cards club in one of the function rooms

14:00

- Yoga class in one of the function rooms

15:00

- Retired Folk Ukulele school meet in one of the function rooms

16:30

- Homework club for nippers/juniors using one of the function rooms

17:00

- Youth club officially opens for all members; using table tennis/foosball, pool tables, Also using seas equipment. Using the weights Gym and ergo Ski paddling machines.
- Youth members also take out their own kit from the board lockers to sea train in their own groups. Train on Sandpit track.

18:00

- "Seniors & masters training night" members arrive for training, using a classroom/function room, changing rooms, Sandpit track, showers & the sea equipment.

18:30

- Youth Ski team arrive for training; Garage, changing room, showers

19:00

- Yoga class in one of the function rooms

19:00

- Members bar opens.

22:00

- Premises close.

A Saturday in the life of.... BSLSC

Saturday - Summer

06:00-07:00

- Early bird sea swimmers – no access to the club but they use the exterior showers.

07:30

- Clubhouse opens

07:45

- Tractor unit used to clear the access ramps of shingle and level the beach. Radios all checked in Office for the day.

08:00

- Trainers arrive for multiple SLS Clubs and take-out equipment for the days sessions.
- First Swim Coaching session of the day in the endless pool.
- IRB crews arrive and prep boats (IRB's) for the days Voluntary Patrols; Garage.

08:00

- Community Yoga on the deck/ in one of the function rooms
- Senior Ski sessions run for GB Training squad; Garage, beach, sea, Changing, Showers

08:30

- Seniors arrive to use the Gym before beach training
- Tea & Coffee served to members from the function room kitchen
- IRB crews and Lifeguard Patrol briefing in one of the function rooms, collection Radio from the Comms Office

09:00

- 60+ Nippers arrive for the first session of the day; Changing rooms, Showers, Sand Pit track, beach, function room, board lockers, first aid equipment, Sea
- Club shop opens for T-shirts/Sweatshirts/merchandise (open to the public). Board and Ski showroom opens to the public.
- Physio running body conditioning class for injured members, function room.

09:30

- Tractor unit/quads used to take the IRBs from the garage down to the beach for launching.

10:00

- first voluntary Lifeguard patrol set up on lookout tower.
- Community First Aid Post set as “open”
- First Lifeguard Support team set up on Access beach ramps. (Specialist Access Assistance team) supporting the Access community.
- 2nd group of 60+ Nippers arrive for the second session of the day; Changing rooms, Showers, Sand Pit track, beach, function room, board lockers, first aid equipment, Sea
- Youth members working in the repair shop fixing ding repairs.
- Youth and senior members working in the garage servicing clubs outboard engines.

11:00

- first Masters and Seniors training session begins; Changing rooms, Showers, Sand Pit track, beach, function room, board lockers, first aid equipment, Sea

11:30-12

- First Club Nippers Ukulele session - function room
- 12noon, Brighton Triathlon club arrive for training; us of endless Pool for coaching, Sea, changing, showers, Club Lifeguards

13:00

- Second Masters and Seniors training session begins; Changing rooms, Showers, Sand Pit track, beach, function room, board lockers, first aid equipment, Sea
- 2nd IRB patrols take over
- IRB Refueling takes place in the garage.

14:00

- First 60+ Juniors session arrives; Changing rooms, Showers, Sand Pit track, beach, function room, board lockers, first aid equipment, Sea

15:00

- Masters and seniors use the Gym

15:30

- Second 60+ Juniors arrive for their training session: Changing rooms, Showers, Sand Pit track, beach, function room, board lockers, first aid equipment, Sea

16:30- 18:00

- Supported lifeguard learning session begins for kids with special needs; Changing rooms, Showers, Sand Pit track, beach, function room, board lockers, first aid equipment, Sea, Specialist changing facility.

17:00

- Club Bar opens.

17:30

- One Function room set up for 16year old Birthday Party (private Hire).

18:00

- IRBS hosed down on the prom before being returned to the Garage, engines flushed and dried.
- Voluntary Lifeguards return their radios to the office and use changing & showers.

18:30

- Nippers Film Night – one of the function rooms
- Youth club area in full use.

19:30

- Club Bar area- Members quiz night.
- Gym & Youth Area remain open until close of building

23:00

- Premises close.





Members Stories:

(ED. aged 13 years)

I joined BSLSC in November 2017. I was a very anxious person and had no self-confidence whatsoever. The idea of throwing myself in the wavy sea in the middle of winter didn't exactly appeal to me, but after lots of encouragement from the very skilled and caring trainers, I signed up. I've learnt so much about being safe in the sea, how to use a board and basic first aid. I have made some of my closet friends at the club and have even taken part in national competitions, something I had never even dreamed of doing!

(VWP. 18 years)

I joined the club 10 years ago when I was 8years-old.

Having had a bad experience in the water when I was much younger, I thought I never would go back in the sea, however, with the help of the coaches and the support of other members, eventually I managed to become the confident person I am today!

BSLSC is so important to me not just because of the amazing life-long friends I've made at the club but also because of the great experience and opportunities to gain real qualifications it has given me. Through the club I have achieved my SLSGB Surf Lifeguard Award plus my Level 1 Coach Awards, so I regularly now teach the Nippers how not to be afraid.

We also all volunteer at many local charity swims and big events like Paddle Round The Pier Beach Festival which require lifeguards. I've met some of the best people there – particularly when I work on the Access Beach at Paddle!

Our club is more than just any regular club. We are a learning programme. We teach others to become life savers and coaches. We give people the opportunity to gain qualifications that not many people can get, especially at a young age.

(TS. aged 13)

I have been a member of the BSLSC for 5 years. This club has meant so much to me and has brought me many of my best friends and such joy and happiness. The amount of friends I have in my session and in the club is crazy, But there isn't enough space in the changing rooms to get changed or have any privacy.

My time in the water at the club brings me confidence and its the only place I can relax. Everyone there is so supportive. I have anxiety and the community of the club is so amazing and has help me through many tough stages.

(KD. parent plus SCR qualified Member)

I will be forever grateful for the parent that told me about BSLSC for the positive impact it's had on my daughter. It provides a safe, nurturing and exciting environment for children to learn about sea safety whilst also enjoying and forging a respect for the sea. It's given my daughter such self-confidence and pride to belong to such a great club. The trainers are incredibly knowledgeable, passionate and professional, it takes special people to get teenagers and younger children out of bed and into the cold sea in the wind and rain! The sessions are always full of

encouragement and fun.

It's an inclusive club where everyone gets involved, even parents will find themselves signing up for sessions in the cold winter sea! I recently qualified as a SCR and have learnt some valuable skills and made some wonderful friends.

(LR. former member)

Brighton Surf Lifesaving Club was an important part of my life growing up. The club was a place you could go where you could leave the stresses behind and focus on improving yourself. A place that allowed you to learn vital skills whilst having fun with friends and family. I was a part of the club from the age of twelve, and from my very first session I felt welcomed and safe as a part of the community of surf lifesaving.

It helped shape me as a person through encouraging me to challenge myself, for example competing at national competitions for BSLSC. It was a great experience to have growing up, one I feel should be available to many more children as it allowed me to work on personal resilience and self-confidence.

Feeling fully confident in my abilities as the club had prepared us through volunteer work at events, drills and special incident training days. At 16 I qualified and began working as a lifeguard for Brighton council on the city's beaches.

The leadership skills and confidence I learnt still help me to this day in my career. The freedom and support to push yourself helped my self-confidence to know and trust who I am and feel comfortable in my own decisions. This confidence means I was comfortable pursuing my goals and gaining the resilience and determination mean I will continue to pursue them.

The club is a place you go to get better at a sport. But it is also a community. Each person at the club plays a part in shaping the journey you take. Through learning a sport that was fundamentally designed to save lives you build trust with the people you train with. You know in an emergency situation they are people you can rely on. And so, the friendships you make are stronger and relied on more in times of need.

The club is vital when it comes to community as it's a place where you can go to educate yourself, to better yourself, to get help. There's a family feel within the club, you grow up alongside people. You pass on wetsuits you no longer fit, or bits of equipment you no longer want. You share stories of how you've used your skills and inspire others that they can too.

As a club we integrate with the community in a variety of ways and that's why it's so important. It's intertwined with part of the heart and soul of Brighton.

(MW. parent plus Lifeguard)

What BSLSC offers to me and my children is a fun yet serious set of vital skills for engaging at our local seaside. I have trained and passed as a Surf Lifeguard since I have been there, and my children are both learning the same skills, in a safe, dynamic way. Our shores are pretty treacherous and being able to learn the skills to better protect them and other water users is a real credit to the club. The club offers engaging activities, stands out as a professional outfit that is demonstrating good sea safety skills not only to them but to other passers-by. There is a real comradery

between all the members and a sense of competition to better oneself, both physically and mentally. Being an avid waterman, I have huge respect for what the club is achieving. It enables young, local talent to come through and better protect our shoreline, with the prospect of further developing careers as they grow.

(SP. Lifeguard)

Originally from South Africa I moved to Brighton approximately 16 years ago when I met the current chairman Dave Samuel, the man's determination and commitment to youth development and raising funds for charity is incredible. I grew up in a club system with a club house on our local beach and my kids and I developed through their training programs and participated in events on a monthly basis. The building allowed members to flourish because it attracted like-minded individuals from all levels – you have to start somewhere with every sport and having a facility (where equipment can be stored) became a focal point for friends and family gatherings.

BSLSC provides an amazing service where the youngsters of Brighton & Hove, (from all corners of society) can learn a unique skill set that will serve them and society for the rest of their lives. I volunteer at the club as there is nothing more satisfying than seeing a young person develop into a well-rounded individual contributing to society – I see the kids' confidence levels grow with every session that takes place.

As well as a Surf Lifeguard I am also a qualified & professionally Surfing and SUP coach. I would never have been able to follow this career path with the club's input as they gave me the confidence and lifeguard qualification which was the stepping stone I needed.

A clubhouse would provide a base where from the youth of the city can develop and grow and it will be a catalyst for encouraging kids to spend more time outdoors doing something active.

(CS. former member – Now Surf Lifeguard Australia & NZ)

I joined Brighton Surf Lifesaving Club when I was fifteen to help with my rehabilitation from sport injuries. I did not know then how much of an impact surf lifesaving would have on my future. From the outset, the coaches were exceptionally welcoming and supportive, offering a vast amount of knowledge/services to help with the recovery of my leg post-surgery. They created a personal lifesaving related program to use in the pool as therapy, whilst also slowly introducing me to the world of surf rescue as my leg progressed. Everyone I met at the club was warm, hospitable, encouraging and mainly just excited to see another young person showing a keen interest in developing a knowledge of lifesaving. The effort, energy and enthusiasm from everyone at BSLSC (Brighton Surf Lifesaving Club) inspired a strong personal inquisitiveness. It wasn't long after being a member at the club that I had completed a Pool Lifeguarding course and started my first job as a pool lifeguard. This enabled me to give back to the club by supervising the younger members' pool training. The club offered a number of ways to progress and climb the ranks for its younger members along with well thought through incentives in sessions that kept you motivated to come back week in and week

out (no matter how much snow may be falling on those cold wintery Saturday mornings!), always eager to learn more.

Not only did I progress my lifesaving skills, fitness and knowledge during my time at BSLSC, but the club also played a huge part in helping me develop as an individual. Encouraging me to step up as a coach for the nippers was stressful at first but gave me a newfound confidence and put me well on the way to becoming a fully qualified Surf Lifeguard. The club also provided a number of exciting job opportunities along the way. The contacts and connections BSLSC have with local organisations within the community led to me running a schools program teaching hundreds of local children the fundamentals of first aid and surf lifesaving as well as giving an introduction to lifesaving sport. The work BSLSC put into the first aid and surf theory teaching made it an enjoyable/practical experience and was one of the very few times I loved being in a classroom as teenager! The lifesaving and first aid scenarios created at the club were so realistic and genuine feeling that when the time came, I was comfortable in my abilities to deal with everything the beach threw at me when working as a paid Surf Lifeguard for Brighton and Hove Council. Additionally, the club's sporting and competitive side of lifesaving had me hooked from the start. The training sessions were tough, but the coaches encouraged a real sense of comradery between me and other junior members that continually motivated us to keep pushing each other just that little further. This led to me being one of the first to proudly represent Brighton at lifesaving galas and be the first member to bring home medals from national surf lifesaving competitions.

Being a member at BSLSC equipped me with the skills to travel and work abroad. My lifeguard training at BSLSC gave me the confidence to apply for Surf Lifeguard positions in both Australia and New Zealand. In Australia, I have worked as a both a paid Surf Lifeguard and Voluntary Patrol Lifesaver on a number of beaches since October 2018. Working on the Australian east coast was a definite step up from lifeguarding in the U.K and presented me with a new set of challenges. This included learning new beach conditions and making rescues in harsher surf environments, dealing with dangerous marine life, as well as understanding Australian Surf Lifesaving regulations and forms of communication. Despite this, I feel strongly that my training at BSLSC equipped me with a high standard of professionalism and the necessary skill set to adapt and apply myself to the Australian surf lifesaving system. A transition to the Southern Hemisphere only seemed possible after knowing that I had the full backing from my coaches and everyone at the club, alongside the many connections our club generously introduced me to within the Surf Lifesaving Australia community. Likewise, when I worked for Surf Lifesaving Northern Region in New Zealand, I built upon my existing skillset, knowledge and training and applied myself confidently to new environments and conditions. In New Zealand, I continued to perform onsite beach education lessons to children and other parties such as surf awareness and water safety. The opportunity to do this in New Zealand would not have been available to me if it wasn't for prior involvement at BSLSC.

My experience as a Surf Lifeguard has fostered a strong interest in and commitment to the emergency service sector. Having worked professionally as a Surf Lifeguard for the past few years has presented numerous opportunities to expand and develop my skillset and interests. Undertaking studies in paramedicine this year has seemed an easy and direct transition from surf lifeguarding. I feel confident entering the program

based upon my prior and current experience in the emergency services field and the skills I have developed within it. A great aspect of the surf lifesaving community at BSLSC is the professional direction and interest it raised in me and other members. The opportunities available at BSLSC fostered confidence and a keen interest in emergency first response and has continued to drive my professional trajectory. I cannot thank everyone at Brighton Surf Lifesaving Club enough for what they have done for me over the years. I'm also so excited to help younger members progress through the Australian Lifeguard system when they look to follow in my footsteps and challenge themselves to broaden their lifeguarding horizons.



(Callum Sadberry former BSLSC Member on Patrol in Australia)

(CB. Seafront Officer B&HCC)

I left Cornwall almost a decade ago to move to Brighton, and I remember thinking Brighton would be a breeze after the challenging conditions of Cornish Beaches; having spent eight years on Brighton's beaches as a Seafront Officer and Surf Lifeguard Trainer, I have learned that this certainly isn't the case.

By keeping close links to BSLSC through my job, I have witnessed over time how the dedication and selflessness of the training officers at BSLSC has helped to shape the talents of local young watermen and women and assist them in growing into the competent and skilful Surf Lifeguards that the beaches of Brighton demand.

With local knowledge being critical in effective Surf Lifeguarding; I remember getting caught out on a big day when going for a high tide fin swim/bodysurf and realised

that I'd underestimated the power of the spring high tide local shorebreak - Brighton's gnarliest fluid dynamic. This is what the club trains in.

Regarding public safety in the locality, the multi-level and far-reaching importance that BSLSC provides to the wider society cannot be overstated in terms of community value. The Club provides a constant stream of highly-trained young Surf Lifeguards (the award of highest prestige) on an annual basis who join the full time Seafront team during peak season. Speaking as a senior team member, I know I can rest assured that the guards coming from the Club know what they are doing (with a little guidance of course); which is a huge relief when running the UK's busiest beachfront. In addition to this, and perhaps even more importantly; the Club is providing a safe and controlled outdoor learning foundation for local young people to develop the confidence and life skills required to build happy and healthy futures.



Summary

Brighton Surf Life Saving Club (*with your support*) has the opportunity to make a difference to the lives of so many people not only within our city but far beyond.

We make lifesavers (*of all ages*) who will go on to help all those in need in the sea, on the land and in your community.

For further information please contact BSLSC Chairperson;
David Samuel
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