





## Overview

Ryde Beach Lifeguards (RBLG) part of Waterside Community Trust (Registered Charity 1174631) can be proud of the service they gave to visitors to Sandown Beach this summer.

During the season, RBLG performed over 212 preventative actions and assisted over 134 people through everything from rescue to casualty care to searches for missing persons. Some incidents of which, without this invaluable service, and the quick response of the beach lifeguards, would have most certainly resulted in hospitalisation or lives lost.

Unfortunately the service did see its first unsuccessful rescue this season, with an elderly gentleman spotted motionless in the water, outside of the lifeguarded zone. He was pulled from the water and the team performed good quality CPR but despite their best efforts, and being supported by the air ambulance and ambulance service, their attempts at resuscitation were unsuccessful.

RBLG delivery for Sandown Town Council has developed over the years and as such we have adopted five key areas that we now focus on each season.

These are:

1. Community Lifesaving
2. Personnel
3. Lifesaving Performance
4. Equipment
5. The next generation



Our team:

Todd  
Beach Manager

Jack  
Head Lifeguard

Jacob  
Head Lifeguard

Erin  
Head Lifeguard

Caitlin  
Head Lifeguard

Ben  
Beach Lifeguard

Dan  
Beach Lifeguard

Fraser  
Beach Lifeguard

Jess  
Beach Lifeguard

Kat  
Beach Lifeguard

Mary  
Beach Lifeguard

Mia  
Beach Lifeguard

Will  
Beach Lifeguard

Ethan  
Beach Safety

Jack  
Beach Safety



## Community Lifesaving

This year, we offered local schools the opportunity to participate in our Sea Safe program. This program delivers the same important drowning prevention knowledge as our traditional school talks, but in a more interactive, immersive and fun learning experience.

The hour long sessions taught the children and their teachers about how to stay safe at the beach, where to get advice and what to do in an emergency.

This was followed by an immersive experience, with the children being taken into the sea and learning about cold water shock, how to get out of danger and how to summon help.

Each child was provided with a free Southern Water swim hat as well as a RBLG Sea Safe Certificate.

In total, over 800 children participated over 40 separate sessions. This included Broadlea, Godshill, The Bay, Gatten and Lake, Dover Park, Queensgate, St Marys, Haylands, St Georges, Oakfield and Nettlestone Primary Schools.

This wouldn't have been possible without funding from Southern Water as well as support from Hover Travel and FW Marsh.





## Personnel & Training

The lifeguards themselves are at the core of the RBLG service and each year there is a challenge of recruiting and training lifeguards who will be at the frontline of service delivery.

Recruitment starts in January, with the training for the team taking place in April, May & June. This year we had 6 members of the team return from 2021 however the rest of the team were new to the team after getting through our tough recruitment process.

We welcomed 8 new members to our team.

The lifeguards are all trained in house by an RLSS Trainer Assessor, all achieving their RLSS NVBLQ, First Aid at Work, Defibrillator specialism, RYA VHF and SLSW IRB training.

Throughout the season the lifeguards undergo regular training and their performance on duty is regularly monitored by spot checks from the Beach Manager. During the midseason scenario this year, the lifeguards noticed and retrieved a drowning casualty approximately 200m out and brought them back to the shore, all in less than 2 minutes at both sites. Which is very impressive and a testament to their high standard of training.

RBLG also deliver the training for other Beach Lifeguard services across the south coast, from Bournemouth through to Brighton.

In recognition of their high standard of training, the Isle of Wight Ambulance Service recognised the team's excellence with an award, presented to the team following an incident where the team had to perform CPR and use the AED. This included the superb aftercare that was provided by the Beach Manager and rest of the team, to those who dealt with this incident.





| Type                      | Total      |
|---------------------------|------------|
| Beach Visitors            | 51,130     |
| Lives saved               | 2          |
| Rescue                    | 8          |
| Assistance                | 2          |
| Rescue due to inflatables | 2          |
| First Aid                 | 110        |
| Search                    | 1          |
| Missing/Found             | 4          |
| Enforce Bylaws            | 3          |
| Antisocial Behaviour      | 5          |
| Lives Lost                | 1          |
| Prevention                | 212        |
| Other                     | 0          |
| <b>Total Actions</b>      | <b>350</b> |

## Lifesaving Performance

In 2022, there were over 51,130 recorded visitors to Sandown Beach whilst RBLG were on duty. This was an increase of 75% in visitor numbers compared to the previous year. Most likely due to a combination of the fairly consistent sunny weather we experienced as well as the new hut being a lot more visible to visitors and no doubt attracting them to the lifeguarded section of the beach.

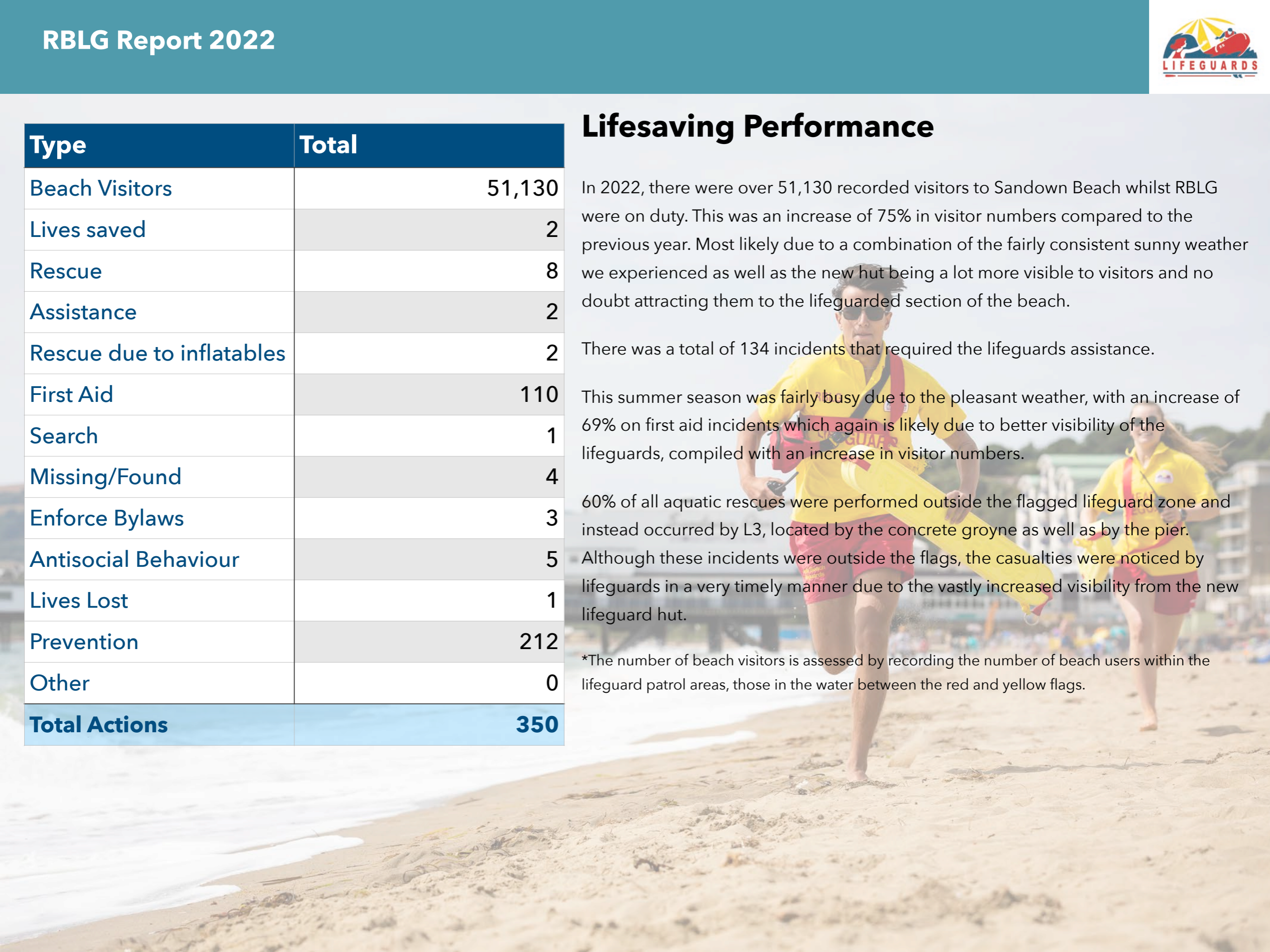
There was a total of 134 incidents that required the lifeguards assistance.

This summer season was fairly busy due to the pleasant weather, with an increase of 69% on first aid incidents which again is likely due to better visibility of the lifeguards, compiled with an increase in visitor numbers.

60% of all aquatic rescues were performed outside the flagged lifeguard zone and instead occurred by L3, located by the concrete groyne as well as by the pier.

Although these incidents were outside the flags, the casualties were noticed by lifeguards in a very timely manner due to the vastly increased visibility from the new lifeguard hut.

\*The number of beach visitors is assessed by recording the number of beach users within the lifeguard patrol areas, those in the water between the red and yellow flags.







**2**

LIVES SAVED

**8**

RESCUES

**110**

FIRST AID

**4**

MISSING/  
FOUND

**5**

ANTI-SOCIAL  
BEHAVIOUR

**212**

PREVENTATIVE  
ACTIONS

**350**

TOTAL  
ACTIONS



# Rescues performed by lifeguards

60% Tourists

40% Locals





## The next generation

We were able to deliver our Beach Rookies Programme again this summer. With a total of 52 children participating, it was our busiest rookies week to date. The weeks worth of activities, taught the rookies not only how to save lives but also the dangers of the sea, first aid, CPR and much more. With each participant achieving an RLSS Rookie Lifeguard Award, ranging from Bronze, Silver, Gold and Medallion.

Some of the Rookies, Ethan and Jack joined our Beach Lifeguard team as Beach Safety, allowing them to get a better understanding of the day to day duties of a Beach Lifeguard, as well as assisting with patrol, preventative advice and minor first aids.

Now our rookies programme has been running for a number of years, we have started to see some turn 16 and complete their pool and beach lifeguard qualifications; which is great to see!

## Equipment

RBLG constantly reviews and adapts its rescue service to the evolving demands of lifesaving to ensure the lifeguards have the facilities and equipment they need and deserve.

The team are provided with high quality uniform suitable for all weather conditions, including the introduction of wetsuits that have enabled the team to patrol for longer on the boards without feeling the effects of the elements.

Additionally the team have an IRB, two rescue boards, a kayak, first aid equipment and various other rescue equipment.





## Equipment (Cont)

This year saw the introduction of our new All-Terrain Vehicle (ATV), which was a much needed addition to the service, providing a quick response to any major incidents as well as a more professional public image.

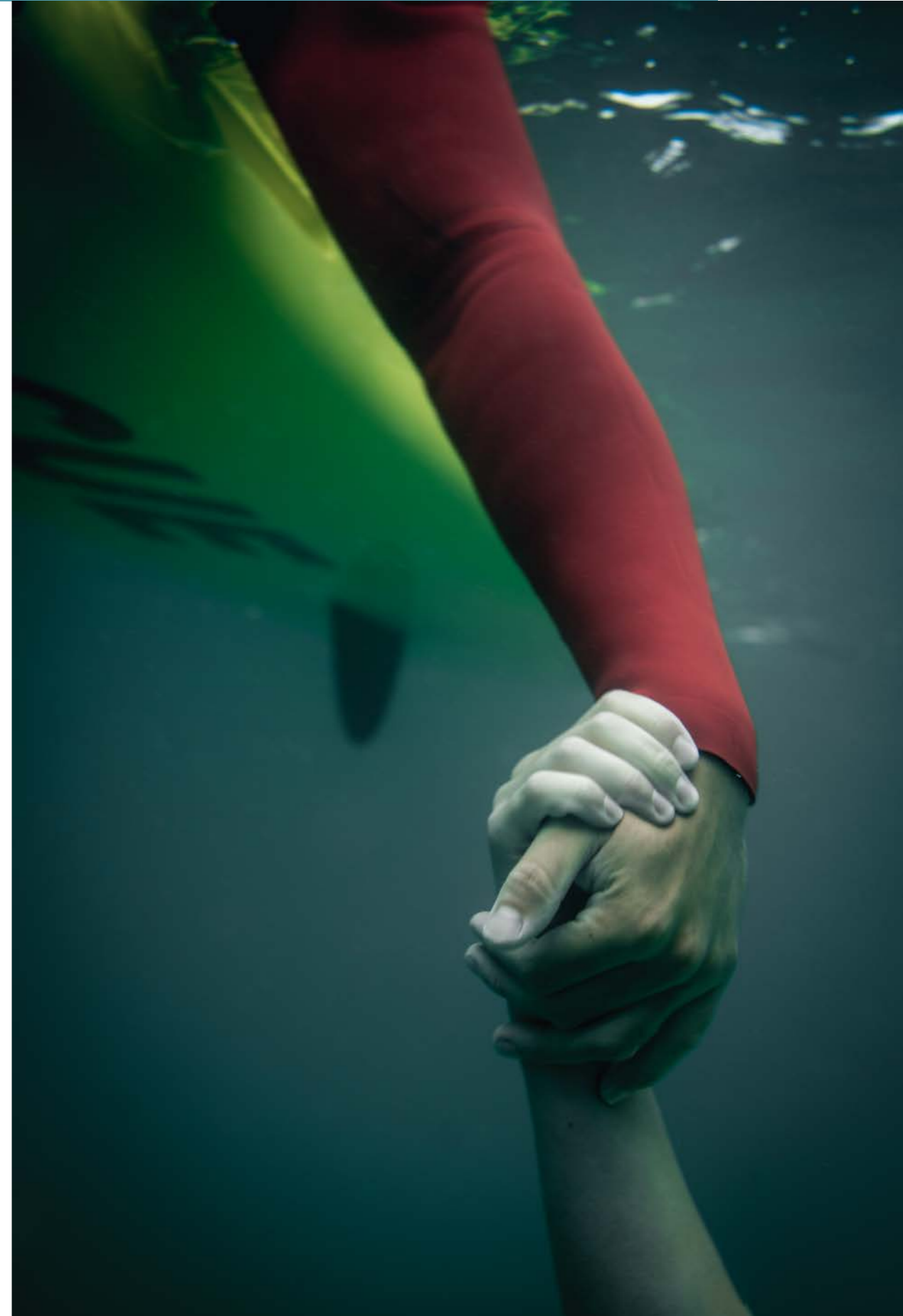
We also took delivery of two new rescue boards, these are a modern design making them lighter on land, quicker in the water and more buoyant for casualty pick-ups. The team noticed a significant difference, and they saw use on a regular basis.

Most importantly we saw the new Lifeguard Hut come to fruition, being put on the beach in readiness for the summer season. This has been a life changing addition to the service, and having been designed specifically for its use, it has worked well in every aspect for the team, with just a few benefits highlighted below:

- Clear visibility of the whole beach both in the hut and from the viewing platform
- Easy and professional and hygienic administering of first aid out of the elements
- Plenty of storage for rescue equipment and stock
- Privacy for Lifeguards changing after sea patrols or rescues

Looking into 2023 we are hoping to add a RWC (Rescue Jet Ski) to the service, again improving the versatility of the service during busy periods and to enable easier casualty pick up near the harbour rocks where most bathers get into difficulty.

Feedback from the lifeguards also asked for a lockable tap near the hut, to allow for easier access to running water, for weaver fish stings, washing down wetsuits and rescue equipment daily.





## Fundraising

This year saw RBLG's first Solent swim, organised to raise money for the service in order to save up for a RWC and Rescue Sled.

The swim was organised by Todd (Beach Manager), with the swim starting at GAFIRS in Gosport and finishing at the Beach Lifeguard HQ in Ryde covering a distance of approximately 5km.

The swim was very successful, with 6 Lifeguards taking part and raising over £1,000 in fund-raising.

The first lifeguard completed the swim in just over 1.5 hours, with all swimmers completing in under 2 hours.

Mayor Michael Lilley was at the shore to greet the swimmers and present their awards.





## 2023

Each year we aim to improve the service we provide to Sandown Town Council, so over the winter we will assess all of the incident data collected from the lifeguards on paper incident report forms and review our procedures if necessary.

All the lifeguard team provided their own feedback during their end of season appraisals with the head lifeguard, which will also be taken into consideration for our 2023 delivery.

Working with the seafront concessionaires proved to be invaluable, so we hope to continue this close relationship into 2023.

From all of the Beach Lifeguard Team, we would like to take this opportunity to thank Sandown Town Council for their continued support of the service and for of course choosing us to deliver the beach safety service.

RBLG look forward to delivering the service again for Sandown Town Council, the local community and the visiting general public in 2023.



Todd Miller  
Beach Lifeguard Manager



Ryde Beach Lifeguards  
Waterside Community Trust  
Esplanade  
Ryde  
Isle of Wight  
PO33 1JA

[rydebeachlifeguards@gmail.com](mailto:rydebeachlifeguards@gmail.com)