

# Lifeguards



## LIFEGUARDS BACK ON OUR BEACHES

As the signs of spring pop up around us, the RNLI lifeguard team is gearing up to head back on the town's beaches in time for the Easter holidays.

The RNLI welcomes back its lifeguards in March for their two-week induction prior to patrols beginning for 2023. The inductions provide new and returning lifeguards the skills and training they need to carry out their work effectively. The teams will cover casualty care, operating lifeguard craft and vehicles, lifeguard operations, communications, health and safety and roles and responsibilities.

The RNLI lifeguards will return to the following Newquay beaches for the Easter holidays 1 April to 16 April – Fistral, Towan, Watergate Bay and Mawgan Porth. Fistral has daily patrols from 1 April through to 29 October.

After Easter, Towan, Watergate Bay and Mawgan Porth will be patrolled by RNLI lifeguards on Saturday 22 April and Sunday 23 April, and then the lifeguard teams return for the main season with daily patrols from Saturday 1 May through to 24 September.

Although the welcome return of the RNLI lifeguards heralds the countdown to summer, it's important to remember the water temperature is at its coldest this time of the year.

RNLI Lead Lifeguard Supervisor Lewis Timson, said: 'We're looking forward to returning to the beaches around Newquay for what we expect will be another very busy season. It's important to remember the water is an unpredictable and dangerous environment, particularly during spring and early summer when air temperatures may be warm but water temperatures remain dangerously cold, increasing the risk of cold water shock.

'We are reminding anyone planning to enter the water to take extra care. Basic precautions can greatly reduce the risk of getting into difficulty, whatever your activity, and also improve your chance of being found quickly.

'For activities like kayaking and stand up paddleboarding we'd recommend you carry a means of calling for help, such as a mobile phone in a waterproof pouch, and ensure you are wearing the right kit for the water temperature.



'A wetsuit will keep you warm and help you float in an emergency although wearing an appropriate buoyancy aid or lifejacket is still vital. For open water swimmers and dippers, please also remember to acclimatise slowly and be visible with a brightly coloured hat.

'If you find yourself in trouble in cold water, the best thing to do in this situation is to float on your back and wait for the effects of cold water shock to pass, keeping your airway clear until you can control your breathing. You can then plan your next move to reach safety.

'If you or someone else is in trouble, always call 999 or 112 and ask for the Coastguard.'

Elsewhere, the RNLI is currently looking for new fundraising volunteers to join its lifesaving teams across Cornwall. Just like the charity's lifeboats, the RNLI's fundraising team need a dedicated volunteer crew. Volunteers are the heart of the RNLI and make up 95% of its people. They are ordinary people who do extraordinary things and without them, the organisation couldn't continue to save lives at sea.

But it's not all about volunteering on lifeboats or at a station, there are many other ways people can give a little or a lot of their time to support the RNLI and make their own lifesaving difference.

The RNLI is looking for lots of new volunteers to join branches and stations across Cornwall in a range of roles, all contributing to raising vital funds for the charity to continue saving lives at sea.

Dave Nicoll, RNLI Fundraising Partnership Lead said: 'Thousands of community fundraising volunteers organise a wide range of activities and events each year, contributing their time, energy and skills to raise money to save lives at sea. Some of our fundraisers have been volunteering for many years while some just join us for a few months in the year depending on what their commitments allow.

'We now really need to bolster that support and grow our volunteer fundraising crew. If you like to have fun, enjoy meeting new people and want to join a motivated and enthusiastic team, we encourage you to find out more and apply. You will learn new skills, gain experience and have the rewarding satisfaction of giving back. The RNLI will also provide all the necessary training and support so you can carry out your chosen role effectively.'

To find out more about how you can sign up to be a fundraising volunteer at the RNLI, or to apply, online at: [www.rnli.org/OneCrewVolunteers](http://www.rnli.org/OneCrewVolunteers)

