

THE OFFICIAL DIGITAL PUBLICATION OF THE COASTGUARD ASSOCIATION

COASTLINE

MAGAZINE

ISSUE 3





CONTENTS

- 4 [Foreword - Pete Mizen](#)
- 5 [Editorial](#)
- 6 [News Around The Coast](#)
- 16 [A Day In The Life of...](#)
- 20 [Team Spotlight: Hillhead CRT](#)
- 22 [Fundraising News](#)
- 26 [Charity Case Study](#)
- 30 [From The Ops Room](#)
- 32 [Equipment Reviews](#)
- 36 [Cuppa With Claire](#)
- 40 [Reflection With Chaplain Tom](#)
- 42 [Four Bricks Tall](#)
- 46 [Through The Lens](#)

Coastline Magazine
 Ardrossan Coastguard Rescue Team
 32 Montgomerie Street
 Ardrossan
 Ayrshire
 KA22 8BW

Editor
 Kevin Paterson

Telephone
 07889 816772

Email
 CoastlineMagazine
 @coastguardassociation.org.uk

Cover Image
 Colin Wood / Ilfracombe CRT

THE COASTGUARD ASSOCIATION



The CGA has the full support and blessing of the Maritime and Coastguard Agency.

Our aim is to "further the efficiency of the Coastguard service for the public benefit by the relief of serving and retired Regular and Volunteer Coastguards and their dependents in times of need."

Registered charity
 no: 279359

SIGN UP TODAY AT WWW.COASTGUARDASSOCIATION.ORG.UK

.....
Kindly supported by...



“Looking forward, there’s an exciting year to come, heralded by the 200th anniversary of Her Majesty’s Coastguard...”



Pete Mizen
HM Coastguard

HELLO again everyone, as the busy summer is drawing to an end, it’s the ideal time to take a look back (and to the future!) in this latest bumper edition of Coastline.

Once again, I’m very proud to be invited to write the foreword to what’s rapidly become an engaging and informative ‘must read’ for everyone involved in the valuable work of HM Coastguard and saving lives around our coasts.

Congratulations are due once again to Kev and the editorial team for pulling this together and most importantly to all the teams (and their families) for their amazing work and dedication.

Myself and all the senior team have been especially impressed with the way in which everyone has risen to the very special challenges over the last year or so. We all know it’s been another busy summer which has seen continued ‘staycations’ with millions of people enjoying our coasts and of course some needing help from us and all our emergency services colleagues.

Our work is often the stuff of which champions are made and we’re an active bunch – on and off duty, with just a few of those activities highlighted in this issue. Our priority on health and wellbeing is vital and shared by



other emergency services who come together in many different ways.

This issue includes the intrepid Blue Light Cycling Club, colleagues from Area 4 yomping the hills of Scotland and Sutton Bridge’s coastguard rescue officer Aaron Heading who represented TeamGB at this year’s Tokyo Olympics (see his story on P6).

Looking forward, there’s an exciting year to come, heralded by the 200th anniversary of Her Majesty’s Coastguard that’s now just a few months away in January 2022.

Plans are now being finalised to celebrate this significant milestone including a commemorative calendar, a series of special events and media activities as well as a special anniversary dinner on 15 January 2022. Tickets are available now, see P14 for details.

Look out for news of this and lots more in the next issue and don’t forget, there’s still time to share your stories, experiences and history about HM Coastguard. You can email CG200@mcga.gov.uk.

Thank you again for reading this and for your dedication and professionalism that’s remained a constant during these challenging times.

Best wishes
Pete

NATIONAL COMMITTEE

CHAIRMAN
Stuart Arundel
T: 01507 358446
M: 07963 785981
E: chairman@coastguardassociation.org.uk

RETIRED OFFICERS REP
Terry Bearpark
M: 07759 015433
E: vicechairman@coastguardassociation.org.uk

TREASURER
Alan Fisher
T: 01754 768094
E: treasurer@coastguardassociation.org.uk

WELFARE OFFICER
Paul Davig
T: 01964 614837
E: welfare@coastguardassociation.org.uk

NATIONAL SECRETARY
Jo Howard
M: 07969 070838
E: secretary@coastguardassociation.org.uk

PUBLIC RELATIONS
Matt Cox
M: 07807 790665
E: pr@coastguardassociation.org.uk

COASTLINE MAGAZINE
Kevin Paterson
M: 07889 816772
E: CoastlineMagazine@coastguardassociation.org.uk

WELCOME to the third edition of Coastline Magazine – the official digital publication of the Coastguard Association.

Once again thank you to everyone for their continued support with this venture. It’s quite a challenge putting a digital magazine together in your spare time but it’s absolutely worth the effort to promote the amazing life changing and life saving work done by Coastguard Rescue Teams around the country and by the Coastguard Association.

You’ll see in this edition we are actively looking to expand the team behind Coastline, starting initially with the creation of a small news team, so if you’re interested or have any questions then please don’t hesitate to get in touch.

It’s been an exceptionally busy summer period with Coastguard Rescue Officers consistently leaving their families and friends behind to help those in need. There will have been some challenging incidents around the country and outcomes which we wouldn’t have wanted. That’s something I can personally testify to this summer and it’s hugely important that we continue to look after ourselves, and each other, in the immediate aftermath and in the longer term after such incidents.

The Coastguard Rescue Service has excellent support available but often the greatest support comes from within the team and the people who were standing with you shoulder to shoulder facing the incident together.

There is also our very own Multi-faith

FROM THE CHAIRMAN

WE’RE nearing the end of the school summer holidays, when the staycation has been more popular than ever with the majority of UK holidaymakers opting to remain in the UK and visit our own glorious coastal resorts.

It’s been a busy time for all of our search and rescue crews and we can hopefully look forward to less hectic times ahead.

I was lucky to visit North Yorkshire for a very fortuitous meeting with Valerie Aston, a director of the Proudfoot Group. The Proudfoot Group are part of the MADL campaign, ‘Making a Difference Locally’ and with their ecologically sound fundraising campaign, donate funds raised from the



sale of carrier bags in their stores to local and national charities.

The Coastguard Association were selected as a lucky recipient and presented us with a very generous cheque for £2500.

Members of the local Scarborough and Burniston team attended and we explained about the varied duties of front-line rescue

Chaplain, Tom Ebbens, so my big ask to everyone is if you are struggling then please don’t suffer in silence - reach out and speak to someone. It won’t instantly solve your problems but I can guarantee you it will certainly help.

With the summer now behind us, we look ahead to the coming months with the weather having a different impact on the type of incidents attended, time for reflection with Remembrance Day and the challenges that will be coming with the Conference of Parties (COP26) in Glasgow - a historic event which the Coastguard Rescue Service has a significant operational role to play.

As busy and chaotic as things can be at times, it’s humbling to be part of the Coastguard Rescue Service and the Coastguard Association - both of which have helping people at their very core and that’s something which we all have in common - the unwavering desire to help people.

Thank you for your continued service and stay safe.

*Kevin Paterson
Editor*

officers and a little about the work of the CGA.

This donation was very welcome, in a year when fundraising has still been severely curtailed due to the ongoing effects of the pandemic, yet claims on our resources have increased.

The Coastguard Rescue Service will be celebrating its bi-centenary in 2022. An event will be held at Trinity House in London on Saturday 15th January 2022 to commemorate this momentous date. A limited number of tickets are available from me or our secretary, Jo Howard, priced at £85 per person.

More details will be in the next issue.

*Stuart Arundel
Chairman*

METAL DETECTOR SPARKS MULTI-AGENCY RESPONSE

SOUTHEND Coastguard Rescue Team was tasked on Thursday 26th August to reports of suspected ordnance on the shoreline on Shoebury Common beach.

Spotted by a local metal detector, the item in question was located west of the Southend Coastguard Station opposite the Pier & Foreshore office.

The first informant had initially informed Pier & Foreshore officers who called 999 to report the incident to the Coastguard.

Upon arrival, Coastguard Rescue Officers inspected the suspect item which was laying at the bottom of the beach. Images and measurements were safely taken prior to the incoming tide covering up the item. The full details were then sent electronically to Dover Maritime Rescue Co-ordination Centre (MRCC) and were then forwarded to military Explosive Ordnance Disposal (EOD) to review.

An Army EOD team based out of Colchester Barracks assessed the details and deemed it necessary to deploy to the location to inspect the item in situ at the next low tide.

Due to the proximity of the suspect item on the beach and the potential danger to the public, a 50 metre cordon was put in place for public safety which was supported by officers from Essex Police.

Coastguard Rescue Officers, with support from Pier & Foreshore officers and Southend Council public safety officers, maintained the cordon throughout the day until the arrival of the Army EOD later that evening.

EOD specialists examined the item and decided whilst the item had no fuse, it still



posed a risk due the potential for explosives still being present. As such, the item was removed to Colchester barracks for closer inspection and safe disposal.

A spokesperson for Southend Coastguard Rescue Team said: "We would like to thank our local community for everyone's cooperation while the cordon remained in place which was needed to protect those using Shoebury Common Beach.

"Because such items can be very dangerous, if you ever see something suspicious or out of the ordinary on the beach or in the sea, do not touch it, move it or take it home.

"Let the experts decide if it is safe. Move to a safe space and call 999 and ask for the Coastguard so our teams can investigate."

SWIMMERS RESCUED IN MORAY

FOUR swimmers had a lucky escape after being caught in a rip current at Hopeman East Beach in Moray.

Burghead Coastguard Rescue Team was tasked to the incident along with the Inverness-based Coastguard Rescue Helicopter. On arrival, two swimmers had made it safety to shore with the team committing Coastguard Rescue Officers in water rescue equipment into the water, swimming through the breaking surf and rescuing the two remaining swimmers.

The swimmers were assessed by the helicopter crew and paramedics from the Scottish Ambulance Service and were well enough to be allowed home.



INJURED PERSON AT BEACON COVE

ON Sunday 29th August, Torbay Coastguard Rescue Team was tasked by Solent Maritime Rescue Co-ordination Centre (MRCC) to reports of an injured person at Beacon Cove.

The initial report advised the casualty had injured their head on a rock with Coastguard

Rescue Officers quickly locating and assessing the casualty's condition. The team on scene provided immediate casualty care until the arrival of South Western Ambulance Service when the casualty was handed into the care of the attending paramedics.



Barney rescued from cliff after being missing for days

A PUPPY was successfully rescued from a cliff in a joint rescue involving Folkestone and Langdon Bay Coastguard Rescue Teams.

The teams were tasked on Monday 16th August to Capel, where Barney the puppy who had been missing for several days, had been found by a passing member of the public who heard the pup's cries for help while they were walking along Mungo's beach.

With team members deployed to the beach below and two edge safety officers setup at the top of the cliff, Barney was quickly spotted and the rescue operation swung into action.

A rope rescue technician was deployed who was quickly able to reach Barney and safely

secure him in the purpose-designed animal rescue bag. The rope rescue technician and Barney were then lowered to the safety of the beach below.

Barney was then carefully transported by the team a short distance to be reunited with his owner, with his four-legged friend seemingly none the worse for his ordeal.

Posting on their Facebook page, Folkstone Coastguard Rescue Team said: "If your beloved pet goes over a cliff please do what Barney's dad did and call us, don't try and rescue them yourself. Call 999 and ask for the Coastguard."

A paw-some effort by everyone involved!



COASTLINE NEEDS YOU

COASTLINE Magazine needs your help and is on the look out for enthusiastic and motivated volunteers to join our NEWS team.

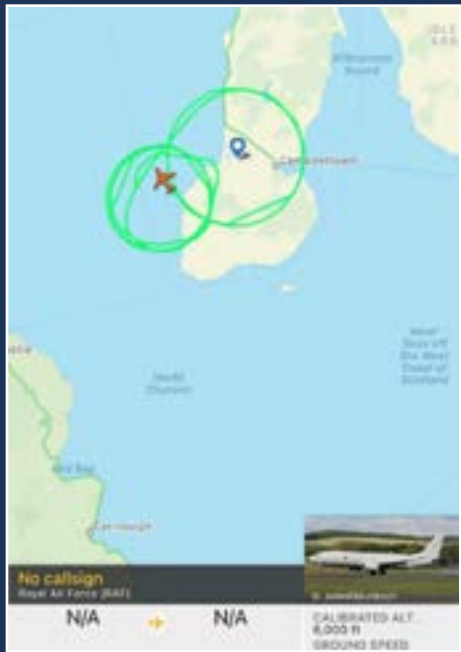
With the ongoing expansion of Coastline Magazine, we are looking to create a small news team to assist with each edition by sourcing news and updates from teams and areas across the country.

This is purely a voluntary role, as is the Editor and all other positions within the Coastguard Association, but this is your chance to help promote the great work being done by Coastguard Rescue Teams around the country.

No previous experience is necessary and would only require a small amount of time commitment each month to look through officially endorsed Coastguard Rescue Team social media accounts and keep up to date with teams within your area and beyond.

If you are interested in joining the team behind Coastline Magazine or want to find out more then drop an e-mail with your details including name, contact number and what area you are based in to: CoastlineMagazine@CoastguardAssociation.org.uk

Coastline Magazine is the official digital publication of the Coastguard Association and is written by Coastguards for Coastguards.



RAF provide air support

THERE'S not many Coastguard Rescue Teams that can claim to have had air support provided by the RAF's latest generation Maritime Patrol Aircraft.

But Campbeltown Coastguard Rescue Team can after incident working on 19th July 2021.

The team was on their third consecutive tasking of the day and proceeding to reports of a yacht aground south of Machrihanish. The P-8A Poseidon which was overhead heard the communications between the Coastguard team, Campbeltown Lifeboat and MRCC Belfast, and offered their assistance.

Under the callsign SEALION 01, the team watched the P-8A appear around the headland and were quickly circling over the search area.

Using their on-board camera systems, the aircrew were able to provide an extremely accurate description of the grounded yacht, which transpired to be a previous casualty aground on the beach which the team had previously attended.

The P-8A Poseidon, based and operated from RAF Lossiemouth in the north of Scotland, is the RAF's new multi-role maritime patrol aircraft, equipped with sensors and weapons systems for anti-submarine warfare, as well as surveillance and search and rescue missions.

The aircraft, based on the Boeing 737-800, is the replacement of the Nimrod which was retired from service in 2011.



MUD WARNING AFTER MULTIPLE RESCUES

BURNHAM Coastguard Rescue Team has issued an appeal to the public following a number of mud rescues over the summer season.

On Saturday 14th August 2021, the team responded to a single female stuck in the mud at Brean.

The casualty, who had been visiting the area for the day, found herself knee deep and firmly stuck in position after enjoying what had been up until that point, a relaxing sunny afternoon at the seaside.

Burnham Coastguard Rescue Team deployed two mud rescue technicians and were quickly able to reach the casualty and get her back to the safety of solid ground.

Brean had also been the location of another mud rescue only a few days earlier on Tuesday 10th August 2021, when a family day out to the beach quickly took a turn for the worst when

they feared their dog had got stuck in the mud. Venturing out to help their four-legged friend led to a female becoming stuck in the mud with their dog and a younger child managing to make it back to the safety of hard ground.

Two mud rescue technicians, supported by BARB Search & Rescue and their hovercraft, successfully freed the stranded woman from the mud and returned her to safety.

Burnham Coastguard Rescue Team had this important advice for people visiting the area:

- Stay up on the hard part of the beach, if the tide is out do not follow it.
- If you do get into difficulty then spread your weight and call for help.
- Discourage others from trying to rescue you.
- If you have a phone, dial 999 and ask for the Coastguard.

Pictures: Burham-on-Sea.com



OPERATION NEMO SUCCESS IN BLACKPOOL

THROUGHOUT the summer months, Coastguard Rescue Teams from Lytham, Fleetwood and Knott-End have been actively involved in a successful safety partnership with Lancashire Police.

Operation Nemo is a police-led safety initiative in an effort to reduce the number of missing children being reported on the beaches around Blackpool during the busy summer period, in particular over weekend periods.

The multi-agency approach involves Coastguard Rescue Teams pro-actively providing safety advice and contact wrist bands to passing families with younger

children while also setting up a contact and collection point for children who have become separated from their families.

During the summer initiative, Coastguard Rescue Officers have handed out thousands of contact wrist bands as well as Colin the Coastguard bags full of coastal and water safety information.

Finishing at the end of August, Operation Nemo will without a doubt have made a massive positive impact on the number of calls handled by the emergency services in relation to missing children while also actively promoting coastal safety. A great example of partnership working.



Memory of Dave lives on as artwork unveiled

THE familiar face of the late Dave Ilsley is once again visible in Burnham-on-Sea as new artwork has been unveiled in his memory.

The fitting tribute to long-standing member of the Burnham Coastguard Rescue Team was organised by Becky Dazliel and created by Diff, a street artist from Bristol.

Speaking to Burnham-On-Sea.com, she said: "Dave was an absolute ray of sunshine, always helpful and devoted to helping others.

"Covid restrictions meant we couldn't celebrate his life as we'd wanted so his friends and family have chipped in for this painting.

"This way, if we ever feel sad, we can see his lovely face again. We are also making a donation to the Coastguard Association who Dave raised funds for throughout his later years."



SEAHOUSES Coastguard was called on the morning of 5th August to a report of possible ordnance along the seafront at Seahouses.

The item in question was found by Seahouses Coastguard and the person who reported it. The item was thereafter removed by members of the Royal Logistics Corps.



MARGATE Coastguard Rescue Team was tasked to reports of a diver with suspected decompression sickness on 4th August.

The team quickly arrived on scene as the vessel arrived back in Ramsgate Harbour.

RNLI Ramsgate lifeboat assisted in evacuating the diver off of the vessel and taking them to their boathouse whilst plans were made on how to get them to hospital.

The diver had not ascended quickly but after the dive suffered loss of feeling in both legs.

The decision was made to fly the diver to the nearest decompression unit in London and this was going to be done by the Kent Air Ambulance.

A landing site was prepared by Coastguard officers and when landed the casualty was evacuated to hospital.

TRIPLE CALLOUT

COLERAINE Coastguard Rescue Team was tasked to three separate incidents on 2nd August.

At 16:30 the team was tasked to assist Northern Ireland Ambulance Service (NIAS) with the extraction of a casualty suffering a medical emergency on Portrush East Strand beach.

Immediately after, the team was directed to the Giant's Causeway where they provided emergency care to a young boy who had fallen and sustained a lower leg injury.

At 23:15 the PSNI requested the team to conduct a search of the shoreline at The Blackrocks, Portrush for a vulnerable person. The casualty was located inland by the PSNI.



AARON TAKES AIM AT TOKYO OLYMPICS

A COASTGUARD Rescue Officer from Sutton Bridge Coastguard Rescue Team had his sights firmly set on target when he represented TeamGB at the recent Tokyo Olympics.

The 34-year-old trap shooter made his debut at Tokyo 2020 completing a remarkable comeback from a motorbike crash that threatened to cut his career short.

Aaron Heading, pictured below, is a three-time World Championship medallist, a Commonwealth champion and an athlete who has been ranked number one in the world.

But a motorcycle crash in 2014, just two weeks before qualification for the Rio 2016 Games began, was literally a bump in the road.

Aaron came off his motorcycle after a resurfaced bend caught him out just a mile from home, breaking three ribs and ripping tendons in his knee and at one stage, was in danger of losing a leg. He was in hospital for two-and-a-half weeks and required a wheelchair for two months.

Following his recovery, Aaron then lost his form on his return to the range, causing him to contemplate retirement as his Rio 2016 dreams were vanished.

In its place, he focussed on volunteering. Every day, Aaron is on call with the Sutton Bridge Coastguard Rescue Team, covering the coastline of South Lincolnshire, saving lives and helping those in danger.

It not only gave him a new sense of perspective, despite the



hectic schedule, but it got his shooting career back on track.

"I like to help people and it has shown me a side to life I didn't know," Aaron has said.

He is no stranger to competitive international shooting competitions, but this is his first Olympic Games.

Aaron is a four-time World Cup medallist and four-time Commonwealth Games medallist, including Gold in Delhi in 2010.

In 2018, he achieved the World number one spot in Olympic Trap. The following year he won a bronze medal at the European Games in Minsk in 2019.

Natasha Heading his wife held a party for husband Aaron, who is in Tokyo for the 2020 Olympic Games. Friends and family members gathered at The Priory Clay

Target Centre in Sutton Bridge, where there were a variety of activities on offer. Aaron was in superb form in the Olympic Men's Shooting Trap competition in Japan - but his performance was not enough to secure a final place.

On his first day he shot 23, 22 and 24 to register 69.

He then shot 119 on day 2, not missing any in his last two rounds. He then shot 23, 22, 24 and then two perfect round of 25, but ended up finishing in 23rd place, five points off the lead and three off qualifying.

Unfortunately, the exceptionally high scores throughout the event meant he didn't make the final.

Speaking after the event, Aaron said: "Being involved in elite sport, the coastguard gives me rest and relaxation from that. I just love helping people."

Well done Aaron from all of your team mates at Sutton Bridge and your extended Coastguard family.

Winch paramedic awarded for heroic lifesaving rescue

A PRESTIGIOUS Royal Humane Society award has been presented to HM Coastguard Search and Rescue Lydd helicopter winch paramedic Mark Scotland, following his heroic actions in the effort to save a 12-year-old girl off the coast of Kent last year.

Mr Scotland was awarded with the Testimonial on Parchment for bravery, which recognises someone who has put themselves in danger to save, or attempt to save, someone else.

During a routine training flight on July 28, 2020, the HM Coastguard Search and Rescue helicopter from Lydd was re-directed to Dymchurch Beach, Kent, when three people were reported in distress in the sea.

Arriving on scene just two minutes after the initial call, the crew saw a 12-year-old girl struggling to keep her head above water - the crew immediately set about effecting a winch rescue, and Mr Scotland was lowered to the sea.

Finding the girl at risk of losing consciousness as she sank below the waves, Mr Scotland fully immersed himself in the water, allowing him to fully lift her upper body clear of the water, where she was able to breathe.

After successfully recovering to the aircraft, Mr Scotland administered first aid to the young girl as she was flown to Ashford Hospital for treatment, where she made a full recovery.

Mark Scotland said: "I'm honoured to receive the Royal Humane Society Testimonial on Parchment. This particular rescue presented a number of challenges, with the young girl very panicked and struggling to keep afloat in the water. I knew it was essential to get her out of danger as soon as possible and I'm so pleased we were able to safely winch her to the aircraft for further treatment, and that she ultimately made a full recovery."

Capt. Neil Robertson, Chief Pilot at Lydd, said: "This award could not be more well deserved and I'm exceptionally proud of the work Mark did at Dymchurch that day."

"It was a perilous situation, and Mark's courageous and selfless act, above and beyond what is expected of a search and rescue winch paramedic, undoubtedly saved her life. His composure throughout the rescue, during which he was submerged for up to 10 seconds, is testament to the lengths our crew will go to, to rescue those in danger at sea or inland.

"During the summer months, many people flock to our beautiful beaches in the UK but it's vital to be aware of the many dangers they pose. Inflatables that can easily be swept out to sea and rip currents which can catch out



even the most experienced swimmers are just some of the instances where our crew are called out to help."

HM Coastguard's Search and Rescue helicopter facility at Lydd is one of 10 bases strategically located around the country near areas where search and rescue incident rates are high. The other bases around the UK are at Sumburgh, Stornoway, Inverness, Prestwick, Caernarfon, St Athan, Humberside, Lee-on-Solent and Newquay. In addition to responding to around 16 incidents per month, the Lydd crew also conducts regular training exercises, to ensure they are prepared for any eventuality.

HM Coastguard's Search and Rescue helicopter service is operated by Bristow Helicopters on behalf of the Maritime and Coastguard Agency.



Tributes paid to Peter Davidson

TRIBUTES have been paid by Coastguard Rescue Teams around the country following the news Gairloch Station Officer Peter Davidson sadly passed away in early June.

Announcing the tragic loss on the Area Facebook page, HM Coastguard-Highland wrote: "Tonight we are all devastated that we are sharing the loss of our Gairloch Station Officer Peter Davidson."

"Peter joined the Coastguard in 1996 and along with his wife Anne they were centre stage in this team."

"Peter was a force to be reckoned with in every way. He made us laugh, he made us furious, and more importantly, he made us appreciate what a volunteer should be."

Our thoughts are with Peter's family, friends and colleagues.



AN elderly man was rescued after getting stuck in the mud at Belfast Lough with the tide rising.

Belfast MRCC tasked Mud Rescue Technicians from Bangor and Portaferry Coastguard Rescue Teams. Lagan Search & Rescue as well as Police Service of Northern Ireland and Northern Ireland Ambulance Service.

Mud Rescue Technicians worked rapidly to free the man, who was now up to his waist in water. Once free from the mud, the man was evacuated from the water by stretcher, in a hypothermic state.

Coastguard and Police treated the man, who was in his late 70s, until arrival of Ambulance.



COASTGUARD JOINS MULTI-AGENCY RESPONSE TO G7

WHILE the work of the G7 might not have started until the first session got under way, the preparations for the event in Carbis Bay began many months before.

Emergency services, military, local and regional authorities all gathered months in advance to make sure that everything would go as smoothly as possible. Also at the table was HM Coastguard looking to keep everyone safe at the beach and the coast, whatever the reason for their visit.

Martin Leslie is the Coastal Operations Area Commander for Cornwall.

“I’ve been living this since January,” he said. “This has been something months in the planning across the team, in terms of the logistics, the anticipated events and the preparation to make sure whatever happens, if someone gets into trouble at the coast, we’ll be ready to respond.

“We took into account things like road closures for the event or the challenges that protests might have given us and took the view, for example, that we needed to have our teams at various times on station during the G7 event.”

Falmouth Maritime Rescue Coordination Centre Controller James Instance agrees.

“This had to be planned with military precision,” he said. “Cornwall is one of the go-to places for people when they look to go on holiday. While we had to be prepared for the G7, it was also important to remember that we also had to cover all the other incidents we get anyway on a day-to-day basis.”

“We’re very grateful to our colleagues at the Joint Maritime Security Centre and to those in the Joint Rescue Coordination Centre who



were there to support and back us up where needed.”

Balancing business as usual alongside the small matter of a massive global event was key - as was working as part of a multi-agency set up. HM Coastguard was involved right from the start, representing maritime safety at key strategic groups and had people based at Devon and Cornwall Police Headquarters for the whole of the G7 as part of the high-level response.

Divisional Commander Chris Enright was one of those providing 24-hour cover as strategic commander for HM Coastguard in the Strategic Coordinating Group. There were others providing 24-hour cover elsewhere including on-site with the coastguard rescue teams themselves.

One of the challenges that faced all of those involved was the very warm and sunny weather.

Chris said: “It became clear fairly early on

that we would really need to make sure our teams were kept hydrated and safe in that hot sun. It’s something easily overlooked by even the coastguards themselves and it became a very important message to them to make sure they kept cool and hydrated.”

Some coastguard rescue teams St Ives, Mullion, Portreath, Penzance and Falmouth - were based at their stations for the entire G7 event - with others - Lands End, Newquay, St Austell and Mevagissey on station for particular highlighted days.

And while the leaders may now have all departed and the eyes of the world are no longer on Carbis Bay, the eyes of HM Coastguard in Cornwall continue to be on all those who visit, whatever their reason.

Martin said: “It doesn’t matter who you are or why you’re here at our coast. We’ll continue to be on call, continue to respond and continue to keep people safe when they visit our beaches and coastal areas.”



Prestigious award for Holyhead’s Alex

ALEX Hill, Maritime Operations Officer at Holyhead Maritime Rescue Coordination Centre (MRCC), has been recognised by the Royal Humane Society for his bravery and rapid response following an incident at Barmouth Beach last August.

Off-duty and enjoying a day out at the coast with his family at the time, Alex - along with two Gwynedd Council beach wardens Kane Triggs and Jordan Hewlett, who were also recognised by the British charity which promotes lifesaving intervention, reacted to multiple people in difficulty in the water at the coastal hotspot in North Wales.

Putting into practice his operational skills and knowledge, Alex - when quickly realising there was danger to life unfolding right in front of his eyes - called 999 and made contact with the coastguard, providing all relevant information to his colleagues at Holyhead so assistance could be sent to the scene immediately.

A split second after putting the phone down, Alex and the two beach wardens entered the water and helped rescue two young children and one man to the shoreline, before Alex performed CPR on the adult for a sustained period of time.

These events occurred as search and rescue units - which included Barmouth RNLI lifeboat, Barmouth Coastguard Rescue Team, the coastguard helicopter from Caernarfon, Helimed, North Wales Police and Welsh Ambulance Service - made their way to the beach. The adult casualty was passed into the care of the coastguard helicopter and ambulance service.

Alex’s swift but calm intervention under intense pressure recently led to him and beach wardens Kane and Jordan being handed the Society’s ‘Testimonial on Vellum’ accolade, which is awarded to individuals who put themselves in considerable danger to save, or attempt to save, someone else.

“The incident happened in the blink of an eye so it was really important that we reacted as fast as possible - and everyone played their part in helping.

“It was a joint effort and everyone came together to help in difficult circumstances.”



Fallen walker airlifted in Pembrokeshire

TENBY Coastguard Rescue Team was involved in a multi-agency rescue involving RNLI lifeguards, an RNLI Lifeboat and Coastguard Rescue Helicopter 187.

Just before 4pm on 21st July, Tenby Coastguard Rescue Team was tasked to assist RNLI lifeguards with a casualty who had fallen on rocks at Amroth.

The team quickly arrived on scene and proceeded to assist with immediate casualty care and assessment. Due to the location, Tenby Lifeboat was requested with their Inshore Lifeboat arriving on scene a short

time thereafter and provided pain relief and assistance with the casualty.

Due to the nature of the injuries sustained by the casualty and the challenging location, Coastguard Rescue Helicopter 187 was requested to assist with extraction.

Once on scene, the winch paramedic was lowered down with the team assisting packaging the casualty for the transfer to the helicopter.

The casualty was thereafter transferred to the helicopter for further onward transport and treatment at Morriston hospital.



FAMILY WINCHED TO SAFETY IN LYNMOUTH

A FAMILY were resuced in Lynmouth in Devon on 23 June 2021 after being cut off by the rising tide.

A multi-agency rescue operation was launched with Lynmouth Coastguard Rescue Team, Ilfracombe All Weather Lifeboat and Rescue Helicopter 187 all being tasked to the incident.

The casualties were located between Lynmouth and Sillery Sands with the family winched to safety by Rescue 187 before being dropped off at Lynmouth Beach assisted by the Coastguard Rescue Team. Fortunately in

this instance no persons were injured and the Coastguard were contacted when the family realised they were being cut off by the tide.

Posting on their Facebook page, Lynmouth Coastguard Rescue Team said: “When exploring the coast please make sure you take the trouble to find out all the information including tide times, weather conditions and local advice from any information centres.

“The Bristol Channel has some of the highest tidal ranges in the world. If unsure in any way please do not take any risks and stay safe.”



CELEBRATING VOLUNTEER'S WEEK 2021

THE Coastguard Rescue Service is made up of several thousand highly-trained volunteers who staff over 300 Coastguard Rescue Teams across the UK, with Coastguard Rescue Officers giving up their time playing a vital role in delivering HM Coastguard's dedicated 24/7 search and rescue service.

From wake-up calls in the middle of the night responding to incidents to volunteering on birthdays, Bank Holidays and at Christmas, our volunteers – along with full-time staff members – are always on call to help keep people safe at the coast and at sea.

Ahead of the beginning of the UK summer, our Coastguard Rescue Teams, as usual, were preparing for much-improved weather and likely increased footfall to coastal areas. From rope rescue scenario training to stuck in the mud exercises at the beach and coastal patrols, they were getting ready for every eventuality at the coast.

HM Coastguard has also been continuing the work to support emergency service partners, through mutual aid – which has included, in recent months, assisting in making sure COVID-19 vaccination clinics run smoothly as well as staffing COVID-19 testing sites.

Ross Greenhill, who is Coastal Operations Area Commander for HM Coastguard and based in Aberdeen, is actively involved

in delivering training to Coastguard Rescue Officers.

Ross said: "We're all so proud of the effort and dedication our volunteers show on a daily basis and they really are at the front and centre of everything that we do.

"Through our comprehensive training programmes and assessments, our staff and volunteers are equipped with the appropriate and necessary skills and knowledge to respond to emergency incidents at the coast.

"Our volunteers develop their skills during training and exercises and then put this knowledge and experience into practice when attending real life emergencies."

FOUR RESCUED FROM INFLATABLE UNICORN

HORNSEA Coastguard Rescue Team was called out for the third time in one day on 13th June 2021 to reports of an inflatable being blown out to sea with persons in the water.

Hornsea Coastguard Rescue Team responded alongside Bridlington Coastguard Rescue Team and Hornsea Inshore Rescue Boat.

Four adult casualties were rescued by Hornsea Inshore Rescue and were safely brought ashore along with their inflatable unicorn.

Once safely ashore and with no persons requiring any medical treatment, Coastguard Rescue Officers provided some key safety advice to those involved.

Hornsea Coastguard said on their Facebook page: "We would advise never to use inflatables at sea, you can quickly find yourself being blown further out.

"If you do find yourself in difficulty never try to swim back to shore. Always stay with the inflatable as a means of flotation, signal for



help or call for the Coastguard on 999 using a phone which should ideally be kept in a waterproof case.

"Should you end up in the water and have no means of flotation then remember Float To Live and wait for rescue services to arrive."



PRIDE OF AREA 4

AS the COVID-19 pandemic continued to see public events and celebrations either cancelled or reduced in numbers over the summer period, Greenock Coastguard Rescue Team was determined not to let this get in the way of supporting Pride Month.

With the Pride events and marches cancelled, the team deployed to one of their most picturesque areas of their patch at Cloch Lighthouse in Gourrock, to quite literally fly the flag.



Water safety partnership

THE Ardrossan Coastguard Rescue Team has been working in partnership throughout the summer with Ayrshire Police Division of Police Scotland to promote coastal and water safety.

The partnership approach has been developed over several years in response to a number of local incidents and recurring issues leading to joint incident prevention patrols, social media messaging and educational inputs.

The partnership approach has been well received by the local community with planning already underway for the 2022 summer season.

COVID-19 SUPPORT CONTINUES IN NORTHERN SCOTLAND

HM COASTGUARD is continuing to provide support to NHS Western Isles as part of the ongoing vaccination programme on the Outer Hebrides and NHS Highland, assisting in COVID-19 Testing in Skye and Lochaber. Coastguard Rescue Service Teams and Duty Officers have been lending a helping hand at the mass vaccination clinics at Stornoway, Tarbert (Harris), Balivanish (Uist) and Castlebay (Barra) in the Western Isles.

This work has helped to ensure that the sites run effectively and smoothly for those people who are attending appointments for either their first or second doses of Coronavirus vaccines.

Coastguard teams are also providing a dedicated patient transport service to take those who would otherwise be unable to attend appointments, due to lack of transport, into these clinics.

Coastguard Rescue Teams in Skye and Lochaber are also working closely and in partnership with the Scottish Fire and Rescue Service at COVID-19 testing stations in Skye and Lochaber – helping to ease any logistical challenges.



Murdo Macaulay, HM Coastguard Operations Area Commander for the Western Isles, Skye and Lochaber, said: "There's so much community spirit in the Western Isles and it's important that we do all we can to support the NHS with the successful Coronavirus vaccine rollout.

"Our dedicated volunteer Coastguard Rescue Officers have

been working hard for a number of months to not only ensure that the clinic is operating effectively, but also assist in the transportation of completed COVID-19 tests across the Western Isles chain and the provision of additional aid at testing sites."

Murdo added: "We're proud to be doing whatever we can to help people and the communities in

which we serve during this difficult period of time and, as normal, we're always ready to respond to incidents with our dedicated, 24/7 search and rescue service. I would really like to express my thanks and gratitude to all our teams and volunteers for their unwavering commitment to the cause."

NHS Western Isles Chief Executive, Gordon Jamieson, said: "We are indebted to our partner agency colleagues, HM Coastguard, who have been an essential part of the team to deliver the vaccination programme in the Western Isles.

"It's an enormous team effort to plan and deliver a mass vaccination clinic, and we are hugely grateful for their ongoing invaluable input and their continued support to the programme and to the patients attending."

NHS Highland Chief Executive, Pam Dudek, said: "I am very grateful to everyone at our partner agencies, including HM Coastguard, for their hard work in supporting the COVID-19 response and for providing assistance to our local communities with the testing programme.

"Our HM Coastguard colleagues bring with them a wide range of specialised skills and their assistance is greatly appreciated."

Coastguard crew first to land on RRS Sir David Attenborough



A HM Coastguard helicopter crew have described their recent joint training exercise with the polar research ship RRS Sir David Attenborough as a 'special' experience as they became the first-ever to use the helideck.

Kate Willoughby, a winchman paramedic based at the Humberside search and rescue base, said the Humber helicopter had been looking for a suitable vessel to engage with on a training run when she spotted the advanced research vessel and made contact.

She said the helicopter crew wanted to see if the vessel was willing to engage in the exercise and they were 'very keen' – with the helicopter taking part in two days of activities.

On the Thursday, a crew member was winched from the helicopter to the vessel and back before they returned on Friday to become the first-ever helicopter to

land on the helideck.

"They were very keen to take part in the exercise – it was really exciting, as soon as I spotted them in our vicinity I knew we had to get in touch to ask if they were willing to take part," Kate said.

"And they really were, it was a great experience.

"It was amazing for me as well as winchman because I was the one who was winched on board, and even got to see a tiny bit of the vessel as we had to walk through the ship from the stern to the bow for winch recovery. It's a stunning vessel.

"They then told us they'd never had a helicopter land so, although we weren't able to do it that day, we sent a team back on Friday to do this.

"It's fantastic to have been part of the team to be the first to land on a fairly famous vessel."



A DAY IN THE LIFE OF...

Coastguard Rescue Officers Robert Campbell and Raymond Wilson

Editor Kevin Paterson sits down with two of his own team who have joined the Coastguard Rescue Service within the last two years to talk about their journey through recruitment, new entry training and what it is like adapting to life being #alwaysoncall and ready to respond to those in need....

IN our third 'A day in the life of' feature we catch up with Robert Campbell (**RC**) and Raymond Wilson (**RW**), two of the recent recruits to join the Ardrossan Coastguard Rescue Team in Area 4 in southwest Scotland.

LENGTH OF SERVICE?

RC: Two Years

RW: Six Months

WHAT TEAM AND AREA ARE YOU IN?

RC: Ardrossan CRT in Area 4

RW: Ardrossan CRT in Area 4

WHAT ATTRACTED YOU TO JOIN THE COASTGUARD?

RC: A few years before I joined, I was actively involved in delivering basic water safety education to local community groups and schools.

It was through these events I met members from the Ardrossan Coastguard Rescue Team and became interested in the work they done. After moving to Ardrossan a few years later, I kept an eye on their social media accounts and seen they were holding a recruitment evening. I went along and the rest as they say is history.

RW: I had seen advertisements on social media, noting the varied roles and responsibilities a Coastguard Rescue Officer had to carry out.

I discovered the CRO role was a multi skilled and disciplined role with major responsibility. Doing some further research into the Coastguard Rescue Service, I very quickly decided this was something I wanted to get involved in.

HOW DID YOU FIND THE RECRUITMENT PROCESS AND WHAT WAS INVOLVED?

RC: The recruitment process was straightforward and stress free. Myself and some others were invited along to an open night and had an introduction to what was expected. We had a PowerPoint presentation followed by a tour of the station and kit and met some other team members.

This just cemented my desire to join so my application was submitted and I was lucky enough to get an interview which was very informal and relaxed with Station Officer (S/O) Kevin Paterson and Area 4 Senior Coastal Operations Officer (SCOO) Steve Muldoon. I was interviewed in the September, had my medical in the October and was at my first team-led training session in the November of 2019 to get up to speed and get an insight for my foundation training which was to be held in the January 2020.

RW: Recruitment for me was a long process due to the impact of COVID-19 and physical distancing rules. The process itself was by application form and after successfully making the paper sift, a face-to-face interview. This was a painless process because of the welcoming nature of both the SO and SCOO.

TELL US ABOUT YOUR FOUNDATION TRAINING COURSE?

RC: Foundation training was held for a full

week in January 2020 at Greenock Coastguard Rescue Team with two of AREA 4 SCOOs Steve Muldoon and Peter Stewart, with some additional support from other local area S/Os throughout the week.

There were 12 new recruits on my course from five different teams which certainly helped to see friendly and familiar faces when meeting other teams in later months when responding to multi-team taskings.

Foundation training certainly gave me a positive and eye-opening experience with all the theory but especially the hands-on practical training. I certainly felt I had learned the basic skills by the end of the week to confidently but carefully go about any duties I was asked to carry out. It also put me in the mindset of how to proceed with future team-led and official training.

After completing Foundation week and then attending the weekly team-led training sessions, I found out the learning just keeps going and took me into the more in-depth side of Coastguard skills. I know I made a great decision when I applied to be part of H.M. Coastguard.

RW: Foundation training course was carried out in Greenock Coastguard station. It was a nice mix of theory and practical exercises. This was slightly different to all previous training courses held before us as we were the first group to train under COVID-19 physical distance guidelines.

This had little impact if any on the well organised training course which was completed by both written exam and practical assessments throughout the week. As I went through the course, I quickly began to gain a sense of pride in the service I was privileged to become a part of with an already professional and well-established team. Training standards are high as are the expectations for each team member who represents HM Coastguard in our local communities.

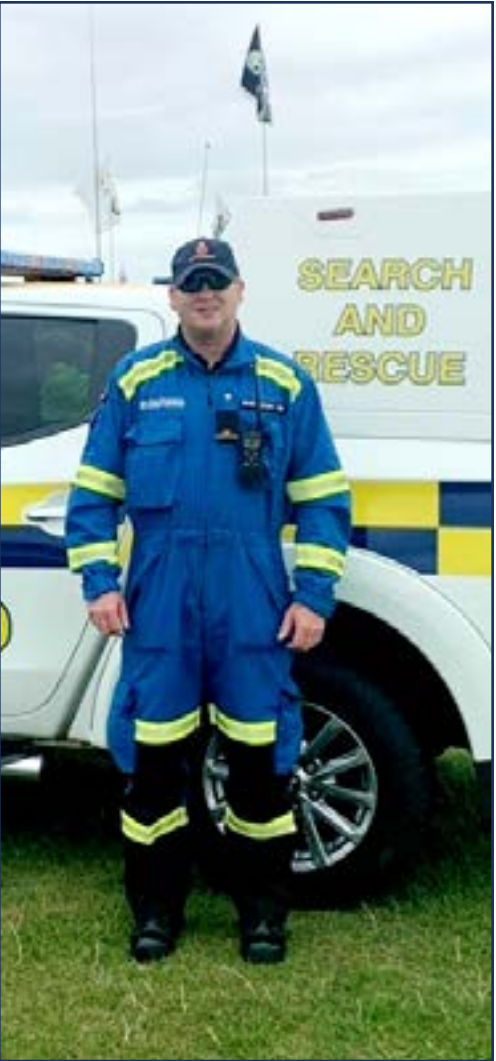
LOOKING BACK TO WHEN YOU INITIALLY JOINED, IS BEING PART OF THE COASTGUARD WHAT YOU EXPECTED?

RC: Before joining the Coastguard, I spoke to my SO about what would be involved in the role, about the expectations and the training so I feel I went into the role knowing what to expect. I think the training I received initially and completed with the team regularly has allowed me to be confident in my abilities and I have enjoyed the wide variety of taskings over the past two years.

RW: Absolutely! And so much more. I had a naive understanding of what and who I thought the Coastguard are and the role they fulfil. Some of my understanding was confirmed however so much more was then offered through training and responding to incidents.

HOW DOES YOUR FAMILY FEEL ABOUT YOUR COASTGUARD ROLE WHEN YOU GET CALLED OUT AT ALL TIMES OF THE DAY AND NIGHT?

RC: Being called out at any time of the day and for unknown periods of time can be a stress on family life.



.....
“ My escape is my Faith, something I draw on every day. This is something I am proud of and do not hide from my colleagues...”



.....
“Without the support and understanding of our families it would be challenging, if not impossible, to live life on call as part of a Coastguard Rescue Team...”

I am very lucky to say I have a very understanding wife who knows I love what I do and just says “off you go” when the pager/ phone goes off.

My two daughters are grown up and are proud of what I do as long as the pager doesn't wake them out their beauty sleep at 2am! On a serious note, no doubt families must be thanked for putting up with us leaving and the special occasions we may miss, and although they know we appreciate it, sometimes it is nice to actually tell them so to my family reading this – thank you!

RW: I think without the support and understanding of our families it would be extremely challenging, if not impossible, to live life on call as part of a Coastguard Rescue Team. We had spoken about it and until you are in the Coastguard and call outs start coming in, it is difficult to imagine how you will fit around it without too much inconvenience.

Now I am on the alerting and tasking system, it is easier for my wife and family to understand how the Coastguard fits into our daily life. My family, especially my younger two, miss me and occasionally over think the worst-case scenarios which we discuss and reassure them as best as we can.

However, they are proud of the fact that I do contribute to my local community and respect the job we do.

WHAT IS YOUR DAY JOB, WHAT DOES THAT ENTAIL?

RC: I have good availability on-call because of my job at a local Papermill which makes magazine paper that gets shipped worldwide where I work a four on six off shift pattern.

I have been doing this for 16 years and work as a process operator in the Pulping/ Grinding plant and during my 12 hour shifts I rotate between monitoring control room screens/Field checks out in the plant/OFF-load chemicals for other areas and help maintain machinery where required.

I am also a member of my works Emergency Response Team (ERT) on a pager system when on shift where we can be called to any type of incident in the mill including fire, first aid, rescue and chemical spills.

RW: My day job is Aviation Firefighter at Glasgow Prestwick Airport. This entails responding as necessary to all emergency shouts including aircraft emergencies, medical emergencies in and around the airport, fire alarm activations and extensive training in all aspects of fire fighting.

We also have extraneous duties including airport security, bond hauling and assisting as required with the baggage upload/offload. In the winter we carry out de-icing and snow clearance duties for both runways meaning we are always open 24/7 365 days a year.

ARE THERE SKILLS YOU’VE LEARNED IN THE COASTGUARD WHICH YOU CAN NOW USE IN YOUR FULL TIME EMPLOYMENT?

RC: I think my work has benefited more with me bringing my training and experiences from Coastguard back to our training and

incidents at work where it has given me more confidence and set up some better systems and more positive mindsets.

RW: Coastguard has a First person on scene level of first-aid training. This has been a level above our first aid level training. There are many other skills and should the right situation arise I will tap into the additional skills gained over time.

HOW DO YOU ESCAPE FROM WORK PRESSURES TO LOOK AFTER YOUR OWN WELLBEING?

RC: Away from work and when I do sign offline I like to do a bit of hillwalking and photography, I like the peace and quiet and not scared to admit when on the mountains myself I do talk to myself out loud and it does get the stresses and strains out the system by the time I’m heading back off again.

And even off the mountains, I have a good friendship with the team and there are a few of us always chatting and messaging, having a laugh talking about anything and everything and without a doubt that’s a massive help.

RW: My escape is my Faith, something I draw on every day. This is something I am proud of and do not hide from my colleagues. I find peace and leave the worst situations I have seen all my life in God's hands. I find this a great comfort to find peace in all situations regardless of how difficult.

My Faith gives me immediate closure when walking away from a call out. I also enjoy walks, history, castles and days out with my family who I need and count on their support to lift me.

My family can lift me in the hardest day, night or situation and bring happiness when most needing a lift. They contribute to my health and mental wellbeing.

WHAT ADVICE WOULD YOU GIVE TO ANYONE CONSIDERING BECOMING A VOLUNTEER WITH THE COASTGUARD RESCUE SERVICE?

RC: I get asked about joining the coastguard all the time and the advice I give them is the same advice I’ve had and heard for years - you will get out of it what you put in.

You need to dedicate yourself especially in the beginning with extra training, making sure you can attend as much as possible and still have some time for yourself and your family so as not to burn out or overdo things.

But it is a commitment and does require some extra energy and will power and that want to learn and help attitude. As for the Coastguard Association, I have only just this month joined and it’s great to know that they are here for you if you need them.

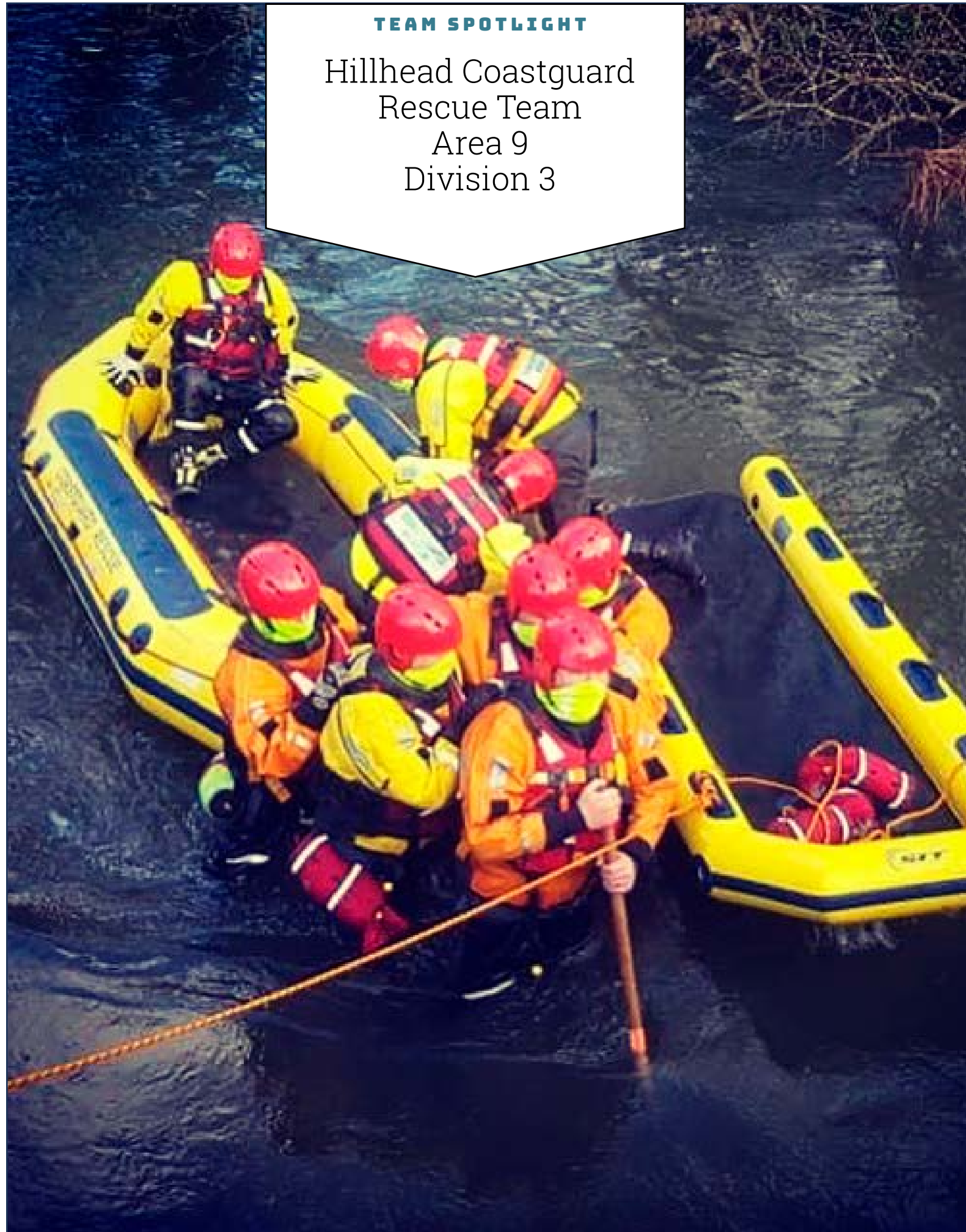
Never be afraid to ask for help as we ARE one big family and that includes your team, your area, the wider Coastguard Rescue Service and of course the Coastguard Association.

RW: Easy, if you’re thinking about it, do it you won't regret it. You will gain new skills, new friends and become a valued member in your local community! It's one of the best decisions I have made in my life and I wish I'd done it years ago.



TEAM SPOTLIGHT

Hillhead Coastguard Rescue Team Area 9 Division 3



HILLHEAD Coastguard Rescue Team is located in the centre of the south coast in Hampshire covering 45+ miles of urban coastline incorporating two major ports (Portsmouth Harbour the Home of the Royal Navy & Southampton Container port & cruise terminals) plus the Solent, which is one of the busiest waterways in the world.

Our guard also has two major rivers, the Hamble and the Itchen which runs through the city centre of Southampton with high bridges & 10+ Marinas.

Hillhead Station is co-located with the Coastguard National Technical Training Centre and Coastguard Search & Rescue Helicopter 175 Flight within a secure compound on Daedalus Airfield in Lee-on-the-Solent.

Hillhead are a mud team which average around 250-300 calls per year. Hillhead also provides Water Rescue Technicians to the South Flood Rescue Team and we have HM Coastguard Community Safety Officers which work in partnership with our RNLI Colleagues throughout area 9 on safety campaigns, visits and public education.

Due to our location we are fortunate to have competition for positions on the team and recruitment attracts applications from a diverse variety of backgrounds including, JRCC Op's room staff, Paramedics, Coastguard helicopter staff, Council workers, IT professionals, Marina Staff and stay at home mothers.

The Team recently had a change of leadership when our previous Station Officer Phil transferred from his position within Operations to the Coast as the Coastal Operations Area Commander

(COAC) for Area 7. We are pleased to say that Gary is doing a tremendous job as his replacement.

During a major incident when the "Hoegh Osaka" a 51,000 Ton ship carrying 1,400 cars listing at 50 degrees ran aground in the Solent the team set up and ran a casualty receiving / triage centre in the aircraft hangar for 25 crew members which through the night were winched from the stricken vessel by the coastguard helicopter whilst our Station officer and SCOO assisted coordinating rescue operations at the Southampton port VTS control room.

More recently the team were tasked during the 'Beast from the East' to help 1000 stranded vehicles stuck in the snow along the A31 through the New Forest.

The team worked alongside a land rover from Hampshire Fire & Rescue checking the welfare of the occupants of the vehicles and clearing them from the path of two following snowplough gritters.

Working the entire night in deep snow utilising the Coastguard 4x4 capability the team enabled the road to be reopened and all vehicles to be freed.

Overall the team is very busy operationally so it is not uncommon for us to deploy our mud or water rescue capability more than once in a week. Due to the topography of our guard we often utilise our Casualty Care skills to carry out Basic life Support or other aid to casualties.

The team has an excellent working relationship with South Central Ambulance Service, Hants & I.O.W Fire & Rescue, Hampshire Police, M.O.D Police and our flank teams at Portsmouth and Lymington, which are both also mud rescue teams.





TAKING THE HIGH ROAD TO SUMMIT BEN LOMOND

COASTGUARD colleagues from Area 4 in Scotland strapped on their walking boots for a charity yomp up Ben Lomond.

On an early morning in July, the team of intrepid adventurers including Senior Coastal Operations Officer Steve Muldoon and Coastguard Rescue Officers from Greenock Coastguard Rescue Team and teams from Area 4, set off with the rising sun to undertake their charity climb.

Sitting at 974 meters high, Ben Lomond sits on the scenic eastern shores of Loch Lomond and is a popular destination for walkers both home and aboard, with 'the

Ben' even making it into the lyrics of the famous Runrig Song, Loch Lomond.

In total, the team successfully raised over £1,300 for the Coastguard Association.

Posting on social media after the event, Steve Muldoon wrote: "What an absolute blast climbing Ben Lomond this morning with this bunch, great banter and a great day."

"Thank you to all of you who donated to the Coastguard Association, £1300 raised and your donation will go towards Coasties who find themselves in harder times."

A massive well done and thank to you everyone who took part and donated.



Get on your marks for CGA virtual 5K

WE are all now familiar with the world of virtual events following the start of the COVID-19 pandemic.

From meetings to weddings and marathons to open days, virtual events appear here to stay and the Coastguard Association is now different.

Registration is now open for the Coastguard Association 5K which will take place between the 11th and 17th October 2021 and organised by Jamie Jenkins and his colleagues from the Llantwit Major Coastguard Rescue Team.

The event is £10 to enter and on completion you will receive a finishers medal. Numbers are limited to 100 with less than 25 spaces still available as Coastline went to publication so you better be quick to snap up one of the last few remaining places.

To enter please email your name and address of those who want to take part to Llantwit5k@gmail.com and we will reply with further joining instructions.

Good luck and thank you to everyone taking part.



Coastguard Association 5K



SUNSHINES FOR SCOTTISH CYCLING LAUNCH EVENT

THE Ardrossan Coastguard Rescue Team joined partner emergency services and armed forces for the Scottish launch of the Blue Light Cycling Club.

The launch event took place at Ardrossan South Beach in Ayrshire with Police Scotland, Scottish Fire & Rescue, Scottish Ambulance Service, HM Coastguard and the British Army all attending.

Joining the team at the official launch was Matt Leat - Head of Infrastructure for HM Coastguard based at HQ in Southampton, who is also the Blue Light Cycling Club chair for search & rescue organisations.

He said: “We should never underestimate the value that health and wellbeing bring to those who service in the blue light community.

“Responding to traumatic incidents can take its toll on an individual’s mental health. Cycling and exercise are proven to be great for your mental health and the Blue Light Cycling Club has created a great place for like-minded people to exercise and discuss things in a safe space.

“Working in the emergency services, as well as volunteering for nearly 20 years for a search and rescue organisation has enabled me to see first-hand the challenges presented to staff and volunteers, but also

the camaraderie that goes along with it when working together at incidents. The club is also going to be a great way to support charities linked to organisations across the services.”

Also attending the event was senior management from Police Scotland and the Scottish Fire & Rescue Service.

Chief Superintendent Faroque Hussain, Divisional Commander for Ayrshire Police Division, said: “For me, wellbeing is about being comfortable, healthy and happy which helps bring stability for us all in our personal and working life. My colleagues in Ayrshire work tirelessly to protect our communities with some incidents bearing a heavy toll on them.

“This is why I am an advocate of physical and mental wellbeing and the resilience it offers to us in our ability to be balanced both physically and mentally.

“I am confident the Blue Light Cycling Club embodies these core values and shared beliefs, and I wish them my sincere best wishes and good fortune on their future journeys and success.”

The Blue Light Cycling Club is supporting a number of charities including the Coastguard Association - the charity that supports Coastguard personnel and their dependants in their time of need.

You can find out more about the Blue Light Cycling Club at: <https://www.bluelightcc.co.uk/>



ASSOCIATION ‘BAGS’ A LARGE DONATION

COASTGUARD Association Chairman Stuart Arundel travelled to North Yorkshire recently where he met Proudfoot Group Director Valerie Aston at their Newby store.

As part of their ongoing fundraising campaign, Proudfoot Group are donating proceeds from the sale of carrier bags in their stores to local and national charities, and the Coastguard Association was selected to be the recipient of a most generous donation of £2500. Members of the local Scarborough and Burniston Coastguard Rescue Team were also in attendance at the presentation.

The Coastguard Association is a national registered charity affiliated to HM Coastguard, and is led by a team of volunteers who are all themselves serving or former officers, who operate and fundraise to provide welfare for their members and colleagues, active and retired, who fall on hard times. As with all charities their fundraising has been severely curtailed during the pandemic so the Proudfoot Group’s donation was a very welcome and unexpected bonus.

The Stuart Arundel thanked Valerie Aston for nominating the Coastguard Association to receive such a generous donation and pledged that their contribution would be earmarked for use in the locality.



100KM CHARITY ENDURANCE RACE CHALLENGE

A COASTGUARD Rescue Officer has undertaken a gruelling 100km ultra-marathon challenge to raise money for the Coastguard Association.

Nigel Williams, a member of Dale Coastguard Rescue Team in Area 13, completed the 2021 Race To The Stones event which involved covering 100km (62 miles) in under 24 hours along Britain’s oldest path, the Ridgeway.

The Ridgeway runs from Lewknor in Oxfordshire to Avebury in Wiltshire with the route lined with Bronze Age hill forts, Neolithic burial chambers and Roman river crossings, with competitors stepping in the same footsteps as travellers who lived over 5,000 years ago.

Nigel successfully completed the endurance event with a finishing time of 20 hours and 20 minutes - an incredible achievement.

Nigel’s incredible efforts have raised a total of £1,584.88 which is being split 50/50 with the Coastguard Association and the Wales Air Ambulance.

The money raised included match funding of £250 for each charity from Valero Pembroke Oil Refinery.



Speaking to Coastline Magazine after the event, Nigel said: “This was a massive challenge which took a lot of time to train for.

“I’m so happy I completed it - it was an amazing experience. I would like to thank everyone that sponsored me.”

INVITE TO 200TH
ANNIVERSARY
CELEBRATIONS



THE Coastguard Association are delighted to be holding a special celebration to commemorate the 200th anniversary of the forming of Her Majesty's Coastguard.

Tickets are on sale now for this historic event taking place on the evening of Saturday 15th January 2022 at Trinity House in London with doors opening at 630pm.

The event will be attended by Senior Officers and Executive Members of the Maritime and Coastguard Agency, and is open to Coastguards past and present and their families to come together to commemorate the organisation which we all commit so much to.

This is a once in a lifetime opportunity to celebrate a significant milestone of the agency, meet Senior Officers and the Coastguard Association Committee with photos and other memorabilia being on display showcasing the Coastguard Rescue Service through the ages.

Tickets cost £85 per person and include a drink on arrival and buffet and are limited in numbers so if you're interested in attending, please don't delay to avoid disappointment.

For further information or to order tickets please contact the National Secretary, Joanna Howard, via email at: Secretary@coastguardassociation.org.uk

We look forward to seeing you there.

2022 CALENDAR

The anniversary special 2022 Coastguard Association Calendar is in the final stages of production as Coastline went to press.

Keep an eye on our social media feeds for more information in the very near future about the calendar and how to order.

DOPEY THE DOG BRINGS A
HELPING PAW FOR CONNOR

THE Coastguard Association prides itself in being their to support Coastguard personnel, both serving and retired, and their families when they need some additional assistance.

Whether a full time member of staff working behind the scenes or part of a Coastguard Rescue Team responding to emergencies on the frontline, we dedicate so much time, effort and energy into helping others. And the Coastguard Association exists to ensure this is reciprocated.

When Denise Myers, a Divisional Administrator contacted the Coastguard Association to make them aware of her son's ongoing fundraising efforts to enable him to get an assistance dog, the association was only too happy to help.

Denise said: "I have two children who live with me and my eldest, Connor, has suffered with his mental health for quite some time. It has got worse and he has now been diagnosed with Tourettes and Connor set up a GoFundMe page to help him get an assistance dog and to help him start enjoying life again."

Speaking to Coastline Magazine, Connor said: "I've always has small tics or impulses to do things that weren't understood by anyone.

"I suffered a knee injury in 2018 which lead to me seeing a neurologist in but we also mentioned my tics whilst there. The doctor said he thought it may be OCD but didn't see any evidence of Tourette's Syndrome and nothing was formally diagnosed.

"In early 2020 I went back to the doctors again but had to wait for a consultation with a neurologist. Due to Covid-19 this wouldn't be for some time and during mental health treatment in June, I underwent numerous tests including for Obsessive Compulsive Disorder (OCD), but the tests all proved negative.

"Finally in January 2021, I had a video consultation with a Neurologist who diagnosed me with Tourette's Syndrome and referred me to a Neurologist in Exeter to start treatment."

With a formal diagnoses, Connor quickly went to work to look at positive solutions to assist him in his day-to-day life and fully embraced the challenge to face his diagnosis head on and not let it hinder him.

He said: "I started doing my own research and discovered some people have an assistance dog to help with certain tasks that are difficult due to Tourettes.

"Unfortunately, no charity in the UK recognises assistance dogs can help with Tourettes however it is recognised by several charities in the USA. This meant that I had to buy a dog and fund all of the training and equipment myself so I started fundraising with a GoFundMe page, washing cars and applying for charity grants.

"Given the massive upsurge in people wanting to buy dogs due to the lockdown and the COVID pandemic, dog prices have shot up to thousands of pounds which made my fundraising efforts that much harder.

"Thanks to everyone who has donated, including the very generous support from the Coastguard Association, I have managed to reach my fundraising target and my trainee assistance dog, a black Labrador affectionately named Dopey, came home with us at the end of June.

"Dopey is going through puppy training classes just now and will start full assistance dog training before the end of year. Once trained, Dopey will be able to help me with a range of things I struggle with including opening doors and carrying certain items.

"Dopey will also assist with general therapeutic effects including stopping me biting my hands and picking my skin and



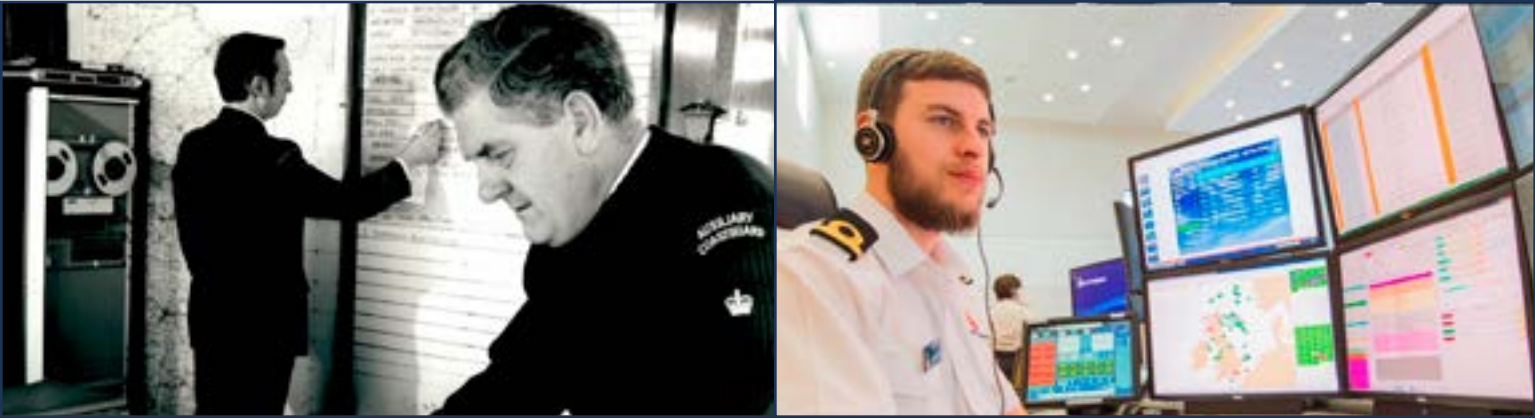
helping, help with my breathing and support me when I have a tic attack."

We wish Connor and Dopey all the best on their upcoming training and we are delighted we were able to provide some additional assistance.

The Coastguard Association regularly supports Coastguard personnel and their families during times of hardship. We are unable to share the stories of many of those who we help given the sensitive and personal nature of their circumstances. We thank Denise and Connor for sharing their story.

If you are a serving or retired Coastguard and you or your family are facing difficult times, the Coastguard Association is here to help. Please do not hesitate to get in touch where your circumstances can be discussed with compassion and in complete confidence.





A JOURNEY BACK IN TIME TO COASTGUARD DAYS GONE BY

THEY say to prepare for the future you need to learn from the past, and that's exactly what we have done as we take a look at how the Coastguard Rescue Service has changed over the years.

"It was madness, utter madness, when you think back to it; but it was the safest thing we had at the time and it saved thousands of lives over the years. I was sad to see it go actually."

Former coastguard rescue officer Tim Stevens is right of course, by today's standards the very concept of a Breeches Buoy or use of a white star rocket in search and rescue activities seems ill-advised to say the least.

And it is, when you have access to helicopters – but, for most of the years since Her Majesty's Coastguard formed in 1822, those that have volunteered their time and lives to the safety of others have not had access to such advanced technology.

So as we get ever-closer to HM Coastguard celebrating its 200th birthday – it seemed appropriate to look back at the history of the technology the coastguards have had at their disposal, to appreciate the advances in safety for our search and rescue experts and those they have saved.

We did that with the help of Tim, who joined the coastguard in 1978 and spent 42 years in the coastguard ranks, mostly from the Penzance base, before hanging up



his helmet, overalls and lifejacket last year. He spent more than four decades in the coastguard, often working alongside the local RNLI lifeboat crews to save countless lives.

The 67-year-old told us of the vast changes he has seen to the way the coastguard operate, as newer and better equipment has become available, and how those improved safety measures have led to fewer lives lost.

Since the coastguard was in its infancy almost two centuries ago, technological advancements include the invention of the telephone, radio – and subsequent creation of the marine VHF Radio – as well as lifeboats as we

know them, lifejackets, radar, helicopters, aeroplanes, the list goes on.

The world of maritime and the risk to life at sea was almost absolute; if something went wrong, your death certificate was all but signed.

And therein lies the secret to Tim's fond memories of systems that would never pass the Health & Safety check these days.

The Breeches Buoy was effectively a zip line, created between land and a sinking ship by firing a projectile – filled with gunpowder – from shore on to the deck of a wrecked vessel with a line attached. Once secured, a lifebuoy harness was pulled back

and forth across the line, allowing people to be rescued from ships within eyesight of shore.

"Looking back now, with all the equipment we have at our disposal, it seems very unsafe to fire a rocket at a ship," Tim said. "But at the time you sort of took it for granted and didn't think about it as dangerous."

"A lot of the equipment would never get used now. Some of the early pyrotechnics probably weren't the safest, they could be a little unstable at times but it's what we had, and it was definitely better than having nothing."

"I remember the last time we used a Breeches Buoy, in 1988, when it was withdrawn from service and we weren't happy, we were worried about losing our best way of getting people off stricken ships."

"But then we saw what they replaced them with, and we all went very quiet, very quickly. I'm sure that's been true of coastguards for the entire 200-year history in fact; we start off worried about losing the vital equipment that gives us the ability to save people but end up delighted and excited by what they give us next."

"Helicopters have obviously improved even more since then, but suddenly we were able to rescue people much further out in the water and quicker too. Helicopters are more versatile, the lifeboats just get safer and safer and everyone is just so much better off."



Grab bag coffee for the frontline

FOR anyone in the emergency services, it's fair to say coffee will probably sit fairly high on the agenda when it comes to daily essentials.

Whether you're a full time shift worker or a member of a Coastguard Rescue Team on call on top of your full-time employment, sometimes a caffeine hit is needed to stay on top form, especially after a late night callout or on protracted incidents.

Enter Triple9 Coffee!

Formed in February 2019, Triple Nine is an independent online coffee store run by members of the UK emergency services where you can buy small batch hand roasted fresh signature coffee.

Designed by the frontline, for the frontline, Triple9 coffee provide all of their caffeine products in convenient and easy to use coffee bags, referred to as Grab Bags to keep in-line with the frontline theme.

With coffee grab bags including Battle Ready, Code Zero, 101, First Responder and the new Defib, there's coffee to meet everyone's preference.

As well as grab bags which are easy to carry in kit bags, pockets and store emergency supplies in your locker, Triple9 also have a range of merchandise including thermal mugs, travel flasks and tumblers which wouldn't look out of place in any emergency service vehicle, aircraft or tactical kit bag.

Triple9 Coffee is there to support the frontline and those who are first to respond, and are supporting the Coastguard Association and the Coastguard by providing a 15% discount - just use the discount code **CG999** when placing your order online.

Visit www.triple9coffee.com to find out more.



TAKE TIME TO STOP, LOOK AND LISTEN

NATIONALLY, over the course of springtime and summer, many Coastguard Rescue Teams (CRT) have been undertaking routine safety patrols in tandem with the spontaneity of emergency response. This has made for a somewhat busier year for our volunteers.

Recently, whilst out on one such patrol, two Coastguard Rescue Officers from Littlehampton CRT decided to take time to stop, look and listen, to their local surroundings; a mindfulness moment, if you will.

At this particular halt, a variety of wild flowers were found to have established themselves amongst the beach shingle. The distinctive and vibrantly coloured, Red Valerian, was widespread in the locality and was playing host to an ensemble of pollenating insects, amongst which, several Red Admiral butterflies had been attracted.

Then, into view from across the shoreline, a Painted Lady butterfly flew by and landed to feed on the nectar-filled blooms of the Valerian. It's a migrant species arriving from regions near the North African Sahara Desert - an extraordinary journey for a creature so small and delicate.

But the star of the show, or at least, this particular moment of mindfulness, was the sudden appearance of a Hummingbird Hawk-Moth; its disproportionately long proboscis and flight behaviour give rise to its common name.

This very distinctive day-flying moth is an Iberian visitor, more often seen in gardens than beaches, and flitting between sweet scented fronds of buddleia.

As we stopped and mused at this tiny window upon the world, both CROs realised they were witnessing not just a 'coming ashore' of a couple of migrant insects, but a revival of the seasonal co-dependency between flora and fauna, which makes our summertime so amazing.

In all likelihood, these moments were probably the first opportunity these beautiful creatures had to land and feed, since leaving foreign shores. Their journeys and survival, all the more incredible.

When you next visit the coast, perhaps when out on a routine safety patrol, do take time... to stop... look... and listen... even if it's just for a few minutes... to hopefully appreciate the wonders that surround.

The UK's coastline has a rich mix of environment and habitat, each hosting its own peculiar eco-system.

So, what's happening where you are? Take time, to find out.

TRAVEL WITH THE BEAR NECESSITIES

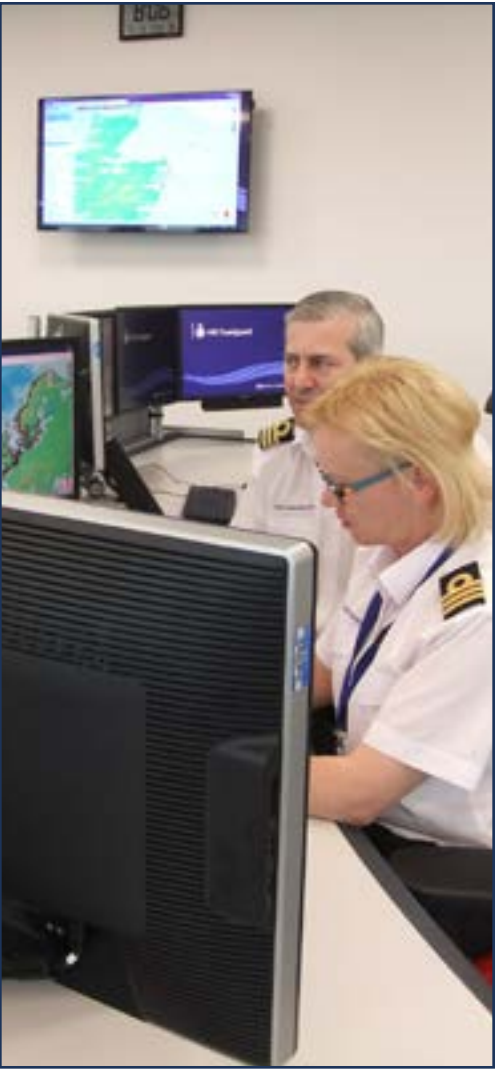
IT'S time to get the bags packed and passports stamped as the official Coastline Coastguard Rescue teddy, affectionately known as 'Bear' is about to set off on an epic adventure around the UK.

Bear will be visiting Coastguard Rescue Teams around the country and updates of his exploits will be shared in future editions of Coastline Magazine and also on the Coastguard Association Social Media feeds.

Stay tuned and standby on channel 00 with more information to follow.



FROM THE OPS ROOM
with Dawn Petrie



WHEN a call is received into the Maritime Rescue Coordination Centre (MRCC) or Joint Rescue Coordination Centre (JRCC) there are several steps which are taken before assets are tasked. This process can be completed in a matter of minutes or can be longer depending on the incident type.

Firstly, we gather as much information from the initial call. The information will include the nature of the incident, where it is, how many people or vessels are involved, what assistance is required, on scene weather.

A lot of people have the misconception that assistance is delayed by staying on the phone. That is not the case. One person will be on the phone gathering the information and the team around them will be the ones listening to the information, making decisions and tasking assets.

This information is then analysed, and the incident type is selected based on this information. The incident narrative generates additional, or support questions based on the standard operating procedure, this helps the call taker to identify information gaps at an early stage.

The incident phase is also declared at this point which will indicate the level of response required based on the information received. There are three main incident phases starting with the Uncertainty phase.

This phase indicates that a person, aircraft or vessel may require assistance, but more information is needed in order to fully understand the situation. An example of this might be a report of a flashing light close to shore and a coastguard rescue team is required to attend the scene to investigate the light source and identify if something or someone requires assistance.

The next phase is the alert phase. This phase indicates that a person, aircraft or vessel is needing assistance to rectify their situation, but this response is not necessarily immediate.

An example could be a vessel drifting offshore and not in any immediate danger but will require assistance to get to shore or a person in an inaccessible location with a broken limb and requires assistance to be brought to medical care.

The highest incident phase is distress. This is where a person, aircraft or vessel is in a situation where they are in grave and imminent danger and require immediate assistance.

An example of this could be a person stuck in mud on a rising tide, or a person fallen overboard from a vessel, or a person with a serious medical condition on a vessel requiring hospitalization.

The phase of the incident can be changed as more information is received. So, taking the example of the lights on the shore in the uncertainty phase and a coastguard team on scene reports that some people are cut off and stuck on a rising tide this then can either be upgraded to the alert or distress phase depending on the time of the next high water and other factors such as if the people have injuries, weather on scene, medical conditions, time of day.

Equally an incident can be started in distress phase and as the incident is resolved but isn't complete the phase can be downgraded to the alert phase.

Once the phase has been declared this will give the operations room an idea of the assets required to resolve the incident effectively. It may be that one Coastguard Rescue team and a lifeboat is required. Other incidents require multiple lifeboats, coastguard rescue teams, helicopters as well as the other responding vessels and emergency services.

In my 15 years in the operations room, I have my fair share of highs and lows, the funny jobs, the downright bizarre, remembering always though the ones we couldn't bring home but those we save, against all odds, always outweigh the bad.

The 1st May 2017 started as any other in MRCC Belfast, a few routine calls and traffic reports until around 1315 local time when

MRCC Belfast received a call from Police Scotland reporting an overdue surfer.

The surfer was known to have gone surfing from Machrihanish beach on the Kintyre peninsula the previous day and had not returned as planned. The SMC in Belfast immediately put a plan of action in place and firstly tasked the local Coastguard Rescue teams to meet with police at Machrihanish, quickly followed by the request to the Lifeboat Launching Operations Manager for the use of the lifeboats to proceed to the scene to search. A police helicopter had been tasked and was proceeding to assist with the search.

The team in the operations room where still gathering information from the police on scene trying to ascertain the circumstances around the surfer being missing and the tasking of assets. In addition to this the staff are preparing broadcasts for transmission as well as creating search plans on the software system.

In order to create search plans specific information is required such as the time the surfer started drifting, the time the search assets will arrive on scene as well as the weather conditions, both hindcast and forecast, sea state and temperature, along with information about the casualty itself including what they were wearing and the type of vessel of craft they were on.

This information is then entered into the system and a search area is defined. The next step for the operations room is to allocate a search pattern to the assets at sea for them to effectively cover the search area.

Again, specific information is required from the searching assets such as speed they will search at, height of radar or altitude if it is an aircraft. The MRCC operators will also be communicating on channel 16 to vessels who may have responded to the broadcast and deciding if their offer of assistance is appropriate.

The coastguard rescue team on scene, confirmed the missing surfer's car was locked in the car park and was last seen around 1130

local time the previous day. Throughout the afternoon and into early evening search plans were being defined and redefined and as time went on these search areas got bigger. Multiple lifeboats and Coastguard rescue teams were involved in the search as well as police and coastguard helicopters.

At 1830 Local time the night watch started at MRCC Belfast and a full and complex handover was conducted between the SMC's. The oncoming SMC reviewed the actions of the day watch and was sure they were content with the current situation before of off-going watch went home.

Before a search can be suspended or terminated there is a set of procedures and steps which must be completed. This includes briefings with all parties concerned in the operations room, duty officers on the ground, senior management, partner agencies.

A review of the actions taken search plans and key information is undertaken to ensure that nothing has been missed and all areas searched to the highest probability. Survivability is checked on this occasion upper survival limit was approx. 14 hours, and once all this is reviewed and everyone content the search is scaled back.

It is important that the family are made aware of this decision and the SMC was in contact with the family liaison officer throughout. This process had just commenced by the day watch. Most of the assets had been stood down, but one lifeboat and one helicopter were just completing the last legs of their defined search.

At 1928 local time, some 32 hours after the surfer entered the water Rescue Helicopter called MRCC Belfast with the words 'We have located the casualty, he is conscious and breathing'.

There was a cheer of elation that rumbled through the ops room, before a very tearful call was made to the family liaison officer informing him, he could tell the parents that their loved one was alive and being flown to hospital.

Four lifeboats, five coastguard rescue teams, one duty Coastal officer, helicopters, police and ambulance and two operations teams all came together to work as one and successfully recover the surfer from the water, alive.

He spent five days in hospital being treated for exposure and required physio on his feet to help him walk again due to the length of time his feet were in the water.

Upon release from hospital, he paid a visit to MRCC Belfast to personally thank us for what we did and to tell us what happened.

He had left the beach around 1130 local time Sunday 30th April for a surf. He suffered a cramp shortly after leaving the shore and struggled to get back on occasions being able to see the registration numbers on cars, he was that close to the shore but was not able to make it.

He spent the next several hours floating with the tides and upon nightfall lay on his board and tried to keep as much of himself out of the water as possible, watching the lights on the shore and fishing vessels in the distance. As day broke on Monday, he began hallucinating and thought he was seeing helicopters or birds, but nothing was close to him, this went on through the day. As it was getting dark, he had resigned himself that he was not going to make it and had said his goodbyes to his family. He was preparing to die.

Then out of the corner of his eye he saw the helicopter again, he got off the board and had the strength to try and lift it up and wave it. It was this action that saved his life. The helicopter crew saw the change in the motion of the sea and went back to investigate and found him, still clinging to his board. The winched him on board expecting the worst and found a happy, smiling and chatting man, so thankful to be alive.

He has since also met with some of the lifeboat and the helicopter crew who searched for him. This is just one of many examples around the coast of the success stories, and one I will never forget.



**DAWN IS A TECHNICAL
TRAINER FOR HM
COASTGUARD WITH
EXTENSIVE OPERATIONS
ROOM EXPERIENCE**

BAG OVERBOARD

WHEN it comes to looking for a waterproof backpack for daily use, you don't need to look any further than the Overboard 20L Classic.

Designed primarily for water sports and outdoor activities, the Overboard 20L Classic backpack is the perfect companion to look after your gear whether on or off the water.

The Overboard story started back to 2006 when founders Dan and Joel quit the rat race and set off on a six month travel adventure filled with sun, sand, surf and scuba diving.

Unable to find a way to keep their tech, valuables and clothes dry and sand free, the duo set about designing a functional waterproof bag that would protect their possessions without slowing them down.

And from here the Overboard brand was born.

From those early beginnings, Overboard are now world-leaders in waterproof bags and cases with customers and distributors in over 70 countries around the world.

Overboard are synonymous with the roll-top rucksack providing all the benefits of a dry bag with all the additional benefits of shoulder straps and comfortable back support allowing you to carry your gear over a considerable distance.

As soon as the Classic 20L is taken out of the wrapper, the exceptionally high build quality is instantly obvious. The backpack is made using industrial weight PVC with welded seams to create a 100 per cent waterproof bag with a Class 3 IP66 rating. The Overboard backpacks can not only handle quick immersion in water but they will also float while protecting your kit.

The Classic 20L was my bag of choice for a considerably wet camping trip to the Isle of Skye in typical Scottish summer weather of strong winds and torrential rain.

Overboard have bag sizes to suit just about every eventuality with the Classic 20L being the perfect size for exploring Skye with enough space for waterproofs, lunch and the dog essentials including folding dog bowl, treats and water.

Hiking several miles over rough terrain exploring rock pools and waterfalls, the Classic 20L was extremely comfortable with its close cell foam straps and back panel. With the bag specifically geared towards those likely to end up getting wet, the straps and back panel have cut outs and a mesh panel to help drain any water.

With plenty of external attachment points and a mesh side pocket, its easy to keep the vital essentials readily accessible or on my case, somewhere to attach the used dog bags while searching out for the next bin along the route!

With easy access to spacious main compartment through the roll top design and an organiser panel inside for keys, travel documents and other essentials, you can explore without limits in the knowledge that whatever happens, your gear in the bag will remain dry, even if you happen to fall into a rock pool! And yes that did happen!

Practical aspects aside, it's hard not to notice how good the bag looks as well. In its distinctive yellow and black colour scheme (other colours available) and high visibility reflective patches, the backpack certainly stands out from the crowd.

After four days of exploration in the rain, the contents in my Classic 20L backpack remained consistently dry and I have every confidence in its capabilities, including carrying expensive camera equipment and electronics without question.

After months of use the bag is faultless and there's every likelihood it will find itself strapped onto the front of my paddle board sometime in the near future.

www.over-board.co.uk
Price: £49.99

Product Features

- 100% waterproof backpack - Class 3: IP66
- Floats safely if dropped in water
- Protects contents from dust, sand, dirt and water
- High Frequency welded construction
- Padded shoulder straps and lumbar support
- Ventilated back panel with air-flow design
- Comfortable and buoyant light-weight straps
- Ventilated straps with reflective patches
- Adjustable sternum strap
- Reflective front strip
- 3 x D-rings for multiple attachment options
- 1 x Large outer elasticated mesh side pocket
- Internal Velcro strip to attach Backpack Tidy
- Top carry handle



STAY WARM AND DRY WITH THE SEALSKINZ BEANIE HAT

WE have no doubt all been there at some stage in the game.

It's pouring with rain, there's a driving a wind in your face and your head is soaking, the water is dropping off your hair and your ears have went numb.

For anyone who spends any amount of time outdoors for either work or pleasure, keeping your head, hands and feet warm and dry is absolutely essential. If just one of these three succumb to the elements it can be hugely detrimental to your day.

The SealSkinz waterproof cold weather beanie hat will certainly help keep your head warm and dry in even the most harshest conditions.

Lightweight at only 110g, the triple-layered knitted beanie is comfortable, insulated and is the perfect addition to your daily carry or your kit bag for those winter days ahead.

Using its unique three-layer construction with

the middle layer being a floating waterproof membrane, the SealSkinz cold weather beanie will stand up against any amount of rain or snow while keeping you warm and dry with a stylish acrylic knit outer layer and a fleece lined inner layer,

So whether you are walking the dog in the rain, setting out to sea on the kayak or paddleboard for a winter paddle or off to explore the hills, you'll want to be taking the SealSkinz waterproof cold weather beanie with you.

Having put this beanie through the toughest weather conditions the west of Scotland has to offer since March, it has not let us down yet.

And as we slowly ease our way into Autumn and the forthcoming winter, you can rest assured the SealSkinz waterproof cold weather beanie will never be too far out of reach.

www.sealskinz.com
Price: £25.00

LIGHT UP THE NIGHT WITH PETZL

PETZL is a well-known name in the Coastguard with the majority of new-entry Coastguard Rescue Officers being issued a Petzl head torch as part of their initial kit issue.

Founded in the mid-70s by cave explorer Fernand Petzl, it doesn't come as a surprise Petzl is established as one of the world-leaders in the head torch market.

The Swift RL Pro is one of their latest offerings and is packed full of the latest features and technology which really sets this head torch aside from anything else out there.

Producing an incredible 900 lumens of lighting power, the Swift RL Pro is Petzl's brightest compact headlamp.

Equipped with mixed and focussed beams as well as white and red lighting, the Swift RL Pro also features Reactive Lighting technology, which automatically adjusts the brightness and beam shape through its integrated light sensor, providing maximum illumination and extending the battery life.

What is instantly noticeable as soon as you take the head torch out of the packet is how light it feels. And that's down to it only weighing 123 grams! The technical specifications and operating modes are impressive to say the least.

Offering four reactive lighting modes to cover everything from close range to distance lighting and the ability to switch to four standard lighting modes if required (often useful in mist, heavy rain or snow) along with a red light option the SWIFT RL PRO is a very versatile headlamp. The lower powered close range and proximity settings really help to maximise the battery life while the higher powered movement and long distance modes give high levels of output.

Reactive lighting automatically adjusts the beam as required at each level to help maximise battery life, for example if you look at a map close up reactive lighting will dim down the light, look up and the light returns to the full power for that level.

You could be mistaken for thinking a head torch with so much functionality would be difficult to operate and have an array of buttons

to push. In reality, it couldn't be easier with the Swift RL Pro being simple and easy to use with only one button for all the functions.

The head torch comes complete with a removable and washable headband for general use as well as a mounting plate to attach to any Petzl helmet. Additional accessory mounting plates and clips make it compatible with most other brands of helmets.

The 2350 mAh lithium-ion rechargeable battery can easily be charged using a micro-USB cable with a charge time of approximately six hours. The five-level indicator makes it easy to keep a track of how much battery you have left to give you plenty of time to plan that next recharge.

The IPX4 certification guarantees resistance against the most extreme weather conditions making the Swift RL Pro the perfect lighting solution for outdoor enthusiasts and those who work and play in the harshest of environments.

And sometimes it's the smallest and simplest features that make all the difference and the Swift RL Pro is no different. The Lock function allows you to manually lock off the headlamp to avoid it accidentally switching on in your kit bag and draining your battery when you need it the most - something which I have experienced several times over the years.

As well as locking the headlamp off, the function also allows you to lock the headlamp on in a specific mode so there's no risk of accidentally turning it off while in use.

Having used our Swift RL Pro on countless occasions in recent months for both daily tasks including walking the dog and also while away on camping adventures, we absolutely love it.

It's lightweight, robust and exceptionally bright when it needs to be so you can't go wrong. From navigating your way through a camp-site in the dark to find the toilet block to sitting in your tent reading a book in the discrete red lighting mode, the Swift RL Pro is the perfect companion.

www.petzl.com

Price: £90-£100 depending on retailer.



COMPETITION: WIN A PETZL RL SWIFT PRO

THIS is your chance to get your hands on a Petzl RL Swift Pro head torch.

Petzl are kindly supporting the Coastguard Association with this top of the range headlamp as a competition prize.

All you need to do to be in with a chance of winning is send us your best night time Coastguard photo. This could be a late night search exercise, night time rope rescue session or a challenging water rescue training session under the cover of darkness.

Please send all entries with the subject heading PETZL COMPETITION to: Coastlinemagazine@Coastguardassociation.org.uk - closing date Monday 15th November 2021.

The winners will be announced in the next edition of Coastline due out on 1st December 2021.

Good luck!



WINNERS

Congratulations to Haden Tipples and Haramdeep Toor who have been selected as the winners of our Petzl Cordex Belay gloves! We will be in touch to arrange delivery.



PETZL LIGHTING SOLUTIONS

Day or night - on a rock face, working at height or in the depths of a cave - powerful and robust lighting is an absolute necessity in critical situations.

Our range of lighting features powerful and robust models in the DUO range, compact and robust models in the PIXA range and the powerful and lightweight SWIFT RL PRO featuring Reactive Lighting.



SWIFT RL PRO

Ultra-powerful, lightweight rechargeable headlamp with multi-beam and REACTIVE LIGHTING technology for proximity and distance vision. White or red lighting. 900 lumens. www.petzl.com

Reactive
LIGHTING

Beyond Power... Intelligence
Intelligent lighting that automatically adapts to ambient light.



Access
the
inaccessible®



**CLAIRE IS A COLLEGE
LECTURER, GUIDANCE
TEACHER AND
QUALIFIED MENTAL
HEALTH FIRST AIDER**

TALKING ABOUT KEEPING GOOD MENTAL HEALTH *CUPPA* WITH CLAIRE

WELCOME to this special wedding edition of 'Cuppa with Claire'.

It is always lovely to be invited to a wedding, to watch a couple celebrate their love and start out on their journey through married life together.

I am sure that you have all heard stories of cancelled and postponed events over the last year and a half due to the Covid-19 pandemic, but thankfully after all of the disruption we have started to return to some sort of normality and weddings have returned.

After all of the upsetting and unsettling news we have been surrounded by recently it is lovely to be hearing happy news again and seeing friends and families begin to be reunited. Having a wonderful reason to dress up and take part in an event that is not on Zoom. For my best friend Natalie this relaxing of restrictions meant her wedding would eventually be able to take place, and I was delighted to be a bridesmaid.

Those of you who have read 'Cuppa with Claire' previously will know that Natalie and I became friends through our partners, who are both in the Coastguard; Daniel and Kevin. We formed our friendship over several glasses

of wine during the boys' callouts and training sessions. We have now firmly established the Coastguard Wives Club, ensuring that wine and chocolate are always on standby especially if there is a Friday night callout!

During many meetings of our Coastguard Wives Club over the past couple of years we discussed the wedding plans; flowers, dresses, table decorations as you would expect, but we also wondered how the Coastguard would play a part during the big day.

When Daniel asked Kevin to be his Best Man, Natalie and I spoke to them both separately about not bringing pagers to the wedding! I am still not convinced that Kevin didn't try to sneak his along!

At this point I think that we knew that Daniel and Kevin would be arranging something Coastguard related on the day – we only had to hope that it wasn't a water rescue job right in the middle of the ceremony!

Natalie and Daniel had been planning the wedding for 2020, however due to Covid-19 this had to be postponed, lots of re-planning was needed which even included a change of wedding venue.

Finally on the 10th of July 2021 Natalie and Daniel became Mr and Mrs Small, at Portencross Castle in North Ayrshire. Of course

Kevin and I were there with them as they exchanged their vows, and as we expected the Coastguard was involved.

I recently spoke to Natalie about having the Coastguard being part of their wedding day;

"On our wedding day my husband Daniel, and his Best Man Kevin, arrived at the venue in the Ardrossan Coastguard Team's CRV, they were driven there by SCOO Steve Muldoon and CRO Robert Campbell. I am sure that this was a fun filled drive and have heard that they arrived with the 'Baywatch' theme tune playing!

"After delivering the boys safely to the venue Robert and Steve helped some of the guests to their position on the beach, no doubt providing safety information to passers-by while doing so!

"During the ceremony there was no doubt that Coastguard is such a large part of our lives together as we actually spoke about it during our vows!

"Then as you would expect came the photos, as with all weddings the wedding photography was really important to us, being able to capture memories allowing us to look back on our wedding in the future, and luckily we were able to include the CRV in the professional photographs that we had taken on the day, allowing for some very unique and personal

photos to be taken; it's not every wedding that has a Coastguard CRV as a wedding car!

"When we were planning our wedding we knew that we wanted to include the Coastguard in our day, it was just a case of seeing what would be possible. The Coastguard is such a massive part of Daniel's life so being able to have some involvement was fantastic, Kevin arranged for the CRV and luckily Steve and Robert were happy to help out on the day."

"Thankfully the wedding day was callout free and I would like to think that Daniel would have left his pager at home on the day, Kevin on the other hand I'm not so sure about, to be honest I wouldn't be surprised if he had it with him even just for a quick photo opportunity! I know that there were arrangements in place regarding the CRV if there had been a callout, but luckily these did not need to be put into action.

"There was a moment during the ceremony where we could see a group of teenagers climbing on the rocks nearby and I had visions of all four of the Coastguard Team in attendance jumping into action if required!

"The best thing about Daniel being in the Coastguard is that he has found something which he genuinely enjoys, and I love to see him doing something that he feels so

passionately about. Without a doubt though the worst part has to be when the pager goes off in the middle of the night!"

"I haven't ever considered joining the Coastguard, when Daniel is away on callouts I look after our four-legged child, our Golden Retriever, Innis. Innis and I know that we play our part behind the scenes, making sure that Daniel has the support he needs at home. Innis is also very good at helping eat Daniel's sausages if there is a callout during dinnertime!"

"I would just like to take this opportunity to recognise and appreciate the families behind those in Coastguard Rescue Teams. I know from experience that it's not always easy, callouts interrupt our day-to-day lives, but the bottom line is the teams do an amazing job and help so many people."

It truly was a special day standing next to my best friend as she made promises to the love of her life. The venue was stunning, the weather perfect and I just loved seeing how happy they were together. I feel very lucky that the Coastguard allowed friendships to be formed between both Kevin and Daniel, and then in turn between Natalie and I.

We are lucky to have such wonderful friends and Kevin and I would like to wish them lots of love, luck and happiness in their life together.



It certainly sounds like having the Coastguard involved in Natalie and Daniel's big day was so important to both of them, and I wondered how many other Coasties had some involvement too, so I asked the question and here are some of the wonderful photos and stories which were shared with me:

Jonathan Pratt and Jennifer Williams-Pratt
7th of April 2018
Newton Church in Newton, Porthcawl
"My team is like another family and it just wouldn't be right if they weren't there" - Jonathan.

Vicki and Jeff Anderson
11th of May 2019
Luccombe Hall Hotel, Shanklin
"I was really important to have the Coastguard aspect as part of the wedding as my Nan was terminally ill at the time with cancer and she was so proud of us both being part of the Coastguard - it meant a lot to her so we wanted to bring it into our celebrations so she could experience something special,
"We were living in Bembridge, which is a village community so we wanted to share our experience with the team and community. It was important to us that we had something which meant so much to us both as part of our special day.
We are both very committed to the team and what the Coastguard stands for. It felt a privilege to be able to have this as part our special day" - Vicki

Jamie Jenkins and Emma Jenkins
20th October 2012
Nash Point Lighthouse
"With the team being a big part of our every day lives it was important for us to have the Coastguard element on our wedding day. With

the wedding also being at the lighthouse it seemed the obvious choice. We also got gate crashed by my dad's and brother's crew from the fire service" - Jamie

Denise and Dave Kilpatrick
30th May 2009
Pier Hotel, Gorleston
"I'm from Gorleston Coastguard team (Area 7) and my Husband is Dave Kilpatrick, Senior Helm at Gorleston Lifeboat Station. On our wedding day we also had photos on Gorleston's Lifeboat. We met while both serving as crew at the station so it plays a very important part in our lives together" - Denise.

Calum and Dawn Christie
22nd September 2018
Fife Lodge Hotel, Banff
"It was important to us as the Coastguard is a family and as well as sharing the worst of times we also should share the best" - Calum

John and Laura Dobbie
9th October 2010
Leven registrar's office, Leven, Fife
"I had been in the Coastguard 10 years and asked permission from Sector Manager to get married in my uniform for my wedding and was given one of his old jackets. My own hat and in those days we wore black trousers and black tie for PR etc.
"I wanted to show my love for my wife and the Coastguard. She knew that I loved being in the Coastguard and now after 21 years service my love for the Coastguard remains the same. Love HM Coastguard and love my wife and the two combined for my special day" - John

Its not just weddings which have a Coastguard theme, Freya Alice got in touch to tell us about her engagement:

"My husband set it up with the Station Officer of his team. It was Sunday 2nd October and my husband got up early to go for a run - I stayed in bed!

"I got a call from the ops room saying there was a fault with the pagers and there was a shout to a despondent male on a cliff at Tantallon castle. I headed up to the station and the boys were already there. We couldn't use the blues as we didn't want to alert the male to our arrival.

"As I headed to the clifftop and approached the lone male sitting on the bench, it was my husband who got down on one knee!

"I couldn't believe it - the boys on the team knew and filmed the whole thing - it was such a surprise. We then headed to secluded beach where the lifeboat was waiting (I'm ex crew!) who took us round the bass rock and in to the harbour where all my friends were waiting with champagne and smoked salmon - it was SUCH a surprise! It was amazing.

My Coastguard colleagues are like family and it was amazing for them to be a big part of it! It was also my grandmas 80th birthday and 40 years to the day my parents had got engaged."

I have absolutely loved writing this special edition of 'Champagne with Claire', to be able to share the happiness of my best friend's big day and hearing all about how and why you decided to include the Coastguard on your wedding day has been wonderful, so many happy memories shared. I would love to be able to have another wedding special in the future, to hear some more of your stories.

I'm almost certain when Kevin and I get married we will have some Coastguard involvement on our big day too.

Why do I hear a pager going off as I type this?!



"Callouts interrupt our day-to-day lives but the bottom line is the teams do an amazing job and help so many people..."

REFLECTION

with Chaplain Tom

WHY did you join HM Coastguard? Did you want to give something back to the community?

Did you think it would fit well with your current skill set? Did you join because you hoped it would give you some skills for your CV and help you progress into a certain career?

I've heard lots of reasons. Upon joining, people bring with them many things – enthusiasm, commitment, the benefit of past experiences etc.

Everyone also brings a certain amount of personal baggage, such as a particular set of circumstances at home, an ingrained way of doing things, or a distinct way of relating to people.

From day one of the recruitment process we are like a stone tossed into a river. As the river gradually pushes us downstream, we knock against other stones, we mix with dirt and we experience times of fast flow and stagnation. The jagged edges of our stone may get scraped off and we might become rounder, smoother and all-together easier to handle as we continue our journey.

But we know in our job that stormy weather can arrive quickly, with the power to churn up the waters. Occasionally things get spat out, high and dry. What are the risks that can cause this to happen to us? And what might a remedy be?

Well, the first risk I want to highlight with you is ego. It's about your sense of self, which can warp out of proportion. Have you ever heard someone self-assuredly say to you "I've got XX years of experience, blah blah blah"?

Well that's great, but experience 'aint worth Jack Smith unless it's any good, and it's only any good if you've been able to reflect on your experiences, learn from them and grow. If you can't recognise your faults, you're still the jagged pebble way back upstream.

A second risk is envy.

Ever experienced a bad reaction from a teammate over your availability or commitment? Ever seen tension



when one person secures a development opportunity over another?

Ever get a niggly little unpleasant feeling in your stomach when you watch the evening news, or listen to the radio, and find that your efforts at X or Y incident haven't quite been reported in the way that another organisation's may have been?

A third risk is your elasticity. As an elastic band, how stretched you become. You are Johnny or Jane the person – husband, wife, father, mother, sister, brother, son, daughter, friend or companion – before you are Johnny or Jane the Coastguard Officer. You will be stretched in all sorts of ways on your downstream journey. Watch out for stretching the band too far.

Ego, envy, elasticity. They can all muddy the waters and cause big problems. So what's the remedy? My suggestion is to

make sure you adopt one particular quality: humility.

Humility is an essential tool in negotiating many of the human challenges we face not only in search and rescue, but in all walks of life. Unfortunately, it doesn't get top billing nowadays – vanity, pride, power and dominance tend to be the frontrunners. If you look at various aspects of wider society, you'll see what I mean.

But to be a volunteer or to work for HM Coastguard flies in the face of those traits. Or at least it should do. We are here with one primary aim: to be goodness. Continually practice humility and see your time with HM Coastguard flow through the best of waters.

Humility conquers ego. It reminds us that we are equal, that we don't know it all, and that we can learn from others. It keeps us open-minded.

Humility prunes the thorns of envy. It keeps pride under control, ensures we don't get too big for our boots and turns jealousy into genuine pleasure at another's success.

Humility keeps your elasticity functioning. It switches unhealthy fixation for a wider appreciation of what's really important, helping you to not only know when to give more or less of yourself, but also the courage to admit when it's tough.

This includes knowing when it's the right time to leave, too, which is something people often discuss with me in my role as coastguard chaplain.

Whether you are an old hand or fresh out of the box, practice humility. Let it be a word you remember. Let it guide you through the next waves to come across your bow.

Best of luck, take care,
Revd Tom.

GET IN TOUCH

EMAIL: multifaith.chaplaincy@mcga.gov.uk

PHONE: 07717 483595

FACEBOOK: Coastguard Chaplain Tom

TWITTER: @CoastguardChap

Wednesday Prayers – 12:30 – 12:45, every week on Microsoft Teams. You are welcome to join.

Midweek Reflections – a short church service, emailed Bcc to Coastguards across the UK. Get in touch if you would like to be added to the mailing list.

**“HUMILITY IS AN
ESSENTIAL TOOL IN
NEGOTIATING MANY
OF THE HUMAN
CHALLENGES WE FACE
NOT ONLY IN SEARCH
AND RESCUE, BUT IN
ALL WALKS OF LIFE...”**

Do you want to join the chaplaincy team?

Do you feel like you could be there for coastguards in their time of need?

We are looking for a small number of people to assist as pastoral-care volunteers, available to respond both over the phone and on email.

As coastguards, you will already appreciate and understand the context of those who reach out. The role will involve some initial training and upmost discretion/confidentiality. No faith requirements.

For an informal no-commitment chat, get in touch.



WELL it's that time year once again when we start to say farewell to the summer weather and start thinking about some of the more challenging conditions we can expect over the coming months.

Coastguard Rescue Teams are busy all year round but severe winter weather can bring its own unique set of challenges, especially when people want to visit the coast to experience the bad weather first hand.

The 'wee guys' in the world's smallest Coastguard Rescue Team always advise the public to avoid visiting exposed coastal areas during times of severe weather.

Strong winds and large crashing waves may look impressive but they also create extremely dangerous conditions which will not only put people at risk, but also put Coastguard Rescue Teams, RNLI lifeboat crews and other emergency

services at risk if people get caught out by a freak wave and end up in difficulty.

It's not just big waves which can cause problems - strong winds and stormy winter weather can also bring other dangers including power cuts and flooding, but there's some really simple steps which people can follow to stay safe this winter.

Always avoid visiting exposed coastal areas during times of severe weather.

Be prepared at home for a power cut and have a torch and other essentials close to hand.

Never walk or drive through flood water. Just 15cm of fast flowing water can sweep a fully-grown adult off their feet and just 30cms is enough to move a full size family car.

And finally stay up to date with the latest weather warnings and forecasts issued by the Met Office to stay Weather Aware.

FAMILY CORNER



IN the last edition of Coastline we revealed the youngest member of the Dundee Coastguard Rescue Team had received a special-edition Ford vehicle.
In this issue we can report Lucas has been on his first operational callout working alongside the Scottish Fire & Rescue Service in true multi-agency fashion. Fortunately it was a false alarm with good intent.



INTRODUCING Hartlepool Coastguard Rescue Team's latest and youngest recruit, Violet Hay, also known by her callsign Hartlepool 07.
Proud dad Adam is a Coastguard Rescue Officer with Hartlepool CRT and has been with the team for nine years.
It's great to see Violet's training to join the team is already well underway.

DOGS OF THE COASTGUARD



THIS is Bobby who is pictured proudly wearing his CGA Dog Neckerchief.
It's been a tough few months for Bobby after being diagnosed with oral cancer, but we are delighted to report Bobby has beaten his illness and is now back out on patrol with his owner Rich, who is the Station Officer of Chepstow Coastguard Rescue Team.
Stay well Bobby.

FROM THE ARCHIVES



THROUGH THE LENS



**ALAN CRAWFORD
BANGOR CRT**



**KERRY JANE MONTEITH
PORTPATRICK CRT**



**ROB FIELDER
INVERNESS CRT**



**ROB IRVINE
SUNDERLAND CRT**



**GARY HASELDINE
CROSBY CRT**

