

# Nantwich Neptune Lifesaving Club Summer Newsletter 2023

Welcome to our Summer Newsletter!

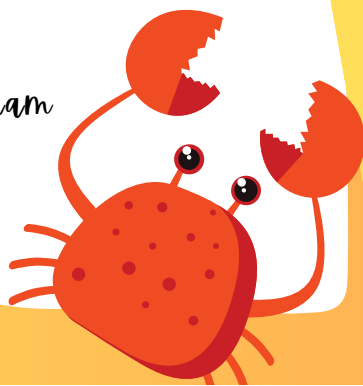
We have had a very busy term, and I think everyone is looking forward to some time off over the summer. We would like to thank all our members, and their families, for all the hard work and support they have given the club over the last few months; We couldn't do what we do without you all!

This term we have seen the return of the Annual Club Competition, our Survive and Save lifesavers have taken part in an open water event, Em has been busy totting up the lengths for the RLSS UK 'Make a Splash' campaign, and all our lifesavers have gained lots of awards. We have also welcomed children from our water confidence group into the main session, and it has been lovely to see some new faces at the club. We are continuing to grow and improve, and were ecstatic to gain the prestigious RLSS UK Aspire Award, as this ranks us in the top five RLSS UK clubs nationwide.

There will be lots going on in the Autumn Term; including the start of the new Lifesaving Academy Programme for lifesavers who have completed the Rookie Lifeguard programme.

We will be keeping in touch with you over the summer holiday via our Facebook and Instagram accounts, and look forward to seeing you back at the pool when we return on **Saturday 2nd September 2023**.

Em and Liam



## Liverpool and District Branch Stillwater Assessments

On Saturday 24th June, Doug and Em joined our Survive and Save lifesavers at Boundary Water Park, in Holmes Chapel, for their stillwater assessments.

This event was run by the Liverpool and District Branch, and so we were joined by lifesavers from the Northwich Lifesaving Club, who completed their assessments too.

To complete their awards, our lifesavers had to complete a timed swim, and a number of different rescues. They soon realised that saving people from a lake, is slightly different than saving people from a pool! Luckily the water was 23 degrees, but Mother Nature did cause a few hazards to overcome in the form of a few gusts of wind, and lots of lake weed!

It was a great day, and everyone passed their awards with flying colours. We are very proud of them all, and can't wait until the next event in 2024.



## Parent Questionnaires

Thank you to everyone who responded to our questionnaire, and gave constructive feedback.

There were some really good ideas that we would like to act on, but unfortunately not all will be possible immediately.

We have tried to work out ways to share progress with badges, but we cannot afford the technology, and to do this manually would take too long.

We will trial a progress tracker on Online Club Manager for the new Lifesaving Academy Awards from September, as they have different assessment criteria to the Rookie Lifeguard Awards.

It is absolutely normal that some groups progress through badges faster than others. It is important that skills are practiced so that we are certain of competency, rather than rushing through badges.

We will talk to the branch committee about running competitions with other clubs within our branch.

We welcome all feedback, so please don't wait for questionnaires to be sent out. If you want to get in touch, just send us an email.



## Promoting Drowning Prevention Week 2023

### Assistant Instructors

Several of our lifesavers have achieved their Survive and Save Medallions this term, and as they are over the age of 14, they are looking for a new challenge, when we start the National Lifesaving Academy course in September.

They will be completing their Assistant Lifesaving Instructor course, and supporting our Instructors on poolside for the normal lifesaving sessions every Saturday. From 8.45am until 9.15am they will complete the new National Lifesaving Academy Course. This brand new course will help them with their applications for Lifeguard courses and positions, if this is something they want to do when they are 16. They can also become fully fledged Rookie, or Lifesaving Instructors at the age of 16!

The group have already been helping out for a couple of weeks, and they are amazing! They are developing strong mentoring skills and their confidence is growing. It is fantastic to see them passing on their skills to the younger lifesavers. Thank you to all of you for volunteering to do this.



### Blue Peter Badge Winners

In our last newsletter we shared a link to the Blue Peter Sports Badge webpage, so that our Rookie Lifeguards could claim theirs, if they wanted to. Lots of them did, and it was lovely to see Amelia, Alfie and Scarlett on the TV during Blue Peter's special Sports Badge episode!

If anybody else wants to claim their badge, they need to visit: <https://shorturl.at/agi09>

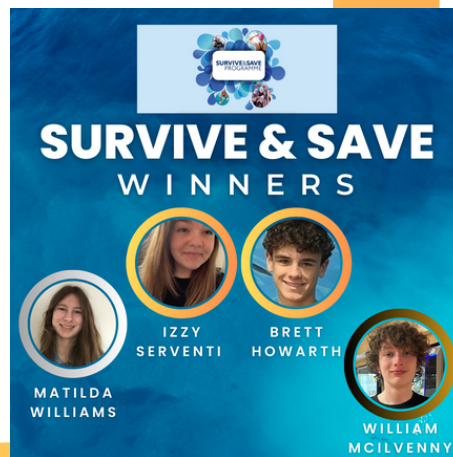
## Club Competition

This term saw the return of our annual club competition, after a 4 year break!

It was lovely to see so many old faces returning to the club to support, judge, and cheer on our lifesavers.

All our lifesavers trained hard, behaved impeccably on the night, and supported each other. It really was a fantastic evening, and everyone had lots of fun.

Our winners were:



## Recruiting new members

We currently have spaces available for a new Rookie Lifeguard group, and are recruiting for new members. We have already run one taster session this term, but will be accepting applications over the summer holiday for our second taster session in September. Please share our Facebook posts with family and friends, and ask them to get in touch if they have children who are over the age of 7, and have passed Stage 7 of the learn to Swim scheme.



## Summer Holiday Competition

We would love to share all the fun you get up to this summer, especially if it involves enjoying water safely!

Please send your holiday photos to us via email, [NantwichLSC@outlook.com](mailto:NantwichLSC@outlook.com), or Facebook Messenger.

Everyone who sends us a photo to share online, will be entered into our draw, and will get the chance to win some sweet treats. We will pull a name out of the hat during our first session back at the pool on the 2nd September 2023.

You've got to be in it to win it!



## New session times



From September we will be making changes to our Saturday morning session.

The first session will be for all lifesavers, as it is currently.

The second session, from 8.45am until 9.15am, will be for our Assistant Instructors, Instructors, and the children of our Instructors only.

This will allow the team to focus on the training our brand new Assistant Instructors require, to support the club, and hopefully become the next generation of highly skilled lifeguards.

## Online Club Manager

During the summer break, please take some time to check your details are correct on Online Club Manager.



The link is:  
[www.onlineclubmanager.com](http://www.onlineclubmanager.com)

Your log in credentials will be your email address, and the password you created when you first accessed the system. If you have forgotten your password, you can request a new one by clicking 'forgotten password'.



## RLSS UK Honours

The RLSS UK has awarded all of our Lifesaving Instructors with honours this year, to thank them for continued service to the charity. Between them, they have volunteered for 97 years! WOW!

Doug - 40 years  
Warren - 32 years  
Liam - 13 years  
Keith - 8 years  
Em - 4 years



ROYAL  
LIFE SAVING  
SOCIETY UK

We want to thank them all for everything they do!

## Summer Fun Session

A huge thank you to everyone who attended our summer fun session.

At the time of writing this newsletter, we have 53 active members of the club, compared to 20 two years ago!

It was lovely to see so many of our lifesavers, and their families, enjoying themselves with the friends they have made at the club. We hope we continue to grow, and teach many more young people to stay safe around water.



**We will see you all back in the pool on Saturday 2nd September 2023!**

Subs for the Autumn Term will be due on this date, and we will send a reminder out via email.

Please keep in touch through the summer break on our social media platforms. We love to see your comments, and we can't wait to share all your summer holiday photos showing you enjoying water safely.

**Thank you all for a great term!**