

NANTWICH NEPTUNE LIFESAVING CLUB MEMBER HANDBOOK



INTRODUCTION

Welcome to Nantwich Neptune Lifesaving Club! The purpose of this handbook is to give you an introduction to the club, the Royal Lifesaving Society UK, our awards, all the things you can be involved in, and what is expected of you.

Hopefully this handbook will answer any questions you have, but if you have any further queries, please feel free to speak to any of the instructors or committee members.

THE ROYAL LIFESAVING SOCIETY

It is the Royal Life Saving Society UK (RLSS UK)'s purpose to enhance communities, so everyone can enjoy being in, on and around water, safely; because every life is worth saving. Our work is vital in every city, town, community and home.

The Royal Life Saving Society UK was founded in 1891, and is a National Governing Body for Lifesaving Sport - a sport recognised by the International Olympic Committee and the Commonwealth Games Federation.

Their aim is to provide an inclusive range of opportunities to increase participation in lifesaving activities.

They recognise the importance of equipping as many people as possible with valuable lifesaving skills to help save as many lives as possible and to help reduce the drowning toll in the UK.

Originally developed to improve the physical and mental agility of lifeguards, Lifesaving Sport has grown into an international competitive swimming discipline that tests fitness, rescue and first aid skills. What's great about this sport is that it's not just about physical aptitude – it's also about the ability to prioritise, adapt and show initiative.

Lifesaving is a rapidly growing sport, both in the UK and Worldwide. It has established tiers of competition from local to international level. There are World Championships, Commonwealth Championships, European Championships and it is part of the World Games.

THE HISTORY OF NANTWICH NEPTUNE LIFESAVING CLUB

Nantwich Neptune Lifesaving Club was found in 1973 by Brian and Shirley Wiltshaw. They retired in 2022, after nearly 50 years of looking after the club. The club is going from strength to strength; we are continuing to grow and evolve, and we offer a range of different sessions suitable for children aged 7 upwards.

Our Committee Members and Instructors are all volunteers, giving up their time every weekend because they love what they do.

We pride ourselves in being a family club, and welcome new members with open arms.

SWIMMING ASSESSMENT

As we don't teach people to swim, any new members may be asked to undertake a competency based swimming assessment. Entry to any group is subject to completing the requirements to Swim England's expected standards, and the Club's satisfaction.

During the assessment we assess swimming ability and stamina. We follow the Swim England's Learn to Swim Stage 7 Outcomes:

- Push and glide and swim 25 metres backstroke
- Push and glide and swim 25 metres front crawl
- Push and glide and swim 25 metres breaststroke
- Perform a sitting dive or dive
- Push and glide and swim 100 metres continuously using one stroke
- Tread water using eggbeater action for 30 seconds

Due to the level of swimming ability and stamina required, we require all children to be at least 7 years old, before applying for the Rookie Lifeguard programme.

If there are any medical conditions that the Club should be aware of, then please inform us by adding the information to your Online Club Manager account. This information will be treated with the strictest confidence.

STRUCTURE OF THE CLUB

The Club meets every Saturday morning at Nantwich Leisure Centre between 7.45am and 9.15am. We run two sessions; the main session is from 7.45am until 8.45am, the second session runs from 8.45am until 9.15am and offers support for weaker swimmers, and additional practice for those involved in competitions.

PAYMENT

There is an annual membership fee which can be paid termly or annually. The cost of this will be shared with you when you sign up.

The charge for each session is currently £4.

You can pay on the day, by cash or card.

If you are paying membership fees, and wish to use BACS, are details are:

Barclays Bank
Nantwich Neptune Lifesaving Club
Sort code: 20 24 09
Account Number: 00812056

ROOKIE LIFEGUARDS

For our younger members, the club offers the Rookie Lifeguard programme. This scheme covers water safety, self-rescue, rescue and emergency response. As the Rookies proceed through the scheme they gain badges and certificates.

Courses are run over a varying period, with continuous assessments by the Instructor.

To find out more about this scheme, take a look at this webpage:

<https://www.rlss.org.uk/the-rookie-lifeguard-programme>

LIFE SUPPORT AWARDS

In addition to the pool based programmes, the Club also offers, training in resuscitation and basic first aid. Life Support establishes an effectively level of skill and knowledge in the basic life support, including diagnosis and treatment of choking, bleeding and shock.

Life Support 3 is designed to establish excellent levels of knowledge and the ability to administer basic life support to casualties of all ages, and in a variety of emergency situations. This is the highest Life Support Award.

The Life Support qualifications are all land-based, and no pool work is involved. The Club delivers these qualifications on the poolside.

To find out more about this scheme, take a look at this webpage: <https://www.rlss.org.uk/life-support>

THE NATIONAL LIFESAVING ACADEMY AWARDS

The **Bronze Lifesaving Certificate** is designed to teach new lifesavers the basics of staying safe in and around water. It provides the members with basic water safety knowledge, basic aquatic lifesaving skills, basic CPR, and basic first aid.

Bronze Star and Bronze Medallion

Members can choose to complete just one strand (pool, open water or beach) or work towards achieving more than one strand at Bronze Star and Bronze Medallion level. To complete the Bronze Medallion award in a strand (Pool, Open Water, or Beach) the member will need to have completed the Bronze Star award in that same strand within the previous 24 months.

These two subsequent award levels at Bronze Star and Bronze Medallion are divided into three sections:

- Lifesaving Theory
- Lifesaving Survival and Rescue Skills
- CPR, AED and First Aid

To find out more about this scheme, take a look at this webpage:

<https://www.rlss.org.uk/pages/category/national-lifesaving-academy>

OPEN WATER EVENTS

In addition to the pool based awards the club also offers open water qualifications. These are run in partnership with the Liverpool and District Branch of the RLSS UK. Members get the chance to take part in Beach Events at New Brighton on the Wirral, and Stillwater Events at Boundary Water Park in Holmes Chapel.

For all awards passed, certificates and/or medallions are issued.

As with all club activities, parents and family are actively encouraged to come along and spectate at these open water events.

There are a great many other awards offered by the RLSS UK. For further details, please speak to any of the Instructors.

KIT

We would ask members to adhere to our clothing guidelines. Boys and men should wear trunks or shorts, and girls and women should wear a one piece costume. Bikinis are not suitable for lifesaving activities. For some of the activities, clothing needs to be worn in the water. Members need to bring with them, to every session, full length trousers, and a top with full length sleeves, that can be worn in the pool e.g. an old pair of pyjamas.

For safety, all jewellery should be removed before the start of any session. Also the Club cannot be responsible for personal belongings, so we would ask that any valuables are left at home. Finally please use the lockers in the changing rooms.

Club branded clothing is available, if you would like it. To make an order, please speak to a member of the Committee.

EXECUTIVE COMMITTEE

At the Annual General Meetings at the club, the club members present and elect an Executive Committee. The Committee meets regularly throughout the year, to oversee the day to day running of the club, and manage its affairs effectively. The posts on the Committee are:

- Chairperson
- Secretary
- Treasurer
- Junior Representative
- Club Welfare Officer

COMPETITIONS

All members will be invited to take part in our annual club competition. We also get involved in local, district and national lifesaving sport competitions. Events are held all year round in varied fields, such as, life support, skills and speed.

ONLINE CLUB MANAGER

Details of the club activities, your child's progress and communication between the club and all members/parents, is sent out via Online Club Manager. You will be invited to sign up when your child has registered at the club.

WEBSITE

The Club website can be found at:

<https://www.nantwichlifesaving.org.uk/>

EMAIL

If you need to get in touch with us, please send an email to:

NantwichLSC@outlook.com

FACEBOOK

The Club Facebook page can be found by searching for @NantwichLifesavingClub

INSTAGRAM

The Club Instagram page can be found by searching for @NantwichLifesavingClub

INSURANCE

While you are undertaking Club activities, you are insured through the club for Public Liability Cover.

All volunteers and Instructors need to be members of the RLSS UK. You can sign up on the Tahdah website:

<https://rlssuk.tahdah.me/account/login>

AND FINALLY...

Thank you for taking time to read this brief introduction to the Club. It is by no means exhaustive, and if you think of anything else you would like to see included, please feel free to talk to any of the Instructors or Committee Members. Also, if you are unsure about anything covered in this handbook, or would like further information, please don't hesitate to ask.

Thank you!

