

# LITTLEHAMPTON WAVE

## LIFE SAVING CLUB

### INFORMATION SHEET

The Club exists to provide personal survival, lifesaving, water safety and life support tuition to examination standard, to participate in competitive lifesaving for the local community, **all on a voluntary basis**. As such it is a Registered Lifesaving Club affiliated to The Royal Lifesaving Society UK. (RLSS UK)

#### **VENUE and TIMES**

The Littlehampton Wave Leisure Centre, Sea Road, Littlehampton BN16 2NA

General lifesaving tuition using the Survive and Save syllabus of RLSS by the Club's voluntary teachers is undertaken on a **Wednesday evening** for both **adults and students over 12 years of age** and the activity times are:

**Resuscitation and theory - Variable depending upon room availability**

**Water Skills 6.30 pm to 7.30 pm in 2 lanes**

Additional Open Water skills training for older ones can be carried out from June to September at Southwater Lake and/or Littlehampton Beach, Lancing Beach, and Shoreham Harbour Beach depending on numbers seeking to participate - and the weather!

#### **TEACHING OBJECTIVES AND COURSE DURATION**

The primary objective is to teach members survival, lifesaving and life support skills consistent with a standard to pass the Bronze Medallion exam of the RLSS (includes Basic Life Support). Progressive higher awards are available and most members develop their skills this way by choice.

Skill acquisition for Bronze Medallion will vary depending upon water and dry facilities as well as the abilities and attendance records of the participants but about 6 months is usual.

The BM qualification and higher awards can also be used for those participating in The Duke of Edinburgh Scheme.

Once members reach 16 they are additionally encouraged to take the National Pool Life Guard qualification via The Wave.

#### **FACILITIES AT THE WAVE**

Numbers under tuition at any one time are dictated by pool space – currently 2 lanes - and the number of teachers available. A class will usually be formed of 6- 8, occasionally more, up to a maximum of 12. Both theory and practical sections are compulsory elements of the exam and thus attendance at both training sessions on a regular basis is vital.

#### **COST**

The facilities are hired from Freedom Leisure at a cost per lane used. Their charges are however under constant review and as such our fees to cover the cost of hire are levied in advance and are variable depending upon the costs incurred by the Club, any subsidies we can secure by donation, and the numbers participating.

<b>Fees for 13 weeks to cover pool hire (2019)</b>	<b>All Members</b>	<b>£55.00 **</b>
<b>RLSS subscription and Club Annual Subscriptions (2019)</b>	<b>Students (Under 18)</b>	<b>£19.00</b>
	<b>Adults</b>	<b>£33.50</b>
<b>Life Support &amp; Lifesaving Bronze Medallion Pack Exam Fee</b>		<b>£26.00 *</b>

\* May be less if any grant funds have been secured to subsidise this cost. \*\* Can be paid in 2 instalments

Those joining need to pay 1 x 13 week fee, plus the additional amounts shown above. The annual subscription is due for the whole or part of each calendar year. Other qualifications after the initial Bronze Medallion will of course incur further course and exam fees.

Thus, costs for a typical 13 week Bronze Medallion course would be £100.00 for a student (under 18 years of age) and £115 for an adult.

The Club hopes to run an annual internal competition and some, normally Bronze Medallion holders at least, are encouraged to participate in RLSS Sussex Branch competitions.

At periodic intervals we may offer **National Rescue Award for Swimming Teachers & Coaches (NRST&C)** and **Automated External Defibrillator (AED) Courses**. The Quarterly Fee and Annual Affiliation fee are still payable in addition to the exam fee. For National Pool Life Guard Courses please apply direct to The Wave Management.

**For copies of this form and an Application Form**  
e-mail [david@dcslade.co.uk](mailto:david@dcslade.co.uk)