



GRAVESHAM LIFE SAVING CLUB

Affiliated to R.L.S.S.

Information sheet

Gravesham Life Saving Club meets on a Sunday evening between 4.45pm and 7.00pm, at Cygnet Leisure Centre, Old Perry Street, Northfleet. The club meets initially in the café/pool viewing area. A joining fee will cover membership until the end of December. Membership is renewed each January with fees to be announced at the beginning of the year. If you join part way through the year, you may pay a reduced fee covering membership for that year.

Fees/Age Details:

Adult (16 yrs +)	£40.00 joining fee and £1 every session (includes Bronze Medallion pack & T-shirt)
Junior (14 – 16 yrs)	£34.00 joining fee and 50p every session (includes Bronze Medallion pack & T-shirt)
Rookie (10 – 14 yrs)	£26.50 joining fee and 50p every session (includes Rookie Progress books, badges, certificates & T-shirt)

Some assessments/exams/badges carry additional costs. Full details are obtainable on joining or via the website.

Joining Requirements:

Any new members will be asked to undertake a competency based swimming assessment. This will be carried out over 6 lengths of the pool (150m). Applicants also need to be able to recover a brick from the bottom of the pool (depth 1.5m). Entry to the swimming group is subject to completing the requirements to the clubs satisfaction.

All applicants must be 10 years old or above to be considered for joining the club. There is no upper age limit. The club fully complies with the RLSS UK Child Protection policy and procedures, of which details will be given at the time of joining by our Club Welfare Officer.

Health:

If there are any medical conditions that the teacher should know about, then please inform the teacher personally. (This information will be treated in the strictest of confidence). We request that all swimmers wear a one-piece costume, and that no jewellery be worn at the club.

Rookies:

Rookie Lifeguard is the RLSS UK training programme for children under 14 years old. Learning about water safety, water rescue skills and resuscitation are just a few of the skills covered in this programme. We would recommend that a Parent/Guardian be present for children taking the entry test, and that parents arrive promptly at the end of every club night to avoid children waiting in the foyer. The Rookie session finishes at 6.30pm.

Lifesaving Awards:

The Bronze Medallion, Award of Merit and Distinction are the life saving awards of the Royal Life Saving Society for people over the age of 14 years. Members will learn lifesaving skills, water safety, and resuscitation, as well as keeping fit. For these awards a long sleeved shirt/blouse, and trousers/skirt will be needed for use in the pool.

Pyjamas are not recommended.

Anyone interested in joining the club should complete the attached application form and return it to Lesley Smith, 'Oakdene', David Street, Harvel, Kent, DA13 0BT. You will be contacted to confirm start dates of the course when spaces become available. If you want more information please *telephone* 01474813794, visit our *website* at www.glsc.org.uk or *email* membership@glsc.org.uk