

GRAVESHAM LIFE SAVING CLUB

2023 Membership Information Sheet



We are current meeting at Cygnet Leisure Centre most Saturday afternoons (2-3.30pm) and Cobham Hall School Sunday evenings (4.30-6.30pm). Regular invites go via the Spond app to members, keeping you updated on each session.

Awards

Rookie Lifeguard:

The Rookie Lifeguard programme is primarily aimed at children aged 8-12 yrs old. The awards contain survival, rescue & sport skills as well as Life Support and water safety elements. We would ask that a Parent/Guardian remain present for children attending this group and ask that children are collected from the changing room promptly at the end of every club session.

The National Lifesaving Academy:

The RLSS UK National Lifesaving Academy awards are a suite of progressive awards that teach personal survival, first aid, CPR, rescue, and fitness skills to anyone aged 12 years and over. Their aim is to teach candidates how to stay safe around water and how to safely assist others who may have gotten into difficulty in both aquatic and non-aquatic situations.

For these awards a long-sleeved top and full length trousers worn over swimming costume will be needed for use in the pool every session.

Joining Requirements:

Completed Spond sign up forms will be received by our membership team. They will be processed as soon as possible, and you should receive email updates regarding your application status. Once approved, the applicants will be added to Spond and you will be asked to download the app to get all the latest club information direct to your phone.

If you want more information, or have any questions please telephone 01474 561254 or email GraveshamLSC@hotmail.com



Scan code with your mobile device for website, and the sign up form.

Membership Fees:

Members will be charged £20 per month, which is payable via Standing Order. If you have two members of the same family joining, the fee will be £35 per month for both. This covers all sessions that we arrange. If there are any additional costs, you will be advised in advance. We are happy to discuss any issues with this.

*Lloyds Bank:
Sort Code: 30-98-97
Account No. 86988362*

We would encourage members to purchase a club t-bag shirt, these are available via the club website at extra cost.

All award fees and books are extra cost, and these are also detailed on the club website.

Health & Safety:

We request that all swimmers wear a one-piece costume, no jewellery be worn at the club, and that any medical conditions are disclosed on the application form.

All applicants must be 8 years old or above to be considered for joining the club. The club complies with the RLSS UK *Safeguarding & Protecting Children Regulations*, details obtainable from our Club Welfare Officers.

Visit our website at www.glsc.org.uk, follow us on Facebook at 'Gravesham Life Saving Club' or Twitter 'GraveshamLSC'

Updated: Jan 2023 (Website version)