

# Gravesham Life Saving Club



## Members Information Sheet 2025

We are now meeting at Cygnet Leisure Centre, Northfleet on Sunday afternoons. Information about sessions will be posted on the Spond membership platform, [www.glsc.org.uk](http://www.glsc.org.uk) and our Facebook page – Gravesham Life Saving Club, as there are some Sundays we don't meet.

### Awards

#### Rookie Pool Lifeguard (2-3pm)

The Rookie Pool Lifeguard program is primarily aimed at children aged 8-12 yrs old. The awards contains survival, rescue and sport skills as well as life support and water safety elements.

We would ask that a parent or guardian remain present for children attending this group, and ask that they are collected promptly at the end of the session.

#### National Lifesaving Academy (1.30 – 3.30pm)

The RLSSUK National Lifesaving Academy awards are a suite of progressive awards that teach personal survival, first aid, CPR, rescue and fitness skills to anyone over the age of 12 yrs old. These awards can be great if you want to do The National Pool Lifeguard Qualification at a later date.

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 information & Membership fees

Contact our Membership Officer (Andy) on 01474 561254 / 07799 958832 or email him at [GraveshamLSC@hotmail.com](mailto:GraveshamLSC@hotmail.com) if you have any questions about joining. In order apply for membership, please visit <https://www.glsc.org.uk/joining-details> where you will find the link for the application form. We will keep you updated on your application progress. Once accepted into the group, you will be asked to download the Spond app to get the regular club details and communication. Please see our club handbook on the website for more club info.

Members will be charged £10 per month, which is payable via standing order. If there are two members of the same family joining, the monthly fee will be £15 for both.

Nat West bank – Gravesham Life Saving Club

Sort Code: 60-05-29

Account number: 22301941

This fee covers all the club pool sessions we hold, but there may be additional costs for other activities such as beach sessions. Any additional costs will be advised in advance.

We would encourage members to purchase a club t-bag shirt, hoodie and other club merchandise. These will carry additional costs, details which should be on the club website.

### Health and Safety

We request that all swimmers wear a one-piece costume, and no jewellery to be worn at the club. Please also disclose all medical information on Spond, and update this information as soon as anything changes.

All applicants must be 8 years old or above to be considered for joining the club. The club complies with the RLSS UK Safeguarding Policies and details can be obtained from the club Welfare Officers (details on the club website).