



Littlehampton Wave Life Saving Club

Base Address
Littlehampton Wave
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Littlehampton
BN16 2NA

Contact Address
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Information Sheet

The Club is run by volunteers and 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 Life Saving Club affiliated to The Royal Life Saving Society UK. (RLSS UK)

Venue & 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:

Water Skills 6.30 pm to 7.30 pm in 2 lanes (7.00pm – 7.45pm (post Covid-19 shut down))

Resuscitation and theory – usually 7.45 - 8.30 pm (post Covid-19 shut down)

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 & 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. At present we're in 'lockdown' & on resumption we'll work mainly on Life Saving Sport mainly as this avoids person to person contact

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 age 16 they are additionally encouraged to take the National Pool Lifeguard 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. (10 since March 2020) Both theory and practical sections are compulsory elements of the exam and thus attendance at both training sessions on a regular basis is vital.

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Society Membership Number 10016841

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.

Fees per quarter to cover pool hire (2021)	All Members	£55.00*
RLSS subscription and Club Annual Subscriptions (2021)	Students (Under 16)	£20.00
	Adults	£30.00
Life Support & Lifesaving Bronze Medallion Pack Exam Fee		£26.00**
Personal adult resuscitation manikin mask and lungs		£7.00

* Can be paid in instalments. This pool hire cost is currently subsidised from funds

** May be less if any additional grant funds have been secured to subsidise this cost

Those joining need to pay 1 x quarters fee, plus the additional amounts shown above. The annual subscription is due for the whole or part of each calendar year. Additional quarters & any more advanced exams after the initial Bronze Medallion would incur further course and exam fees.

Due to current Covid-19 restrictions we cannot guarantee length of course but we'll do our best.

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 (NRAST&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 Lifeguard Courses please apply direct to The Wave Management.

For copies of this form and an Application Form e-mail <mailto:info@lwsc.co.uk>
or visit our website www.lwsc.co.uk

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