



Littlehampton Wave Life Saving Club

Base Address
Littlehampton Wave
Sea Road
Littlehampton
BN16 2NA

Contact Address
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The Club is run by volunteers and exists to provide personal survival, life saving, water safety and life support tuition to RLSS examination standard. As such it is a Registered Life Saving Club affiliated to The Royal Life Saving Society UK (RLSS UK)

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

Times

General life saving tuition using both the Survive & Save & Academy syllabi of the RLSS by the Club's voluntary instructors, is undertaken on a Wednesday evening for both adults and students over 12 years of age and the activity times are:

Water skills 6.30pm - 7.30pm in one double lane

Resuscitation & theory 7.45 - 8.45 pm in a separate room

Additionally, Open Water skills training is usually undertaken from June to 1st week in September at Southwater Lake, at the beach in Littlehampton, & sometimes in conjunction with Horsham LSC at Lancing Beach or Shoreham Harbour depending upon the weather!

Teaching Objectives and Course Duration

The primary objective is to teach members survival, life saving & life support skills, consistent with a standard to pass the Bronze Certificate, Star & Medallion exams of RLSS UK (this includes basic Life Support). Progressively higher awards are available & most members develop their skills this way.

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

These proficiency awards can be used for those participating in a number of elements of The Duke of Edinburgh Scheme.

Once members reach the age of 16 they are additionally encouraged to apply to The Wave to take the National Pool Life Guard Qualification (NPLQ) - thus obtaining part time work. Club taken exams can attract 'credit' hours for the NPLQ Course.

Facilities at The Wave

Numbers under tuition at any one time are dictated by pool space - currently a double lane - & the number of instructors available. A class will usually be formed of 6-8 & both theory & practical sections are compulsory elements of the exam thus regular attendance at both sessions is important.

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Society Membership Number 10016841

Cost

The facilities are hired from Freedom Leisure at a cost levied on per lane used. Their charges are reviewed annually & as such our fees to cover pool hire are collected in advance & are variable depending on costs incurred & what, if any, subsidies we can apply by grants/donations, & of course, numbers participating.

Pool Hire Fees per quarter (2023)	All Members	£60.00*
RLSS & Club Annual Subscription	Students (under 16)	£20.00
	Anyone over 16	£30.00
Academy Course Manual	£15.00	
Academy Bronze Certificate	£4.00	
Bronze Star	£11.00	
Bronze Medallion	£11.00	

**Can variable depending on numbers participating and can be paid in instalments.*

Exam Fees not included.

Those joining need to pay 1 x quarterly fee plus the Annual sub which is due for the whole or part of each calendar year.

Additional quarters & exams costs are extra.

Other activities

At periodic intervals we may offer National Rescue Award for Swimming Teachers and Coaches (NRASTC) & Automated External Defibrillator (AED) Courses. Minimum Age 16. The normal quarterly fees and affiliation/membership fees still apply as well as any exam cost.

For National Pool Lifeguard Qualifications - apply direct to The Wave Leisure Centre

For Beach Lifeguard Qualifications - apply direct to the local RNLI

Competitions

The club hopes to run an internal competition each year and members are encouraged to participate in RLSS Sussex Branch Competitions as these could lead to qualification to Regional Heats and National Finals.

Open Water

During June to 1st week in September, subject to weather, experience training and exams in open water takes place on Wednesdays at Littlehampton Beach (during School summer holidays when we don't use the pool) and sometimes on Thursdays in conjunction with Horsham LSC at Southwater Lake, Lancing Beach or Shoreham Harbour.

Information Sheets and Application Form

These can be downloaded from the Club web site www.lwlsc.co.uk

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