



# Sheffield Lifesaving Club

## INFORMATION SHEET FOR NEW JOINERS - FAQ

We take children for **Rookie Lifeguards** (age 8 upwards) and for **National Lifesaving Academy ("NLA")** (age 10 upwards) and sometimes younger siblings (depending on circumstances) who are also confident swimmers.

We ask that they must be a strong and confident swimmer and be able to **easily swim at least 25 metres**.

We always invite prospective members to try the first two weeks for free. This then may help try out the club, experience the coaching and learning and then guide them on to continue with us. We hope so!

Please contact us if there's anything you want to discuss or need more information. It's not a problem.

In accordance with health & safety obligations with any club using leisure facilities and also our mandate with the RLSS -- **all parents must complete** a Consent/Medical Form. Which will enable us to understand the contact details for you and your child but also if there are any other factors which we need to take into consideration when teaching your child. Here is the link to the [Consent/Medical form](#).



# Sheffield Lifesaving Club

## ***Frequently Asked Questions***

- At what level must my child be able to swim?
  - As above we advise that all children in the club must be strong, competent and confident swimmers and have no issues completing 50 metres unaided.
  - The requirements of the teaching syllabus and awards demands will enable them to swim with their peers in the club confidently.
  - We sometimes permit younger siblings to join the club too. But please ring us to discuss so that we can ensure they won't be disadvantaged on a club night.
  
- Do we just turn up or do we need to book?
  - You don't need to book. However (as above) it is **mandatory** that we require all new club members to have a completed Consent Form (incl. Medical Details) prior to their first club night.

This enables us to understand any needs or considerations your child may have and also provides your contact details should there be any reason the club needs to reach out to all parents eg. unforeseen pool closure!, club news).
  - ***The club meets in the reception area at Graves Leisure Centre between 19:40 and 19:55 (please do NOT go to the changing rooms nor poolside until told by one of our coaches/instructors).***
  - There is Dryside training (First-Aid & CPR) until 20:00 and then it's poolside until 21:00 for water based rescue teaching.
  
- Do they work towards a qualification?
  - All kids are taught the RLSS Rookie or NLA syllabus - [LINK](#)
  - They are taught on a rolling basis until they attain a given **Rookie** Bronze/Silver/Gold level or the appropriate **NLA** Bronze level and are then signed off.
  - Membership of the RLSS is a pre-req to enable your child to receive their awards.
  - Some members continue with the club and do their NPLQ (National Pool Lifeguard Qual) and even on to get their RLSS Coaching/Instructor Accreditation. We have members that's gone on to choose careers as Paramedics. I got involved through my Son joining the club (many many years ago !!) and he is doing his Masters to be a Senior/Advanced Paramedic.
  - But the club would emphasise the key thing is to enjoy the evening, learn new skills from the teaching, make friends, and to receive awards for recognising their attainments.
  
- How are weekly subscriptions paid?
  - Payment is on a term block (between 5 ~ 8 weeks) and is paid via an invoice sent out to all the parents. You can also pay personally on club night using our card payment machine.
  
- When does the club run during the year?
  - The club runs school term times in accordance with Sheffield LEA. There is no club during school holidays. However sometime depending on demand and instructor availability we have put on specific club nights during the school summer recess.
  - Here is a link to the club calendar page which also has a button to view the latest school LEA calendar. [LINK](#)



# Sheffield Lifesaving Club

## **Links with our sister club in Eindhoven, The Netherlands**

- On an aside we are only one of very few clubs in the UK that have a twinning with our very dear friends and sister club in [Eindhoven \(NL\)](#) for almost three decades now. As you'll appreciate, things recently have not been conducive to meeting up for the past few years, because of COVID lockdowns. However we are always keen to get a squad team(s) together to take part in their international competition weekend and lodge/stay with the families of their club ([LINK](#)). Usually around the end of January. There's also videos and photos on our club website. We were fortunate to [win two Gold medals](#) and a Silver back in 2015.

Please browse our website and FB page also feel free to call me if you need to ask anything or need more information.

<https://www.sheffieldlifesavingclub.org.uk/>

<https://www.facebook.com/SheffieldLifesavingClub/>

<https://linktr.ee/sheffieldlsc> *(for a short link to all our website and social media channels)*

Please get in touch if you need any more information or want to chat something through.

Thanks,  
Chris

### **Chris Ledger**

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