



Droitwich Lifesaving Club

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Dear Member and Parents/Guardians

On behalf of Droitwich Lifesaving Club, I would like to welcome you and your child to the club and provide you with some information about our activities. The club has been running since 1989 and provides opportunities for young people and adults over the age of 10 to receive coaching and training towards Royal Lifesaving Society awards. All coaching is provided by qualified teachers.

All our trainers are DBS checked and we have two trainers who have completed Sporting England safeguarding courses. Our Welfare Officers; Katie Holmes and Craig Ridsdale are responsible for ensuring our child protection policy is implemented. They can be contacted on 07828 794271 (Katie) or 07526 624078 (Craig) should you have any concerns.

We welcome Parents/ carers to all training sessions and events and value your support. All our trainers and committee members are volunteers, so if there is any help Parents/ Carers can offer we are always grateful of this.

We aim to keep you up to date on events and news and there are several ways in which we do this. Our newsletters come out via email once every 4-6 weeks, you can receive a paper version if you would prefer, they are also displayed on our notice board at the leisure centre. This noticeboard contains lots of other information, including term dates. The club also has a website which has a wealth of information about the club, you can also find our policies and procedures and links to RLSS resources which may be useful. DLSC also uses social media, Facebook and Twitter to keep in touch, this is especially useful for short notice information, details of these and our website can be found at the top of the letter. Finally, we have good old face to face communication! Our teachers and some parents often congregate in the café area when children are being picked up after club, this is a great way to chat to teachers and find out what is going on.

I trust this will answer any questions you may have, however if there is anything else you need please do not hesitate to contact us. We hope you and your child enjoy your time with DLSC and welcome suggestions if there is anything you think we can do to improve.

Peter Dimmock
Chairperson
Droitwich Lifesaving Club

Seniors

Seniors are aged 12 and upwards, some have previous experience from our rookie programme, but others are new to lifesaving. Seniors train from 6pm-8pm every Sunday during term time, dates can be found below. 6-7pm is normally “dryside” work which includes first aid, CPR and some theory, then 7-8pm is in the pool. Seniors work towards RLSS Survive and Save awards, more information can be found at www.rlss.org.uk. This year Bronze will be taught by John Moran and Melissa Langridge and Silver and Gold will be taught by Louise Meeson and Craig Ridsdale. Our Senior Co-ordinator is Louise Meeson. The cost is £17 club membership for the whole year, paid in September and a weekly fee of £2.70 for the use of the pool, this is paid through the leisure centre till at the start of each session.

Rookies

Rookies start from age 10 and work on the RLSS Rookie Lifeguard programme, more information on awards can be found at www.rlss.org.uk. Rookies train from 6pm-7pm on a Sunday in 8 week blocks, these roughly follow school terms and are broken up around halfway by half term. This year Bronze will be taught by Thomas Meeson, Silver by Rachael Collins and Gold by Heather Gow and Sue Kelly. Our Rookie co-ordinator is Katie Holmes. The cost is £17 club membership for the whole year, paid in September and a termly fee of £18.50 for the use of the facilities, this is paid through the leisure centre till at the start of each term.

Who's who

Peter Dimmock: Chairperson

Chair since July 2016, Peter has 2 children in the seniors

Sanxi-Guy Cole: Vice-Chair

SG has been involved in the club for many years and has done several different roles. SG is still an active committee member, but has taken a step back from teaching.

Ray Ridsdale: Treasurer

Ray is a valued committee member with years of accounting experience. Ray has 2 children who are also involved in the club.

Heather Gow: Secretary, Teacher.

Heather has been through the club from Rookies and is now an active teacher and secretary for the club.

Katie Holmes: Membership secretary, Welfare Officer, Rookie Co-ordinator, Teacher.

Katie has many different hats within the club, she is our friendly face when people first join and she organises all the rookie awards.

Craig Ridsdale: Welfare Officer, Funding Officer, Teacher.

Craig is another one of our teachers who has been in the club since he was a rookie himself. He helps Katie with the welfare duties and looks after our fundraising as well as teaching.

Louise Meeson: Senior Co-ordinator, Teacher.

Louise has been a member of the club for many years, she has always been actively involved with teaching and as senior co-ordinator she keeps the rest of the teachers organised.

Jake Cluley: Equipment Officer

Jake has been through the club from Rookies too. Jake works as a Paramedic so doesn't commit to regular teaching, but sometimes covers other teachers as well as his duties as Equipment Officer.

John Moran: Committee Member, Teacher.

John has also been with us since he was a rookie. John has taught Rookies and Seniors over the past few years and he also sits on committee.

Carl Ridsdale, Rachael Collins, Melissa Langridge, Thomas Meeson, Sue Kelly: Teachers.

This lovely bunch don't sit on committee, but help us to keep the club running by teaching our classes.

September 2016				
Sun 4th	Sun 11th	Sun 18th	Sun 25th	
No Club	Existing Seniors only	New Seniors start	Rookies start back	
October 2016				
Sun 2nd	Sun 9th	Sun 16th	Sun 23rd	Sun 30th
Rookies and Seniors	Rookies and Seniors	Rookies and Seniors	No Club- Half term	Seniors only
November 2016				
Sun 6th	Sun 13th	Sun 20th	Sun 27th	
Rookies and Seniors	Rookies and Seniors	Rookies and Seniors	Rookies and Seniors	
December 2016				
Sun 4th	Sun 11th	Sun 18th	Sun 25th	
Seniors only	Seniors only	No club	No club	
January 2017				
Sun 1st	Sun 8th	Sun 15th	Sun 22nd	Sun 29th
No club	Seniors only	Rookies and Seniors	Rookies and Seniors	Rookies and Seniors
February 2017				
Sun 5th	Sun 12th	Sun 19th	Sun 26th	
Rookies and Seniors	No club- half term	Seniors only	Rookies and Seniors	
March 2017				
Sun 5th	Sun 12th	Sun 19th	Sun 26th	
Rookies and Seniors	Rookies and Seniors	Rookies and Seniors	Seniors only	
April 2017				
Sun 2nd	Sun 9th	Sun 16th	Sun 23rd	Sun 30th
Seniors only	No club	No club	Seniors only	Rookies and Seniors
May 2017				
Sun 7th	Sun 14th	Sun 21st	Sun 28th	
Rookies and Seniors	Rookies and Seniors	Rookies and Seniors	No club- half term	
June 2017				
Sun 4th	Sun 11th	Sun 18th	Sun 25th	
Seniors only	Rookies and Seniors	Rookies and Seniors	Rookies and Seniors	
July 2017				
Sun 2nd	Sun 9th	Sun 16th	Sun 23rd	Sun 30th
Rookies and Seniors	Rookies and Seniors	Seniors only	Summer holidays!	Summer holidays!

