**Interested in joining us?**

Please read this information about what we do, to help you decide if this club is for you:

Our members range from age 8 to adult.

Our club is affiliated with Surf Life Saving GB. We are a life saving club based in the sea (very different to pool life saving). We are not a “swim club” and we are not a “surf club”. However, swimming and surfing and an integral part of what we do.

Sea sessions are the backbone of our club. In these you will learn the multidisciplinary skills of being a **beach lifeguard**, including sea swimming, board paddling, rescue techniques, communication and teamwork. There is also training in first aid and CPR, as well as understanding tides and sea conditions. You will also train to compete in the sport of surf life saving. On occasion, the weather or sea conditions may prevent the sea session from happening, but we will always do alternative beachside activities.

Pool sessions are also run to improve fitness and life saving techniques, and train to compete in surf life saving pool competitions. These are not swimming lessons.

There are various opportunities throughout the year to enter surf life saving competitions. These range from in-house, to regional, to national, where we compete against clubs from around the country, both on the beach and in pools. This can be a very exciting and extremely rewarding part of the sport. This is completely optional. One of our members was recently selected for team GB and competed in the Worlds in Italy in September 2022!!

We are a fun and very active club, offering something different to the norm. Members get a lot out of it, as do parents who may just wish to watch from the beach. What better way to start your weekend?

**Pre-requisites**

Due to the nature of the club and for safety reasons, a good prior swimming ability is essential. All new applicants (except masters) will need to have a short swim assessment with us in a pool before joining. The minimum requirement for the youngest members is to be able to swim 50 metres strong front crawl, in a pool, without stopping or touching the sides. Depending on age and therefore group, this ability requirement differs, right up to the requirement being a timed swim of 400m in under 7 minutes 30 seconds. Detailed requirements are as follows:

Age 8 – 11 (primary school) – Nippers: must be able to swim 50m (two lengths of a 25m pool) without stopping or touching the sides. This must be front crawl - or their best attempt at a crawl stroke.

Age 11 – 14 (secondary school) – Junior group: must be able to swim 200m front crawl (8 lengths of a 25m pool) without stopping or touching the sides (without time limit)

Age 14 plus – Youth group: must be able to swim 400m front crawl (16 lengths of a 25m pool) without stopping or touching the sides (without time limit).

Age 16 plus – Lifeguard group: 400 meters timed swim under 7minutes 30 seconds.

The exception to the above is any new teenage member wishing to join specifically to do their lifeguard award - in which case it's a recorded 400m in 8min (aiming for sub 7:30) or under in order to facilitate this. Plus having a desire to complete the course.

Age 21 plus (those not wishing to be in the lifeguard group) – Masters group: there are no restrictions or pre-requisites other than a declaration that they can swim.

**Additional Needs**

If you are unsure whether the club is suitable, due to any additional learning or physical needs, please do get in touch to discuss this. We very much encourage participation, providing safety requirements are met, and will do our best to accommodate in the group setting. We cannot offer 1:1 coaching at this time.

**Costs and fees**

£25 Surf Life Saving Club GB (SLSGB) membership (upfront annual fee, renewable every December)

£29.50 Compulsory club kit: rash vest and hat. (Excluding masters)

£200 Brighton SLSC annual subscription. This is payable across monthly direct debits and needs to be set up on acceptance of full membership.

Please bear in mind you will also need your own wetsuit, boots, gloves etc – the club does not provide these.

**SESSION TIMES AND VENUES**

**SEA SESSIONS**

**On the beach** by the Sea Lanes development (Madeira Drive)

**Saturdays**

**NIPPERS 9am-10am**

**LIFEGUARDS 9am-10am**

**MASTERS 9am-10am**

**JUNIORS 10am – 11am**

**YOUTH 10.30am – 11.30am**

**POOL SESSIONS**

**Mondays, 7.15pm-9.15pm Wadurs Swimming Pool,** Shoreham (off Holmbush roundabout). **(September to June only)**

**Thursdays, 9pm-10pm King Alfred Swimming Pool,** (Masters and by appointment only) (all year)

**SURF SKIS**

**Sundays, 8am-10am, by appointment, Kingston Beach, Shoreham**

**READY TO JOIN?**

If you have read the above and think the club is suitable for you or your child, complete the application form for the correct age group.

You will be automatically added to our waiting list. We will then contact you when a space becomes available.

Following an invitation, you will be able to participate in 3 free beach trials before you need to commit to full membership and fees.

If you wish to cancel your membership at any point, there is a 1 month cancelation period.