



HOLYWELL BAY

SURF LIFE SAVING CLUB

HANDBOOK



Holywell Bay SLSC
(A Registered Charity: Number 1048504)

Club moto:
“Vigilance and Service”.

Our club is founded in, and supported by, the community of Holywell and the surrounding area and it is run by dedicated volunteers.

As a club member we hope you will support your fellow members by offering your time in making our club the very best that it can be, by assisting with fundraising, coaching, instructing or maintenance and general cleaning of the facilities.

How you help is up to you, but please help, help make the club be best it can be!

Welcome from the Club President

Welcome to Holywell Bay Surf Life Saving Club, which was founded in 1962. For the past 50 years volunteers from Holywell and the surrounding area have joined to become members of a real surf club, which serves as both a life saving centre and social venue for all its members. From the age of below seven years to 60+ the club provides a great venue to participate and enjoy. Some join to be lifesavers, others join for the competition or just to have fun but all members create the “H-bay” social and community spirit. Holywell Bay Surf Life Saving Club instills in members a need for determination, courage and teamwork and all the valuable skills required to save lives.

Skills are taught and learnt through good training, experience and by taking part in competitions.

How the Club is Organised

Trustees

As a charity, the running of our club is overseen by a group of trustees, who are legally responsible for the delivery of the charitable aims.

The trustees are:

Adam Coad

Peter Herman

Holywell Bay SLSC Committee

The day-to-day running of our club is done by a group of members elected at the Annual General Meeting. The contact details of committee members and other key club members and their roles are outlined:

Peter Herman, (Club President) 01637 830749

Stephen Peck (Chairman) 01637 830402

Dave Holt (Vice Chairman & Child Protection Officer) 01637 830158

Rebecca Peck (Club Secretary) 01637 830402

Adam Taylor (Club Captain) 01637 830103

Adam Coad (Vice Captain / Club Instructor) 01637 830839

Donna Longman (Treasurer) 01637 830280

Kerry Drewett (Nipper Coach) 01872 510963

Jon Longman (Junior Coach & Sport Secretary) 01637 830280

Lee Griffin (Club Steward) 01872 510126



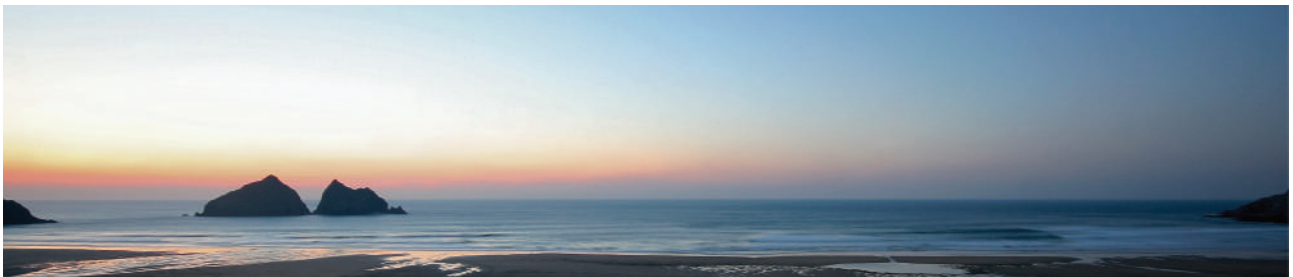
Surf Life Saving Great Britain

SLSGB is the national organisation for the country's surf life saving clubs. We, along with other clubs, belong to SLSGB who co-ordinate national competitions, organize training events and run surf lifesaving awards. See www.sls.gb.org.uk/

Members' responsibilities

- Please enjoy our club's facilities – they belong to all members based on the following conditions:
- The club is not responsible for any personal belongings, including surfboards, left at the clubhouse. They are left at your own risk.
- Please remove your wetsuit before using the indoor showers.
- Please use the outside shower to rinse your wetsuit. Hang your wetsuit on the rack provided, using a coat hanger, or take it home.
- No wetsuits in the indoor showers as sand blocks the plumbing.
- The equipment you take out is your responsibility – please return it after use.
- Do not leave equipment outside (or at the water's edge).
- If you are the last to leave the clubhouse at night, check that all shutters and doors are shut and locked shut, and lock the door if you have a key. If you don't have a key and are the last to leave you need to call a committee member to come and lock up.
- No equipment is to be used by under 16s unless qualified or supervised by a senior member.
- Nippers may only use foam boards, and must be supervised by a parent or suitably qualified member out of official club sessions.
- Non-competent Juniors and Seniors may only use foam boards outside organized club sessions.
- Any damaged equipment must be reported to the club steward so that it can be quickly repaired.
- Please help to keep your clubhouse tidy.
- If you turn on the Generator please turn it off as soon as you can, fuel is very expensive!!!
- Only one personal surfboard per person in the racks.
- Nippers, when using club kit must wear a club rash vest or hat, this helps the lifeguards to recognise they are club members

Thank You



If you have any questions then please ask any member of the committee.

General Club information

The clubhouse is situated on Holywell Beach

Grid reference: SW 76535 59331 GB

Clubhouse telephone number: 01637 830330

Club website: none currently

Facebook: Holywell Bay Slsc

Administrative address:

Email: holywellsurflsc@hotmail.co.uk

Membership/ affiliation address:

Holywell Bay Surf Life Saving Club

C/O Rebecca Peck

Nanjizal, Rhubrab Hill, Holywell Bay, TR8 5PT

Useful Emergency Numbers

Police/ Coastguard/ Ambulance/ Fire: 999/ 112

RNLI Lifeguards, Perranporth: 01872 573418

Newquay RNLI Lifeboat Station:

St. Agnes RNLI Lifeboat Station: 01872 552680

NHS Direct: 0845 46 47

Royal Cornwall Hospital Treliske A&E (main switchboard):
01872 250000

Newquay & District Hospital, 24 hour Minor Injuries Unit:
01637 893600

Environment Agency: 0800 80 70 60

Live Marine Strandings, RSPCA: 0870 55 55 999

British Divers Marine Life Rescue: 01825 765546

Dead Marine Strandings: 0845 201 2626



Membership

Club membership renewal is January every year (Set dates and prices may vary year on year but this will be circulated via e-mail in plenty of time. The prices for the following year are usually agreed at the AGM.) If you have not paid your membership by the middle of May a £10 per person late payment fee will be payable. As we are a constantly growing club we have enforced this rule to ensure a realistic amount of paperwork and processing is achieved. Please also bear in mind that we do have a lot of background admin to keep up with so any cheques issued for fee's may not always be banked immediately, if this poses a problem please don't hesitate to contact the treasurer Donna Longman and she will be more than happy to help. Due to unprecedented membership and new membership requests if you are a member of Holywell Bay SLSC then you cannot be a member of another Surf Life Saving Club.

Membership criteria for Nippers/Juniors in order of preference:

1. Availability in age group/s.
2. Have an immediate active family member already within the Club i.e.: sister/brother/parent.
3. Lives in the Parish of Holywell/Cubert.
4. Lives in the Parish of St Newlyn East.
5. Lives in the Parish of Crantock.
6. Lives in the surrounding area or further afield with a genuine interest in joining the club.

Criteria for Senior Members

Must be proposed by a Senior Member and seconded by the Committee.

Club Training

Members should bring a swimming costume and full-length wetsuit (for the water) and shorts and T-shirt (for the beach). Club hats are used to identify members in the sea and must be worn.

Club Clothing

A full range of branded club clothing can be obtained at the clubhouse on Saturday mornings throughout the summer.

Suggestions?

We are always open to constructive suggestions to improve the way the club is run. If you have any suggestions, please contact a member of the committee.

SLS GB Code of Conduct

<http://www.slsgb.org.uk/docs/documents/rules>

SLS GB Child Protection Policy

<http://www.slsgb.org.uk/docs/documents/rules,%20policies%20and%20procedures/youth/safeguarding%20policy.pdf>



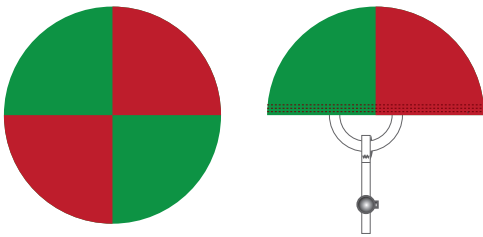
Nippers (7 to 12 years)

Our club's Nipper section has over 80 children. As a Nipper your child will be taught surf safety, basic lifesaving skills, surf and beach sports (wading, surf swimming, board-paddling, beach flags, beach sprints and relays). The emphasis is on fun in a friendly environment. During winter we also run lifesaving training sessions at local pools. We encourage nippers to take part in the various competitions in which teams and individuals can participate – no child is pushed to compete. We will of course support any child who is willing to represent the club at competitions as best we can. The children also work towards various national surf safety awards, which include both sports and lifesaving elements.

The children are divided into groups according to ability and/or age. Sessions are organised by trainers and coaches and sessions are run by coaches. If you have any problems please speak to a member of the committee.

Nippers must be accompanied to and from the clubhouse session and signed in and out by a parent/ or responsible adult. Age 7's must have a parent with them. Children will need to bring to each beach session:

- Water – swimming costume/trunks, a full-length warm wetsuit.
- Beach – shorts, T-shirt
- Holywell Bay SLSC Club hats are used to identify members in the sea and must be worn during training sessions and competitions. The hats are red and green quartered.



During training sessions participants are under the supervision from the coaches and are expected to participate fully through out the training, it is also very important that every one arrives in time for the start time for the sessions to run effectively.

Running sessions for large groups of children requires effort and commitment by the adults involved. We encourage all nipper parents to help out during the sessions for two key reasons: safety and enjoyment.

We really do need extra help in the water to run effectively!

Juniors (13 to 16 years) and Youth (16 to 19 years)

Youth members often go on to be qualified RNLI beach lifeguards, gaining their requisite qualifications through club-based training and experience.

Members of 16 years and over are encouraged to work towards the Beach Lifeguard award required for employment as a professional beach lifeguard in the UK and abroad. For junior members the soft foam equipment used by nippers is replaced by fibre-glass rescue boards, surf skis, paddle-boards and the rescue tube. Beach sports skills are also honed. Juniors are encouraged to work towards a range of awards.

Seniors (20 to 29 years) and Masters (30+ years)

We love to meet new members and offer some appropriate training programmes where possible in the sports and lifesaving disciplines to keep everyone happy and stimulated.

Our older members are important to us as we depend on them for help with events and fundraising and they are a vital support network for other club members.

Surf Life Saving Qualifications

Our club can provide personnel and equipment to deliver a range of qualifications in sports and lifesaving. Whatever your ability, we encourage all members to work towards an award that fits their ability and interest.

Award / Age / Validity / Notes

National Surf Safety Awards Age 8–13 Introduction to surf life saving Surf awareness; beach & water training; first aid Levels 1– 6

Bronze/Silver/Gold Lifesaver 11+ Turns competent swimmers into potential Life Savers.

Surf Competence 11+ 200X200X200m run–swim–run (not timed). Beach flag signals

Board Competence 11+ Demonstrate ability to launch & paddle a rescue board for 400m & rescue a patient

Ski Competence 12+ Demonstrate ability to launch & paddle ski 600m; maneuvering skills

SLSGB Sport Skill Awards

Levels 1 – 5 Swim/ Board/Ski personal progression for recreation and competition

SLSGB Surf Life Saver Qualification 14+

Parts A & B. Enables holder to assist with safety cover & compete in life saving sports

SLSGB Beach Lifeguard

Qualification 16+

The ultimate in surf life saving and advanced resuscitation. Required to become a lifeguard

SLSGB Lifeguard Support Qualification 15+

Support to beach lifeguarding; fitness, beach knowledge, life support & first aid. No swimming necessary.

SLSGB IRB Crewman and Driver Qualification 16+

Should have SLS Award maintenance skills, rescue skills, emergency engine failure

Coaching Levels 1 & 2 Qualification 16–18

Coaching levels to assess all surf life saving competition skills

Instructors & Assessors Qualification 17+

Must hold SLS award. Must successfully train students to gain lifesaving awards.

SLSGB Surfing Coach Award 15+

Lifeguard skills, knowledge & rescue; life support; first aid. Required to volunteer for RNLI.

***There may be a nominal charge to cover some exam registrations and manuals.**



Beach Safety: Rip Currents and Waves

When on the beach you should be aware of rip currents and waves. Here are a few pointers to help you and anyone who asks you.

Rip Currents... are a serious problem on Holywell Beach. Many beach users do not recognize what the hazards are. Rips are caused by a build-up of water on the shoreward side of the surf line returning back to the sea. This mass of water will take the easiest way back to the sea using slopes and channels on the beach (which may be almost imperceptible when the tide is out). Generally the bigger the waves and the deeper the channel, the stronger the rip. Rips also occur around other geographical features such as rocks, rivers, piers and headlands.

Rip currents can be recognized by:

- Discoloured water (brown) caused by churned up sand
- Darker, deeper water
- Foam on the surface extending beyond the break
- Debris floating seaward
- A rippled appearance when the water around is calm
- A break in the surf line with smaller (or non-existent) waves

To escape from a rip: don't panic. Tired or poor swimmers should swim at 90 degrees to the pull of the current – usually parallel to the shore; strong swimmers can swim at 45 degrees across the rip – aiming for breaking waves. Once out of the rip return to shore in direction perpendicular to the beach.

Waves... result from the strength, duration and direction of the wind.

Types of waves include:

Spilling waves occur on a gently sloping beach and are the safest for swimmers. The crest of the wave tumbles down the face. In shallow water these waves may form 'tubes'.

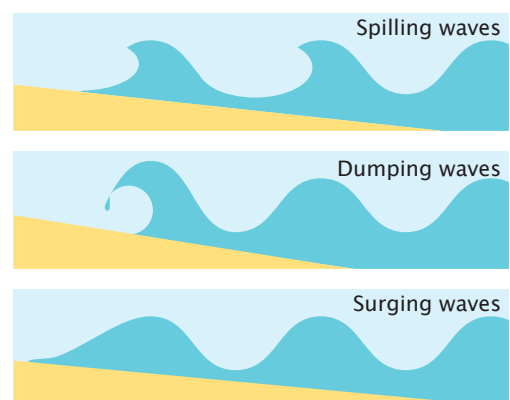
Dumping waves occur on reefs or steeply sloping beaches. These are very powerful waves and can be very dangerous to swimmers and surfers alike.

Surging waves are unbroken waves where the water is too deep for them to break. They occur particularly around rocks and headlands. They travel very fast and as a result can sweep people off rocks or off their feet.

Rip currents

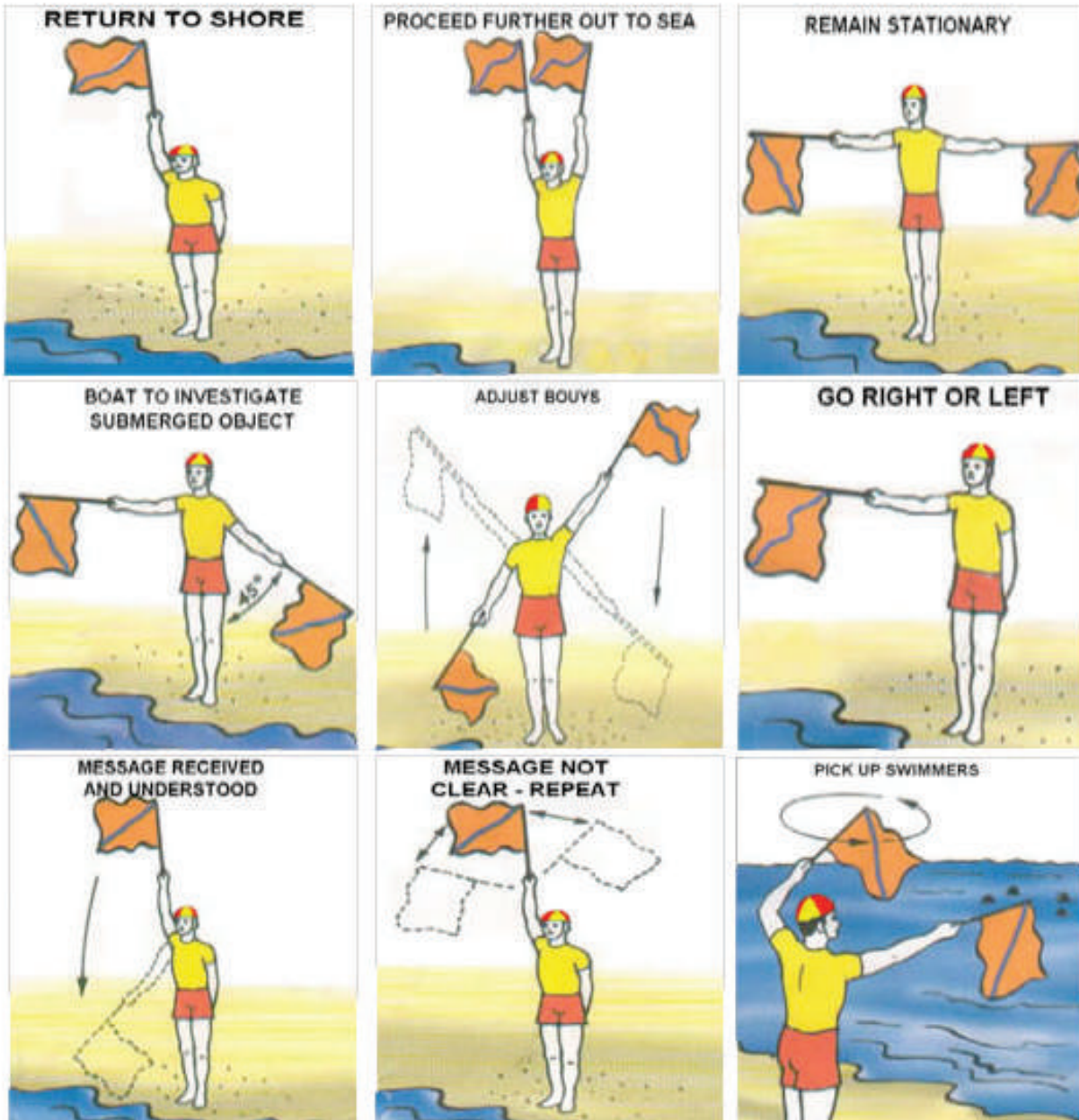


Types of waves



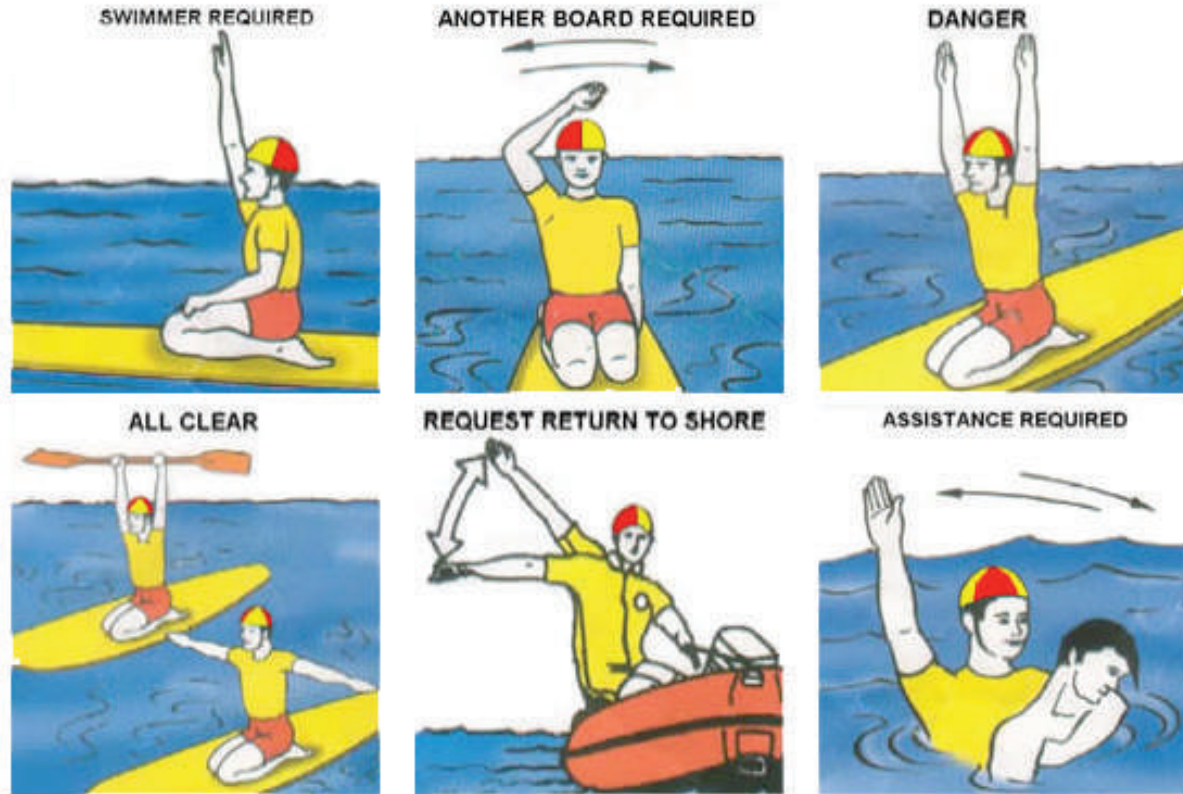
Signals used by lifeguards

Shore to ocean signals



Signals used by lifeguards

ocean to shore signals



National flag code:

Flag colours and what they mean:



Between the Red & Yellow flags: swimming and bodyboarding area patrolled by lifeguards



Between the Black and White quartered flags – surfing and Surfcraft area



A single Red Flag – Danger, do not enter the water



Personal Details and Parental Consent Form

The details collected in this form will only be used for the purpose of Holywell SLSC related activities. They will not be disclosed to any other external sources, other than in an emergency without your written consent.

Name of participant.....

Date of Birth.....

Emergency telephone Contact (Home).....(Mob).....

Is your child suffering from any medical condition or receiving any medical treatment at present **Yes/No**

If yes please give details.....

Can your child swim 50 metres **Yes/No**

Parental/Guardian Consent

I understand that my child will be taking part in physical activities on the beach and in the ocean surf conditions using surf life saving equipment (paddleboards, racing ski's and rescue tubes), this involves inherent risks that will be managed as far as reasonably practicable, but may not be eliminated.

I acknowledge the need for my child to behave responsibly at all times, and listen to and follow instructions from the coaches.

I understand that the instructors/coaches responsible for activities will take reasonable care of participants.

I consent to any medical/first aid treatment required by my child occurring whilst undertaking Holywell bay SLSC activities. I therefore authorise Holywell bay SLSC supervisors or coaches on my behalf to complete written form of consent required by hospital authorities should medical treatment (a surgical operation or injection) be deemed to be necessary, provided the delay required to obtain my signature might be considered in the opinion of the professional concerned, likely to endanger my child's health and safety.

Yes/No

I agree to my child having appropriate photographs taken during SLSC activities, which may appear in the local press, on the club website or notice board.

Yes/No

Signature

Print

Date



HOLYWELL BAY

SURF LIFE SAVING CLUB

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