



# Member Handbook



# Welcome to Crantock Surf Life Saving Club

Crantock Surf Life Saving Club (CSLSC) is a small, friendly community club that was founded in 1986 which prides itself on an ethos of inclusivity for all. CSLSC is a registered charity, affiliated to [Surf Life Saving GB](#)

With its roots firmly in community surf lifesaving, the Club aims to cater for all ages and abilities, by providing a welcoming, friendly and inclusive environment with the following objectives:

- To promote beach safety through education and community patrolling
- To provide lifesaving training and education at all levels, from Nipper to professional Lifeguards
- To support our members who wish to participate in Lifesaving Sport competition at all levels from social to elite International

Delivered through three equally important columns of activity:

Patrol	Education	Sport
Accredited Search & Rescue Facility Multi-Agency Response Surveillance Levels For All Abilities	Ocean Skills Beach Environment Rescue Skills First Aid Skills Competency Awards Rescue & Safety Awards Demonstrations	Fitness for all levels Participation for all levels Competition opportunities for all levels

Crantock SLSC is an entirely voluntary and non-profit based organisation. We rely completely on the support and contribution of our members, grant funding and donations in terms of both time and finance. All members are encouraged to take coaching, water safety, first aid and rescue qualifications and to take an active role in the running of the club and it's range of activities. Being a small club doesn't stop us for achieving great things, in fact we believe it is one of strengths and our members agree.

This booklet aims to provide information about the opportunities available and how you can support us in maintaining the qualities that make Crantock SLSC such a special club to be a part of.

# Who's who The Committee

Role	Name	Role	Name
<b>Chair</b>	Emmie Seward-Adams	<b>Treasurer</b>	Bel Perkins
<b>Club Secretary</b>	Mark Colvin	<b>Captain</b>	Martyn 'Sharky' White
<b>Membership/Nippers Officer</b>	Ben Sousek	<b>Deputy Nippers Officer</b>	Mark Connett
<b>Senior Training Officer</b>	Liv Keech-Harris	<b>Beach Safety Officer</b>	Paddy Harty
<b>Safeguarding Officer</b>	Mary-Lynn Sparks	<b>Deputy Safeguarding Officer</b>	Vacant position
<b>Patrol Officer</b>	Simon Bellamy	<b>Fundraising Officer</b>	Lisa Sensier
<b>Gear &amp; Maintenance Steward</b>	Dale Unnuk	<b>Deputy Gear &amp; Maintenance Steward</b>	Brad Rochfort
<b>Press &amp; Events Officer</b>	Eve Butler		

Committee members can be contacted via [info@crantocksls.org.uk](mailto:info@crantocksls.org.uk), Crantock SLSC Facebook messenger. Committee member contact numbers are also available via the various WhatsApp groups to which you will have been added.

# Membership

The club runs sessions throughout the year with membership renewals being collected in November at the start of the winter training season. Your membership supports the running of the club and includes a £30 affiliation fee to SLGB (excluding social & dual members). Club membership runs from 1 November to 31 October. If you join at any other time throughout the year, the membership fees below remain but will be apportioned across the remaining membership year to 31 October. If you wish to cancel your membership before 31 October please contact us and we will arrange a refund if any. Please note that the first £30 of your membership is non-refundable as this covers the SLGB affiliation.

Membership Options Included your membership		Full Nipper or Youth	Ocean Training	Non Training or Parent Helper	Dual Member (must hold SLGB affiliation)	Social Member
Age Group	Different age groups = membership options	Nipper or Youth	Adult or Youth	Adult or Youth	Adult or Youth	Adult or Sand Crab
SLGB Affiliation	insurance (compulsory for all training)	✓	✓	✓	X but required	X
Award Fees	a competency/first aid qualification. Wide range available.	✓	✓	✓	Competency only	X
Cornish	50% of entry fee	✓	✓	X	✓	X
Cornish Frostbite	50% of entry fee	✓	✓	X	✓	X
Beach/ Ocean Training	session fees to cover equipment and coaches' qualifications	✓	✓	X	Subject to availability	Sand Crabs only on beach
Pool Training	Pool hire	✓	Additional fee subject to pool space			X
Equipment Use	See Club rules	✓	✓	✓	✓	X
Clubhouse Use	See Club rules	✓	✓	✓	✓	✓
Annual fee (can be paid over 12 months)		£135	£95	£53	£40	£40

# Membership

Membership types	
Full Nipper or Youth	<b>This membership option is fully inclusive providing full access to Nipper and Youth training sessions.</b> Pool training is compulsory for Nippers to ensure swim and water competency; therefore, we do not offer an Ocean-Training option for Nippers. Youths from age 14+ can join adult sessions depending on ability. <b>All Nippers require at least one adult member.</b>
Ocean Training	<b>This is our version of full membership for adults. It includes full access to Beach, Gannel and Ocean sessions throughout the year.</b> Additional winter pool training and circuit training are available for an additional fee subject to pool availability.
Non-training or Parent Helper	<b>This membership enables parents/adults to access the necessary qualifications to help out and become involved in the club.</b> Non-Training members who wish to join training sessions can pay an additional bolt-on fee. Fees start at £2 per session for Beach/Ocean/Gannel sessions.
Dual	<b>We welcome members of other clubs to join in our sessions and team events where permitted by their main club.</b> Dual members <b>MUST</b> provide evidence of up-to-date affiliation to SLSGB.
Social/Sand Crab	We welcome social members to enjoy being part of the club. Social members are welcome to join in with land-based activities and events.
Family	Whilst we don't offer a family membership, we do offer families where both parents wish to train, the option of sharing an Ocean Training membership and a Non-Training membership to keep things more affordable.

Individual entry fees for National events are not included but the club will pay team event entry fees for members representing CSLSC. Please note this excludes International event fees.

# Working Groups

Because we rely on volunteers for the running of the club, we require all members to join up to one of our working groups: coaching, patrolling, events and/or maintenance. We appreciate that everyone is busy but as a small club we need our members to get involved. It's fun too and a great way to meet people and give something back.

Coaching	Patrolling	Social & Fundraising	Maintenance & Gear
<p>Any adult or youth member (except social members) can be part of our team of coaches.</p> <p>Qualifications start at basic safety cover or assistant coach right through to lead coach or lifeguard.</p> <p>To get involved please contact:</p> <p><b>Ben Sousek (Nippers)</b> <b>Olivia Keech-Harris (Adults)</b></p>	<p>Any adult or youth member can be part of our patrol team.</p> <p>Again qualifications and opportunities start from the very basic simple surveillance while walking your dog right through to full lifeguard level.</p> <p>To get involved please contact:</p> <p><b>Si Bellamy</b></p>	<p>We love to have fun and we need to keep fundraising so we welcome all members to join in our events calendar.</p> <p>For anyone wanting to help in running or organising events please contact:</p> <p><b>Eve Butler</b></p> <p>To help with club night BBQs please contact:</p> <p><b>Ben Sousek</b></p>	<p>Our clubhouse always needs regular maintenance and equipment needs repairing. All members are expected to attend our annual DIY day but in addition, if you have the skills or are willing to learn please contact:</p> <p><b>Dale Unnuk</b> <b>Brad Rochfort</b></p>



# Training

Training sessions are open to all but for safety reasons there are minimum requirements when it comes to swimming and water abilities. Stay up to date with training sessions via our [Facebook Page](#), WhatsApp groups [and website](#).

The club relies heavily on membership and parental involvement but then that also makes it the friendly, sociable club that it is too. We are a year-round club and do have quite a waiting list for new members so therefore, we cannot guarantee spaces for members that are unable to attend training during both the winter and summer seasons.

Whilst we recognise that our members lead busy, adventurous lives, it is expected that members and their parents (if nippers/juniors) do try to attend as many of the key calendar dates as possible. There are also many other ways that you can get involved – see 'Working Groups'.

## Sport and competition

Surf Lifesaving Sport originated in Australia as a way to help lifeguards stay motivated and fit for their jobs.

Crantock SLSC has a long history of sporting success at all levels from novice to elite international level across all age groups from Nipper to Masters. CSLSC are currently European Interclub Masters Champions for Beach/Ocean Events.

To find out more about the sport element of SLS check out the [SLSGB website](#) or speak to Martyn 'Sharky' White.



# Training sessions

## Summer training

<b>Mondays</b> 7-8pm	Beach fit	All welcome
<b>Tuesdays</b> 7-9pm	Adult training	Adult Competent*/Advanced Training Sessions *Minimum of Level 2 competency or equivalent.
<b>Wednesdays</b> 6-8pm	Club night	<ul style="list-style-type: none"> <li>Nippers, Juniors, Youth Sessions</li> <li>Adult Beginners/Improvers/Social Sessions offering fitness, water-skills, rescue &amp; competition training.</li> </ul>
<b>Sundays</b> 8-10am (alternate weeks)	Awards training	Youth/Adult Awards in First Aid, Beach/Surf Lifeguard & Safety/Patrol/Rescue Qualifications

Additional Training sessions run throughout the summer depending on the conditions and availability of coaches.

## Winter training

<b>Wednesdays</b> 6 - 7pm	Pool training Tregurrian	Nippers and Juniors
<b>Wednesdays</b> 8-9pm	Pool training Newquay Leisure World	Adult Competent*/Advanced Training Sessions *Minimum of Level 2 competency or equivalent.
<b>Thursdays</b> 6 - 7pm	Fitness Training Kernow Strength & Conditioning	Adults and Youth Members

Additional evening and weekend ski/board paddles take place on the Gannel depending on tides, weather and coaches availability. Additional pool and fitness sessions may also run depending on coaches availability.



# Use of equipment

We encourage members to make the most of having access to club equipment but for insurance reasons, **only members of the club (excluding social) may use the club equipment**. Members must hold the appropriate competency award for the chosen piece of equipment and adhere to the conditions below.

## Out of club activity time

- **Members that do not hold any Surf Life Saving qualification [lifeguard /equipment proficiency certification] may ONLY use soft boards and ONLY during the lifeguard season and between the hours of 10.30am and 5.30pm within the lifeguarded patrolled areas** [not in the non-flagged areas of the river or beyond the headlands]. A selection of soft/training boards are stored in the rear store opened by the lifeguards during their working hours. Please ensure all equipment is returned before 5.30pm when the lifeguards begin to lock up.
- **Members that hold Level 2 competency awards** may use the hard training equipment relevant to their award but again this **must be within lifeguarded hours**. Please ensure all equipment is returned before 5.30pm when the lifeguards begin to lockup.
- **Members that hold a current beach/surf lifeguard qualification** (and relevant ski proficiency if using a ski) **may use equipment outside of the lifeguard season and hours, where they can make use of the tidal estuary and within the parameters of the bay**. It is their responsibility to assess the conditions and level of risk in relation to their own ability.
- Members should not venture outside the parameter of the bay (including circumventing Goose rock) without carrying a form of communication, lifesaving device/buoyancy aid and informing the lifeguards or coastguard of their intentions. They should also not venture outside the parameter of the bay without another qualified lifeguard and must ensure that their activity is in accordance with the 10 minute drowning prevention rule. Where a qualified lifeguard member wishes to train outside of formal club activity and outside of lifeguard hours with a non-lifeguard qualified member, they can do so using club equipment providing that they: **accept full responsibility** for the safety and supervision of the non-lifeguard qualified member and; **follow the club risk assessment** for Equipment Use Outside of Formal Club Sessions.
- **Members of all levels are responsible for checking equipment before and after use**. Damaged equipment must be placed in the pump room and reported to the Gear Steward. This can be done via the logbook, via email to [info@crantockslsc.org.uk](mailto:info@crantockslsc.org.uk) or by messaging our Facebook page.
- **Members Under 18 must adhere to the rules above and be supervised by a responsible adult**. Outside of lifeguard hours, the responsible adult must hold a current beach/surf lifeguard award.
- **BBQ** is for the use of members (including social members) and is to be cleaned after each use. If used by members out of session times a small donation should be made to help pay for the replacing of gas.

Please also see Code of Conduct & Club Rules

# Awards & qualifications

CSLSC encourages all members to access the wide variety of awards and qualifications available for all abilities. From basic beach-based first aid and parent helper awards to the full beach lifeguard, coaching and IRB driver awards. A full programme of the awards offered by SLSGB can be viewed on the SLSGB website. [Surf Life Saving GB | Award and Qualifications \(sls.gb.org.uk\)](https://www.sls.gb.org.uk/Award-and-Qualifications).

To find out what is on offer currently check out the club WhatsApp or Social Media pages or ask Emmie Seward-Adams for more details.



# Patrol

CSLSC is an accredited search and rescue unit and as such is a recognised partner to the emergency services including HM Coastguard. Providing eyes and ears on the beach is an essential community element of the club.

Anyone can get involved and log surveillance hours as soon as you have received a patrol induction. CSLSC offers several levels of patrol ranging from 'out walking the dog or going for a surf' right up to full lifeguard patrol alongside the RLNI. It's a great opportunity to extend your own knowledge and help make the beach a safer place to be.

CSLSC offers several different levels of patrol from basic surveillance to full beach lifeguard supporting the RLNI. Our patrol members are the eyes and ears on the beach, helping keep the public safe in the very essence of surf lifesaving.

Speak to our Patrol Officer for more information.

Patrol types	
Level 1	Surveillance only - you might not see our members but they are on the beach acting as eyes and ears ready to spot anyone in difficulty or needing assistance. They might be walking their dog or going for a surf themselves but they are keeping a look out. Level 1 members are trained in observation, hazard identification and search & rescue communication skills but may not be fully qualified or equipped to carry out rescue. Their role is to alert the coastguard and provide the necessary information for effective rescue.
Level 2	Surveillance and First Aid - just like the Level 1 patrols but a Level 2 patrol will include a qualified First Responder trained in advanced first aid.
Level 3	Surveillance and Rescue - just like Level 1 & 2 patrols but Level 3 includes members who are fully qualified Beach Lifeguards equipped to carry out or coordinate surf rescue.
RNLI logged	Gain experience by patrolling alongside the RNLI Lifeguards. CSLSC has strong links with the RNLI. Speak to the Patrol Officer for more information.
HMCG logged	As an accredited SAR unit, we are recognised by HM Coastguard and can log hours with the Falmouth control centre. Attend a Level 1 Patrol course for more information.

# Other things to know

## Club policies

All Club policies are available on our website.

## Club Merchandise

We are currently looking to establish a new clothing and merchandise provider. In the meantime, club clothing will be offered for sale by pre-order only. Further details will be available on our club WhatsApp.

## Bank details

BACS Details: Sort Code 20-67-19 Acc No 83578372

When making payments please always make clear reference stating what the payment is for.

## Donations

If you wish to make donations to the Club, this can be done via [JustGiving](#) or [PayPal giving](#). If you are a UK taxpayer, please remember to tick the gift aid box so that we can claim a further 25% on your donation. You'll need to send us a signed gift aid form which you can download [here](#).





# Club rules

Personal equipment may be stored in the Club House. Please note that the club is not responsible for any personal belongings or equipment left at the club; they are left at your own risk. Club insurance only covers the building and NOT equipment; therefore anything left within the club is done so at that member's own risk. We would advise members to add equipment away from home onto their personal home insurance policy.

If you are the last to leave ensure shutters are closed, doors bolted, all equipment put away and that the club is locked.

Information is always available on the club website, Facebook page and via the club WhatsApp groups. Information is also sent by email; if you change address please let us know.

Club nights/sessions - all members to be on time to allow session planning, risk assessments and safety briefing to be held with all participants before a session begins. The group using the facility shall tidy the club after each session.

Use of Equipment - Use of equipment is only for paid up members of the club that hold a membership that includes SLSGB affiliation and insurance. This excludes social members who may make use of the clubhouse and BBQ. Members need to hold relevant competency awards in handling the chosen piece of equipment and should seek authorisation from a club coach if they need checking for competence. Please see full Use of Equipment Out of Club Activity.

Key/Padlock Code holders for the board and equipment stores are to be fully paid up, lifeguard qualified members and a registered holder that have an understanding of the club guidelines/rules where they must adhere to the safe running of the club.

Where an unqualified key holder (committee member) opens the building outside of the lifeguard season and hours they must take responsibility for the safety of the members, with this in mind the use of any club watercraft is prohibited where member/members may use the facility and their own watercraft.

Where members may at times have friends/family that are accompanying them to the beach and making use of the facility they should not be using club equipment.

Equipment must be put back in the store racks appropriately and damage reported to the gear steward. You can do this by filling in the log book in the Clubhouse, contacting us via the club facebook page or by emailing [info@crantockSLSC.org.uk](mailto:info@crantockSLSC.org.uk)

BBQ is for the use of members and should be cleaned after each use. If used by members out of session times a small donation should be made to help pay for the replacing of gas.

Under 16s must be accompanied and are not permitted to use the club without adult supervision. Under 18s must be supervised whilst participating in any water activity. On joining, members will be advised of padlock codes to access the hut, board stores and Pump Room (where applicable). Please do not pass these codes on to non-members.

## **Safeguarding:**

It is not always easy to distinguish poor practice from abuse. Therefore, it is not the responsibility of SLSGB representatives to decide whether or not child abuse has taken place. However, there is a responsibility to act on any concerns by reporting them.

The essence of good ethical conduct and practice is summarized below. Any concerns are to be reported to the safeguarding officer.

## **What we expect from our Members**

- To understand and promote Beach Safety.
- All active members to take qualifications in life saving and first aid and to assist with safety cover at events, training sessions and develop their own skills.
- All active senior members are encouraged to help where possible with the running of the club.
- Help with fundraising events that the club organises.
- At all times to act in the best interest of the club and promote Surf Lifesaving within the community. Please wear club colours when representing the club.
- Help to keep the club clean and tidy.
- To treat all members with respect.

## **What you will get in return:**

- Great facilities, great friends.
- Training for surf lifesaving awards and competitions.
- Assistance when needed.
- Lots of fun.

# Code of conduct

Crantock SLSC is fully committed to safeguarding & promoting the well-being of all its members, ensuring a positive & enjoyable experience for all. The Club believes that it is important that members, coaches, administrators & parents associated with the Club should, at all times, show respect & understanding for the safety & welfare of others. Therefore, members are encouraged to be open at all times & to share any concerns or complaints that they may have about any aspect of the club with a committee member.

## Junior Members

- All members must play within the rules & respect officials & their decisions.
- All members must respect the rights, dignity & worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity. Members should keep to agreed timings for training & competitions or inform their coach or team manager if they are going to be late.
- Members must wear suitable kit for training and competition sessions, as agreed with the coach/team manager.
- Members must pay any fees for training or events promptly.
- Junior members are not allowed to smoke on club premises or whilst representing the club at competitions.
- Junior members are not allowed to consume alcohol or drugs of any kind on the club premises or whilst representing the club.
- Bullying of any sort will not be tolerated.

## Club Officials & Volunteers

- Consider the well-being & safety of participants before the development of performance.
- Develop an appropriate working relationship with participants, based on mutual trust & respect.
- Make sure all activities are appropriate to the age, ability & experience of those taking part.
- Promote the positive aspects of the sport (e.g. fair play).
- Display consistently high standards of behaviour & appearance.
- Follow all guidelines laid down by the National Governing Body & the Club.
- Hold appropriate valid qualifications & insurance cover.
- Never exert undue influence over performers to obtain personal benefit or reward.
- Never condone rule violations, rough play or the use of prohibited substances.
- Encourage & guide participants to accept responsibility for their own performance & behaviour.
- Encourage participants to value their performances & not just results.

## Parents/Carers

- Encourage your child to learn the rules & play within them.
- Discourage unfair play & arguing with officials.
- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport.
- Set a good example by recognising fair play & applauding good performances of all.
- Never punish or belittle a child for losing or making mistakes.
- Publicly accept officials' judgements.
- Support your child's involvement & help them to enjoy their sport.
- Use correct & proper language at all times.
- Encourage & guide performers to accept responsibility for their own performance & behaviour.

## Adult Members

- All members must take responsibility in ensuring they are up to date with the rules, understand & adhere to them.
- Members are not allowed to smoke or consume drugs on club premises or whilst representing the club.
- Members should keep to agreed timings for training/competitions or inform their coach or team manager if they are going to be late.
- Members must wear suitable kit for training sessions, as agreed with the coach/team manager.
- Members must pay any fees for training/ events promptly.
- Bullying of any sort will not be tolerated.
- All members must respect the rights, dignity & worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity.
- Members should recognise the valuable contribution made by coaches & officials who are volunteers. They give their time & resources to provide Surf Life Saving for you.
- All members must respect officials & publicly accept their decisions.
- All members should be a positive role model, treat other players & officials with the same level of respect you would expect to be shown to you.
- Use correct & proper language at all times.



