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## MEMBERS INFORMATION HANDBOOK

**“To constantly challenge and improve lifesaving capabilities, wellbeing and potential of our members.”**

 [westlifesaving@gmail.com](mailto:westlifesaving@gmail.com)

 [westlifesaving@gmail.com.au](mailto:westlifesaving@gmail.com.au)

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

 [www.instagram.com/west\\_lifesaving/](https://www.instagram.com/west_lifesaving/)

As an affiliated RLSS club we would like to thank RLSSWA for their ongoing commitment and support of our club.

## Welcome to West Life Saving Club

On behalf of the West Life Saving Club (WA) Inc. (WLS), I would like to welcome you to the 2023/24 Pool Life Saving season.

WLS commenced in 2018 and are not affiliated with any individual SLSWA or SWA club. We are a RLSSWA “not for profit” Royal Life Saving community sports club which provides training specific to both SLS Pool Rescue and RLSS Pool Life Saving.

This handbook contains information about the WLS Club - its structure, its activities, how to register, members, obligations and how to gain the most from your involvement with the club. It is designed to introduce you to both the club and the sport of Pool Life Saving.

WLS is first and foremost a competitive lifesaving club that aims to support members in performing to the best of their abilities. WLS also strives to provide an environment that is fun, enjoyable and encourages a strong sense of belonging. The club caters for athletes from youth through to elite level, world class athletes. On behalf of the Committee, we wish all our athletes the best of luck for the season and hope you all achieve your swimming goals

### 2023/24 West Life Saving Club Committee

Zach Brown	President
Jake Smith	Vice President
Caitlyn Rothnie	Treasurer
Michelle Brassington	Secretary
Jen Jones	General Committee Member
Sarah Hynes	General Committee Member
Harrison Hynes	General Committee Member
Kelton Rothnie	General Committee Member
Jeff Baxter	General Committee Member
Carolyn Wilson	General Committee Member

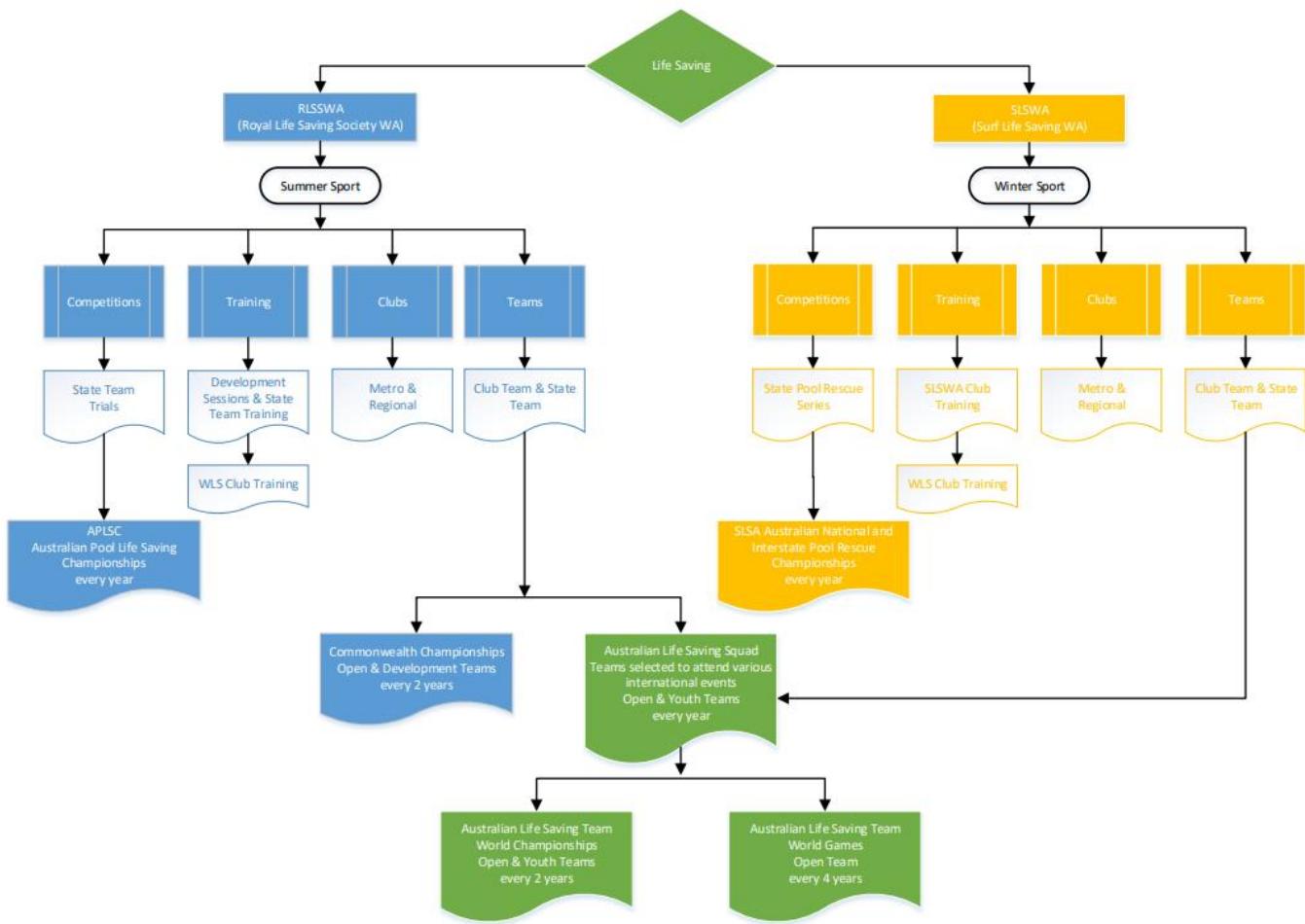
The information in this Handbook is intended to give you some information about our club and the sport of Life Saving.

Welcome and thank you for joining West Life Saving Club.

<b>Competitive Pool Life Saving Governing Organisations .....</b>	<b>4</b>
<b>Our members.....</b>	<b>4</b>
<b>Membership .....</b>	<b>5</b>
<b>Membership Fees .....</b>	<b>5</b>
<b>How to join West Life Saving Club .....</b>	<b>5</b>
<b>Training.....</b>	<b>5</b>
<b>Training Fees.....</b>	<b>5</b>
<b>Training Blocks.....</b>	<b>6</b>
<b>Training equipment .....</b>	<b>6</b>
<b>Training Routine .....</b>	<b>6</b>
<b>Training Behaviour.....</b>	<b>6</b>
<b>Competitions .....</b>	<b>6</b>
<b>Competition Age Criteria .....</b>	<b>7</b>
<b>Communication and Social Media .....</b>	<b>8</b>
<b>Uniforms.....</b>	<b>8</b>
<b>WLS By-laws and Policies.....</b>	<b>8</b>
<b>Coaching Team.....</b>	<b>8</b>
<b>The Working with Children Check.....</b>	<b>9</b>
<b>Member Protection .....</b>	<b>9</b>
<b>Our Partners .....</b>	<b>9</b>
<b>Glossary of Definitions.....</b>	<b>12</b>
<b>Useful websites.....</b>	<b>12</b>
<b>Appendix.....</b>	<b>13</b>
1.    How to join Stack Team App .....	13

## Competitive Pool Life Saving Governing Organisations

Life Saving as a sport is run by two governing bodies in Western Australia – Royal Life Saving Society (RLSSWA) and Surf Life Saving Western Australia (SLSWA).



## Our members

We cater for athletes that are currently doing (or prepared to commit to) squad 2+ times per week, targeting those aged 12 years to Masters including pool, open water / surf athletes. Lifesavers that want to develop their lifesaving skills and compete across a wide range of different rescue events. Our athlete membership ranges from athletes new to the sport of Pool Lifesaving through to members of the Australian Life Saving Team.

It should be noted that our training is skill based and athlete members are expected to be both competent swimmers and swimming fit to participate.

We also have non-athlete members who are parents, guardians, coaches, officials, committee members volunteering to support WLS athlete members.

## **Membership**

Athlete and where applicable Non-Athlete Membership includes the following:

- Up to date information regarding training and events held during both Royal Life Saving and Surf Life Saving season
- Coaching & training provided by qualified trainers/coaches, structured to support athletes who compete in Royal Life Saving and/or Surf Life Saving events
- Access to ILS approved life saving equipment
- Annual Life Saving time trials
- Protection via the Safe Sport Framework
- Online entries for RLSSA national championships
- Competition opportunities at club, interclub, state, national and international lifesaving competitions
- Personal Accident Insurance Cover (please ask to see what is covered)
- Invitation to compete at Pool Life Saving Events (State & National)
- Monthly RLSSWA Members Newsletter
- Members are eligible to apply for selection for the RLSSWA State Teams and National Life Saving Teams

## **Membership Fees**

Membership period is defined as the full membership season of 1 March to 31 February

- a) Athlete member – \$70 per annum (training fees separate)
- b) Non- athlete member – \$0 (Nil).

Parents and guardians are encouraged to join for free as non-competitive members.

## **How to join West Life Saving Club**

To join West Life Saving, go to our Facebook Page <https://www.facebook.com/westlifesavingor> Website [westlifesaving.com](http://westlifesaving.com)

New and existing members may register at

<https://www.registernow.com.au/secure/Register.aspx?E=48986>

## **Training**

Life Saving as a sport is run by two governing bodies in Western Australia; RLSSWA and SLSWA. WLS training is structured to meet the variation in events of both organisations.

WLS train at HBF Stadium, Mount Claremont Sunday afternoons from 3pm to 4.30pm. Training schedules are published and updated on the clubs Stack Team app.

## **Training Fees**

Registration for training is offered in blocks rather than week by week which provides *significant* savings to our members. On application members can apply to pay \$15 for weekly sessions (please note this is usually an option undertaken only by RWA, FIFO and late season registering members as paying for the training blocks is heavily discounted up to 50%).

Pool Entry is excluded; however, we do recommend looking at the HBF Stadium Multipass Entry options, visit their website for further Entry Price information.

Training Blocks vary in number of sessions to suit the needs of the members and priced accordingly.

## **Training Blocks**

### **Seasonal Structure**

We run training from May through to January. This is divided into three blocks:

- May-August, focus on SLS competitions (Block 1)
- August – November, Australian Lifesaving Team squad members and athletes targeting international competitions (Block 2A and 2B)
- October-January, focus on RLSS competitions (Block 3A and 3B)

## **Training equipment**

WLS provide ILS approved training equipment including obstacles, rescue tubes, manikins and throw ropes.

Athletes are required to provide their own fins. If a member does not have competition lifesaving fins please bring swim training fins. Coaches provide athletes with advice on what fins best suit their needs.

## **Training Routine**

Athletes are expected to:

- Arrive at training 15 minutes early
- Mobility Exercises Routine
- Have all your training equipment ready
- Inform coaches of any injuries or if you must leave early
- Get into pool on time
- Give 100%
- *Assist in packing away club training equipment*

## **Training Behaviour**

Athletes are encouraged to support their teammates at training and during competition. Working together as a team is an important part of the WLS approach. Athletes are expected to follow the directions of the coaching staff, be respectful at all times and abide by WLS Club's Code of Behaviour.

## **Competitions**

- WLS Carnival, SLSWA Pool Rescue Series, HBF Stadium Claremont 25 June
- SLSWA State Championships 15-16 July, HBF Stadium Claremont

- SLSA Pool National and Interstate Poll Rescue Championships 4-6 August, QLD
- RLSSWA State Team trials 29 October 5 November
- RLS Commonwealth Lifesaving Championships 13-17 September, Canada
- NZ National Championships September TBC
- German Cup, December
- RLSSA National Championship (APLSC) January 2023

**RLSSA Australian Pool Life Saving Championships** - RLSSWA select a state team to attend the APLSC, these athletes U16-Open travel as a team together with the state coach and team manager, this event is heavily subsidised by RLSSWA with athletes paying a levy only (this will vary on location and costs, 2023 \$650). Logistics are coordinated by RLSSWA and the levy goes towards flights / accommodation / entry fee / land transport / food / competition dinner / uniforms and management team costs. We are happy to say over the past 4-5 years most if not all WA state team members were members of WLS. Athletes may also compete as a member of their RLSS or SLS club, our members are encouraged to attend the APLSC as WLS members, entries are completed by the club and club support is determined based upon location and numbers attending.

**SLSA National and Interstate Pool Rescue Championships** – Athletes may enter this event as either a member of their surf or royals club. SLSWA also nominate members to a WA state team to compete in state relays and point score for the interstate championships. State team members are provided uniform and in recent years \$400 towards the cost of attendance. Athletes do not travel as a team and are responsible for their own travel arrangements and associated costs. Due to the large number of club athletes attending this event WLS finance and send a club coach in support of our members. The club also coordinates training at the competition pool prior to the event, lane hire, team meetings, shade tents and a dinner on the Sunday evening at the conclusion of the championships.

## Competition Age Criteria

### RLSSA Competitions:

A competitor's age is taken as at the 1st of January 2023. This means the age the competitor is on January 1st is the age they use to enter the competition. A summary of eligibility criteria for each age division is provided below. Refer to the RLSSA Competition Handbook for further details:

- Under 14 (Minimum age 11 years, maximum age 13 years)
- Under 16 (Minimum age 12 years, maximum age 15 years, minimum award is Bronze Star or equivalent)
- Under 19 (Minimum age 12 years, maximum age 18 years, minimum award is Bronze Medallion or equivalent)
- Open (Minimum age 12 years, no maximum age, minimum award is Bronze Medallion or equivalent)
- Masters (minimum age 30 years, no maximum age, minimum award is Bronze Medallion or equivalent). Masters age groups include 30-44 years, 45-59 years, 60+ years.

## SLSA Competitions:

Pool Rescue Events for SLSA Championships are open to members from U11 to Masters. SLSWA events competitors can be U10s. A competitor's age is taken as at the 1<sup>st</sup> October of the previous year. So an U11 for a pool rescue carnival will be aged 10 on 1<sup>st</sup> October in the previous year.

## Communication and Social Media

WLS uses Stack team (more commonly known as Team App) for communicating with **members** on day-to-day activities or alternatively by email. Note WLS StackTeam is for use of current members (athlete and non-athlete. Parents/guardians are encouraged to become non-athlete members).

WLS uses Facebook, Instagram and Website for promotion and marketing with key partners, stakeholders, and current and potential members.

E: [westlifesaving@gmail.com.au](mailto:westlifesaving@gmail.com.au)

F: <https://www.facebook.com/westlifesaving>

[I: www.instagram.com/west\\_lifesaving/](https://www.instagram.com/west_lifesaving/)

W: westlifesaving.com

Instructions to join our team on Stack Team app can be found in the [Appendix](#)

## Uniforms

WLS aims to present itself in a professional manner by displaying uniformity as a team. Our team colours are blue, orange, black and white. We have club caps and limited shirts in stock and can be ordered by emailing the club.

## WIS By-laws and Policies

WLS policies and documentation can be located on our Stack Team app.

## Coaching Team

WLS coaches are RLSSA accredited Development and Foundation Coaches Pool Life Saving Coaches or alternatively accredited SLS Coaches

We also call upon a cohort of experienced lifesaving athletes with relevant coaching accreditation to assist our coaching team from time to time.

Full profile of our coaching team can be viewed on our webpage.

## **The Working with Children Check**

The WWCC is managed by the West Australian Department of Communities Screening Unit and involves a national criminal history check and review of findings of workplace misconduct. Our club committee, coaches, trainers, assessors and officials are required to have a valid WWCC.

## **Member Protection**

WLS aims to empower athletes to serve our community as lifesavers and to develop leadership, decision-making skills and a team-oriented mind set. WLS also focuses on a positive wellbeing, including staying fit, developing resilience and living a healthy lifestyle.

We are committed to the health, safety and wellbeing of all members and are dedicated to providing a safe environment for those participating in WLS events.

As part of the community, each individual makes a commitment to actively encourage behaviours that promote a supportive and nurturing environment and contribute to RLSSA mission to lead efforts to reduce drowning and increase swimming, water safety and lifesaving skills.

The main objective of the WLS Member Protection Policy is to maintain responsible behaviour and the making of informed decisions by members and other participants in this club. It outlines our commitment to a person's right to be treated with respect and dignity, and to be safe and protected from discrimination, harassment and abuse. Our policy informs everyone involved in our club of his or her legal and ethical rights and responsibilities and the standards of behaviour that are expected of them. It also covers the care and protection of children participating in our club's activities.

A copy of our Member Protection Policy can be located with the WLS By-Laws and Policies on the WLS Stack Teams app.

The Member Protection Officer for West Life Saving is Eric Smith and can be contacted by email at [westlifesaving@gmail.com](mailto:westlifesaving@gmail.com) or by telephone on 0414 646 111.

## **Our Partners**

We would like to thank APS Lighting & Safety Products Company for coming on board in 2023 as our Inaugural Gold Sponsor, and both the support of Royal Life Saving WA and Surf Life Saving WA their support in the continuation of our club's success.

**Our vision** is to constantly challenge and improve the lifesaving capabilities, wellbeing and potential of our members.

To help achieve this vision we understand our sponsors are a critical aspect to our success. By fostering great partnerships with our sponsors, we are able to provide our members with:

- Development of athletic skills
- Awareness of lifesaving in our Australian culture
- Lifesaving sports equipment
- Financial assistance to travelling National event club coaches

**Our Sponsorship opportunities** are varied and can be tailored to suit your business to ensure you receive maximum exposure and brand visibility. We are keen to partner with you to heighten awareness of your company and its contribution to our club as well as the broader community. The diagram below is indicative of our various sponsorship categories on offer.

Sponsorship Category	GOLD	SILVER	BRONZE Business	BRONZE Family
Sponsorship Investment (AUD) per year	\$1,500	\$300	\$100	\$50
Contract period (years)	3	1	1	1
# Available per season	1	5 max	20	20
Advertising on WLS Social Media (Facebook, Stack TeamApp & Instagram), Annual Report & Website	✓	✓	✓	✓
Promotion during WSL Internal Club Events	✓	✓	✓	✓
Promotion during WSL External Club Events	✓	✓	✓	-
Business signage on WLS equipment cage	✓	✓	-	-
Business logo on WLS Merchandise	✓	-	-	-
Framed thank-you Certificate of Appreciation	✓	-	-	-

If your business or may “time-poor” family would like to enjoy the benefits of sponsoring WLS or for further information on our sponsorship packages, please contact WLS at [westlifesaving@gmail.com](mailto:westlifesaving@gmail.com)

*We sincerely thank-you for considering supporting our club and hope to welcome you to our respected group of supporters. No matter your desire, whether it be to support a lifesaver or raise the profile of your business, we look forward to partnering with you*



# Royal Life Saving

THE ROYAL LIFE SAVING SOCIETY WESTERN AUSTRALIA INC



## **Glossary of Definitions**

**WLS** West Life Saving Club (WA) Inc.

**The Club** refers to the West Life Saving Club (WLS) and its members

**RLSSA** Royal Life Saving Society Australia

**RLSSWA** Royal Life Saving Society Western Australia

**SLSWA** Surf Life Saving Western Australia

**SLSA** Surf Life Saving Australia

**State, Nationals or International** is defined as an ILS, RLSSA or SLSA Pool Lifesaving Championship Event

**ILS** International Life Saving

**WWC** - Government of Western Australia Working with Children Card

**Season** is defined as the full membership season of 1 March to the end of February.

## **Useful websites**

**RLSSWA** [royallifesavingwa.com.au](http://royallifesavingwa.com.au)

**RLSSA** [royallifesaving.com.au](http://royallifesaving.com.au)

**SLSA** [sls.com.au](http://sls.com.au)

**ILSF** (International Life Saving Federation) [ilsf.org](http://ilsf.org)

## Appendix

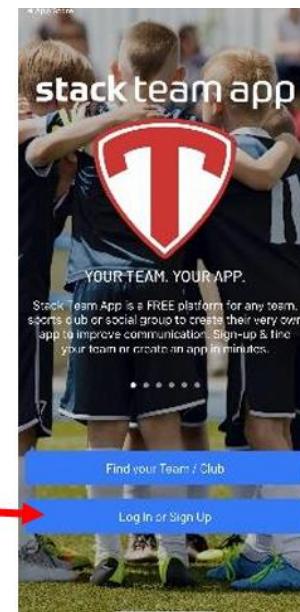
### 1. How to join Stack Team App

#### Join our team on Stack Team App:

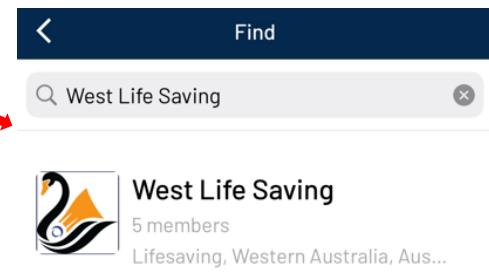
Download 'Stack Team App' from the App Store or Google Play, register as a Team App member, search for your team and request to become a member. You can also join via [www.teamapp.com](http://www.teamapp.com)

#### VIA YOUR PHONE STEPS:

1. Download Stack Team App from the App Store or Google Play



2. Register as a member-select the second option 'LOG IN OR SIGN UP'. Fill in your details to create your account – this will give you full access in our team, if you go straight into 'find your team/club you won't be able to access our files.



3. Search 'West Life Saving' to find us, and then click on our team icon to add us to your account.

4. Tap 'request to join this team's app', then you will be given options to tap to select access groups relevant to you.

Your request will be checked for approval by us, please include full name and we will check the request against our membership list. Only club members are approved. And remember parents/guardians/partners of athletes are welcome to join the club.

You can select to receive notifications in your account settings, in some phones you may have to activate app notifications in your phone settings too. We recommend you receive notifications, so you receive immediate notice of cancellations etc.

Once you have been approved you are able to access any necessary information for this season, we will build on this as we add things to the app next season.