



MEMBERS INFORMATION HANDBOOK

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

- Email: westlifesaving@gmail.com
- Facebook: facebook.com/westlifesaving
- Instagram: @west_lifesaving
- Website: westlifesaving.com

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

Welcome to the 2025/26 Pool Life Saving Season

On behalf of the West Life Saving Club (WA) Inc. (WLS), I would like to warmly welcome you to the 2025/26 Pool Life Saving season.

Founded in 2018, WLS is a **Royal Life Saving Society WA (RLSSWA)** not-for-profit community sports club. We are not affiliated with any individual SLSWA or SWA club. Our focus is on providing high-quality training specific to both SLS Pool Rescue and RLSS Pool Life Saving.

This handbook has been designed to introduce you to our club and the sport of Pool Life Saving. Inside, you'll find important information about:

- The structure and operation of WLS
- How to register and get involved
- Member obligations and expectations
- How to get the most out of your time with the club

At WLS, we are first and foremost a competitive lifesaving club dedicated to helping our members perform at their best. We also strive to create an environment that is fun, inclusive, and supportive, fostering a strong sense of belonging among our members.

Our club caters for athletes of all ages and abilities — from youth participants to elite, world-class competitors. On behalf of the WLS Committee, we wish all our athletes the very best for the upcoming season and hope you achieve your swimming and lifesaving goals.

2025/26 West Life Saving Club Committee

Zach Brown	President
Michael Stork	Vice President
Jennifer Jones	Secretary
Nicola Tuckey	Treasurer
Sarah Hynes	General Committee Member
Tony Rigoll	General Committee Member
Michelle Brassington	General Committee Member
Bec Czaplinska	General Committee Member
Amanda Bevan	General Committee Member

Welcome and thank you for joining West Life Saving Club.

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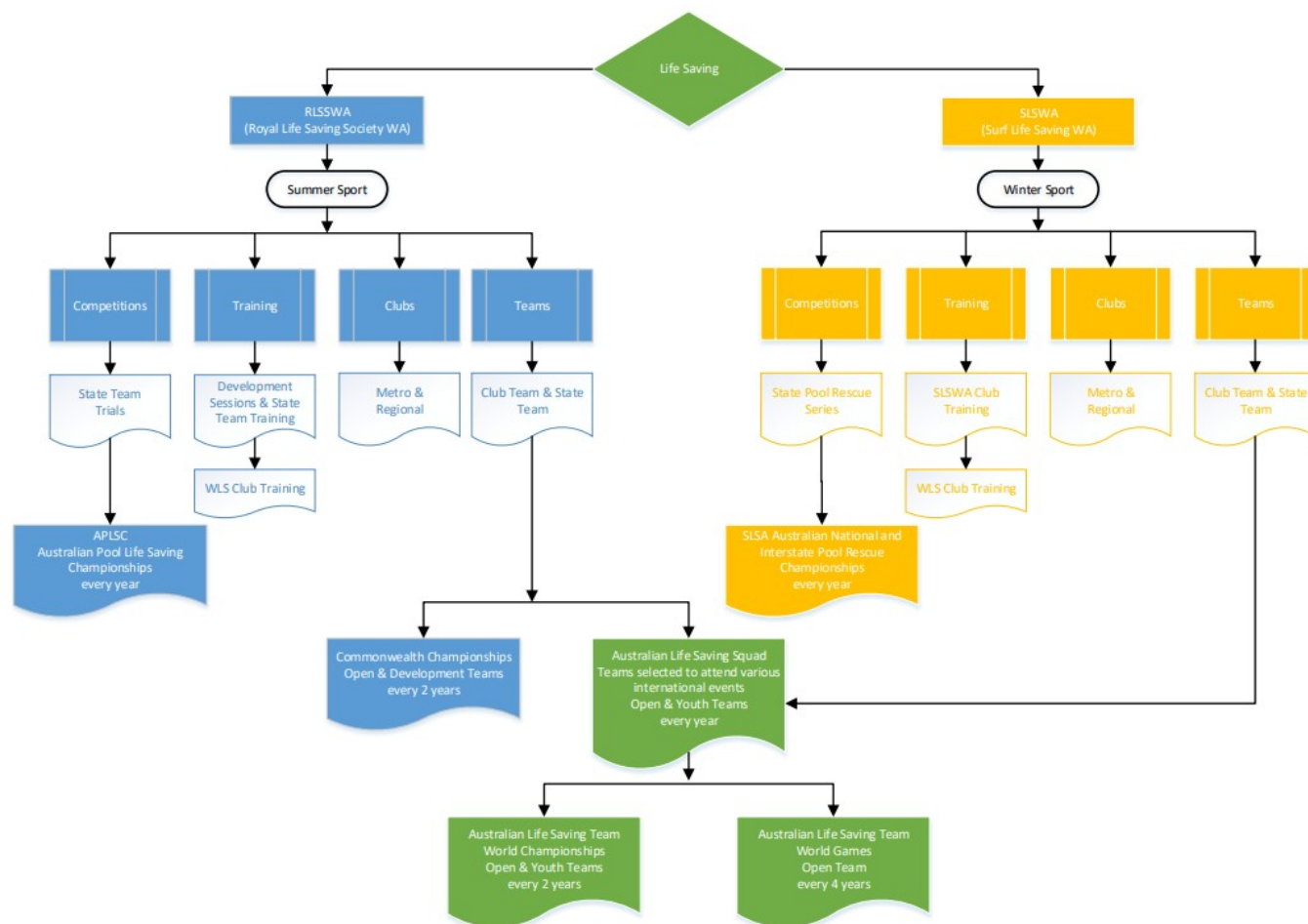
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Competitive Pool Life Saving Governing Organisations

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.

Training at WLS is skill-based, and athlete members are expected to be competent and swimming-fit to take part safely.

We also welcome non-athlete members — including parents, guardians, coaches, officials, and committee members — who volunteer their time and energy to support our athletes and club operations.

Membership

Becoming a WLS member gives you access to an inclusive community of lifesavers, qualified coaching, and exciting competition opportunities throughout the year.

Membership Benefits

All Athlete and Non-Athlete Members receive:

- Up-to-date information on training and events during both Royal Life Saving and Surf Life Saving seasons
- Coaching and training from qualified instructors
- Access to ILS-approved lifesaving equipment
- Annual lifesaving time trials
- Protection via the Safe Sport Framework
- Online entries for RLSSA National Championships
- Competition opportunities at club, interclub, state, national, and international levels
- Personal Accident Insurance cover (please enquire for coverage details)
- Invitations to compete at State and National Pool Life Saving Events
- Monthly RLSSWA Members Newsletter
- Eligibility to apply for RLSSWA State Teams and National Life Saving Teams

Membership Fees

Membership Fees (2025/26 Season)

Membership Type	Annual Fee	Notes
Athlete Member	\$85	Training fees additional
Non-Athlete Member	Free	Parents and guardians encouraged to join

Membership Period: 1 March – 31 February

How to Join:

Email westlifesaving@gmail.com to request your registration details.

Training

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

WLS training programs are designed to reflect the unique events and requirements of both organisations.

Training Venue & Times

- Venue: High Performance Centre (HPC), Mount Claremont

- Day: Sundays
- Time: 1:30 pm – 3:00 pm

Training schedules are published and regularly updated on the club's Stack Team App.

Training Fees

Training Fees

Training is offered in **blocks** rather than weekly sessions, providing excellent value for members.

Training Type	Description	Cost Notes
General Training Block	Open to all athletes	Discounted block rate
High Performance Block (HP)	Invite-only training with lower coach-to-athlete ratio during out of season WLS training periods	Higher cost
Weekly Rate	Available for FIFO or late-season athletes	\$15 per week

Pool entry is not included. We recommend checking the HPC Stadium Multipass for discounted pool entry options.

Training Blocks - Seasonal Structure

2026 Season (April – September)

Period	Focus	Notes
April–June	RLSS Competitions	Block 1 (alongside RLSSWA State Team)
July–August	SLS Competitions	Block 2
June–August	General Training	Block 3
August–September	HP Training (International focus)	Block HP

The full training and competition calendar can be found on the club's Stack Team App.

Training equipment

WLS provides **ILS-approved equipment**, including:

- Obstacles
- Rescue tubes
- Manikins
- Throw ropes

- Bricks
- Resistance bands

Athletes must bring their own **fins**. If you don't have competition fins, swim training fins are fine. Coaches can help you choose the right type for your needs.

Training Routine

Athletes are expected to:

- Arrive 15 minutes early
- Complete mobility and warm-up exercises
- Have all required equipment ready
- Inform coaches of any injuries or early departures
- Enter the pool on time
- Give 100% effort
- Assist in packing away club equipment

Training Behaviour

Team spirit is at the heart of WLS.

We encourage athletes to support each other at training and in competition. Members are expected to:

- Follow the directions of coaching staff
- Be respectful to others
- Uphold the WLS Code of Behaviour

Competitions

2025 Competition Calendar

Event	Date	Location
German Cup	20-22 November	Germany

2026 Competition Calendar

Event	Date	Location
WLS Carnival (SLSWA Pool Rescue Series)	7 June	HPC, Claremont
APLSC	25–27 June	—
SLSWA State Championships	TBC	HPC, Claremont
SLSA Pool National & Interstate Championships	7–10 August	South Australia
Lifesaving World Championships	2-10 December	South Africa

National and State Events

RLSSA Australian Pool Life Saving Championships (APLSC)

RLSSWA selects a state team (U16–Open) to attend this annual event. Athletes travel with the State Coach and Team Manager, and the trip is heavily subsidised.

Athletes pay a small levy (approx. \$750) to cover travel, accommodation, entry fees, meals, uniforms, and management support.

Most WA State Team members in recent years have proudly come from WLS.

SLSA National & Interstate Pool Rescue Championships

Athletes can compete as members of either their SLS or RLSS clubs.

SLSWA selects a State Team for relays and point-score events. Team members receive uniforms and a travel subsidy (around \$500).

WLS provides a club coach, coordinates team meetings, and hosts a team dinner after the championships.

Competition Age Criteria

RLSSA Competitions:

A competitor's age is taken as at the 1st of January. 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), nil qualifications
- 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 1st October of the previous year. So an U11 for a pool rescue carnival will be aged 10 on 1st October in the previous year.

Communication and Social Media

WLS uses Stack Team App for all member communication, including training updates, events, and club notices.

Access is limited to current athlete and non-athlete members.

We also use social media to share updates, achievements, and club news.

 Email: westlifesaving@gmail.com

 Facebook: facebook.com/westlifesaving

 Instagram: @west_lifesaving

 Website: westlifesaving.com

Instructions for joining the Stack Team App can be found in the [Appendix](#)

Uniforms

WLS presents itself as a unified and professional team.

Our team colours are blue, orange, black, and white.

Club caps and shirts are available for purchase — please email the club to place an order.

WLS By-laws and Policies

All WLS policies and documents can be found on the Stack Team App.

These include:

- Code of Behaviour
- Member Protection Policy
- Club By-Laws
- Safe Sport Framework

Coaching Team

Our dedicated coaching team is made up of RLSSA-accredited Development and Foundation Pool Lifesaving Coaches, and accredited SLS coaches.

Head Coach	Bec Hartman
Assistant Coach	Adam Moore
Assistant Coach	Ivy Moore

We also draw on a group of experienced lifesaving athletes with coaching qualifications who assist throughout the season.

Full coach profiles are available on our website.

The Working with Children Check

All committee members, coaches, trainers, assessors, and officials are required to hold a valid **WWCC**, managed by the WA Department of Communities Screening Unit.

Member Protection

Our policy ensures all members are:

- Treated with respect and dignity
- Safe from harassment, abuse, or discrimination
- Aware of their rights and responsibilities within the club

The Member Protection Officer for WLS is:

Eric Smith – 0414 646 111

westlifesaving@gmail.com

Our Partners

We sincerely thank Royal Life Saving WA and Surf Life Saving WA for their ongoing support in helping WLS continue to grow and thrive and our sponsors XFM, STORK DAVIES legal advisors and Barna Construction.

Sponsorship Opportunities

We offer several levels of sponsorship to help support athlete development, coaching resources, and club events.

Gold	\$1,500	3 years
Silver	\$500	Annual
Business	\$200	Annual
Family	\$100	Annual

Funds raised help provide:

- Lifesaving sport equipment
- Development of athlete skills
- Financial assistance for national events and coaching
- Greater awareness of lifesaving in the community

We tailor sponsorship packages to ensure your business receives maximum visibility and recognition for its support.

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

RLSSA royallifesaving.com.au

SLSA sls.com.au

ILSF (International Life Saving Federation) ilsf.org



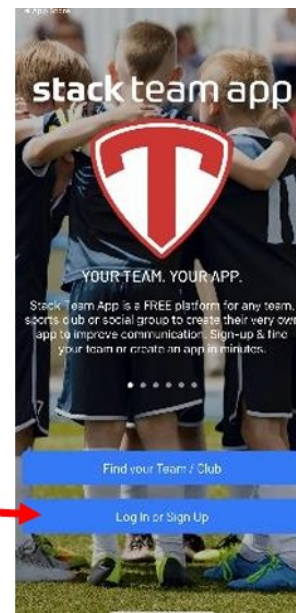
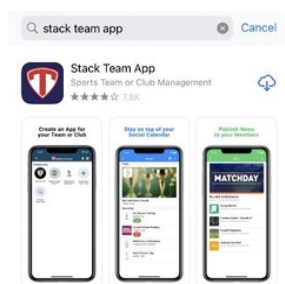
How to join Stack Team App

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 you team and request to become a member. You can also join via www.teamapp.com

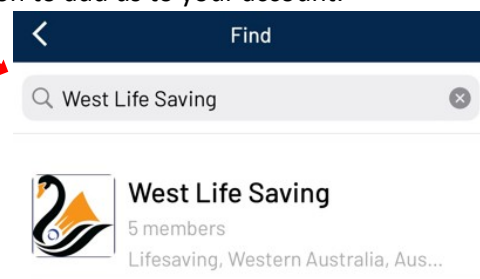
VIA YOUR PHONE STEPS:

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.