



# FSLSC Club Rules

October 2024

- All members are to respect each other and treat others how they would wish to be treated- with kindness and consideration. Members are encouraged to look out for each other and flag up any issues they see to a responsible adult/ safeguard lead
- All members to respect the clubhouse and club equipment
- Everyone must exercise a 'safety first' approach to all activities
- Nippers and junior members must be local to the area (15m radius of Falmouth) and cannot belong to additional SLSC's - this is in the interests of fairness due to a substantial sized waiting list.
- Nippers and Juniors MUST attend a minimum of 70% of all sessions (across both beach and pool). If attendance falls below this yr space may be offered out. The reason for this is to realise a strong, committed and consistent programme for all (we have a big waiting list so consistent absenteeism potentially denies others gaining essential lifesaving skills unnecessarily). NB: exception for this if certain circumstances are communicated and agreed with the Club Captain
- Whilst at club sessions all members must conduct themselves in a manner which does NOT bring the club or SLSCB into disrepute
- All participants in sessions MUST wear club gear (NO exceptions- this is for basic safety for ID and in the pool hygiene):
- On the beach- kids- club red rash vest and club yellow swim hat (to be removed post session as no longer under supervision/ responsibility of the coaches/ guards), adults- club yellow rash vest

- At the pool- kids- yellow or blue club swim hat, adults- blue coach/ helper top
- Everyone must ensure they are signed in/out properly (and accompanied by an adult to and from the clubhouse by a guardian if a nipper) All guardians for under 18yr olds MUST BE ON SITE for entirety of the session/s that their charges are participating in- failure to do this will jeopardise their place in the club
- Everyone should help with taking kit in/ out at the beach
- All kit (including post competition) must be returned to the clubhouse immediately after use
- If kit is damaged while in your care you may be liable to repair/ pay for repair costs