

Nantwich Neptune Lifesaving Club Winter Newsletter 2024



Welcome to our Winter Newsletter, and the final newsletter of 2024!

We have had another very busy term, and we hope you are all enjoying some time off over this festive season with family and friends.

We would like to thank all our members, and their families, for all the hard work and support they have given the club over the last few months; We couldn't do what we do without you all!

Using Online Club Manager allows us access to some very interesting data. In 2024, these are the some of our key insights:

- We have run 41 sessions in total
- We have delivered more than 65 hours of lifesaving
- The total attendance of all sessions is 1692
- The highest number of attendees at a session was 52, on 14/09/2024
- The lowest number of attendees at a session was 31, on 01/06/2024
- The average number of attendees at a session was 41

We will keep in touch with you via our Facebook and Instagram accounts, and look forward to seeing you back at the pool when we return on:

Saturday 11th January 2024!

Em and Liam

RLSS UK Club Check

We are extremely proud to announce that this term we have been awarded Accredited status from the RLSS UK as part of their brand new Club Check programme. We were the first club in the UK to be awarded this status, which is an incredible achievement as there was a lot of paperwork involved!

RLSS UK acknowledge that a large amount of lifesaving activity is in a club environment and to ensure the health of the Society into the future they need strong, safe and sustainable clubs.

- Club Check recognises high standards of governance, sustainability and effectiveness.
- Supports clubs with governance, growing membership, developing volunteers and helping to meet the industry needs.
- Club Check consists of 3 levels - Probationary, Affiliated and Accredited.
- It is accredited every 2 years.

We wouldn't have had all the evidence we needed without all our club members and our dedicated team of instructors. A huge thank you to everyone for making our club so special.



Sports competition 2025

Lifesaving Sport is a competitive and dynamic international sport, with a variety of fun and challenging activities that take place in and out of the water at swimming pools and the beach. It is also an important vehicle to engage young people in lifesaving and support drowning prevention.

We are looking to run a Lifesaving Sport Competition with Crewe Neptune Lifesaving Club in 2025.

Sports competitions are judged on skills, and speed. Warren has come up with some amazing ideas for events, and these could be completed by individuals or as a team relay. We will be sending out a list of ideas in the new year, and would like our lifesavers to vote for their favourite events. Warren would also like them to come up with an event of their own, so that we could incorporate the best one into the competition.

We cannot wait to launch this brand new competition as it is going to be tremendous fun!

Challenge Cup 2024

This term saw the return of the Challenge Cup. This was the first time it has run since the COVID-19 pandemic, and although only two clubs signed up this year, it was lovely to be back taking part in local competitions.

There was a mixture of skilled and timed events, and some tough competition!

Our competitors showed determination and lots of team spirit; we are very proud of ever single one of them.

We had medal winners in the Rookie Lifeguard and 16+ categories:

Rookie Lifeguard 1st Place:

Jackson and Ethan

Rookie Lifeguard 2nd Place:

Jacob and Thomas

16+ 2nd Place:

Josh and Matilda

We have more competitions planned for 2025; The Annual Club Competition and a brand new Lifesaving Sport Competition! Keep an eye on our social media pages for more details.

RLSS UK 100 year Commemorative Award

14 July 2024 marked 100 years since RLSS were given the Royal Charter and to celebrate this, they created a limited-edition award. All our National Lifesaving Academy lifesavers have completed this award this term, and certificates will be awarded in January, when we return to the pool.

The award included simple lifesaving skills, based on the type of skills that were required in the RLSS award 100 years ago; that said the actual technical skill is very different, as I'm sure you can imagine! Our lifesavers had to demonstrate CPR and the recovery position as well as rescues, tows, and casualty recovery.



RLSS UK Make a Splash 1891 Challenge

This term Em, Scarlett, Lucy-Mae, Alfie, Amelia and Jack all took part in the RLSS UK Make a Splash 1891 Challenge.

They were challenged to swim 1891m between October - December, which equated to 76 lengths of a 25m swimming pool.

RLSS UK has a proud history of helping to reducing the number of lives lost to drowning since 1891, when William Henry founded the Life Saving Society. This is where they took their inspiration from.

Our team all received a medal for their achievements.

In 2025, the RLSS UK will be launching their annual Make a Splash Challenge. Anyone can take part and any sponsorship will help to support all the work the RLSS UK do.

Make a Splash is a sponsored distance challenge that can be completed your way. Whether you choose to swim, canoe, or stand-up paddleboard (SUP), the RLSS UK will be on hand to offer you full support throughout your challenge and keep you motivated.

Simply choose one of the distances below and complete the challenge your way!

- 10km/400 lengths
- 25km/1000 lengths
- 50km/2000 lengths
- 100km/4000 lengths

(lengths are based on swimming in a 25m pool)

When you sign up to Make a Splash 2025, you will be sent a welcome pack with your swim hat, fundraising booklet, sponsorship form and additional donation materials to support you in your challenge.

When you have completed the challenge, you will receive a Make a Splash swim badge and certificate to celebrate your success! More information will available on our social media pages, once this challenge has been launched.



Rookie Lifeguard Water Safety Award

In November, 33 of our Rookie Lifeguards completed their Water Safety Award.

The Rookie Lifeguard programme consists of 3 stages: Bronze, Silver and Gold. Each stage has 3 levels; 1, 2 and 3.

At the end of the Rookie Lifeguard programme, lifesavers can gain their Rookie Master Pool Lifeguard Award.

The Rookie Master Pool Lifeguard Award recognises Rookie Lifeguards who have achieved an outstanding standard through the Rookie Lifeguard programme.

To be awarded with this special award, Rookie Lifeguards must have achieved:

- Gold Level 3
- Water Safety (Speciality Award)
- Life Support (Speciality Award)
- Plus three other speciality awards

Now they have their Water Safety Award, we will look to complete further speciality awards in 2025!

Well done to everyone who gained their certificate!



RLSS UK Splash Safely

In October, the RLSS UK launched its brand new campaign, with the tagline: Don't Let your Froglets Hop into Harm!

Their recent Child Drowning Update (September 2024), reported that on average, one child a month drowns at home in England, with those aged under 5 being most at risk.

These findings build on earlier reports that the number of child drowning has tragically doubled over the last four years.

Drowning is preventable, and their toad-ily awesome new campaign, Splash Safety at your Pad, was created to help provide young families with advice, hints and tips around how to enjoy water safely at home.

Leap into action!

- Hop around their website to learn how to stay Splash Safe in your Pad!
- Re-croak their campaign messages on social media
- Ribbit to friends and family about the importance of water safety at home
- Download and print the RLSS UK leaflet for your home, so you never frog-et their advice



Easy Fundraising

Easy Fundraising turns your everyday online shopping into funds to support our club. When they use the Easy Fundraising website or app to shop with leading retailers, the retailer sends a free donation at no additional cost. It is really simple to set up, and we are already starting to see money coming in.

If you use this link to sign up, once you have raised £5, we receive an additional bonus £5, for free!

<https://shorturl.at/Lxra2>



RLSS UK Don't Drink and Drown Campaign

December saw the start of the RLSS UK biannual #DontDrinkandDrown campaign.

We wish getting home was as simple as summoning our own sleigh, but while we can't all be Santa, we can all be SAFE. The guidance is simple:

- #BeAMate - stick together and never leave anyone to walk home alone.
- Avoid routes near water - paths can be slippery this time of year, especially when you're full of festive cheer

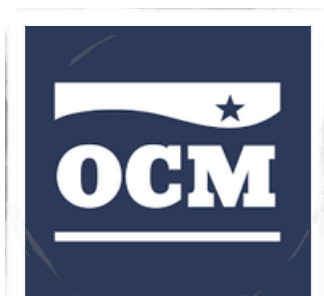
Please SHARE our advice today and throughout the next few weeks, to ensure that everyone gets home safely this festive season.

Online Club Manager Updates

During the Christmas break, please take some time to check your details are correct on Online Club Manager.

The link is: [Online Club Manager](#)

Your log in credentials will be your email address, and the password you created when you first accessed the system. If you have forgotten your password, you can request a new one by clicking 'forgotten password'.



The Committee Members
wish you all a very
Happy New year!



We raised
£35

Where your money will go:



£3

Teaches a child
a water safety lesson



£40

Trains a volunteer
to teach water safety



£75

Teaches a classroom
of children in water safety

Thank You



www.rlss.org.uk



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