



West Region

E-mail: league@rlsswest.org.uk

Website: www.rlsswest.org.uk

Hello from the RLSS West Region Sport Working Group!

We would like to invite you to our Lifesaving Sport Introduction/Development Day on Sunday 11th July starting at 10am at Keynsham Leisure Centre. We'll be finished by 2pm – enough time to get home for the World Cup Final!

The day will start by introducing you to Lifesaving Sport, the events involved within the sport and we will launch the new West Region Virtual League! After lunch, a number of Lifesaving Sport competitors, past and present, will guide you through the Virtual League events and give teaching advice in the swimming pool. So bring your swimming kit, so that you can have a go – we'll promise not to time you!

We'll also be running a session for those wishing to obtain the new RLSS Competitive Start Award, which is needed in order to dive at the National Lifesaving Championships.

The day has something for everyone – whether you're a Rookie Instructor, Lifesaving or Lifeguarding TA, member of the RLSS or a Swimming Coach/Teacher. The League is open to all whether you or your Club are members of the RLSS or not. The League is something you can introduce to your staff training, your Rookies and your Club.

The whole day will cost £5 for adults and £3 for children – this includes refreshments in the morning and the afternoon in the swimming pool. During the morning dry session, we will have a separate activity for children.

You can pay on the day or in advance, but if you intend to come, please let us know so that we can plan ahead. If you want to register your attendance or to find out more, e-mail league@rlsswest.org.uk or check out the new RLSS West Region Website at www.rlsswest.org.uk.

Remember to bring some lunch and your swimming kit!

I look forward to seeing you on the 11th July,

Alan Sutherland

On behalf of the RLSS West Region Sport Working Group