



David "Blondie" Fielding
Keynsham Lifesaving Club
chairman@klsc.co.uk
07921 719 291

Trip to Warwick University Lifesaving Competition – 20 Nov 2021

Many thanks for signing-up for the Warwick University Lifesaving Competition. The friendly atmosphere of this competition makes this the perfect introduction to competitive lifesaving.

Mixed teams of four from local lifesaving clubs and UK Universities will be competing against each other in 5 different events (See www.ilsf.org/lifesaving-sport/disciplines for a summary of what each event involves):

- A Land-based Simulated Emergency Response Competition (SERC)
- A Water-based Simulated Emergency Response Competition (SERC)
- A 12m Rope-Throw Relay Race
- A 50m Swim & 50m Tow Relay Race
- A 4 x 50m Medley Relay

The competition is being held in the university's 25m pool. We have organised transport to get you to the competition. We will be getting a minibus from **Keynsham Leisure Centre Car Park** at **8:00am** so please arrive promptly. The competition will start at 11:00am and is likely to finish around 7pm. We will then drive the minibus back to Keynsham leisure centre, stopping at a motorway service station for dinner and aiming to arrive back at **10:00pm**.

You will need to bring your swimming costume, goggles, KLSC swim hat (available to buy for only £6 if you don't have one), towel, plenty to drink, a packed lunch, a small amount of money for the lockers and to buy dinner, and a book or card game to keep yourself occupied during isolation (no electronic devices allowed). You should not wear any jewellery or bring any valuables with you.

You will be representing Keynsham Life Saving club and will be expected to behave in an appropriate manner at all times.

Please ensure that your online membership form is up-to-date (in particular details of any medical conditions, and your emergency contacts) before the competition.

Many thanks,

David "Blondie" Fielding
Chair
Keynsham Life Saving Club

Annex 1 – COVID Precautions

The safety of our members and volunteers is always our top priority. We have put measures in place to comply with the government's coronavirus guidelines. Please read this section carefully – it contains lots of important information to keep you safe!

It is important for candidates enrolling on training courses, attending clubs and participating in competitions to understand that no PPE or other protective measures can provide 100% protection from infection with, or transmission of, COVID-19. Whilst the British Universities Lifesaving Clubs' Association have provided guidance to clubs to mitigate risk so far as reasonably practicable, there will still be an element of risk involved in attending.

As part of the booking process, all participants must complete a COVID declaration form to confirm that they will not attend the competition if:

- They have a high temperature
- They have a new, continuous cough
- They have loss or change to my sense of smell or taste
- They are having to self-isolate due to coming into contact with someone with COVID-19 symptoms
- Someone from their household has COVID-19 symptoms or is having to self-isolate

Participants will need to provide and wear a face covering at all times in the minibus, and when advised to do so during the competition itself.

Participants will need to provide evidence of a negative COVID-19 test (a lateral flow device test is fine) taken within 48 hours of the competition's registration closing time.

Any participants who fail to comply with these conditions may be prevented from taking part in the competition (either by Keynsham LSC or by the competition organisers).