



## **SIDMOUTH SURF LIFE SAVING CLUB**

### **Sidmouth Surf Lifesaving Club Rules**

**Updated January 2025**

1. All members must be ready to start training 10 mins before each training session.
  2. Coaches have the right to refuse a member training if they arrive late at a session.
  3. For all training sessions members who are 12 years or under are required to have a parent or guardian present on the beach at all times.
  4. All members will be registered at the start of each session by their coach.
  5. Members should inform their coach if they are not going to attend a session.
  6. Members who miss more than three Saturday morning sessions in a row (at any time during the season) may not be able to continue training with the club in the same season - please discuss any long duration absenteeism with your coach.
  7. Members who do not attend at least 60% of all Saturday morning sessions within the season will not be able to continue the following season (subject to injury or illness).
  8. All those attending competition training on a Wednesday night are required to attend at least one of the two main competitions (Devon or National Championships). However, there is an expectation from the club that both events should be attended if possible.
  9. Those training on a Wednesday night will not be able to continue training after the Devon Championships (July) if they are not attending the national championships (August).
  10. Those wishing to compete but have other training commitments on a Wednesday must attend at least one training session per month to be able to compete for the club.
-