



Poseidon Lifesaving Club

Minutes of Annual General Meeting held Wednesday, Oct 2, 2019, 7 pm, Glenview Hotel

Committee Attendance

Chairperson – Freda O’Kelly

Competition Officer – Karen Kelly

Treasurer – Mary Browne

Secretary – Gina Wall

Safe Guarding – Patrice Dowling

Head Coach – John Doyle

Coach – Don Rungay (Apologies)

Logistic Manager – Garret Power (Apologies)

1. Chairpersons Report – Freda O’Kelly and Karen Kelly
 - a. Ratification of previous minutes proposed by John Doyle and seconded by Mary Browne.
 - b. Ratification of Clubs constitution is the last document to be provided to RLSS for the club to have affiliation 2020. Constitution was signed by Freda O’Kelly, Chairperson and John Doyle, Head Coach.
 - c. Introduction of Club committee, newest member Garret Power, Logistics Manager. The club attends many events within the community and charity events. There is a youth group of club members who volunteer at events, along with a volunteer parent body. We would like to thank the volunteers for their support, behind the scenes organization, hard work and time given at these events, and their commitment to the club.
 - d. Attendance, as per the policy, attendance expected is 80% on a term basis.
 - e. Past events completed, Karen Kelly gives an update of club medals received, 2018 is the most impressive medals received to date:
2018 the club received 169 medals, 49 Gold, 59 Silver, 61 Bronze
2017 the club received 105 medals, 23 Gold, 30 Silver, 52 Bronze
 - f. Future events Karen Kelly advises on competitions:
February – Schools competition run by Br. Eamon in Belvedere (not RLSS)
March 14th & 15th 2020 – Speeds UK, this is an optional competition, personal best and club best are the achievements
April – Branch competition, compulsory for Survive & Save members
August – Open Water
September – Regionals, if you qualify at Regionals you go to Nationals, to be held in Leeds.
November - Branch Speeds Ireland to be held November 9th at the NAC.





Poseidon Lifesaving Club

A first for the club, Niamh Booth is our first winner in the Senior Girls of the Schools competition.

Karen advised we are a competitive club, members are expected to compete in competitions. However, if a member does not wish to compete they are requested to help out as casualties. Younger members need to be aware, that they compete as a team (usually in pairs), and it can be very disappointing if one person pulls out of the competition letting down their partner. We do not have reserves, so it often means that the partner has to pull out of the competition.

RLSS membership must be kept up to date by the members. A members RLSS number will be their number for life.

2. Safe Guarding – Patrice Dowling

The club has invested heavily in Safe Guarding this year. It was requested at the beginning of the term that all policy and procedure be read and sign by members and parents. All policies and procedures can be found on the website <https://www.poseidon.ie/fk-policies-procedures/>

The Risk Assessment Statement has been completed; Karen Kelly will present this to the Branch.

Designated Liaison Person - Survive & Save - Mary Lawlor

Designated Liaison Person – Rookies – Julie Bond

A representative is required for Rookies – Thursday and Saturday classes.

Patrice made the point that the club are only responsible for the members when they are on poolside; therefore it is the parents' responsibility at drop off and pick up, if parents are not available at competition time nominate an adult to take care of your child.

Social Media – we expect all members to be included, involve everyone, no exclusion, no bullying. Mobile devises/photography is prohibited in the changing facilities.

3. Treasurers Report – Mary Browne

a. Financial results – see statement attached.

The fees are income which goes towards the cost of pool rental, RLSS awards and books. We have received donations from events i.e. Happy Pear, Breath with Niall. Dry robes were purchased for members who attended both events. The Poseidon gazebo, new rescue boards, safe guarding and the website are recent purchases. The club have subsidized bus hire in the past, when travelling to Belvedere in the future; the cost to members may increase.





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The Kelly Family donated to the club, a new manikin was purchased.

- b. Grant – we anticipate receiving a grant of €8,000 from the Department of Sports and Leisure. We are expected to purchase CPR equipment, 2 AED trainers, manikins, throw bags and rescue boards.

4. Head Coach Report

a. Coaching & Instructors

Tuesday S&S – John Doyle, in training Oscar Cafferky

Wednesday Rookies– John Doyle, Ciara Kelly, in training Niamh Booth and Olivia Kinnane

Thursday Rookies – John Doyle, in training Roisin Ivory and Jake Heffernan

Friday S&S – UCD Freda O’Kelly and Gina Wall

Saturday Rookies– John Doyle, in training Jake Heffernan

Sunday S&S – John Doyle, Freda O’Kelly and Gina Wall

Same program for each session.

Once the instructors are fully trained and 18+, they can cover Tuesday and Sunday sessions.

Training for Open Water endorsement for instructors to be set up.

The plan is to have a resource of instructors and life support; this team can rotate throughout the club. Life support team will be CPR/First Aid, no pool required.

- b. Life Guard Program – Conor Power, Jake Heffernan, Roisin Ivory, Niall Byrne, Olivia Kinnane, Niamh Booth, Caoimhe Purcell and Leo Wyer are our newest qualified Pool Life Guards.

The lifeguard program starts in January – May, it takes 40 hours of training, 100% attendance is required. This program may not be available every year.

- c. Competitions – Schools, Branch and Regionals – John stated that the original teams for Branch team up again for Regionals. Going forward there maybe 2 squads, the squad with the best attendance and desire to compete will go on to Regionals. Any members not competing must put themselves forward as casualties.

5. A.O.B

- a. RLSS Small Talk event to be held Saturday, October 5, 2019 – New CEO to RLSS

Awards – when a member has 3 gold awards, they should receive a distinction award.

The awards are Beach, Open Water, Speeds and Pool awards received are Bronze, Silver and Gold.

Starting in September we will cover Medallion awards.





Poseidon Lifesaving Club

We need to follow up on distinction awards, as they will have reduced hours towards the Beach and Pool Lifeguard Program.

Record competitions – the meeting discussed recording the competitions, which is possible if we have professional equipment. However, we cannot go back to the judge and ask for feedback. They will give general feedback but not direct feedback.

Judging and Timekeeping course – Karen asks the question at each Branch meeting. She will propose the subject again to Noel after the RLSS Small Talk meeting.

Poseidon holds the Ken McCullagh Shield, John will ask Declan in the Glenview Leisure Centre to show this shield in a viewing cabinet.

Trent Maxwell also known as “Maxi” with his Manager Leigh Mason are due to return to Ireland in July 2020. They will work with John and Leinster Lifeguard Academy. They expect to hold an event with Poseidon and also cover events in Dublin, Cork, the West and South Shields, U.K.

Christmas Gala will be held in the New Year 2020.

Club Insurance is due to increase to £113.

UCD fees anticipate being €80, Mary Browne to confirm.

Meeting concluded at 8.15pm





Poseidon Lifesaving Club



What is Safeguarding?

Safeguarding is the action that is taken to promote the welfare of children and protect them from harm.

Safeguarding means:

- Protecting children from abuse and maltreatment
- Preventing harm to children's health or development
- Ensuring children grow up with the provision of safe and effective care
- Taking action to enable all children and young people to have the best outcomes

Child protection is part of the safeguarding process. It focuses on protecting individual children identified as suffering or likely to suffer significant harm. This includes child protection procedures which detail how to respond to concerns about a child.

<https://www.poseidon.ie/fk-report-a-concern/>

Categories of Abuse:

- Physical
- Emotional
- Neglect
- Sexual



Patrice Dowling
Club Children's Officer



Julie Bond
Designated Liaison Person
Rookie



Mary Lawlor
Designated Liaison Person
Survive & Save



Freda O'Kelly
Club Chairwoman

Safeguarding is everyone's responsibility

Poseidon Lifesaving Club aims to provide an inclusive range of opportunities to increase participation in lifesaving activities. We recognise the importance of equipping as many people as possible with valuable lifesaving skills to help save as many lives as possible and to help reduce the drowning toll in Ireland.

Poseidon Lifesaving Club operates under the guidance of the safeguarding policies of RLSS UK (<https://www.rlss.org.uk/Pages/Category/safeguarding>) and has been developed in line with the requirements of the Ireland Children First Act 2015 (<https://www.tusla.ie/children-first/children-first-guidance-and-legislation/>).

Poseidon Lifesaving Club is committed to safeguarding and promoting the welfare of children and adults at risk and expects everyone involved in the club activity to share this commitment. Poseidon Lifesaving Club is committed to ensuring that children and adults at risk who participate in its activities including lifesaving, lifeguarding, community awards, education, sports, competitions and any other events have a safe, positive and enjoyable experience. Poseidon Lifesaving Club's written Risk Assessment document indicates the areas of potential risk of harm, the likelihood of the risk occurring, and gives the required policy, guidance or process documents required to address these risks.

Poseidon Lifesaving Club is committed to the implementation of its Child Safeguarding Statement. In support of this commitment, the Club's mandated individuals are as follows:

The Club Children's Officer (CCO) is Patrice Dowling
The Designated Liaison Person Rookie (DLP) is Julie Bond
The Designated Liaison Person Survive & Save (DLP) is Mary Lawlor

The Poseidon Lifesaving Club Child Safeguarding Statement will be reviewed in July 2021.

Club Chairperson: Freda O'Kelly

Club Children's Officer: Patrice Dowling

Date: 31/07/2019

Date: 31/07/2019



The Club Children's Officers and all Committee Members in Poseidon Lifesaving Club support and champion the implementation of safeguarding requirements as directed by the Children's First Act 2015, Sports Ireland & the RLSS UK.

Safeguarding our young people while under the care of Poseidon Lifesaving Club is a priority for all Committee Members, Coaches and Volunteers

This ethos is reflected in the club's Safeguarding Policies & Procedures which are mandatory requirements for members and Clubs involved with young people. These are important documents are all available on www.poseidon.ie

Key Messages

- Poseidon Lifesaving Club takes Safeguarding seriously. All committee members, coaches and volunteers are Garda vetted and have completed Safeguarding 1
- All Members, Parents, Guardians & Volunteers must read, understand, sign and adhere to the Poseidon Lifesaving Club's 'Code of Conduct & Club Ethos'
- Poseidon Lifesaving Club uses PUBLIC facilities to deliver training. All Members, Parents & Guardians must be aware of this and the associated potential risks of leaving your child unattended in such a facility
- The use of Social Media and Photography come under strict guidelines whilst in the care of and representing Poseidon Lifesaving Club. Failure to adhere to these guidelines may result in the need to take disciplinary action



facebook.com/Poseidon-Lifesaving-Club



Poseidon Lifesaving Club

Financial Report for Poseidon for 2018-19

Date	Details	Debit	Credit	Balance
Jul-17	Opening Balance			€7,098
Aug-18	Competition Fees	€257	€210	€7,051
	Buoys	€1,870		€5,181
Sep-18	Scouts Hall	€500		€4,681
	Helper	€80		€4,601
	Happy Pear Donantion		€400	€5,001
Oct-18	Fees		€5,115	€10,116
	UCD - Lane Rental	€1,100		€9,016
	Shoreline - Lane Rental	€1,700		€7,316
Nov-18	Leeds Expenses	€818		€6,498
	Pool Life Guard Program	€750	€2,400	€8,148
Dec-18	Bus Hire	€550	€305	€7,903
Jan-19	Fees		€5,208	€13,111
	Shoreline - Lane Rental	€2,200		€10,911
	UCD - Lane Rental	€1,815		€9,096
Feb-19	Bus Rental	€470	€468	€9,094
	Sheffield Fees	€770	€715	€9,039
Mar-19	Breathe with Niall	€115	€400	€9,324
	Child Protection Costs	€40		€9,284
Apr-19	Boards	€2,960		€6,324
	Hats	€595	€355	€6,084
	Fees		€3,350	€9,434
	Shoreline - Lane Rental	€2,000		€7,434
	Gazebbo	€1,420		€6,014
May-19	UCD - Lane Rental	€990		€5,024
	Maxi - Visit	€315		€4,709
	Breathe with Niall		€400	€5,109
	Kelly Mankin	€288		€4,821
	Dry Robes	€608		€4,213
	Lifeguard Tester Fee	€200		€4,013
	Boards Delivery Fee	€432		€3,581
	Bus Hire	€440	€190	€3,331
	Breathe with Niall		€400	€3,731
	Website & Safeguarding	€935		€2,796
		€24,218	€19,916	





Poseidon Lifesaving Club

Financial Report for Poseidon for 2018-19

INCOME	Debit	Credit	Balance
Fees		€13,673	
Donations		€1,600	
Bus		€963	
Pool Life Guard Programme		€2,400	
Competition Fees		€925	
Hats		€355	
Total Income		€19,916	
EXPENDITURE			
Shoreline - Lane Rental	€5,900		
UCD - Lane Rental	€3,905		
Bus	€1,460		
Equipment	€7,577		
Entry Fees & Leeds Expenses	€1,845		
Pool Lifeguard Program	€950		
Scouts Hall	€500		
Hats	€595		
Maxi Visit	€315		
Website & Safeguarding	€975		
Misc	€195		
Total Expenditure	€24,218		
SURPLUS			-€4,302

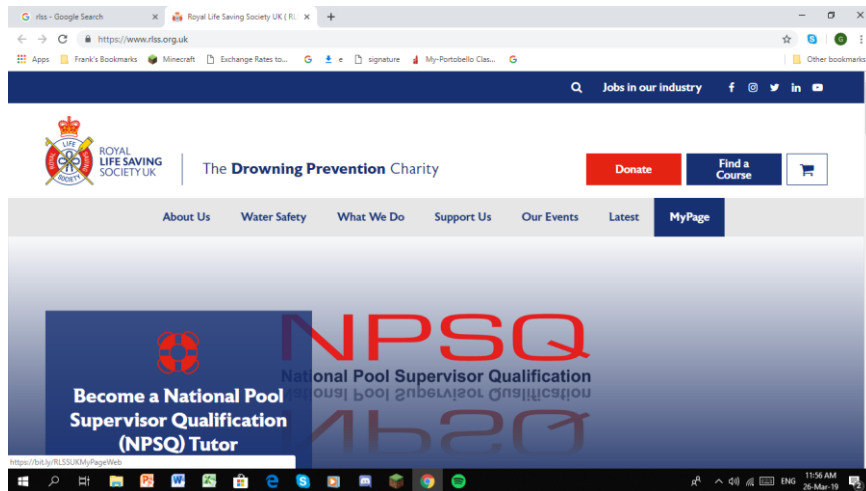




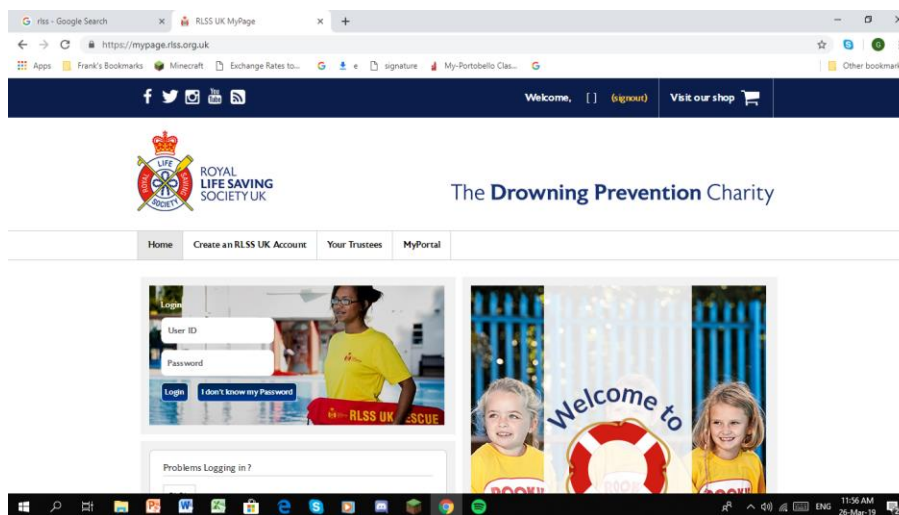
Poseidon Lifesaving Club

How to look up Awards

1. Please go to the RLSS website <https://www.rlss.org.uk/>
2. Click on MyPage



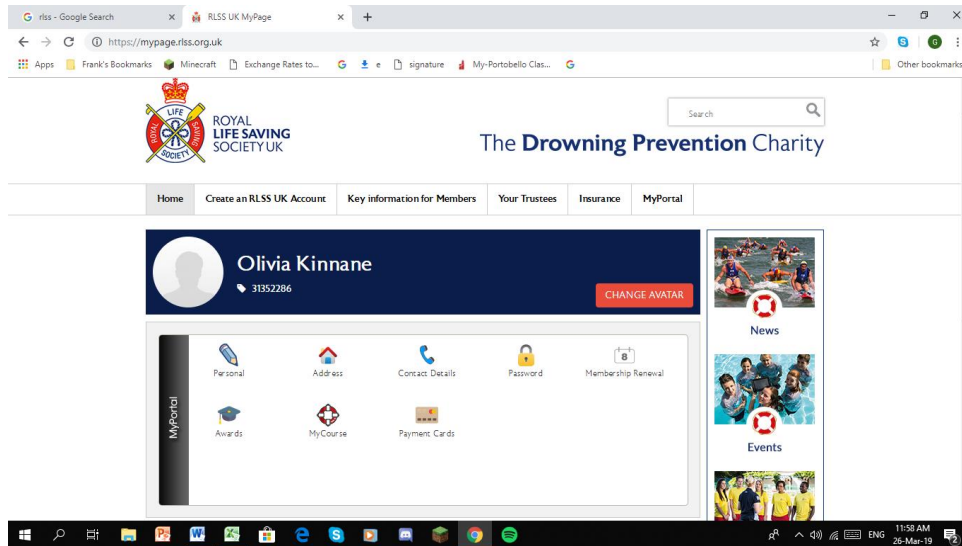
3. Login with your RLSS number and password



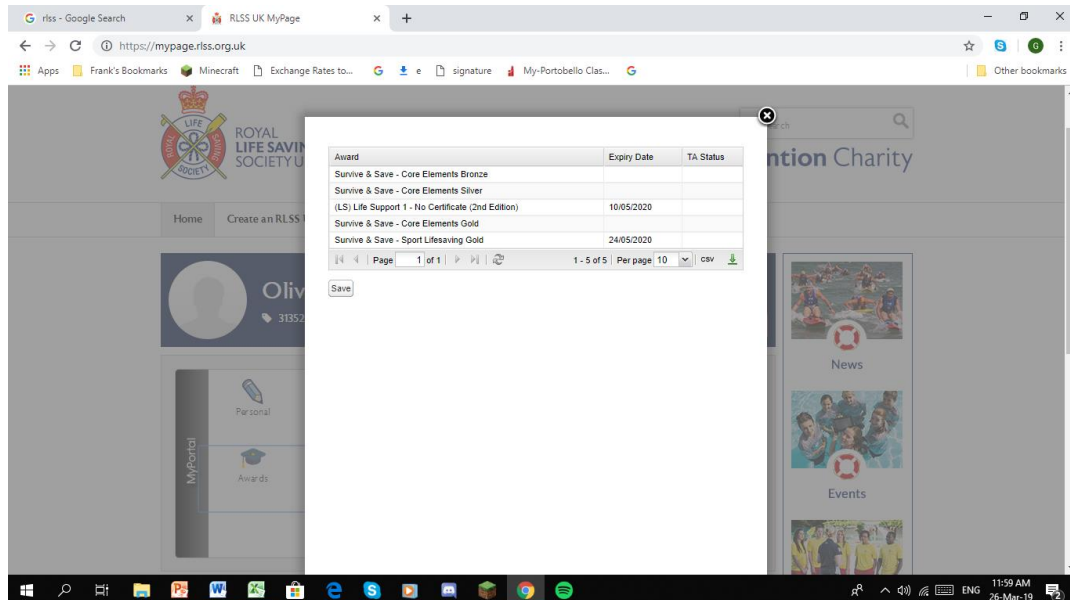
4. In the My Portal section, click on Awards



Poseidon Lifesaving Club



- A list of completed awards will appear; at the bottom of the list you will see a button CSV.



- This will download your awards in a CSV file, see the bottom left side of screen for CSV file.



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Browser tabs: rls - Google Search, RLSS UK MyPage

Address bar: <https://mypage.rls.org.uk>

Navigation: Home, Create an RLSS

User profile: Oliv 31352

Menu: Personal, MyPortal, Awards

Award	Expiry Date	TA Status
Survive & Save - Core Elements Bronze		
Survive & Save - Core Elements Silver		
(LS) Life Support 1 - No Certificate (2nd Edition)	10/05/2020	
Survive & Save - Core Elements Gold		
Survive & Save - Sport Lifesaving Gold	24/05/2020	

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Save

RLSS_QUALIFICATI...csv

Show all

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