



Poseidon Lifesaving Club

Minutes for Annual General Meeting held Monday, November 23, 2020 at 7.30pm, by Zoom

Committee attendance:

Chairperson – Freda O’Kelly Competition Officer – Karen Kelly Treasurer – Mary Browne
Logistic Manager – Garret Power Safe Guarding – Patrice Dowling Head Coach – John Doyle
Secretary – Gina Wall

1. Chairpersons Report – Freda O’Kelly and Karen Kelly
 - a. Ratification of previous minutes proposed by John Doyle and seconded by Mary Browne.
 - b. Introduction of Club committee – see above attendance list.
 - c. Election of new Chairperson and Secretary – Secretary position Peter McGloin nominated by John Doyle, seconded by Freda O’Kelly. Chairperson position Janet Caffrey nominated by Freda O’Kelly, seconded by Garret Power.
 - d. Past events completed, club medals received – Karen Kelly gave an update on medals received in 2019.

Schools Competition is not run by RLSS, this competition is mainly for Rookies.
Niamh Booth – 1st Overall Senior Girls

UK Speeds

Katrina Smyth & Sinead Ivory – 2nd 12-14 yrs Line Throw

Conor Power – 19th 100M Manikin Carry with Fins

Branch – compulsory for Survive and Save

Raonaid Lawlor & Amelia Kelly – 3rd Senior Girls

Oscar Cafferky – 3rd Individual Men

Open Water

Niamh Booth, Isabella Stewart & Luca Spurling – 2nd SERC

(Simulated Emergency Response Competition)

Regionals – qualifier for Nationals

Isabella Stewart, Orla Donnelly, Roisin Ivory & Leo Wyer – 3rd

Katrina Smyth, Sinead Ivory, Oscar Cafferky & Ciara Kelly 2nd

National Lifesaving Championships (Leeds)

John Doyle – 2nd Overall in age category – competing for ROI

Irish Branch Speeds – 71 medals total

Bronze 12

Silver 42

Gold 17





Poseidon Lifesaving Club

2019 Successful Year
146 medals in total

Bronze 35
Silver 72
Gold 39

When competing, going forward the plan is to look at putting pairs together – like minded members who are committed.

- e. Aspire Certification received by Poseidon. Patrice Dowling informed the AGM that Poseidon is the first club in Ireland to receive this award and the second club between UK and Ireland. This Award allows the club additional resources, advice on events and advice on best practices, all free of charge. Poseidon policies and procedures regarding Safe Guarding are best in class. We can expect advice and financial support. To date the club has received £100 from RLSS. Awards will be purchased with the funds. Streamlining policies and procedures, going forward all paperwork will be on line.
 - f. Future Events – RLSS Speeds and Nationals to be held October 16 & 17, 2021, in Leeds, UK.
2. Safe Guarding and Policies
 - a. Membership renewals – Patrice Dowling informed the AGM regarding ensuring best practice of GDPR, members will be requested to download a renewal form on line, this will allow the club to hold members data for an additional 12 months. If there are any changes in medical information then one must complete a new form. All medical information is supplied to coaches via Google sheets. The on line forms will be available in the next few weeks on the website.
 - b. All policies and procedures are updated on the website <https://www.poseidon.ie/> by Club Children's Officer Patrice Dowling. Safe guarding in the Club is taken very seriously. Patrice's slides attached below.
 3. Treasurers Report
 - a. Financial results – Mary Browne explained the finances of the club, please see financial information below. The first slide explains opening balance; the second slide explains income vs expenditure, the third slides gives the detail of items to be purchased for the sport grant.
 - b. Grant €8,000 received and new equipment to the total of €2,000 has been purchased, we have received a 95% refund from the Department of Transport, Tourism and Sport. We expect to purchase the remaining items by the end of 2020. Mary thanks Freda O'Kelly for the large effort in attaining this grant.
 4. Head Coach Report – John Doyle
 - a. Coaching – John's plan it to push more for Nationals. Plan to pair like-minded people together, give extra training; this is not an elite squad. Encourage to compete more in SERC or Speeds. Speeds is swimming with obstacles. UCD training helps towards





Poseidon Lifesaving Club

Speeds, up against swimmers, swimming 5 times a week. Conor Power was 19th in his age category, this is very impressive.

SERC - Leeds is an incident based, towing events for strong swimmers, representing your country.

b. Instructors –

Freda O'Kelly	Mona McCrea	Olivia Kinnane	Ciara Kelly
Gina Wall	Jake Heffernan	Roisin Ivory	Amelia Kelly
Garret Power	Niamh Booth	Oscar Cafferky	

When restrictions lift, plan to complete Instructors Course and Open Water endorsements. At present, Ciara Kelly, Oscar Cafferky Jake Heffernan and Niamh Booth are Beach Lifeguards. The Club has one beach lifeguard present at Open Water session when John is not available.

c. Life Guard Program 2021 – with Covid restrictions the Club is unsure when this program can take place. The age limit has now been set to 17 years of age to attend the program. The program is a 40 hours course. Once completed and lifeguards are working, their employees should renew their qualifications.

Beach Lifeguard course is a 6 day training course, internal and external attendees.

d. Virtual Race – all age categories are on the website.

<https://www.poseidon.ie/virtual-run-november-2020/>

e. Poseidon Christmas Swim, Greystones, Dec 25th at 11am, by the Beach Hut. The Club will have their own Beach Lifeguards, swim with social distancing, splash and dash.

5. A.O.B

- a. Covid19 restrictions and Shoreline update, when are are allowed to return to the pool, plans and training will restart.
- b. Merchandise Manager –Muireann Kelly will take on the position of Merchandise Manager, Karen Kelly will touch base with Muireann.
- c. New committee to discuss back up person to assist with website and email.
- d. Conor Power, John discussed how lifeguard training, awareness and staying safe were the success for Conor Power as he assisted an open water rescue. Conor mirrored his training. Rescue 116 winchman would like to congratulate Conor. They are very impressed by his presence of mind to get back to shore. As a Club we are very proud of Conor. Conor's father Garret said "it all ended well".

Freda and Gina wish the new committee lots of success.

The meeting started at 7.35pm and ended at 8.31pm.





Poseidon Lifesaving Club



RLSS UK Club Development Programme (CDP) aims to deliver free, convenient, practical resources to support clubs while they continue to run a safe, sustainable and successful operation.

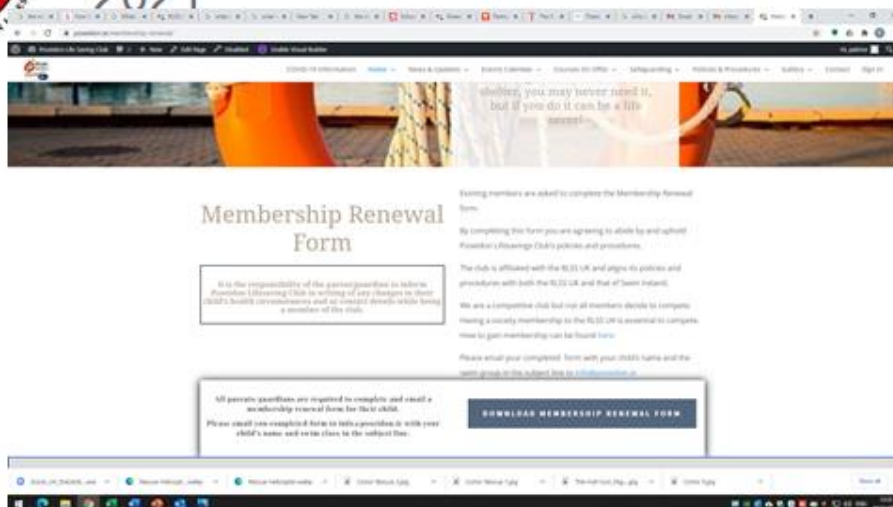


- Purpose is to embed good practice and to publicly identify which clubs are well-run organisation with high-quality activities
- Poseidon Lifesaving Club is the first club in Ireland to achieve this recognition
- Poseidon Lifesaving Club has implemented and adheres to a 'best in class' safeguarding and club management and development programme
- Advice and financial support from the RLSS UK for club development programmes
- Public liability insurance



Club Membership Renewal 2020 - 2021

<https://www.poseidon.ie/membership-renewal/>



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Poseidon Lifesaving Club
Membership Renewal Form 2020 - 2021

Member Details

A. Name: _____
B. Date of Birth: _____
C. Home Address: _____
D. Poseidon Club Number: _____ Section & Term: _____
E. Home Day Number: _____ Telephone: _____ Mobile: _____
F. RLSC ID Membership Number: _____ Expiration Date: _____

Parent/Guardian Details

A. Name: _____
B. Home Address: _____
C. Contact Email: _____
D. Number: _____

In support of my application for (child's name) _____ I confirm that all previous medical & medical details provided for (child) have not changed and are still valid, and that in the event of any changes I will immediately notify Poseidon Lifesaving Club in writing.

In support of my application I confirm that both myself _____ and _____ will adhere to all previously signed codes of conduct, safeguarding policies and Poseidon Lifesaving Club terms and conditions.

In support of my application I agree that Poseidon Lifesaving Club can retain all personal data for another year.

Parent/Guardian Signature: _____
Member Signature: _____
Date: _____

Please email your completed form to info@poseidon.ie putting your child's name in the subject line.

- ✓ Complete the form and email it to info@poseidon.ie
- ✓ If there is a change in medical conditions since last year a new application form detailing medical conditions must be submitted
- ✓ All contact details and medical conditions are stored on-line to enable coaches have immediate access if required



Safeguarding

<https://www.poseidon.ie/ik-safeguarding-policies-procedures/>

All policies & Procedures are updated when required

All committee members, coaches and both junior and senior volunteers, are Garda vetted and have completed the Safeguarding 1 course



CLUB DEVELOPMENT PROGRAMME

ASPIRE



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Financial Report for 2020

Cashflow

Date	Details	Debit	Credit	Balance
Jul-19	Opening Balance			€2,846
	Genview for Maxi Visit	€400		€2,446
Sep-19	Regional Entry Fees	€657	€617	€2,405
Oct-19	Fees		€8,065	€10,470
	Shoreline - Lane Rental	€2,200.00		€8,270
	UCD	€1,650.00		€6,620
Jan-20	Fees		€5,540	€12,160
	Safeguarding	€95		€12,065
	Sheffield Fees	€468	€477	€12,074
	UCD - Lane Rental	€1,320		€10,754
	Shoreline - Lane Rental	€1,800		€8,954
	Certs for Speeds	€80		€8,874
	Pizza's for Laker Fundraiser	€100		€8,774
	Manakins & AED	€2,031		€6,743
	Hats	€723	€48	€6,069
Jul-20	Grant Money		€1,929	€7,998
	Boards Servicing	€40		€7,958
	Cash in Hand	€210		€7,748
		€11,774	€16,676	





Poseidon Lifesaving Club



Financial Report for 2020

Income & Expenditure

INCOME	DEBIT	CREDIT
Fees		€13,605
Competition Fees		€1,094
Hats		€48
Grant		€1,929
Total Income		€16,676
EXPENDITURE		
Shoreline - Lane Rental	€4,000	
UCD - Lane Rental	€2,970	
Equipment	€2,031	
Entry Fees	€1,125	
Hats	€723	
Maxi Visit	€400	
Website & Safeguarding	€95	
Misc	€430	
Total Expenditure	€11,774	
SURPLUS		€4,902





Poseidon Lifesaving Club



Financial Report for 2020

Grant List

Rescue Board	4
Throw Bag	4
AED/Heartstart HS1	1
AED Trainer/XFT 120C	2
Little Anne QCPR	4
Baby Anne 4 Pack	1
Little Junior QCPR Manakin	2

