

Poseidon Lifesaving Club

Attendance Policy Aug 2026

Revision History

Version	Description of Changes	Approved by
1.0		Approved by Committee in 2019
1.1	Brought document up to date to reflect most documents are online	Approved by PLSC Committee in August 2026

It is expected that members of Poseidon Lifesaving club are active members, participating in training, competitions and other club activities. There is more demand for club places than capacity, so attendance at all training sessions and demonstrating a commitment to the club is expected.

The club policy is 80% mandatory attendance on a term basis. This attendance is also noted for awards and prize giving at the end of year.

If a member falls below the 80% attendance on a term basis the member will be on probation. If after the second term of below 80% attendance, within a school calendar year, the member is subject to losing her/his place.

A roll call will be taken at each training session and the member is marked either absent or present. This is done to manage attendance and from a Child Protection perspective, as per the clubs Risk Assessment Statement.

Academy: 80% attendance at Coral Leisure Sunday training & 80% at UCD (where appropriate)

Rookies: 80% attendance at Coral Leisure Sunday training.

Exceptions to the Rule

If a member is unable to make a single swim session, it is not necessary to inform the head coach, the absence will be noted in the attendance log. If a member will miss multiple sessions the Head Coach must be informed in advance via WhatsApp. Acceptable reasons for this include:

- Valid medical reasons
- Sitting Exams
- Other to be discussed and agreed directly with relevant coaches

Competitions

Poseidon Lifesaving Club is a competitive club and the expectation is that all members will take part in competitions. Not participating in Lifesaving competitions must be agreed in advance with the Head Coach.

New Members & Waiting Lists

The club has two groups:

Rookies for age 12 and under.

Academy for age 13 and older.

Anyone interested in joining should email the secretary at info@poseidon.ie. Members rejoin at the end August/ early September. The coaches review whether there are available spaces at this time. Interested parties will be offered a trial for Rookies in Aug/ Sept. If there are places in the Academy trials will be offered in October after the regional competition.

The club does not operate waiting lists.

Note: As Rookies progress to the Academy, there are fewer places available in the Academy. Also Siblings have preference for available places.

Final decision will be the decision of the Head Coach.

Royal Lifesaving Society UK (RLSS UK) Membership

Poseidon Lifesaving Club is an affiliated member of the RLSS UK & Ireland. All members are expected to have a valid RLSS membership ID. This membership ID is also required in order to compete in any competition.

If you are totally new to RLSS and you have never held a RLSS UK award, qualification or RLSS UK membership, you do not have an account and you will need to create one:

<https://rlssuk.tahdah.me/account/registernew>

If you previously had an RLSS UK account or have an RLSS UK award, please follow the link:

<https://www.rlss.org.uk/your-account>

Additional info is available here:

<https://www.rlss.org.uk/appeal/rlss-uk-individual-membership>