



Whilst we are updating our website and resources, please find below the original programme guidance notes for this activity.

## LEARNING ABOUT LIFE SAVING

### What is it?

A range of programmes, for a wide range of ages covering water safety, personal survival, rescue techniques, and Basic Life Support. They are designed for anyone wishing to know what to do if they come across a water based incident or unconscious person. There are minimum age requirements for some awards.

### Safety Message

Anyone undertaking an award with an aquatic based element must be able to swim an appropriate distance/speed. Surface diving to a depth is required in some awards, which carries with it a risk of damage to hearing in those susceptible.

### Ideas / Aims

The following list includes many of the skills and areas of knowledge included in the training:

- Water safety at home and around open water.
- Land based rescues.
- Wading rescues.
- Accompanied rescues.
- Towing with aids and contact tows.
- Basic Life Support of adults, children and babies.
- Dealing with drowning.
- Dealing with hypothermia.
- Basic First Aid including bleeding, shock, burns.

Training is given in all areas and increases in complexity as you progress through the awards programme.

### Review / Assessment

The awards are assessed by either the RLSS UK Trainer or an external RLSS UK Assessor, as appropriate, to a syllabus laid down by The Royal Life Saving Society UK.

### Volunteering section

This could be used for the Volunteering section if up to one quarter of the time was training and three quarters of the time was doing practical volunteering

e.g. Volunteering as a lifeguard for a not-for-profit organisation or training others

### Governing Body / Organisation

Lifesavers (The Royal Life Saving Society UK), River House, High Street, Broom, Warwickshire, B50 4HN.  
Tel: 01789 773994, Fax: 01789 773995, E-mail: [lifesavers@rlss.org.uk](mailto:lifesavers@rlss.org.uk)

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