

RLSS UK's Rookie Lifeguard programme is taught using colourful materials, and fun, varied lifesaving and rescue activities to give children the skills they need to be confident in the pool or the sea and enjoy water safely, whether in shallow or deeper water.

About the programme

Built into the programme are lessons in valuable survival, rescue and sports skills...all delivered in an exciting way that will get children involved and motivated. The course can run parallel to your child's current swimming lessons and will enhance the skills they learn in the pool.

For many of our Rookie Lifeguards, our programme offers the first opportunity to explore water safety, gradually gaining independence and confidence while learning vital life skills. Our programme will inspire and embolden your child, helping them keep themselves, their friends and their family safe in the water through a range of fun activities that lead towards a series of awards.

Rookie Lifeguard is aimed at children – though the skills learned through the course of the programme are just as valuable to people of all ages. The scheme begins with Stage 1 of the Bronze Award and progresses to Stage 3 of the Gold Award, starting off at an ability level suitable for brand-new swimmers and progressing to the level where our Rookie Lifeguards perform impressive lifesaving tows.

Rookie Lifeguard is part of the Swim England and Swim Ireland Learn to Swim Programme, although it can also be run as a stand-alone course by junior lifesaving clubs, leisure centres, swimming schools and as part of school swimming lessons. The Rookie Lifeguard programme fulfils all of the Key Stage 2 water safety elements of the National Curriculum and is taught by RLSS UK approved instructors.

Even the shyest kids find they make new friends through the Rookie Lifeguard scheme, as teamwork and peer support are crucial elements of the programme.

Following the completion of each stage, Rookie Lifeguards can receive a certificate, badge and sticker to mark their progress in their own Progress Book.

Bronze Stages

Upon completion of Bronze Stages 1, 2 and 3, Rookie Lifeguards should be able to:

- Enter shallow water safely and confidently and wade
- Tread water and signal for help
- Swim continuously in clothing for 50m
- Swim Lifesaving Backstroke
- Scull head and feet first
- Hold the 'HELP' position
- Demonstrate a non-swimmer, weak swimmer and an unconscious casualty
- Demonstrate a 'Shout and Signal' rescue
- Throw an aid
- Demonstrate a reach rescue
- Enter deep water safely and confidently
- Perform a feet first surface dive and swim underwater
- Climb out in deep water without using the steps

Silver Stages

Upon completion of Silver Stages 1, 2 and 3 Rookie Lifeguards should be able to:

- Swim continuously in clothing for 200m on your front and back
- Demonstrate a reaching rescue
- Throw a buoyant aid to a casualty 8m away
- Enter shallow water and wade to a casualty
- Using a throwing aid, instruct the casualty what to do
- Using a rigid aid instruct the casualty what to do
- The support position
- Tread water for 3 minutes
- Swimming, surface dives and object recovery
- Shallow turn and rescue an 'unconscious casualty'
- Coil and throw a rope to a casualty 10m away and pull to the side in less than 45 seconds
- Enter deep water using a straddle jump
- Demonstrate a fall-in entry into clear deep water
- Swim 20m continuously with your head out of the water on your front

Gold Stages

Upon completion of Gold Stages 1, 2 and 3 Rookies should be able to:

- Coil and throw a rope to a casualty and pull to the side
- Swim 400m continuously in clothing
- Demonstrate Lifesaving Backstroke, Sidestroke, Breaststroke or Front Crawl
- Tread water, removing clothing then swim 50m
- Climb out of deep water unaided
- Demonstrate fall-in, compact jump or shallow dive
- Demonstrate a Reverse
- Demonstrate a Standoff
- Rescue an unconscious casualty at depth in less than 2 minutes 30 seconds
- Demonstrate supported rescue breathing whilst waiting for help
- Demonstrate the support position
- Demonstrate non-contact rescues
- Treat for shock
- Hand signals
- Using any recognised competitive stroke, swim 400m continuously, in less than 12 minutes