

The Drowning Prevention Charity



The Scout's Lifesavers Badge

Requirement one

How to support Scouts to:

Explain and, if they can, show how they would carry out a rescue from water using these methods:

- shout
- reach
- throwing a buoyant aid
- throwing a rope
- wade.

Leader notes

Teaching Scouts how to react in an emergency situation is as an extremely important aspect of understanding their lifesaving skills.

Scouts should be primed to use their skills correctly, effectively and safely in real life situations, they must learn to develop good planning and decision making skills.

Throughout the instruction, demonstration and learning of skills it is important that the leader emphasises that Scouts must stop and think before continuing, especially in regards to their personal safety. It is important that Scouts understand **that their safety comes first** and they should not endanger themselves in their actions to use their skills and assist others. Wherever possible Scouts should seek professional help before acting. If they do take the decision to act they should wherever possible look after their personal safety and stay out of the water. Many effective rescues can be performed from the side of the water, without entry.

Each of these skills can be useful in rescue situation. The leader should provide an effective demonstration of the skill before Scouts have a go.

Shout and Signal

Definition of the skill: A land based rescue using your voice and hand signals to rescue a casualty.

- stand back from the edge and call for help
- shout clear instructions to the casualty such as, "kick your legs, pull the water with your hands, keep looking at me."
- use clear gestures with your arms, such as a swimming motion
- keep giving instructions and shouting help until the casualty is safe
- tell the casualty to climb out of the water and move away from the edge

Reaching Rescue

Definition for the skill: A land based rescue using an aid

- call for help
- stand back from the edge
- pick up the aid
- lie down (or kneel if space is limited)

- reach out to the casualty
- tell the casualty to climb out of the water and move to somewhere safe

Throwing a Buoyancy Aid

Definition of the skill: A land based rescue using a buoyancy aid (float).

- stand back from the edge and call for help
- shout to get the attention of the casualty
- throw the float to the casualty (underarm)
- tell the casualty to hold the float against their chest with both arms and kick with their legs
keep giving instructions and shouting for help until the casualty is safe
- tell the casualty to climb out of the water and move away from the edge

Rope Throw Rescue

Definition of the skill: A land based rescue using a rope

- call for help
- stand back from the edge
- shout to get the attention of the casualty
- coil the rope, then throw it
- lie down (or kneel if space is limited)
- reach out to the casualty
- tell the casualty to climb out of the water and move somewhere safe

Wading Rescue

Definition of the skill: A water based rescue in shallow water

- call for help
- wade to the casualty, using a pole (or walking stick, umbrella etc.) to make sure the ground in front of you is safe
- throw a buoyancy aid to the casualty and instruct them to swim safely
Or
- reach out the casualty with the pole
- walk back the way you came pulling the casualty safely
- tell the casualty to climb out of the water and move somewhere safe

Requirement 2

How to:

Reach the Standards of one of these:

- Royal Lifesaving Society UK (RLSS UK) Rookie Lifeguard Gold Level 1 Award
- Royal Lifesaving Society UK (RLSS UK) Survive & Save Silver Medallion Award

Rookie Lifeguard Gold Level 1 Award and Becoming an Instructor

One method to deliver Scouts Lifesaver Badge is to become an instructor for the Rookie Lifeguard Award. This enables you to then deliver this RLSS UK Award to your Scouts, not only supporting them to be safe in the water, but also equipping them with a recognised RLSS UK award for their CV. Rookie Lifeguard instructors have access to all instructor materials include schemes of work, lesson plans and games.

RLSS UK's Rookie Lifeguard programme provides children with the skills they need to be confident in the pool, open water or the sea – providing scouts with the skills they need to safely enjoy other activities such as swimming, kayaking and sailing.

The Rookie Lifeguard programme comes with colourful materials and fun, varied activities, the Rookie Lifeguard scheme teaches children how to swim and enjoy water safely, whether in shallow or deeper water. The scheme is a progressive badge scheme but can be accessed at any level.

To find out more about Rookie Lifeguard visit <http://www.rlss.org.uk/awards-activities/rookie-lifeguard/> Providing you have the *relevant experience and training you can automatically qualify to become a Rookie Lifeguard Instructor by following a few simple steps.

RLSS UK Lifesaving Instructor
RLSS UK Lifesaving Instructor Tutor
RLSS UK TA or higher
RLSS UK NWSMP Instructor
STA/ NARS Tutor- Lifesaving
ASA, STA, Irish or Scottish Swimming Teacher (Level 2 or Equivalent)
STA Swimming Teacher (Level 2)
School Teacher (fully qualified)
Sports Coach (Level 2)
SLS GB TA
SLS Wales TA



A previous lifesaving or Lifesaving qualification

Don't worry if you don't have any of these. It is easy to become a Rookie Lifeguard Instructor and there is time taken off the 6 hour course if you have other teaching/instructing qualifications.

For more information on how to qualify contact The Royal Life Saving Society – advice@rlss.org.uk

Lifesaving clubs and leisure centres deliver Rookie Lifeguard around the UK. These are easy to access and could provide the environment for Scouts to deliver this section of their badge.

Note: If you are not a Rookie Lifeguard Instructor, you cannot deliver the RLSS UK Award. You can support your Scouts to reach the standard of these awards and gain their Scout Lifesaver badge.

Below is the award criteria for the Rookie Lifeguard Gold Level 1 Award

Award Criteria
1. Demonstrate a rope rescue of a casualty 10m away in less than 25 seconds (coil, throw and rescue)
2. Enter shallow Water and wade to a casualty in deeper water 8m away, then: <ul style="list-style-type: none">■ reach out to the casualty with a pole■ use the pole to tow the casualty to the poolside whilst giving them instructions and reassurance■ place the casualty in the support position, then help the casualty to climb out from deep water using the stirrup lift
3. Wearing clothes, demonstrate a tow with an aid in less than 3 minutes: <ul style="list-style-type: none">■ swim head-up front crawl continuously to a non-panicking casualty 50m away■ perform the stand-off position■ using an item of clothing as an aid, tow the casualty 25m to the poolside■ place casualty in the support position, then help the casualty to climb out
4. Swim on your front from 10m then demonstrate a stand-off position
5. Swim on your front for 10m then demonstrate a defensive reverse
6. Demonstrate an extended arm tow in less than 2 minutes 30 seconds: <ul style="list-style-type: none">■ swim head-up front crawl to a face-down unconscious casualty 20m away■ surface dive to recover an object from a depth of 1m■ at the surface swap the object for the unconscious casualty and turn the casualty face-down to face-up■ place casualty in the support position, then help the casualty to climb out
7. Demonstrate in-water rescue breathing for 30 seconds whilst waiting for help
8. Using initiative rescue 2 non-panicking casualties in difficulty up to 10m away
9. Demonstrate a fall-in entry and a compact jump into clear deep water
10. Swim continuously for 400m (including a minimum of 50m sidestroke and 50m lifesaving backstroke)
NOTES <ul style="list-style-type: none">• Task 3 to be completed wearing a long sleeved top and trousers and the times elements only includes the swim and tow• Tasks can be completed individually or can be linked together for more competent Rookies• The assessment does not have to be completed in 1 sessions and may be concluded throughout the course

Survive & Save Silver Medallion Award

The awards teach lifesaving rescue, self-rescue, survival, lifesaving sport skills and also develop swimming ability and fitness.

There are four award areas to achieve, the Medallion Awards, the Beach Awards, the Stillwater Awards and the Sport Awards and you can choose to specialise in one area or learn a broader range of skills by completing multiple awards.

RLSS UK's Survive & Save Programme is the lifesaving awards programme for teens and adults (12years+). The awards are challenging but fun to complete and they are arranged into Bronze, Silver and Gold levels to ensure that you continue to develop your lifesaving skills as you progress through the awards.

One method to deliver the Survive and Save Programme would be to become a registered Lifesaving instructor. This enables you to then deliver this RLSS Award to your Scouts, not only supporting them to be safe in the water, but also equipping them with a recognised RLSS award for their CV. Rookie Lifeguard instructors have access to all instructor materials include schemes or work, lesson plans and games. Lifesaving instructors have access to all instructor materials include schemes of work, lesson plans and activities.

Below are the pre-requisites for becoming a Lifesaving Instructor:

- aged 17 years or above (Lifesaving Instructors aged 17 years must have an instructor aged 18+ years in the teaching venue when they are teaching).
- hold or have held a Heritage Bronze Medallion or higher, or a Silver Level Survive and Save award or higher (candidates with no lifesaving experience may complete the additional Lifesaving Skills option).
- hold a current Life Support 3 (or equivalent). A free Life Support 3 assessment can be completed as part of this course for candidates who do not hold the award.
- hold current RLSS UK membership, 6 months free membership will be given to any non-members attending this course. It is the instructor's responsibility to maintain this membership.

Don't worry if you don't have a qualification, It is easy to become a Lifesaving Instructor. Following a two day course you will have everything you need to deliver all aspects of the course including the **Survive & Save Silver Medallion Award**.

If you are already involved with the Royal Life Saving Society UK you may already have the qualification to deliver Survive & Save. To find out more information on how to qualify contact The Royal Life Saving Society – advice@rlss.org.uk. To find a course near you <http://rlsscourses.org.uk/> Lifesaving clubs and leisure centres deliver Survive & Save around the UK. These are easy to access and could provide the environment for Scouts to deliver this section of their badge

Note: If you are not a Lifesaving Instructor, you cannot deliver the RLSS UK Award. You can support your Scouts to reach the standard of this award and gain their Scout Lifesaver badge.

Syllabus of the Survive & Save Silver Medallion Award

Syllabus
Core Skills
■ Review of Bronze and Silver Core element and Bronze Medallion Lifesaving Award
Life Support:
■ review and ongoing practice of CPR skills
Hazard Awareness and Safety (Chapters one and two)
■ inland water sites: <ul style="list-style-type: none"> Lakes and reservoirs Dams Floods
■ sea, coast and beaches: <ul style="list-style-type: none"> Manmade structures Tides (rules of twelfths, intertidal zone and beach shelving)
Self-rescue and Survival (Chapter 4)
■ Survival Swim- 10 minutes continuous swimming (clothed)
Rescue (Chapter 5)
■ accompanied rescue 25m swim, 20-25m swim, 20-25m accompanied
■ tow with an aid: 25m swim; 20-25m tow
■ support tow: 25m swim; 20-25m tow
■ initiative rescue: 3 casualties

Assessment Matrix
Self-rescue and Survival
■ Survival swim: 10 minutes (continuous front crawl or breaststroke)
Clothing: candidates should be fully clothed for the self-rescue and survival assessment.
Rescue:
■ candidates must complete two assessments from A-D(selected by the instructor) and must complete assessments E and F.
■ candidates must use the elements of the Emergency Action Model that are covered at Silver level. To ensure that they do this, candidate must say out loud how they have assessed the situation before they perform the rescue.
■ the instructor should tell the candidate which type of rescues to use, if any aids are available and remind them to use the Emergency Action Model.
Rescue
Assessment A
Accompanied Rescue
25m swim, 20-25m rescue, non-panicking casualty
■ use of the Emergency Aid Model

- rescue

- landing the casualty

- aftercare

Assessment B

Tow with an aid rescue

25m swim, 20-25m rescue, non-panicking casualty

- use of the Emergency Aid Model

- rescue

- landing the casualty

- aftercare

Assessment C

Clothing Tow

25m swim, 20-25m rescue, unconscious casualty

- use of the Emergency Aid Model

- rescue

- landing the casualty

- aftercare

Assessment D

Support Tow

25m swim, 20-25m rescue, unconscious casualty

- use of the Emergency Aid Model

- rescue

- landing the casualty

- aftercare

Assessment E

Initiative Rescue

3 casualties, non-panicking or panicking casualties

- use of the Emergency Aid Model

- rescue

- landing the casualty

- aftercare

Assessment F

Complete 1 of the rescue assessments from the Bronze Medallion Award syllabus (selected by the instructor)

- throwing rescue: 10-15m

- reaching rescue: 2-4m

- wading rescue: 8-10m

Requirement 3

How to facilitate Scouts to:

Explain and, if they can, show what they would do if:

- a person fell through ice
- a pet fell through ice

The Winter Smart, Winter Safe Workbooks including games and puzzles are available from <https://www.rlssdirect.co.uk/search/winter+sm/products/PB3076A/Rookie+Lifeguard+Winter+Smart+A4+Pack/>. This booklet provides the education resources which can also support Scouts learning about water safety.