

Rookie Lifeguard at Shirley Pool

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** 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.

You can watch the RLSS video

[https://www.rlss.org.uk/rookie-lifeguard?
inf_contact_key=4f82b8bd1928a9cfd1862ae432fcacc1680f8914173
f9191b1c0223e68310bb1#About-the-programme](https://www.rlss.org.uk/rookie-lifeguard?inf_contact_key=4f82b8bd1928a9cfd1862ae432fcacc1680f8914173f9191b1c0223e68310bb1#About-the-programme)