

2nd September 2020



Dear Kent Branch members,

I hope that you and your families are coping through these difficult times and that we can back to Life Saving in the 'new normal' soon. From a year ago, all our lives have been changed, and for those who have suffered loss, our sympathies go out to you and your families.

Activities for Kent Branch have been limited during this time, but members have still been looking after others in the normal life saving way.

We are hoping to arrange a Lifesaving Instructors Course in the next few months, with a blended learning style – a lot of the theory being delivered virtually (via Zoom, Teams etc)– with the remainder and practical elements being delivered and assessed at your local club.

I have detailed pre-requisites below and we are still in the planning stages, but need to know numbers and contacts of those interested so that we can work as a group going forward. If you know of anyone that is not a member of RLSS but would like to do the course – please forward this email on – and of course - encourage them to become a member if not already.

For those wishing to become Rookie Instructors – great news! If you meet the requirements for the Lifesaving Instructor – you can (once qualified as a Lifesaving Instructor) complete an online registration to upskill (currently £15) and once registered – you're ready to go!

Lifesaving Instructor - This is the qualification needed to deliver the RLSS UK Survive and Save Programme - our lifesaving award scheme for anyone aged 12 years and over. The awards are challenging but fun to complete and are arranged into Bronze, Silver and Gold levels to ensure that participants get the opportunity to develop their lifesaving skills as they progress through the awards. The Open Water Endorsement is required before Lifesaving Instructors can teach the Survive and Save Open Water Awards (Beach and Stillwater).

Lifesaving Instructors can also :

Teach and assess the Life Support Programme

Teach the Save a Life Series as part of the Community Outreach Programme – Kent has a fantastic team and take Life Saving to the heart of our Community

Purchase a registration pack and become a Rookie Instructor!

Course pre-requisites?

- Aged 16 years or above (Lifesaving Instructors aged 16 years must have an Instructor aged 18+ years in the teaching venue when they are teaching)
- 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 Instructors responsibility to maintain this membership

How long does it take?

Guidance course duration is 14 hours.

Approved prior learning includes :

Rookie Lifeguard Instructor, Assistant Lifesaving Instructor, Qualified School Teacher, Swimming Teacher (Level 2), Expired Trainer Assessor (2006 onwards)

What are the Post Course requirements?

Candidates will be given 'probationary' Lifesaving Instructor status following successful completion of the course, allowing them 24 months to get signed off by a fully qualified Lifesaving Instructor or Lifesaving Instructor Tutor. The post course requirements are structured as:

- Teach 4 hours of Life Support
- Assess a Life Support exam
- Teach 4 hours of Survive & Save (water-based sessions)
- Teach 2 hours of Survive & Save (theory-based sessions)
- Assess a Survive & Save exam

What's the cost to become a Lifesaving Instructor?

It is envisaged the cost will be approximately £40 per candidate, some clubs subsidise / provide assistance with costs for those teaching for them – check with your club!

Ok, I want to do the course – but what next?

Contact me via e-mail cazzandrew@aol.com or Mobile 07799958832 and ideally send proof of any Approved Prior Learning and I will contact you with details going forward – I am hoping to start the course with online training by September – such that you can start gaining hours at hopefully your local club and you may be signed off as a fully qualified Instructor by Xmas!

May I take this opportunity to thank everybody for their work during this time and for supporting your local communities, clubs, and Society. Life Saving in all it's forms changes lives, and your time to make those changes happen is appreciated.

Best Wishes for the future,

Andy Griggs

Kent Branch Secretary

This email was sent by RLSS UK. The articles in this email have been provided by RLSS UK Kent Branch. For any enquiries please contact the branch directly by emailing cazzandrew@aol.com

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