

# LEEDS LIFESAVING - opportunities for all ages!

## LEEDS LIFESAVING DOLPHIN AWARD SCHEME

A programme for young people up to the age of thirteen, this fantastic scheme educates in water safety, resuscitation and first aid. It teaches Survival and Lifesaving Rescue skills that will enable them to respond effectively in an emergency situation – safely!

Leeds Lifesaving Dolphin Awards also incorporate an introduction to competitive lifesaving.

## SENIOR LIFESAVING – we cater for ages from 12 to 99!

Lifesaving builds responsibility, teamwork and leaderships skills, the atmosphere and social aspects of our groups are brilliant. With an opportunity to obtain nationally recognised awards, including the RLSS Bronze Medallion and above.

**RLSS Bronze Medallion** - Recognised as the 'flagship' award for lifesaving the Medallion is designed to establish competent levels of knowledge of water safety combined with practical ability to affect a rescue in a variety of simulated open water conditions. The Bronze Medallion can be credited to the Duke of Edinburgh Award scheme and GCSE P.E.

## COMPETITIVE LIFESAVING

Lifesaving is a growing sport, soon to be seen in the Olympic Games! Competitions are held all over the country at club, branch, regional, national and international levels.

Events include simulated incidents, speed line throws, speed swim and tows, body boarding, fin and obstacle races.

Pre-requisite: RLSS Rookie 4, Leeds Lifesaving Dolphin Awards or RLSS Bronze Medallion

## SCHOOLS

### **Leeds Lifesaving Heartstart UK Schools Project - a fantastic project for all Leeds schools!**

Access Life Support teacher training, affiliate to Heartstart UK and your school can receive free equipment, re-imbursment of Teacher Supply cover for the one day course and excellent support. Hurry ends 31 March '07

### **Water Safety - Life Support - First Aid - Save a Baby**

Workshops or Courses available for both Primary and High schools.

From a one hour workshop to a six hour course, we will tailor to your requirements!

### **High Schools - RLSS Bronze Medallion and RLSS/IQL National Pool Lifeguard Qualification**

Access these two fantastic courses exclusively for your students!

## COMMUNITY

**Water Safety - Life Support - First Aid - Save a Baby Workshops** or Courses available for;

PCT Groups, Surestart Centres, Sports clubs, Church groups, New Parents groups ....

From a one hour workshop to a six hour course, we will tailor to your requirements!

**COMING SOON**  
**FIRST AID AT WORK**  
**NEW 4 Day New and RENEWAL 2 Day Courses**  
**Available From October**