



Are you planning on doing your Duke of Edinburgh's Award?

The following are the current guidelines showing what you might be expected to do in order to qualify at the three different levels.

Bronze

- Act as 'casualties' at Lifesaving or Lifeguarding competitions
- Act as 'casualties' for Lifesaving or Lifeguarding assessments
- Assist in swimming lessons as aides
- Working with volunteer lifeguard units
- Presenting Water Safety Programmes to young children – schools, holiday activity schemes, uniformed organisations
- Help with administration for a swimming gala or competition – checking entries, runner, competitors' marshall, etc

Silver

All of Bronze items plus:

- Assist with teaching, or teach the Rookie programme
- Assist with local clubs or uniformed organisations to teach swimming
- Assist local RLSS UK Branch Officials with their administration duties – Membership Secretary, Awards and/or Sales Officer, Competition Secretary

Gold

All of Bronze or Silver items plus:

- Teaching RLSS UK Lifesaving or Life Support Awards
- Presenting Water Safety talks to clubs or organisations, e.g. WI, Uniformed organisations, schools, over-50s clubs, parent and toddler groups, church groups
- Assisting at 'Save a Baby's Life' or Life Support road-shows or training sessions
- Presenting Infant Resuscitation courses at local maternity hospitals or ante-natal classes
- Assist in hydrotherapy pools
- Teach a class at a local swimming or lifesaving club
- Assist Branch Youth Development Officers, Water Safety Officers or Secretary with their duties