



WITH THE ASA AND THE RNLI

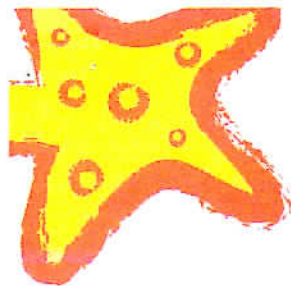
Volunteer Registration



swimming.org/swimsafe

swimming.org/swimsafe





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What is Swim Safe?

Swim Safe is a partnership between the ASA (Amateur Swimming Association) who are the national governing body for swimming in England and the Royal National Lifeboat Institution (RNLI), the charity that saves lives at sea.

The partnership provides children aged 7–14 with an opportunity to swim and learn to be safe in open water through free swimming tuition and water safety advice sessions.

A community focused programme that teaches the basic skills to stay safe in and around open water, Swim Safe is practical and open water based, using the combined skills of RNLI lifeguards and ASA qualified swimming teachers.

Background

In 2013, the ASA and the RNLI embarked on a programme for children to learn, first hand, how to transfer skills learned in the pool into an open water environment.

The inspiration to develop Swim Safe also came in response to the ASA's school swimming research, which found that only 51% of children aged 7-11 were able to swim 25 metres unaided, and that 52% of parents did not believe their child would be able to swim to safety if they were to get into danger in the water.

Both organisations were keen to build on children's water skills largely learnt in the pool and encourage them to experience, in a controlled and safe

environment, the differences and potential dangers of swimming in open water, lakes, sea pools and coastal sea locations.

From 2013 to today...

Launched in 2013 at the tidal sea pool in Bude, Cornwall, Swim Safe drew national and regional broadcast coverage and was hailed a great success with 2,315 young people accessing a Swim Safe session.

Expanding in 2014 to three further locations, two coastal and Lake Windermere in the Lake District, Swim Safe reached out to a further 3,600 young people and started to be a recognised programme involving a team of ASA teachers, RNLI lifeguards and site co-ordinators working with local volunteers.

swimming.org/swimsafe



2015 saw the introduction of a specialised Swim Safe For Schools programme attended by almost 2,000 primary school pupils across England. Using a fully online booking system, a further 3,900 young people attended a free Swim Safe session across six sites, supported by 130 volunteers, 40 ASA swimming teachers, 20 lifeguards and led by 10 site co-ordinators.

This success has inspired the combined Swim Safe team to aim for an ambitious goal: **every child in the UK should have access to a free Swim Safe session**, which can only be achieved through increased collaboration and partnership with local communities.

Partnership working

The ASA

The ASA is the English national governing body for swimming, diving, synchronised swimming and water polo. It organises competitions throughout England, establishes the laws of the sport, and operates a comprehensive certification and education programmes for teachers, coaches and officials.

There are over 1,220 affiliated swimming clubs, which are supported by the ASA through a national, regional and county structure. Millions of children have been taught to swim through the ASA's learn to swim programmes. The ASA also develops programmes and initiatives to increase the number of people swimming and swimming more often. To find out more visit www.swimming.org/asa.

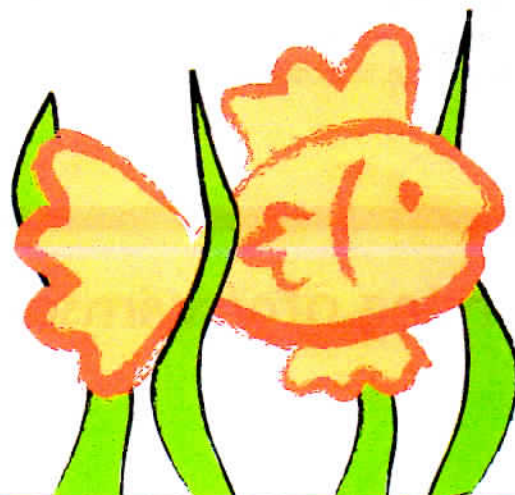
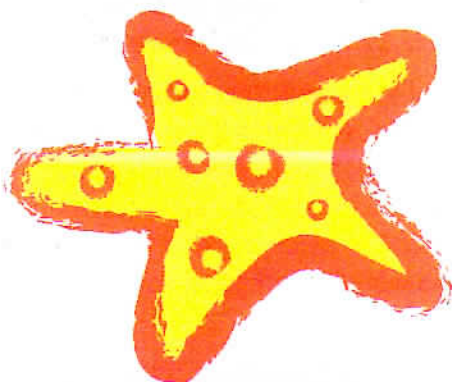


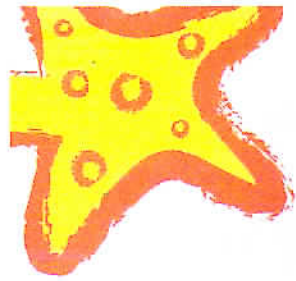
The RNLI

The RNLI is the charity that saves lives at sea, providing an on-call 24-hour lifeboat search and rescue service around the UK and Ireland and a seasonal lifeguard service. For more information go to RNLI.org.

The RNLI is committed to saving lives at sea using lifeboats, lifeguards, safety advice and flood rescue, and relies on volunteers to provide its lifesaving service. RNLI lifeboat crew and lifeguards have saved over 141,000 lives since the charity was founded in 1824.

The RNLI also engages with young people in schools, at youth groups, at events and on the beach. With nearly 500 education volunteers and lifeguard teams delivering prevention and engagement talks to young people from ages 5 to 18, throughout the UK and Ireland, the RNLI speaks to over half a million young people every year. All talks are free and there are numerous resources available for teachers and youth leaders on the RNLI website at rnli.org/education.





SWIM SAFE[®]

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A typical Swim Safe session

Swim Safe sessions are typically 45 minutes. Online registration captures each participant's details in advance, providing parental/carer consent, confirmation that the child is a swimmer, can swim 25 metres unaided and advice of any medical or personal information needed.

Once the participant is kitted out in a wetsuit, rash vest and Swim Safe hat, a dry land water safety activity takes place, led by the lifeguard. This outlines key safety messages and emergency procedures and is used to warm participants up, mentally and physically, before they get into the water.



Now more aware of what to expect in open water situations, the children are led by ASA teachers into the water where they practise floating, rotating, feeling the strength of the water and tidal movement for approximately 30 minutes. They practise safety positions, learn about calling for help and feel what it is like to move and swim in cold, tidal water.



Teacher guidance card 10

Swim Safe circuit

A safe, controlled way of working with the environment to challenge all swimmers in your group

- Create a triangle of teachers
- Use different methods of travel: shuffle, wade, pogo-pose, head up swim, survival stroke, front crawl, swim with prevailing conditions in HELP or shuffle positions
- As each teacher, add a task such as signal for help, HELP/shuffle positions, tread water, surface dive, climb over rescue board to simulate exit
- Extend the distances between teachers to set appropriate challenges, use shallow water horizontal to show for those who are weak or not confident
- For better skilled groups, full return to show using appropriate exit
- Change the shape of the circuit and the direction of travel dependent upon location, prevailing conditions, tides, lateral currents, wind, wave action, etc.

Key
 Teacher
 Lifeguard

swimming.org/swimsafe Lifeboats the asa swim for life

swimming.org/swimsafe



North Country Leisure

Lake Windermere is an iconic venue and increasingly a magnet for open water swimmers. Keen to promote safe practise in and around the water, North Country Leisure supported Swim Safe with a staff secondment to co-ordinate the programme locally. Caroline Smith utilised her well-established community links to engage with local primary schools, special schools and swim schools.

Caroline also co-ordinated a team of ASA swimming teachers to be involved with Swim Safe and deliver the open water swimming sessions.

The teachers seized the opportunity to learn new skills and introduce water safety sessions to young people in a fun way in their local area.

Lifeguards with open water experience travelled from as far away as Manchester to provide valuable safety cover and deliver Swim Safe messages around choosing safe places to swim, understanding how to retain heat in cold water and how to signal and call for help.

Parents travelled far and wide to the beautiful location of Brockhole, Lake Windermere Visitor Centre, for their children to take part. One commented,

"Swim Safe is an important programme, teaching valuable water safety messages in a fun way."

Volunteers (including staff members from the ASA and the Department for Work and Pensions) gave up their time to support Caroline and her team, working through rain, wind (and occasional sunshine!) to help ensure everything ran smoothly.



Swim Safe volunteers will be asked to carry out a range of tasks, including:

- Manage telephone/on site bookings and swimmer registrations
- Ensure all disclaimers have been signed for those booked onto a session
- Provide bookings lists to all operational team prior to the start of the lessons
- Prepare and distribute goody bags
- Check booking list with teachers and placing participant in correct groups
- Advise and support children and parents putting on wetsuits / swimming caps and distribute swimming equipment
- Ensure participants are at correct positions (RNLI activity / lesson)
- Ensure participants are returned to responsible adults
- Carry out research questionnaires
- Local promotion of lessons by distributing flyers on beaches, in shops, local campsites and supermarkets
- Handle enquiries and answer general questions on Swim Safe

The volunteer role is suitable for people who have :

- friendly and approachable manner
- enthusiastic and motivational skills
- good time keepers, organisational and administrative skills
- good influencing, tact and diplomacy skills
- the ability to work independently, as well as within a team
- basic IT skills – word/excel/email
- enjoy being outdoors and interacting with the public

What can you expect from Volunteering with Swim Safe?

- Full training session outlining your role
- Swim Safe uniform- polo shirt and warm top
- Safeguarding information relevant to your role
- Develop new skills and practise existing ones
- Valuable experience with national organisations

What will we expect from you?

- Take part in an induction session- approx. 90 mins
- Commit to a minimum of 1 day with Swim Safe
- Be punctual and appropriately dressed for your voluntary shift
- Positive attitude to the programme and enhance each session
- Carry out your duties in line with guidance given during training

What shall I do if I wish to apply?

- Complete a volunteer registration form
- Detail dates when you are able to volunteer

Swim Safe dates at Windermere, Rayrigg Meadow, Summer 2016:

Week	2016 dates	times
Schools week 1	Monday 4 th –Friday 8 th July	0930 - 1500
Schools week 2	Monday 11 th – Friday 15 th July	0930 - 1500
Public week 3	Monday 25 th – Saturday 30 th July	1000 - 1600
Public week 4	Monday 1 st – Saturday 6 th August	1000 - 1600
Public week 5	Monday 8 th – Saturday 13 th August	1000 - 1600

Volunteer Application Form

Please complete the application form below and submit to swimsafe@rnli.org.uk

Closing date for Volunteer applications is **Friday 27th May 2016**

Please identify which location you would like to volunteer at: www.swimming.org/swimsafe to list all sites	Windermere, Rayrigg Meadow
Your Full name:	
Postal address:	
Contact number:	
Contact email address:	
Emergency contact (<i>please state what relation this person is to you</i>):	
Emergency contact number:	
Please outline your relevant experience and why you are suited to volunteering at Swim Safe	
<p>The ASA and RNLI are committed to ensure disabled people are treated fairly and well, to enable them to carry out their volunteer role effectively. The Disability Discrimination Act 1995 defines disability as 'a physical or mental impairment that has a substantial and long-term adverse effect upon his/her ability to carry out normal day-to-day activities'</p>	



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Do you consider yourself to have an impairment? If yes, please detail any reasonable adjustment requested	Yes <input type="checkbox"/>	No <input type="checkbox"/>						
Please list the dates you are able to commit to Volunteer at your chosen site. Please keep these dates as committed in your diary								
Any further comments in relation to your application:								
Referee: Please provide details of one referee that Swim Safe could approach with regard to this application. Name: Capacity known to you: Email: Telephone No:								
If you are selected to be a Swim Safe volunteer, kit will be provided for you to keep. Please state size required below: <table border="1" data-bbox="215 1451 1412 1570"><thead><tr><th data-bbox="215 1451 938 1487">Item</th><th data-bbox="943 1451 1412 1487">Size – S, M, L, XL, XXL</th></tr></thead><tbody><tr><td data-bbox="215 1487 938 1523">Polo shirt</td><td data-bbox="943 1487 1412 1523"></td></tr><tr><td data-bbox="215 1523 938 1559">Waterproof jacket OR Hoodie (please select)</td><td data-bbox="943 1523 1412 1559"></td></tr></tbody></table>			Item	Size – S, M, L, XL, XXL	Polo shirt		Waterproof jacket OR Hoodie (please select)	
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Signed:	Date:							

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