



lifesaversTM
The Royal Life Saving Society UK

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Dear Club Coach,

Prior to the 2008 RLSS UK National Speed Championships an incident occurred which highlighted a risk to Lifesavers diving from swimming blocks whilst wearing a rescue tube.

RLSS UK has been working on a method to reduce the risk of this or a similar incident occurring again. A series of control measures are being implemented, which will mean that diving from blocks with tubes can again take place from 1st January 2010.

As part of the control measures to permit diving from a block whilst wearing a rescue tube. RLSS UK have introduced the requirement that all athletes who wish make a dive entry at a Lifesaving Competition be deemed as competent.

Please find enclosed the RLSS UK Competitive Start Award guidance documentation.

Competence can be demonstrated to a club coach using the guidance enclosed in this documentation (the RLSS UK Competitive Start Award) or to a suitably qualified external coach (for example, an ASA Level Two Coach) also using the guidance enclosed.

It is important to stress that this is not a quick fix, simply to be signed off. Each athlete must demonstrate to the coach who signs the form, that they are competent at every level. It is vital that athletes are only put forward when you are confident that their diving is at an appropriate standard.

As with the ASA, if a Lifesaver suffers an injury while performing racing dives our insurers may request written confirmation of the competence of the Lifesaver and any training undertaken. It is therefore essential that both the club and the coach keep records up to date regarding the diving competence of the Lifesavers.

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UK President **Clive Holland** Chief Executive **Di Standley**



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Additional Information

Before an athlete can start the RLSS UK Competitive Start Award they must be competent at the Rookie Diving standard.

Many of your athletes will have already completed their competitive start award with the ASA, if this is the case they will not need to complete the first page (or first two sections) of the RLSS UK Competitive Start Award and need only complete the sections with lifesaving specific dives.

If you have any questions regarding the content of the enclosed details please get in touch.

Yours Sincerely

Elouise Greenwood

Elouise Greenwood
National Sport Development Officer