

## RLSS Club pilot programme 2023

Swim Ireland have partnered with RLSS to introduce lifesaving as a retention initiative within our clubs.

We are seeking eight pilot clubs to introduce lifesaving training and skills as a method of retaining young people for longer. Clubs should be able to provide at least 1 hour per week in a minimum of two squads, for lifesaving training from September 2023 onwards.

Expression of Interest can be sent to your club support officer, selected clubs will be informed by end of April 2023.

Swim Ireland will provide funding support to upskill one coach per club to become a Trainer Assessor and up to 12 coaches per club to deliver this programme in partnership with the RLSS.

### Coach specification

- Must be a minimum of 18 years of age.
- Must hold a Level 2 Swim Ireland Swimming Coach/ Teacher qualification.
- Must actively coach in club and be available to deliver lifesaving sessions on a weekly basis.

### Training provided to pilot clubs

Pilot clubs will be provided with discounted access to training in the following:

- Rookie Lifeguard Instructor – suitable for athletes aged 8-12 years.
  - Up to 12 coaches can be facilitated on this training.
  - One day course.
  - €20 per coach to attend.
  - Delivered onsite for clubs (room required).
- National Lifesaving Academy Instructor – suitable for athletes aged 12-16 years.
  - Up to 12 coaches can be facilitated on this training.
  - One day course.
  - €50 per coach to attend.
  - Delivered onsite for clubs (room required).
- National Pool Lifeguard Qualification (NPLQ)
  - One discounted place per club, intended for coach who will complete Trainer Assessor course.
  - Five-day course.
  - €100 off member rate of €399.
  - Must be available to attend scheduled course.
  - Dates and locations TBC
- Trainer Assessor Qualification (NPLQ)
  - One discounted place per club
  - Five-day course.
  - €500 off member rate of €1,000
  - Must be available to attend scheduled course.
  - Date TBC – will be held in August 2023 in Dublin.
  - Must deliver one NPLQ course in club per year (for athletes aged 16 years up)