

Sport Awards

The Sport Awards should be completed in a swimming pool. Each award can be completed over a duration suitable to the candidate's ability but this is unlikely to be less than three 30 minute training sessions.

Guidelines

Aim

To develop the skills, endurance and fitness required for Lifesaving Sport.

Instructors

This award must be trained and assessed by a registered Rookie Instructor. Additional guidance and help can be sought from others who are familiar with Lifesaving Sport or those who are specialists in a particular area, for example, an ASA swimming coach.

The Rookie Instructor must ensure that safety cover complies with site specific operational procedures and RLSS UK Guidelines.

Candidates

Any Rookie is allowed to undertake this award which can be taken at any stage of progression through the Rookie Lifeguard programme.

Safety

A Risk Assessment for this activity should be completed by the award leader or suitably qualified person.

Manikins – Candidates should use an almost empty manikin.

A small amount of water can help stabilize the manikin during tows and carries. Rookies should not be required to handle manikins more than half full.

Equipment

To complete these awards the Rookie instructor will need to have access to: a throw line, a manikin, a rescue tube and an obstacle (although a suitable substitute obstacle may be used).

Resources and equipment available from Lifesavers Direct

A range of resources and equipment are available from Lifesavers Direct, recommended to support the delivery of these awards.

- Lifesaving Sport Manual
- The Lifesaving Manual for Instructors
- Various Swim Skills publications
- Range of sports and training equipment

Lifesavers Direct (the Royal Life Saving Society UK's online store and catalogue)

www.lifesaversdirect.co.uk

Sport Awards

Front Crawl

Front Crawl is regularly used in competitions, as it is the fastest swimming technique.

For more information, a detailed breakdown and training practices, please see The Lifesaving Manual (for instructors) or refer to an ASA swim teacher / coach.

1. Leg Kick:

- Continuous and Alternating leg kick
- Movement starts from the hip joint
- The leg drives down from the surface with the knee extending (straightening) and the ankle extended (toes pointed)
- After the down kick, the leg kicks up with slight knee flexion (bending) and ankles extended (toes pointed)
- The heels should only just break the surface, or cause the water to bubble at the surface



2. Arm Cycle:

Entry

- The hand is turned slightly outwards allowing the thumb and index finger to enter the water first
- The hand reaches forward under the surface, 'catches' the water and begins to pull downwards
- The elbow remains slightly flexed (bent)



Pull

- The hand pulls down the body
- The elbow stays high and flexes (bends) allowing the hand to travel towards the centre line and slightly underneath the body
- The hand faces backwards throughout the stroke



Push

- From chest level the hand pushes towards the thigh until the hand reaches the water surface
- The arm is extended (straight) by the end of the 'push'
- The hand exits the water little finger first

Recovery

- The elbow exits the water first and stays higher than the hand throughout
- The hand stays as close to the body as possible as it moves forward towards the head
- After passing the shoulder the arm extends forwards for re-entry



Sport Awards

Front Crawl (Continued)

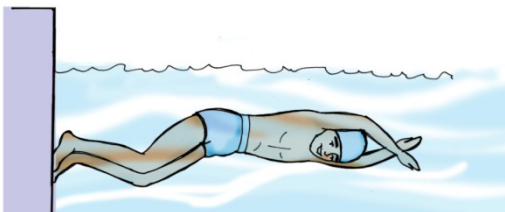
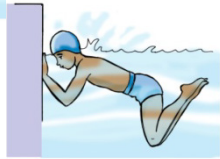
3. Breathing:

The swimmer's face is kept down in the water during Front Crawl. Breathing is done through the mouth by turning the head to the side of the recovering arm at the beginning of the recovery. The head is rotated back at the end of the recovery and points down in the water again. The swimmer breathes out through mouth and nose until the next breath. Try to take a breath every 3rd arm recovery so you will be able to breathe from either side.

Basic Turn

A basic 'touch and turn' method of changing direction at the turning edge

- Approach and touch the wall with your arm extended.
- Tuck your legs into your body
- Allow your arm to flex and lift your head to bring your feet to the wall
- Twist your body to place your feet on the wall
- Submerge your upper body and head, and reach forward under the water
- Push off from the wall strongly
- Extend your body into a streamline shape and kick (Dolphin or front crawl) to the surface
- Restart your stroke as soon as you return to the surface



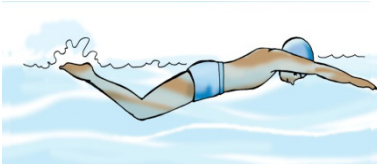
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Dolphin Kick

The dolphin kick replaces a standard underwater leg kick with an explosive whipping motion, which runs along the legs from hips to toes minimising water resistance.



Legs are extended straight back moving up and down in unison.

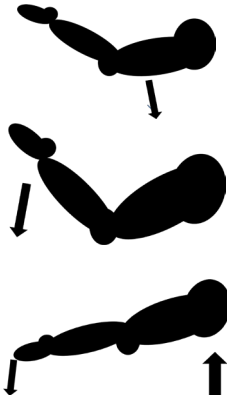


A slight bend in the knees on the upward movement.



Toes should be pointed and legs kept in close proximity.

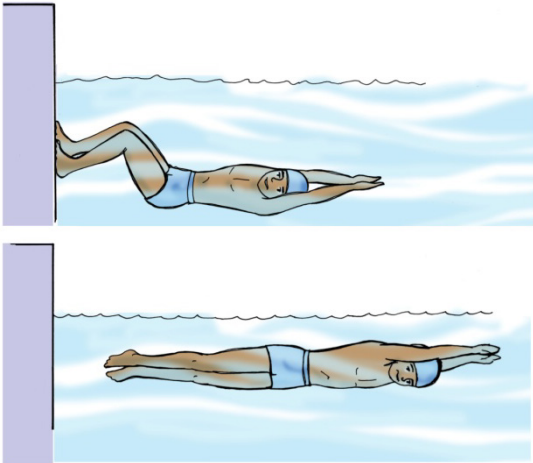
A good way to think of this kick is by picturing dolphins swimming - they don't call it the dolphin kick for nothing!



Sport Awards

Push and Glide

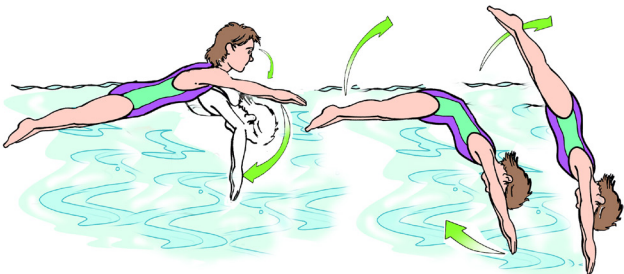
- Pushing and Gliding in the full stretch position – keep face in the water and your body stretched as you push off from the side and glide just below the surface
- Remember to point your toes, place one hand on top of the other and squeeze your ears with your extended arms



Surface Dive

Used for manikin pick up (from pool floor) and obstacle swim.

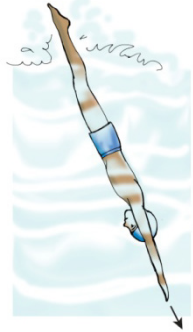
- Take a breath
- Bend at the waist, putting your head and shoulders under the water
- Use breaststroke arms to pull yourself underwater
- Use arms and dolphin kick legs to propel yourself down
- Stay streamlined



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Manikin / Object Pick up from floor

- Surface dive
- Hold a streamline position and reach for object
- Grip the object
- Pull your body down into a squat position
- Raise your lead arm and take a firm hold of the object
- Push firmly off both feet and begin kicking immediately



Manikin / Object Pick Up with Rescue Tube

- Swim towing a rescue tube directly towards the manikin
- Touch the pool wall before the manikin (which will then be released)
- Take control of the manikin immediately and hold on to it (preferably under one arm)



- Pull the tube and the manikin together
- Take hold of the tube, and roll it over the manikin, placing it under the "arms" of the manikin.



Still controlling the manikin, take the clip and connect to the steel ring of the rescue tube (can be easier if you look under water while completing this action)

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Manikin / Object Carry

There are a few different methods or strokes used for the manikin carry: Front Crawl, Sidestroke and Backstroke. In this award only Sidestroke and Backstroke are used. For instructions on how to perform Front Crawl or front crawl carry, please refer to the Lifesaving Sport Manual (available from Lifesavers Direct). While introducing this skill, a rubber brick can be used as a replacement for a manikin.

Sidestroke Manikin Carry

The athlete holds the manikin in one out stretch arm whilst swimming side stroke (see Rookie Skill Guide).



The methods of holding the manikin are behind the neck, under the chin or across the chest.



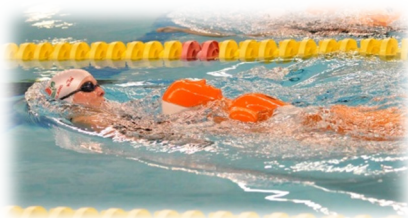
The manikin should lay in-line with the body of the athlete, and positioned almost on top of the athlete's uppermost hip.

- Breathing should occur during the arm pull phase of the stroke
- Think about lifting the manikin every few strokes, as it is essential that the athlete keeps the head out of the water at all times
- Ensure that your athlete's body is near horizontal in the water

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Backstroke Manikin Carry

A traditional method of carry that is not widely used for speed lifesaving sport.



The athlete holds the manikin in one (or sometimes two) out stretch arms whilst swimming lifesaving Backstroke (see Rookie Skill Guide).

If only one arm is used to hold the manikin, the other is used to scull

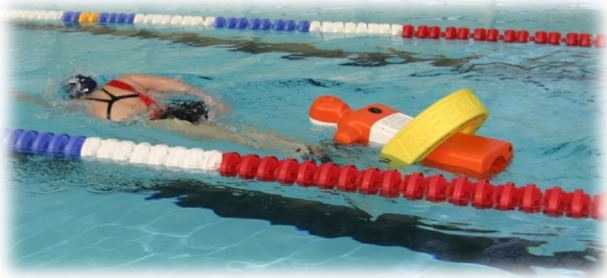


and aid propulsion. The manikin lies in line with the athlete's body.

- Athletes head is above the water, so breathing can take place at any time, however, some thought should be given to the most effective time to breathe during the stroke
- Ensure that your athlete's body is near horizontal in the water



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Manikin Tow

This differs very little from normal Front Crawl. One difference, however, is that you will now have the drag of both the tube and the manikin.

- Rescue tube strap goes across your chest
- Swim Front Crawl
- Tow the tube behind with the cord extended
- To allow room for the tube, swim slightly to the side of your lane (same side as the strap)

Obstacle Clearance

Either a Lifesaving Sport obstacle or a suitable substitute (e.g. a sinkable hoop) may be used. Two methods of clearing obstacles are observed in Sport Lifesaving, pushing off the pool floor and not pushing off the pool floor.

Pushing off the pool floor



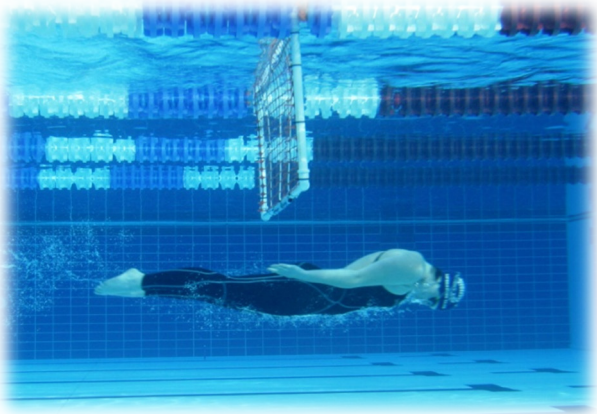
Deep surface dive

Dolphin kick (dependent on depth of pool)

Squat on the pool floor under the gate and then push off to clear the gate

Sport Awards

Not pushing off the floor



- Shallow surface dive
- Dolphin Kick in a streamlined manner under the gate
- Breaststroke can be used as an alternative to the dolphin kick.

Line Throw

Start Position (Set position)

Thrower

- Stand at the pool edge
- Heels together
- Hands by your side
- Holding the extreme end of the throw line

The line should be pulled straight with no slack between thrower and catcher.

Casualty



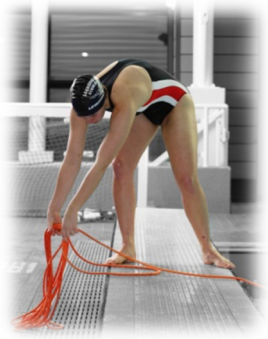
- In the water
- Holding the cross bar with one hand.
- Other hand is used to catch the thrown line.

Sport Awards

Coiling

Underhand coiling

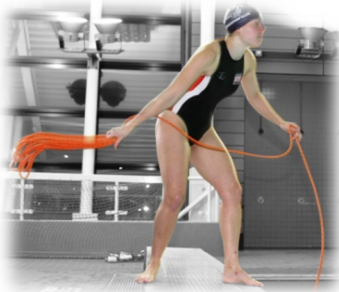
- Take set position
- Coil the rope evenly
- Take care not to cross loops
- The holding hand should stay still
- The coiling hand moves in an oval shaped motion
- Coil until you have enough to throw and reach your catcher



Throwing

Two methods, under arm and over arm. Under arm is more reliable and easier to learn, while (once perfected) over arm tends to be quicker.

Underarm



- Hold the loose end tightly in your coiling hand
- Swing your holding hand towards the catcher, ensure that the line swings "in line" with your arm
- Look at your catcher, keep your swinging arm straight and loose and in line with the catcher
- Release the line as the swinging arm makes a right angle to your body
- Open the whole palm of your

hand at once

- Follow the swing through above the release

Over arm

- Raise your coiling arm, taking a firm grip of the loose end of the line
- Keep the throwing arm straight
- Whip your body over, lowering your coiling arm and bringing your throwing arm over
- Keep sight of the catcher
- Release the line when your arm is just in front of your head
- Ensure the you carry through the swing



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Pull In

Once your catcher has a secure hold of the line, they should signal to the thrower. The cross bar should not be released before the line is collected. The pull in should only start after the catcher has signalled that they are ready.

The thrower should:

- Take a step back from the pool
- Take long fast pulls until the catcher has reached the side
N.B. Keeping low can improve your stability



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Items can be completed individually and do not need to be done in order or in one complete session

Rookie Lifeguard Bronze Sports Award Card

1. Rope throw: 8m in 1min
2. 50m Swim (Any stroke)
3. Clear an obstacle by pushing off the pool floor
4. 25m Ball Carry: Backstroke
5. 25m Ball Carry: Side stroke
6. Demonstrate a basic turn
7. 10m swim Front Crawl, turn and swim underwater for 5m
8. Push and glide 5m
9. 25m swim, turn push and glide
10. Perform a head first surface dive

Rookie Lifeguard Silver Sports Award Card

1. Rope throw: 10m in 1min
2. 50m swim in 75sec (Any stroke)
3. Clear an obstacle without touching the pool floor
4. 10m Manikin Carry
5. 50m Front Crawl with basic turns
6. 10m swim Front Crawl, turn and swim underwater for 7m
7. 25m swim wearing rescue tube
8. Demonstrate dolphin leg kick
9. Demonstrate in water securing of manikin in rescue tube
10. Recover an object from the pool floor (max 1.5m)

Rookie Lifeguard Gold Sports Award Card

1. Rope throw: 12m in 1min
2. 50m swim 65sec (Any Stoke)
3. 50m Front Crawl swim negotiating 2 obstacles
4. 25m Manikin Carry
5. 75m Front Crawl with basic turns
6. 10m swim Front Crawl, turn and swim underwater for 10m
7. 10m Manikin Tow
8. Push and dolphin leg kick over 5m to surface
9. 25m swim wearing rescue tube, pick up and secure manikin
10. Swim 5m then perform a head first surface dive to recover an object