



Information Pack

2017

RLSS UK Young Leaders Award

General Information

The Young Leaders Award is an introductory leadership award of the Royal Lifesaving Society UK. The award provides a soft introduction to the skills of leadership, which can be used in every aspect of Lifesaving, as well as in the candidate's personal lives.



The Award is aimed at young people aged 12 years or over and presents a great opportunity for them to develop fundamental leadership skills in a safe, familiar environment alongside a qualified trainer.

Event organisation provides the opportunity for Young Leaders to work in teams where they quickly develop confidence in leadership, teamwork, planning and effective communication.

Fun and interactive, the sessions take place both in the classroom and in the pool, giving candidates the opportunity to lead and take part in a range of lifesaving games and activities.

The Young Leader Award is fully resourced with Candidates and Instructors having packs, making the course easier for both parties to work through. The whole course is also supported by a PowerPoint presentation.

The course Instructor pack and the Candidate pack available from [RLSS Direct](#).

Young Leaders have the opportunity to follow a range of pathways provided through involvement in lifesaving; from teaching to officiating the Young Leader Award provides the perfect grounding.

Acknowledgements

We would like to gratefully acknowledge and thank those individuals and organisations involved in the development of this award.

0233 - 07/2010



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Aim

- To inspire Young People to fill their potential
- Raise Lifesaving profile within a Young Leadership role
- Inspire Young Leaders to get actively involved with Lifesaving
- Help provide additional support for Rookie Festivals
- To help develop generic leadership skills in a Lifesaving environment
- Identify potential pathways for Young Leaders in Lifesaving

Target audience

Age 12 – 16 years

This may include:

- Young people assisting with local lifesaving clubs and classes as a volunteer
- Young people interested in developing leadership skills
- Students at specialist sports colleges and secondary schools to enable them to work with younger age group students

Course structure

6 hours – this may be delivered as 1x6, 2x3, 3x2 hours sessions or within usual club sessions

Resources

Candidate:

Young Leader Candidate Pack

The candidate pack contains:

- An Introduction to the Young Leaders Course
- Course syllabi and Activity Worksheets
- Registration Form

Instructor:

- Young Leader Instructor Pack
- Access to RLSS UK publications and Policies
- Rookie Festival Pack [Optional extra]

Venue

The course may be delivered within a club, school or college environment

Certificate

Once a candidate has completed the course including supporting the running of a lifesaving event a RLSS UK Young Leaders Certificate will be issued upon receipt of candidate registration and course attendance form at RLSS UK

Instructors

Instructors may be Rookie Instructors (or above), school teachers, level 2 coaches, Sport Leader UK Instructors, ASA teachers or coaches or a responsible adult who has had appropriate training in delivery of this course (other prior learning or experience maybe considered, please contact RLSS UK if you feel you have a suitable qualification). Instructors must also be aware of the legal responsibilities of anyone providing activities for young people.

Instructor Equipment:

- Laptop and projector
- Rookie Festival Pack
- Pool equipment for games (for example balls and floats)
- RLSS UK Young Leader Instructor Pack

Candidate equipment:

- RLSS UK Young Leader Candidate Pack
- Appropriate sportswear (clothing and footwear)
- Swimming wear
- Pen / pencil

Pathway

- After completing the course, it is recommended that candidates get actively involved in lifesaving.
- For information on activity in your area look at our courses section of the website.
- Assistant Lifesaving Instructor – minimum age 14yrs



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Ratio

- Minimum of 1 Instructor to 12 candidates, up to a maximum 24 candidates on 1 course

Course Instructor resources

- RLSS UK Young Leaders Instructor Pack
- The Lifesaving Manual
- Rookie Lifeguard Festival Pack

Options

Candidates will benefit from taking an RLSS UK award before or after the course

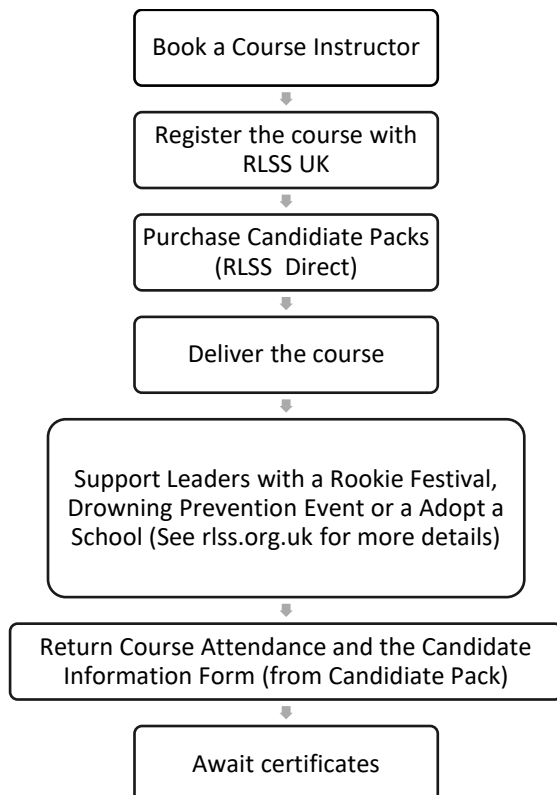
Equipment

- Projector and laptop
- Flipchart and/or white-board
- Pens and paper
- Pool equipment

Safety

Normal Operating Procedures (NOP) & Emergency Action Plan (EAP) Lifeguard cover for pool based activities

Course Process



Instructors

Leadership Instructors will be registered with The Royal Life Saving Society UK

The following points offer some guidance of qualifications and experience required.

Instructors should have

- Rookie Instructor Status or higher
- Appropriate safeguarding checks
- Current membership of the Society
- Good communication and organisational skills
- Registered with RLSS UK

Desirables

- Trainer Assessor Status
- Coaching experience
- Sports Leader UK or Sports Coach UK Instructor Training
- Teacher / Lecturer with proven Lifesaving experience
- Lifesaving Sport experience



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Frequently Asked Questions

1. Who can lead this course?

- a) Any RLSS UK Instructor (with the exception of Assistant Instructor)
- b) ASA Level Two Teachers and Coaches
- c) Sports Leader UK Instructors
- d) School Teachers
- e) Other responsible adults with suitable qualifications (please contact RLSS UK if you have an alternative qualification that may be suitable).

2. How do I register to be a Instructor?

When you buy the pack from RLSS Direct they will ask you some easy questions about your status to train this award on behalf of RLSS UK then it's a case of following;

- a) RLSS UK instructors (Rookie Instructor and above) can simply buy an Instructor Pack and complete the Instructor Registration Form.
- b) Non RLSS UK instructors / teachers can register by buying a Instructor Pack and completing Young Leader Instructor Registration Form (copies of certificates of qualifications will be needed).
- c) For those without the relevant qualifications there is a Instructor training course, please contact RLSS UK for more details.

3. How much do the Instructor and Candidate Packs cost?

- a) The Instructor Pack will be available at £12.75 and the Candidate Pack will be from £7.65.

4. Why do candidates need their own pack?

- a) It is essential for each candidate to have their own pack to enable them to follow the course successfully it is also a resource tool for ongoing reference.

5. Do we order Instructor and Candidate packs directly from RLSS Direct or do we need to register the course with RLSS UK first?

- a) You can buy the Instructor Pack directly from RLSS Direct, anybody can buy this pack.
- b) Then, to buy the candidate packs you will need to register the course.

6. Is there a way to be able to purchase a Instructor Pack without registering a course?

- a) You can buy the Instructor pack directly from RLSS Direct, anybody can buy this pack, although only those listed in question 1 can lead a course.

7. Where can I get a Course Registration Form from to enable me to register and buy the course materials?

- a) Course are registered at rlss.org.uk , Course registration numbers will be e-mailed through once a course has been registered
- b) The course registration number can then be used to purchase candidate packs.

8. What are the pre-requisites for the candidates?

Candidate pre-requisites are: Aged 12 years or over

9. Does the course have to be run all in one go?

- a) No, the course can be delivered in sessions that best suit the needs of the candidates. This may be over one day, through set sessions or during your usual club sessions.

