

Graduate Lifeguard Programme

What is it?

The GLP is an initiative designed to impact on the number of under 16's who die through drowning. With over 400 deaths each year, all of which are preventable, The GLP aims to help reduce this figure through peer to peer education and training.

Aimed at youth members in school years 9-11, the 3 year programme will help to develop the graduate's lifesaving skills by providing additional focus for club training sessions. At the end of the scheme, the graduates will be fully prepared to complete the National Vocational Beach Lifeguard Qualification (NVBLQ) or Surf Lifeguard award.

Benefits to the Graduates

The GLP is divided three parts each relating to a different "team type" from the new National Lifeguard Patrol Framework. Each year will see the graduates complete up the units based on the NVBLQ/Surf Lifeguard criteria, with additional training to meet the minimum standards required to work as part of a patrol Team Type alongside the HMCG. By organising the programme in such a way, allows the club to focus on smaller targets, developing and embedding lifeguard skills over several months.

Each unit is graduate focussed; they are tailored to meet the needs and targets of individuals whilst maintaining a strong team ethos. The units are completed at a pace that suits everyone and will be signed off by the clubs GLP Trainer.

We believe that personal development is a key element and units encourage the graduates to reflect on their own strengths and areas for further development, set themselves realistic targets and identify suitable pathways to follow in order to meet their desired outcomes.

During the three years, the graduates will work through twelve core units as well as have the opportunity to complete the following awards:

- SLSGB Board Paddler
- SLSGB Tube Rescuer
- **Coastal Surveillance Patrol**



On turning 16, graduates can then also complete:

- SLSGB level 1 Coach Award
- SLSGB NVBLQ/Surf Lifeguard
- GLP Trainer*

The GLP provides opportunities to complete the DofE Awards and the Sports UK Young Leaders Award.

On completion, the graduates have the potential to have added several recognised qualifications to their CV, most of which are considered to be valuable by employees.

Personal skills are also developed over the period, as graduates will have responsibility for their own development, health and fitness, planning for outreach activities and leading presentations and activities to peer groups.

Benefits to the Clubs

The GLP offers youth members an additional incentive to continue their Surf Lifesaving development by allowing training sessions to be tailored to meet specific unit targets. It also encourages members who are not competition focussed to remain with a club as they will have their own personal development plan.

On completion of the Board Paddler and Tube Rescuer Awards, the graduates can provide additional water safety cover for Nippers and on completion of the Level 1 Coach Award or Junior Leaders, graduates can become additional volunteers to help lead elements of training sessions.

Requirements

Anyone who would like to enrol on the GLP must be in school years 9-11. Although planned to be a three year programme, anyone in this age bracket can sign up. We will also make allowances for anyone who would like to start the programme during the summer before they begin year 9 in September.

For a club to run the programme, a GLP Trainer who holds or be working towards the SLSGB Trainer Assessor award is a requirement. The Trainer role requires the volunteer to monitor the programme, set targets, encourage and motivate as well as help to develop Lifeguard skills. The programme has been designed to minimise trainer teaching time but does require regular contact. The Outreach element of the programme is a vital part, so the trainer needs to be proactive in helping the graduates to organise and lead their presentations and activities, though will not be required to attend such events.

To run the DofE Awards, a club member must have DofE Expedition Supervisor training

Costs

There is no cost to the clubs running the GLP, although volunteers may be required to complete relevant training or awards. Trainer kit is also available to buy from our suppliers at Cornish Granite Sports

The Graduate Lifeguard Programme is a non-profit initiative; however, graduates will have a small annual fee to pay which will cover development costs.

There is an initial fee of £30 when signing up to the course. This fee covers the cost of T-shirt and the GLP manual.

There is also an annual fee of £35. This covers the cost of certification for all SLSGB Awards

Year	GLP Units	Additional Awards
1	Fitness, health and Lifestyle; Beach Environment; Young Lifeguard Leaders, Communication, Tube Rescuer and Board Paddler	DofE Bronze
2	First Aid; Basic Life support; Pool coaching; Lifeguard Patrol; VHF Radio	Surf Lifesaver DofE Silver Young Leaders Award
3	Lifeguard Working Practices	NVBLQ SLSGB Level 1 Coach DofE Gold

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Club Checklist

- Does your club offer Youth membership?
- Does your club have an SLSGB Trainer/Assessor?
- Does your club have active members who could act as positive role models and mentors?
- Does your club have youth members who are not involved in competition?
- Does your club offer or would like to offer Lifeguard patrol on your beach?
- Does your club have members who are active RNLI Lifeguards?

If you have answered yes to all of the above, then you are an ideal club to offer the GLP.

If you haven't been able to answer yes to all of the above, don't worry, SLSGB will support you in ensuring that you have everything that you need in order to run the GLP

REMEMBER; THE GLP IS ABOUT SAVING LIVES OF THE YOUNG PEOPLE IN OUR COMMUNITIES. PLEASE GET INVOLVED TO ADD YOUR GROWING CONTRIBUTION

*Currently being designed ready for launch to Graduates who have completed three years of GLP training.