

**SURVIVE&SAVE**  
PROGRAMME



ROYAL  
**LIFE SAVING**  
SOCIETY UK

**RLSS UK AWARDS  
& THE DUKE OF  
EDINBURGH'S AWARD**

**A Guide for DofE Leaders  
and Lifesaving Instructors**

**2014**

## **Foreword**

The Royal Life Saving Society UK's lifesaving awards have been used to support the teaching of Swimming and Water Safety through the Duke of Edinburgh's Award for many years.

Recent changes to the lifesaving awards have addressed the modern day needs in drowning prevention, moving the focus of the awards toward self-rescue and survival skills. These changes have increased the scope for lifesaving awards to help achieve a Duke of Edinburgh's Award in the Physical, Skill and Volunteer sections.

This guide is a resource for DofE Leaders and Lifesaving Instructors, to support the inclusion of lifesaving skills within a young person's Duke of Edinburgh's Award Programme.

In addition to the personal safety benefits of taking part in lifesaving, learning lifesaving skills can be instrumental in the personal development of an individual, particularly in developing their confidence, self management skills, and citizenship awareness.

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Lifesaving Programmes Manager

# RLSS UK AWARDS & THE DUKE OF EDINBURGH AWARD SCHEME

## Introduction to the Duke of Edinburgh Award

The Duke of Edinburgh's Award is a voluntary, non-competitive programme of practical, cultural and adventurous activities, designed to support the personal and social development of young people aged 14-24, regardless of gender, background and ability. It offers an individual challenge and encourages young people to undertake exciting, constructive, challenging and enjoyable activities in their free time.

The Duke of Edinburgh's Award support over 800,000 participants across 140 nations worldwide with around 300,000 participants striving to achieve their DofE Award in the UK alone. Over 45,000 volunteers share their skills, enthusiasm and time to help guide participants through their programme.

### There are three progressive levels in the DofE:

- **Bronze** for those aged 14 and over
- **Silver** for those aged 15 and over
- **Gold** for those aged 16 and over

### There are four sections at Bronze and Silver levels and five at Gold.

- **Volunteering:** undertaking service to individuals or the community
- **Physical:** improving in an area of sport, dance or fitness activities
- **Skills:** developing practical and social skills and personal interests
- **Expedition:** planning, training for and completion of an adventurous journey in the UK or abroad.

At Gold level, participants must also do an additional fifth Residential section, which involves staying and working away from home doing a shared activity.

### Time and age requirements

There is no real time limit when it comes to completing a DofE programme. As long as participants are under 25 years old when they complete all their activities in the programme, they are free to work at their own pace. The DofE stipulation is that participants spend the minimum time doing their programmes an average of at least one hour per week for the duration.

Level	Minimum period of participation by:	
	Direct entrants*	Previous award holders
Bronze	6 months	n/a
Silver	12 months	6 months
Gold	18 months	12 months

\* Direct entrants are young people starting their DofE programme at either Silver or Gold level, who have

DofE participants take responsibility for their programme which will be personal to them based on their abilities, objectives and interests. DofE programmes are thus very flexible, what might be a 12 month Gold level programme for one young person may be a six month Bronze level programme for another.

## Duke of Edinburgh

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# Bronze Award

14+ years old

To achieve the Bronze level DofE award participants are required to undertake three months activity for each of the Volunteering, Physical and Skills sections and plan, train and complete a 2 day, 1 night expedition. In addition to this, participants must also undertake a further three months activity in one of the Volunteering, Physical or Skills sections.

Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Plan, train for and complete a 2 day, 1 night expedition

All participants must undertake a further three months in either the Volunteering, Physical or Skills sections.

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## Duke of Edinburgh

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# Silver Award

15+ years old

To achieve the Silver level DofE award participants are required to undertake at least six months activity for the Volunteering section and a minimum of six months on either Skills or Physical and three months on the other, and plan, train for and complete a 3 day, 2 night expedition. Those participants starting Silver without doing Bronze level will be required to undertake a further six months in the Volunteering section or the longer of the Physical or Skills sections.

It will take at least 6 months for participant to achieve Silver level if they have already achieved Bronze level, or 12 months if they have entered directly as Silver level.

Volunteering	Physical	Skills	Expedition
6 months	One section for 6 months and the other for 3 months		Plan, train for and complete a 3 day, 2 night expedition

Direct entrants must undertake a further six months in the Volunteering or longer of the Physical or Skills sections.

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# Gold Award

## 16+ years old

To achieve the Gold level DofE award participants are required to undertake at least 12 months activity for the Volunteering section and a minimum of 12 months on either Skills or Physical sections and six months on the other, and plan, train for and complete a four day, three night expedition. Gold level participants will also be required to undertake a shared activity in a residential setting away from home for five days and four nights. Direct entrants will also need to undertake a further six months either volunteering or whichever one of the physical and skills they spent the most time on.

It will take at least 12 months for participants to achieve Gold if they have already achieved Silver level, or 18 months if they have entered directly at Gold level.

<b>Volunteering</b>	<b>Physical</b>	<b>Skills</b>	<b>Expedition</b>	<b>Residential</b>
12 months	One section for 12 months and the other for 6 months		Plan, train for and complete a 4 day, 3 night expedition	Undertake a shared activity in a residential setting away from home for 5 days and 4 nights

Direct entrants must undertake a further six months in either the Volunteering or longer of the Physical or Skills sections.

# ROYAL LIFE SAVING SOCIETY UK PROGRAMMES

Many of the Royal Life Saving Society UK (RLSS UK) programmes can be used to achieve awards through other organisations such as DofE, Scouts, and Brownies.

## Rookie Lifeguard Programme

The Rookie Lifeguard Programme is the junior awards programme of the Society, designed for children aged 8-12 years. Starting with Bronze Stage 1 and progression to Gold Stage 3, the programme introduces water safety, personal survival and rescue skills in a fun and educational way, beginning at an ability level of able to swim 25 metres and progresses to the level of performing lifesaving tows.

This programme incorporates a Water Safety Award which covers all elements of water safety as well as a Life Support Award (CPR).

Classes are taught by qualified Rookie Lifeguard Instructors at clubs and swimming pools, as well as by Instructors from other organisations who can qualify as Rookie Lifeguard Instructors either by approved prior learning or a short course (maximum 6 hours).

## The Survive & Save Programme

The Survive & Save Programme is a suite of progressive awards that teach personal survival, rescue, sport, and fitness skills and knowledge to anyone aged 12 years or older. The awards are progressively structures into three levels (Bronze, Silver and Gold) and four awards are available at each level.

### The four award strands are:

#### ➤ Medallion Lifesaving Award

Completed in the Swimming Pool

#### ➤ Beach Lifesaving Award

Completed in the Sea

#### ➤ Stillwater Lifesaving Award

Completed at inland open water sites

#### ➤ Sport Lifesaving Award

Completed in the Swimming Pool

Each level also has a Core Element that candidates must complete.

## Analysis of the RLSS UK Awards and Qualifications and the Duke of Edinburgh's Award

The following tables cross reference the RLSS UK awards and Qualifications and Duke of Edinburgh programme. The table outlines where the RLSS UK awards and qualifications can contribute towards sections of the DofE awards.

### Duke of Edinburgh's Bronze award requirements

#### 14+ years old

Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Plan, train for and complete a 2 day, 1 night expedition

### Possible RLSS UK award or qualification

Volunteering	Physical	Skills
<ul style="list-style-type: none"> <li>&gt; Young Leader</li> <li>&gt; Assistant Lifesaving Instructor</li> <li>&gt; Assistant Beach Lifeguard</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Rookie Lifeguard (Stages 1, 2 and 3)</li> <li>&gt; Survive &amp; Save Medallion Bronze, Silver and Gold</li> <li>&gt; Survive &amp; Save Sport Bronze, Silver and Gold</li> <li>&gt; Survive &amp; Save Stillwater Bronze, Silver and Gold</li> <li>&gt; Survive &amp; Save Beach Bronze, Silver and Gold</li> <li>&gt; Assistant Beach Lifeguard</li> </ul>	<ul style="list-style-type: none"> <li>&gt; Rookie Lifeguard Bronze, Silver or Gold Levels (Stages 1, 2 and 3)</li> <li>&gt; Survive &amp; Save Medallion Bronze, Silver and Gold</li> <li>&gt; Survive &amp; Save Sport Bronze, Silver and Gold</li> <li>&gt; Survive &amp; Save Stillwater Bronze, Silver and Gold</li> <li>&gt; Survive &amp; Save Beach Bronze, Silver and Gold</li> <li>&gt; Assistant Beach Lifeguard</li> <li>&gt; Life Support</li> <li>&gt; Life Support 3</li> </ul>

All participants must undertake a further three months in the Volunteering, Physical or Skills section.

Activities in the Volunteering, Physical and Skill section need to be regular, spread over the full length of the section and an average.

## Analysis of the RLSS UK Awards and Qualifications and the Duke of Edinburgh's Award

### Duke of Edinburgh's Silver award requirements

#### 15+ years old

Volunteering	Physical	Skills	Expedition
6 months	One section for 6 months and the other section for 3 months		Plan, train for and complete a 3 day, 2 night expedition

### Possible RLSS UK award or qualification

Volunteering	Physical	Skills
> Young Leader	> Rookie Lifeguard Bronze, Silver or Gold Levels (Stages 1, 2 and 3)	> Rookie Lifeguard Bronze, Silver or Gold Levels (Stages 1, 2 and 3)
> Assistant Lifesaving Instructor	> Survive & Save Medallion Bronze, Silver and Gold	> Survive & Save Medallion Bronze, Silver and Gold
> Assistant Beach Lifeguard	> Survive & Save Sport Bronze, Silver and Gold	> Survive & Save Sport Bronze, Silver and Gold
<b>Aged 16+</b>	> Survive & Save Stillwater Bronze, Silver and Gold	> Survive & Save Stillwater Bronze, Silver and Gold
> Community Instructor	> Survive & Save Beach Bronze, Silver and Gold	> Survive & Save Beach Bronze, Silver and Gold
> Rookie Instructor	> Assistant Beach Lifeguard	> Assistant Beach Lifeguard
> Lifesaving Instructor		> Life Support
		> Life Support 3

Direct entrants must undertake a further six months in the Volunteering or the longer of the Physical or Skills section.

Activities in the Volunteering, Physical and Skill section need to be regular, spread over the full length of the section and an average.

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## Duke of Edinburgh's Gold award requirements

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### 16+ years old

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Volunteering	Physical	Skills	Expedition	Residential
6 months	One section for 12 months and the other section for 6 months		Plan, train for and complete a 4 day, 3 night expedition	Undertake a shared activity in a residential setting away from home for 5 days and 4 nights

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## Possible RLSS UK award or qualification

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Volunteering	Physical	Skills
> Young Leader	> Rookie Lifeguard Bronze, Silver or Gold	> Rookie Lifeguard Bronze, Silver or Gold
> Assistant Lifesaving Instructor	> Survive & Save Medallion Bronze, Silver and Gold	> Survive & Save Medallion Bronze, Silver and Gold
> Assistant Beach Lifeguard	> Survive & Save Sport Bronze, Silver and Gold	> Survive & Save Sport Bronze, Silver and Gold
> Community Instructor	> Survive & Save Stillwater Bronze, Silver and Gold	> Survive & Save Stillwater Bronze, Silver and Gold
> Rookie Instructor	> Survive & Save Beach Bronze, Silver and Gold	> Survive & Save Beach Bronze, Silver and Gold
> Lifesaving Instructor	> Assistant Beach Lifeguard	> Assistant Beach Lifeguard
		> Life Support
		> Life Support 3

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Direct entrants must undertake a further six months in the Volunteering or the longer of the Physical or Skills section.

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Activities in the Volunteering, Physical and Skill section need to be regular, spread over the full length of the section and an average.

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## Lifesaving Training for DofE

Critically for DofE participants there may be a need for candidates to continue their lifesaving training for a longer period of time than the recommended delivery hours for the Rookie Lifeguard and Survive & Save awards. These activities would need to be spread out over the DofE time scale or a number of Lifesaving awards could be undertaken to meet the allotted time scales for the DofE. Alternatively these could be used in conjunction with other Swimming awards to meet the required time scales.

The same hours cannot be counted for more than one section and it is down to the participant's DofE Leader to review the programme proposed by the young person.

### Evidencing and signing off activation

Participants must evidence their activities (once agreed with their DofE leader) in the DofE's online record system eDofE. Participants need to identify someone to assess their sectional activities and provide some feedback at the end of the section. The assessor needs to be someone knowledgeable about the activity so any RLSS UK trainer (with the correct Instructor/Trainer qualification for the award being undertaken) can act as the assessor.

### Online

DofE participants will either have a physical Assessors Report form, or ask for an online report to be submitted via **[www.DofE.org/assessor](http://www.DofE.org/assessor)**

For more information about assessing DofE sections, visit **[www.DofE.org/go/assessing](http://www.DofE.org/go/assessing)**

For further information on the RLSS UK Awards and Qualification and for details of what is involved in the awards please visit

**[www.rlss.org.uk](http://www.rlss.org.uk)**

**For more information on**  
**The Royal Life Saving Society UK**  
**– the drowning prevention charity**  
**please visit [www.rlss.org.uk](http://www.rlss.org.uk)**