



### RLSS Rookie Lifeguard Video Transcript

“Rookie lifeguard is a water safety program for children aged around eight to twelve years old. Rookies achieve bronze, silver and gold awards as they progress through the program learning lifeguard type skills, which actually teach them how to stay safe in and around the water. Parents tell us there are two reasons why they sign their children up to learn to swim classes, one is of course they want their children to learn to swim and be safe around water, and the other is they want them to have a healthy active lifestyle as they get older. But the rookie lifeguard progresses from learn to swim and teaches a far greater range of safety skills around the water, so children can learn to make good sensible decisions about their own safety as they grow up. Rookie lifeguard is also a great way to keep children involved in swimming once they've finished their learn to swim classes”

“(Written) I love being a #RookieLifeguard.”

“I want to be a Rookie Lifeguard.”

“I like being a Rookie Lifeguard because we get to play games in the water.”

“I like being a Rookie Lifeguard because I like because I like being in the water and I like pretending to be a casualty.”

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For more information about becoming a Rookie Lifeguard visit

[One2Swim.co.uk/](http://One2Swim.co.uk/)

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