

Young lifesavers achieve RLSS Rookie Lifeguard Gold 3 at Settle Swimming Pool

Three young lifesavers; Ellie Bathers 14, Jessica Ashurst 14 and Max Robertshaw 15, were presented with their Rookie Gold 3 award at Settle Area Swimming Pool on 10th December. Max from Ingleton, Jessica and Ellie from Settle have been training for several years in lifesaving techniques after they became competent swimmers with Settle Pool and Ingleton Otters learn to swim programmes.

They are the first three at the pool to achieve the new Gold 3 award, setting standards high for fellow Rookies to follow.

They had to prove their competence in stamina, distance and timed swims using the four lifesaving strokes and swimming in their clothes performing personal survival skills. Initiative rescues of several casualties from the poolside, using lifesaving tows and landing techniques for conscious and unconscious casualties involving teamwork followed. In addition they had to prove their knowledge and application of CPR and emergency aid in life support skills. They are now well qualified with a life skill to aim for the RLSS National Pool Lifeguard qualification when they are 16 if they wish.

Rookie Lifesaving Teacher, Jill Robinson said they have given a regular weekly commitment + some extra time for CPR training at a very busy times in their lives. They have had to balance school work, exams, other sporting and club activities a difficult task in demanding times, yet all have been determined to stay with Rookies to achieve the top award.

Photographed receiving their award from Trevor Graveson, Chairman of Settle Pool Management committee and watched by fellow Rookies, their parents and staff at the Pool, who are all extremely proud of their achievements and commitment.

Well done Jessica, Ellie and Max.

