



Swimming and Lifesaving for Juniors – important start for a lifetime sport for all



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Introduction

Swimming and lifesaving are important kinds of sport

- in the fight against drowning and to reduce the number of drownings (world-wide 500.000 to 1.000.000 per year)
- for improving the health of young and elder people



Method: 1st Step

It is recommended to start as early as possible with swimming lessons and train the risk prevention and self rescue methods with the young children.

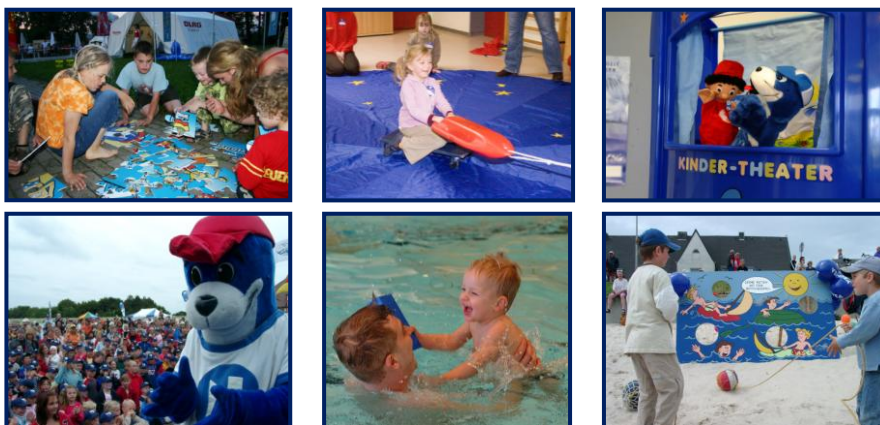
After the babies and infants became familiar with the water, a basic knowledge can be taught

- in kindergardens
- in the schools
- in clubs
- at beach festivals
- in holiday resorts etc.

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Method: 1st Step



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Clip: [Kindergarten-Project](#)



Method: 2nd Step



After the first education, it is important to make swimming attractive for these children. This can be done by:

- a systematic further education in swimming, jumping and diving in conjunction with a award system
- demonstration and training of various self rescue techniques
- offer of swimming competitions as single and team disciplines

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Method: 2nd Step



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Method: 3rd Step



In the age of 10 to 11 years first elements of lifesaving should be added (aim: „Junior Lifesaver“)

- diving and simple searching under water
- towing and transport techniques
- techniques for leaving the water

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Method: 3rd Step



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Method: 4th Step

At the age of 12/13 years the education as (basic) lifesaver* can start. At the same time the further education and training in swimming must be continued.

Additional disciplines could be:

- swimming with obstacles
- towing of victims at different distances
- simulated rescue cases
- First Aid and CPR

Also in this phase competitions are a popular incentive

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Method: 4th Step



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Clip: NIVEA (DLRG) Cup



Method: 5th Step

A specific swimming training and the education as
Lifesaver** / Lifeguard*** should follow.

This training includes attractive elements as:

- skin diving
- scuba diving (rescue diving)
- simulated rescue cases in pools, lakes, rivers and at the beach
- paramedical education
- rescue management
- participation and practical experiences in the voluntary lifeguard service

Varied training and competitions complete the programme and make it attractive. Special awards are an additional incentive.

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Method: 5th Step



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Result

Swimming and lifesaving is a very attractive sport for juniors and can be age-based varied.

With such programmes the infants children and adolescents are introduced in the humanitarian engagement by the means of sport, which they can practise lifelong.

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Result

Water is not only a source of danger to be countered by the lifesaving services – it is also an elixir of life with tremendous potential for the promotion of health and convalescence.

National lifesaving organisations have turned increasingly to this aspect in recent years, by organising various health and fitness programmes.

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Result

Swimming and especially lifesaving sport for all with ist attractive programmes for all ages offers the chance to:

- reduce the rate of drownings
- support health
- integrate different human groups

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Result

Lifesaving associations, which offer such sport for all programmes, have in addition the advantage of constant or increasing number od participants and members, which is contrary to the demographic developement (for example in Germany we have almost 50% less children and youth compared with 1975).

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Clip: [Heroes](#) (by SLSA)