



Life Saving Courses 2022

The Royal Life Saving Society – Malta Branch, founded in 1924, is a member of the Royal Life Saving Society - Commonwealth and a CoV registration of VO/0217

RLSS Malta Branch holds lifesaving courses mostly during the summer months both for individuals who are not affiliated to a particular organisation and for organisations and clubs. Those who are interested in gaining one or more RLSS awards are to contact the Hon. Secretary (email: rlssmaltabranch@gmail.com) or the Training Officer (email: agatha.zahra@gmail.com), giving their name, surname and other necessary particulars*.

The awards and certificates gained are valid for 24 months. RLSS awards and certificates (except for a few locally issued ones) are all issued by the Royal Life Saving Society - Commonwealth and are internationally recognised.

Acceptance is on a ‘first come’ bases. Late applications will be considered if vacancies in the courses are available. The courses are usually held on Mondays and Wednesdays and if felt necessary also on a Friday – no training is usually held on weekends. The sessions are held around 3.30/4.00pm. Training starts in early July. The lower awards require about four to six practical sessions whilst the higher awards need approximately six to eight sessions of training - this all depends on the ability of the candidates. The Society holds the right to cancel any of its courses or change time and/or days of instruction without notice.

Kindly note that the following conditions are binding for all those who apply:

- a. All candidates are good swimmers.
- b. All female candidates must perform all water work in a one-piece swimming costume or wear a T-shirt on their bathing costume if the latter is not available.
- c. Clubs, associations, schools - large groups are required to be accompanied in **all sessions** by a group leader who is a good swimmer and is willing to help during the training sessions.
- d. It should be made clear to those who apply that they make it a point to attend for instructions as specified in the course programme otherwise they might be taking the place of others who wish to learn lifesaving but could not be accepted because the course was full to capacity.

Tuition is free of charge though a donation of €10.00 and the initial award fee** (candidates can gain more than one award during the course) are collected on the first session from each applicant. The donation helps to somewhat ease the expenses involved.

The Branch can also organise a course to suit a particular organization or group. For such courses, specific individual arrangements need to be made with the Hon. Secretary.

Mrs. E. Dimech Ghirxi
Hon. Branch Sec. RLSS-Malta.

*All personal information provided is kept confidential and will be used in accordance with the Provisions of the Data Protection Act.

**Award fees vary – depending on the award gained.