

# THE ROYAL LIFE SAVING SOCIETY

England & Wales · Charity number 306094

## Details

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**Other names** R L S S

**Status** Registered

**Legal form** Other

**Registered** 1964-06-17

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** Royal Life Saving Society  
Redhill House  
227 London Road  
Worcester  
WR5 2JG

**Phone** 01789774229

**Email** [commonwealth@rlss.org.uk](mailto:commonwealth@rlss.org.uk)

**Website** <http://www.rlsscommonwealth.com>

## Activities

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**Objects:** THE PROMOTION OF TECHNICAL EDUCATION IN THE SAVING OF LIFE AND RESUSCITATION OF THE APPARENTLY DROWNED.

**Activities:** The Royal Life Saving Society is the Commonwealth's largest drowning prevention and water safety awareness organisation carrying out it's activities via education, lifesaving, lifeguard, first aid and resuscitation training.

## Classification

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- **How:** Provides Human Resources, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Amateur Sport, Economic/community Development/employment
- **Who:** Children/young People, Elderly/old People, People With Disabilities, People Of A Particular Ethnic Or Racial Origin

## Geography

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- **Area of benefit:** BRITISH COMMONWEALTH

- Australia
- Bangladesh
- Barbados
- Botswana
- Brunei
- Cameroon
- Canada
- Cyprus
- Ghana
- Gibraltar
- Hong Kong
- India
- Jamaica
- Jersey
- Kenya
- Lesotho
- Malaysia
- Malta
- Mauritius
- New Zealand
- Nigeria
- Northern Ireland
- Pakistan
- Scotland
- Singapore
- South Africa
- Sri Lanka
- St Lucia
- Tanzania
- Trinidad And Tobago
- Uganda

## Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£68,389	£62,799	-	-
2023-12-31	£64,844	£75,694	-	-
2022-12-31	£73,341	£54,512	-	-
2021-12-31	£52,232	£40,973	-	-
2020-12-31	£87,094	£32,537	-	-

## Trustees

Name	Role	Appointed
<b>Dr Stephen Beerman</b>	Chair	2019-10-10
Amlesh Dosieah		2026-05-21
Ann Indera Singh		2026-05-20
Bhanusha Kalansuriya		2026-05-19
Dr Tengku Fadilah Tengku Kamalden		2026-05-27
Evelyn-Marie Day		2024-05-14
Hellen Nkatha Muthomi		2024-05-14
Jonathan Bruce		2024-05-14
Kevin Waterman		2025-07-14
Patricia Kitchen		2026-05-15
Professor Richard Franklin		2025-12-16
Sheena Helen Harper		2025-10-19
William Clive Patrickson		2014-06-26

**THE ROYAL LIFE SAVING SOCIETY**

England & Wales - Charity number 306094

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# Accounts

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COMMONWEALTH  
DROWNING  
PREVENTION

# Annual Report and Accounts

2024

# Drowning

The process of experiencing respiratory impairment from immersion/submersion in liquid



The World Health Organization (WHO) estimates that there are 300,000 annual drowning deaths worldwide

Children aged under 5 years account for nearly a quarter of all drowning deaths.



Drowning is the fourth leading cause of death for children aged 1–4 years and the third leading cause of death for children aged 5–14 years.



Ninety-two percent of drowning deaths occur in low- and middle-income countries.

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KENSINGTON PALACE,  
LONDON, W. 8.

At the end of 2023, I was pleased to see the final Strategic Action Plan for the period 2024 to 2026 adopted, and I am happy to report that good progress has already been made in many areas detailed in the plan throughout 2024.

In May, I was delighted to learn that His Majesty King Charles III was to become the Society's Patron. The RLSS has been fortunate to have every reigning monarch as its Patron since 1904. On behalf of the Society, I would like to express our gratitude to His Majesty for his support.

In June, I was delighted to endorse the appointment of Dr. Stephen Beerman as the next Deputy Commonwealth President of the Royal Life Saving Society. Dr. Beerman's dedication and experience, not only with the RLSS but also within the international drowning prevention community, will undoubtedly be an asset to the Society. I am extremely grateful to Clive Holland for his commitment and diligence over the past thirteen years, and I know Clive will continue to support us in various roles within the headquarters team.

It was extremely pleasing to hear about the collaborative efforts between the RLSS, Laerdal Medical, and Navarino in distributing manikin kits to many of our members across the Commonwealth. Increasing CPR training and awareness is crucial, and by providing these kits, we can extend this knowledge to more communities that previously lacked access to such education. I know many of our members in low and middle-resource settings have impressively improvised when equipment was scarce, so I am delighted to see that they now have the resources to enhance their training.

2025 will be a busy year for the Society as we continue to launch projects and resources that have been developed over several years and are currently being finalized. Additionally, we have the 2025 Commonwealth Lifesaving Championships in Swansea, an exciting and enjoyable event that brings together many athletes, officials, and volunteers from across the Commonwealth.

I would like to extend my thanks to all our officers, members, supporters and volunteers around the Commonwealth and send my very best wishes for 2025.

Commonwealth President  
HRH Prince Michael of Kent GCVO



## **Message from the Deputy Commonwealth President**

The first half of 2024 was a particularly busy period for the Society as we successfully recruited new Directors to lead the implementation of our Strategic Action Plan for 2024 to 2026. We are delighted to welcome our new Directors and extend our heartfelt thanks to the outgoing Directors for their dedicated efforts in delivering the activities of the RLSS.

In addition to this recruitment, we initiated the nomination process for our Trustee Board for the term from May 2024 to 2026. We are pleased to report that we have achieved a more balanced gender representation on our Board.

As detailed later in this report, we hosted two highly successful workshops in the latter part of 2024—one in Delhi for our Asia Pacific members and another in Johannesburg for our African members. I had the privilege of attending the Johannesburg workshop, which brought together 12 of our African members. These workshops were a success thanks to the tremendous efforts of Norman Farmer and our members from the Rashtriya Life Saving Society (India) and Lifesaving South Africa. We extend our gratitude to all involved.

At the beginning of the year, we welcomed Esther Groves to the RLSS Headquarters team as our part-time administration assistant, supporting Emma in the Worcester office. Given the limited capacity of our headquarters staff, we are, as always, extremely grateful for the diligent support we receive from so many volunteers across the Commonwealth.

This will be my final annual report message as Deputy Commonwealth President. As I hand over the baton to Dr Beerman, I am confident that the Society is well positioned to support our members and activities moving forward. It has been my pleasure to serve the Society in this role for the past 12 years.

**Clive Holland**  
**Deputy Commonwealth President**

## Charity Information and Overview

<i>Registered Name:</i>	The Royal Life Saving Society
<i>Working Names:</i>	RLSS, RLSS Commonwealth, Commonwealth Drowning Prevention, Commonwealth Lifesaving
<i>Registered Charity:</i>	Charity Commission England and Wales, Charity Number 306094
<i>Accredited Commonwealth Organisation</i>	CAO 979
<i>Registered with the Fundraising Regulator</i>	
<i>Registered Address:</i>	Red Hill House, 227 London Road, Worcester, WR5 2JG, United Kingdom
<i>Patron:</i>	HM King Charles III
<i>Commonwealth President:</i>	HRH Prince Michael of Kent GCVO
<i>Deputy Commonwealth President:</i>	Clive Holland
<i>Deputy Commonwealth President Designate:</i>	Dr Stephen Beerman
<i>Treasurer:</i>	Clive Patrickson PhD
<i>Portfolio Directors:</i>	<i>Honorary Executive Director</i> Norman Farmer AM ESM <i>Director of Commonwealth Lifesaving Championships</i> Anne-Maree Gardiner AM <i>Director of Drowning Data</i> Dr Aminur Rahman DCM PhD <i>Director of Lifeguard Solutions</i> Nick Grazier <i>Director of Digital Resource Platform</i> Robert Reid <i>Director of Lifesaving Sport Development</i> Rebecca Boyd <i>Director of Youth Development</i> Bhavik Barochia <i>Director of Governance &amp; Compliance</i> Cavell Burchell <i>Director of Advocacy</i> Dr Stephen Beerman <i>Director of Strategy</i> Clive Patrickson PhD
<i>Operations Manager:</i>	Emma Harrison
<i>Operations Assistant:</i>	Esther Groves
<i>Society Bankers:</i>	Lloyds Bank, PO Box 1000, BX1 1LT
<i>Independent Financial Examiner:</i>	Richard Oddy FCA
<i>Honorary Legal Advisor:</i>	Alastair Collett

# RLSS Board of Trustees - 2024 to 2026



**Chair**  
Clive Holland



**Treasurer**  
Clive Patrickson PhD  
*Appointed Trustee for Strategy*

## Elected Trustees

### Asia Pacific



Alexandra Ash  
Australia



Geh Cheow Mei  
Malaysia



Sanath Wijayaratne  
Sri Lanka

### Europe & Africa



Bryan Finlay  
United Kingdom



Dylan Tommy  
South Africa



Nkatha Hellen  
Muthomi  
Kenya

### Canada & Caribbean



Robert Clark  
Canada



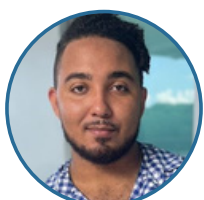
John MacFarlane  
Jamaica



Evelyn-Marie Day  
St Lucia

## Appointed Trustees

Jonathan Bruce  
*Youth Trustee*  
St Lucia



Dr Stephen Beerman  
*Deputy Commonwealth President  
Designate/Director for Advocacy*  
Canada

## Board Members

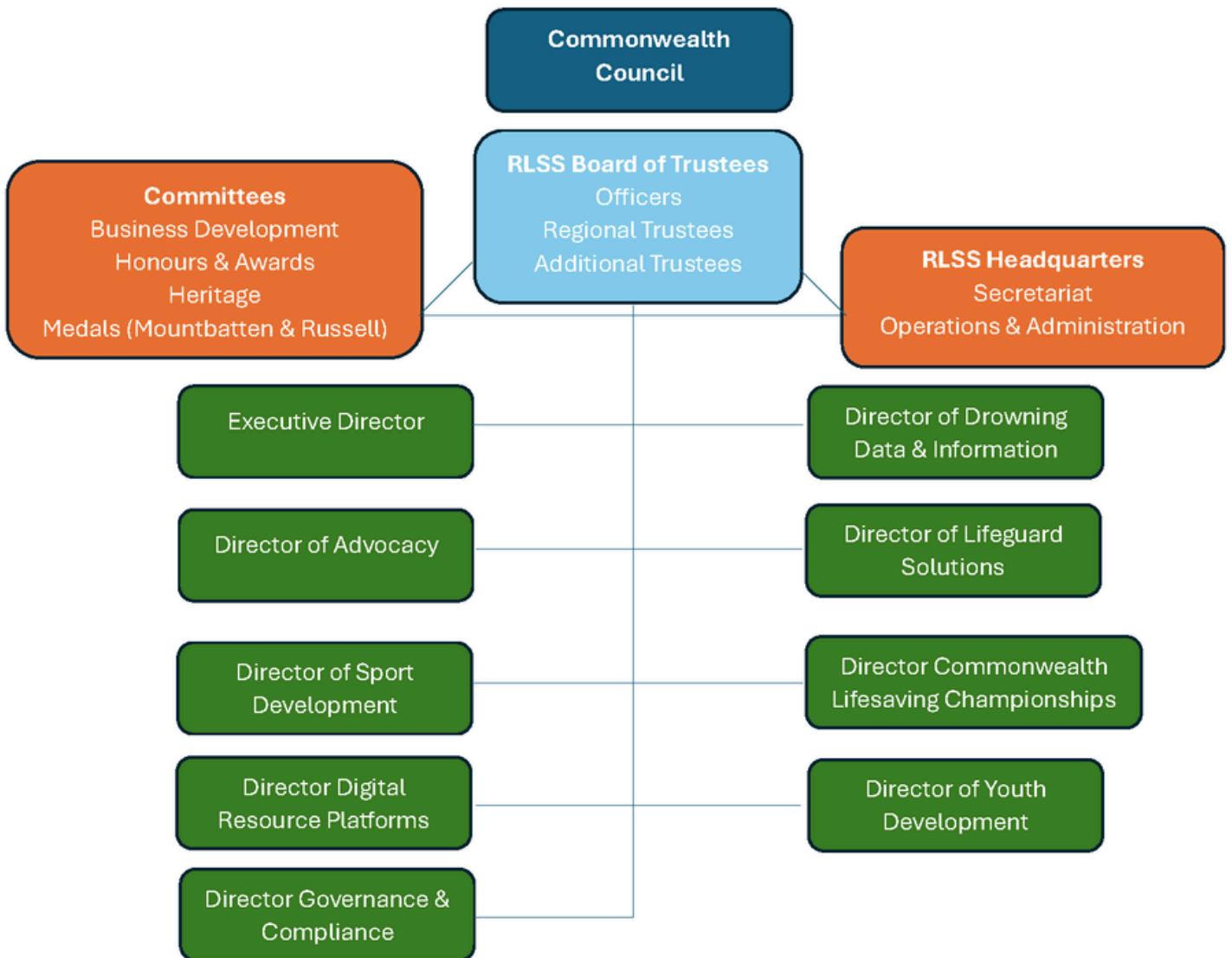
Norman Farmer AM ESM  
*Executive Director*  
Australia



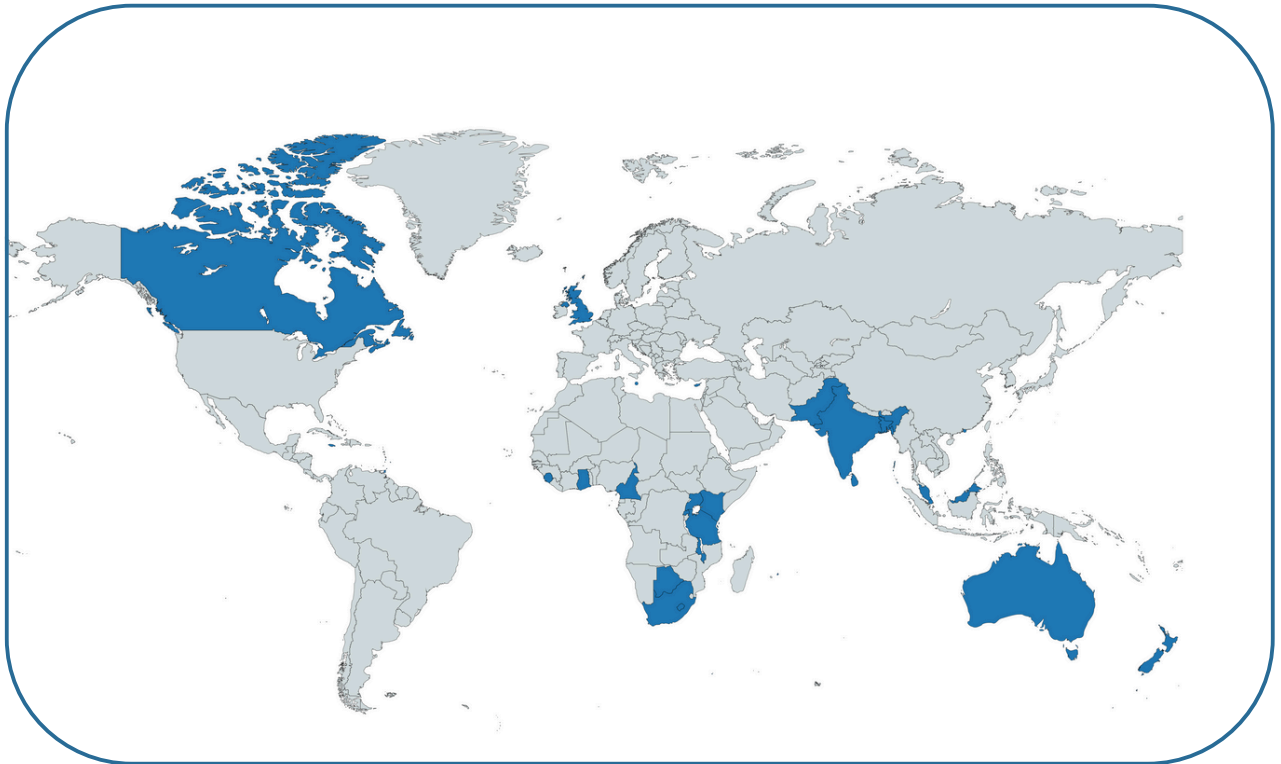
Cavell Burchell  
*Director Governance & Compliance*  
UK

Trustees are appointed or elected in accordance with our Regulations to be representative of the range of our network. All Trustees have participated in an induction programme to acquaint them with the responsibilities of trustees and update them on current aspects of our work.

# Governance



# Our Members



## **Africa Members**

Botswana  
Cameroon  
Ghana  
Lesotho  
Kenya  
Malawi  
Mauritius  
Rwanda  
Sierra Leone  
South Africa  
Tanzania  
Uganda  
Zambia

## **Asia Pacific Members**

Australia  
Bangladesh  
Brunei  
India  
Malaysia  
New Zealand  
Pakistan  
Singapore  
Sri Lanka

## **Canada & the Caribbean Members**

Barbados  
Canada  
Cayman Islands  
Jamaica  
St Lucia  
Trinidad & Tobago

## **Europe Members**

Cyprus  
Gibraltar  
Malta  
United Kingdom

## Our Charitable Purpose

The Royal Life Saving Society provides public benefit as a charity through reducing drownings and the impact of drownings in the community across the Commonwealth.

Our Trustees have complied with their duty in accordance with the Charities Act 2011 to follow the Charity Commission's guidance on the operations of this public benefit

### Our Mission

Commonwealth Drowning Prevention

### Our Vision

No person in the Commonwealth should drown

### Our Motto

**Whomsoever you see in distress, recognise in them a fellow human being**  
*Quemcunque Miserum Videris Hominem Scias*

### Our Scope

#### "Drowning Prevention"

All activities that contribute to the saving of life in, on and near water

#### "Commonwealth"

All nations that are recognised at any given time by the Commonwealth Secretariat including overseas territories, protectorates and dependencies that are recognised at any given time by the Commonwealth Games Federation



## Our Values

Consistent with the principles outlined in its Royal Charter, Mission, Vision and Motto, and the Charter of the Commonwealth, the RLSS shall undertake its activities in accordance with the following Values:



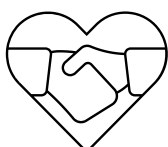
### **Family**

We are a Family with common heritage and values that works to achieve our mission through a common drowning prevention bond.



### **Working Together**

The Society is 'Our' organisation, and our strength comes from sharing and working together.



### **Mutual Respect**

We embark on our tasks with honesty and mutual respect for the skills, knowledge, and experience that we all bring.



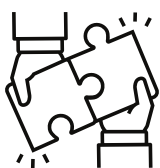
### **Learning**

We foster a commitment to curiosity and continual learning to help us in achieving our tasks.



### **Equity, Diversity & Inclusiveness**

In all activities, we actively embrace the concepts of equity, diversity, and inclusiveness, enabling participation despite economic adversity.



### **Collaboration**

We include, welcome and work collaboratively with organisations and personnel throughout the Commonwealth in achieving our mission.

## RLSS Positioning Statement

RLSS provides leadership by facilitating drowning prevention, lifesaving, and lifesaving sport activity under the brand of The Royal Life Saving Society (RLSS) throughout the Commonwealth through its Members. The RLSS also fosters and facilitates exchanges and collaboration between RLSS Members and companion organisations.

# Strategic Priorities 2024-2026

## Supporting World Health Assembly Resolution “Accelerating action on global drowning prevention”

The 76<sup>th</sup> World Health Assembly on 29<sup>th</sup> May 2023 adopted a resolution to “accelerate action on global drowning prevention”, committed the WHO, and compelled others, to work together to raise awareness of the need for drowning prevention globally, nationally, and locally. This “call to action” is the stimulus for the RLSS and its Members to work collaboratively and with international organizations and governments to focus on reducing the drowning toll.

## Member Capacity Building & Sustainability

Achieving our mission depends upon the RLSS having strong and well-organized Members in each Commonwealth country. The Members will work together over the strategic period to strengthen the smaller, lower resourced, Member organizations to be stable and well organized, have a deeper human resource pool and be financially sustainable. In addition, RLSS will seek ways to expand its work into Commonwealth countries that do not have an RLSS presence.

## Resource Sharing

The RLSS family has a wealth of physical or digital resources that have been developed in multiple countries, and highly talented volunteer and paid personnel. These resources have been shared over many years on an informal basis, a process that has helped support the retention of the common educational heritage. There is a strong desire, and an efficiency imperative, to make this sharing easier and better coordinated, to minimize duplication of effort. The RLSS will facilitate this through the introduction of a digital resource sharing platform.

## Sport Development

Sport has been an integral element of the RLSS fabric since shortly after its inception over 130 years ago. It has been a source of engagement of youth, development of skills, and the identification of emerging leaders. It remains a core element of the RLSS activities in many Member organizations, but innovative technologies now provide an opportunity for extension and expansion. The RLSS will enhance its sport development pathways through Lifesaving iSport, Lifesaving Sport for All and biennial Commonwealth Lifesaving Championships.

## Strategic Priorities 2024-2026 cont

### Youth Development

The engagement and development of young leaders is considered essential for the future development of Member organizations and the Society at large. It has been a strategy for the past 10 years, although it is now recognized that there are more opportunities for their engagement. The RLSS will facilitate youth development with a clearer youth engagement strategy and through use of relevant platforms to build youth networks.

### Supporting Membership Development

The RLSS works primarily with organizations committed to drowning prevention and lifesaving in countries in the Commonwealth of Nations (currently 56 nations). Currently the RLSS works with its 32-Member organisations.

The organization's greatest asset is its network of family Members, with common mission and heritage, located in many Commonwealth countries. This brings talent and resources that can be readily shared with each other. A primary task for the RLSS is to facilitate the development of Member organizations, and work with potential new Members, through collaboration within the values of the RLSS.

### Good Governance and Structure

Good governance practices and procedures will enable RLSS to achieve its objectives by creating clear lines of authority, enabling issues to be escalated and resolved. It will also give senior leaders the opportunity to guide the direction of projects, programmes, and activities, including retaining and building connections with others, especially the Royal Household, Commonwealth Secretariat and World Health Organization (WHO).

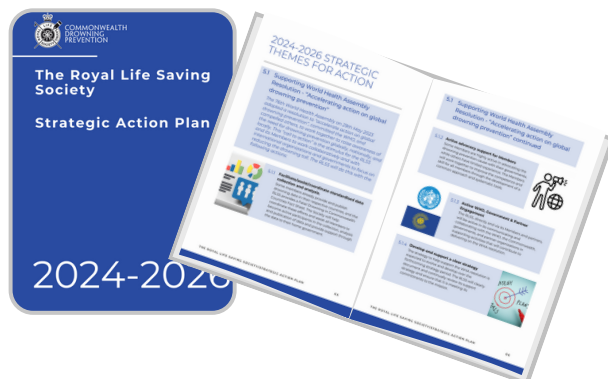
### Efficient and Effective Management and Administration

The RLSS will have effective and efficient administrative systems and a small central headquarters operation that coordinates support for the work of the RLSS in conjunction with the Members.

# Our Achievements 2024

## Implementing the Strategic Action Plan 2024 to 2026

The main focus for the first quarter of 2024 was to implement the strategic action plan 2024 to 2026 and to recruit directors to lead on the various areas within the plan. The recruitment process was carried out by an open call via our member organisations, submission of expressions of interest, review panel set up to review applications, recommendations to the Board of Trustees and inductions with the successful applicants.



## Celebrating Women in Drowning Prevention

To mark International Women’s Day, on 5<sup>th</sup> March 2024, the RLSS co-hosted with the Royal National Lifeboat Institution (RNLI) an event ‘Celebrating Women in Drowning Prevention’ which sought to increase awareness and encouraged increased action on drowning prevention as well as celebrating the role of women in drowning prevention around the world.

The event showcased first-hand experiences of women on the frontline in Bangladesh and Tanzania and highlighted the work being done to support and encourage women in search and rescue and the maritime sectors.

Speakers included Dr Caroline Lukaszyk from the Department of Social Determinants of Health at the World Health Organization (WHO), Nahid Akther, Communications Manager from the Centre for Injury Prevention and Research, Bangladesh, and Editrudith Lukanga, Founder and Executive Director of the Environmental Management and Economic Development Organization (EMEDO) who were then joined by Caroline Jupe



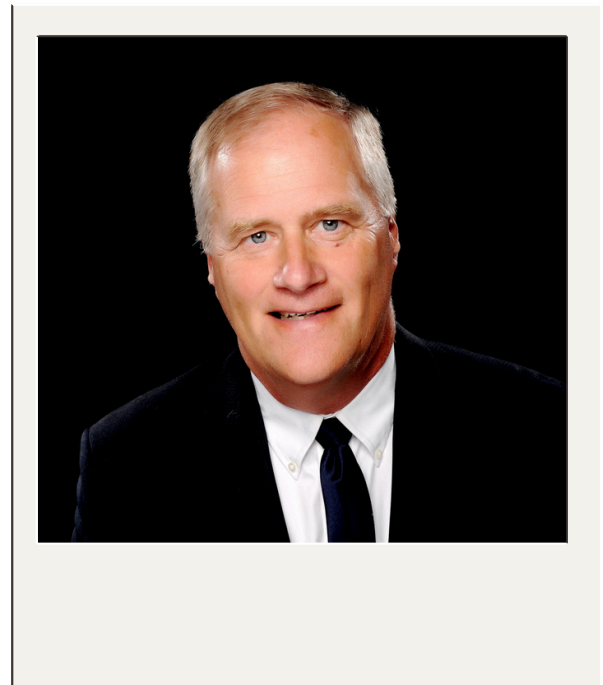


(International Maritime Rescue Federation), Mariana Noceti (International Maritime Organization) and James Bridge the Chief Executive and Secretary General of the UK National Commission for UNESCO for a panel discussion.

In closing the event, Clive Holland, Deputy Commonwealth President of the RLSS reflected on the terrible global drowning statistics and the information as to location, activity and age of casualties that can be drawn from them and that drowning is preventable. He praised the variety of valuable projects being delivered and invited the audience to consider what they would do to mark International Women's Day which was celebrated on 8<sup>th</sup> March

### Deputy Commonwealth President Designate

The term of the current Deputy Commonwealth President, Clive Holland, ends in July 2025 after serving for 12 years in this role. In the first quarter of 2024 we put a call out to our member organisations for applications to become the Deputy Commonwealth President Designate, a transition role to work alongside the current Deputy Commonwealth President. After consultation, recommendations and endorsement by the Board of Trustees, Commonwealth Council and our Commonwealth President, HRH Prince Michael of Kent GCV, we were delighted to confirm the appointment of Dr Stephen Beerman from Canada and he commenced the role in July 2024.





## Supporting CPR Education in Low Resourced Countries

Following receipt of a generous sponsorship program between Navarino (a maritime technology company), Laerdal Medical, and RLSS itself, 45 Mini Anne Plus (10) manikin kits were purchased to be distributed to RLSS members in low- and middle-income countries. Coinciding with this procurement was the introduction of a new RLSS Strategic Action Plan 2024 to 2026 that included a number of strategic actions directly targeted at RLSS member development.

As a result, it was decided to conduct a project to continue to address the burden of drowning in low- and middle-income countries through developing organisational capacity in RLSS Members by enhancing inter-member drowning prevention networks and to deliver CPR education programmes. This was achieved through the distribution of the CPR manikin kits which resulted in 450 individual manikins in the hands of twenty-five lifesaving organisations through a series of targeted capacity building workshops.

## Drowning Prevention Development Workshops

The two workshops mentioned above were held in Delhi, India from 12<sup>th</sup> to 15<sup>th</sup> October 2024 and in Johannesburg from 18<sup>th</sup> to 21<sup>st</sup> October 2024.

The objectives of the Workshop were to:

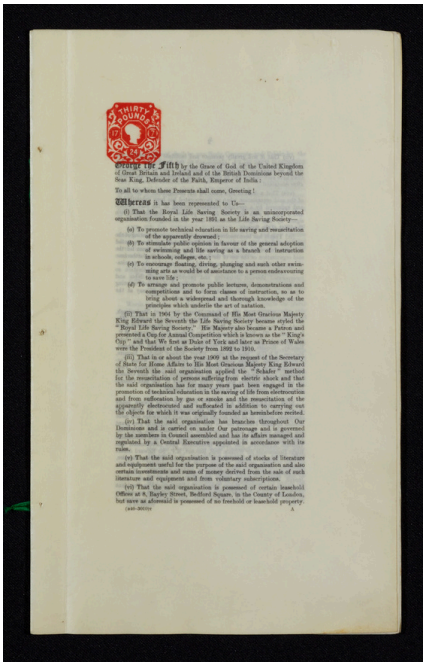
- Bring together representatives of RLSS Member Organisations in South Asia and in Africa for a 2-day workshop to foster sharing knowledge, skills and expertise between members within the region in an effort to strengthen the network of support for their drowning prevention mission.





- Share best practices in each country – e.g. organization structure, governance, survival swimming, CPR, lifesaving and lifeguard training programs, drowning prevention strategies, government and other NGO relations thereby providing RLSS and its member organisations a greater understanding of respective capabilities and needs.
- Foster greater awareness of the actions contained within the 2021 UNGA Resolution on Global Drowning Prevention and the 2023 World Health Assembly (WHA) Resolution Accelerating Action on Global Drowning Prevention.
- Explore how survival swimming and CPR can contribute to a reduction in drowning in each nation by providing the next generation with swimming survival and CPR skills.
- Distribute Mini Anne Plus (10) Kits that have been provided through a generous sponsorship program between Laerdal Medical, Navarino (maritime technology company) and RLSS, to the nominated low- and middle-income RLSS member organisations including how to use, pack, store and maintain the manikins and a refresher on delivering a CPR class.

Representatives from RLSS member organisations in India, Bangladesh, Malaysia, Sri Lanka and New Zealand came together in Delhi and Botswana, Cameroon, Ghana, Kenya, Lesotho, Malawi, Mauritius, Sierra Leone, South Africa, Tanzania, Uganda (via Zoom links) and Zambia in Johannesburg to collectively contribute to improved understanding of drowning prevention efforts to address the high burden of drowning. Unfortunately due to visa issues, representatives from our member organisations in Pakistan, Rwanda and Uganda were unable to attend in -person. RLSS acknowledges the invaluable support of the Rashtriya Life Saving Society of India – RLSS (I) in particular from Founder President, Rear Admiral P.D. Sharma (Retd.) and of Lifesaving South Africa (LSA), in particular from LSA President Dhaya Sewduth, General Manager Helen Herbert and Director of Lifesaving, Melvyn Shaw.



## Charter Centenary

14<sup>th</sup> July 2024 marked the centenary of the Royal Life Saving Society's Royal Charter. In celebration, we traced the roots of the Charter's development, from the key figures who conceived and brought it to fruition and the impact the Charter has made to our mission of Commonwealth Drowning Prevention. To mark this Centenary, we produced a commemorative booklet.

We are grateful for the close links the Society had with the Royal Family at that time and for the continued Patronage that we receive.

## 2025 Commonwealth Lifesaving Championships

Preparations were commenced for the 2025 Commonwealth Lifesaving Championships, to be hosted by RLSS UK, in Swansea, Wales from 10<sup>th</sup> to 13<sup>th</sup> July 2025.

These actions included an update of the RLSS Competition Handbook, November 2024 edition, and the appointment of key Championship Officials.

The following key officials have been appointed for the event:

- Chief Referee - Joanne Teagle (Australia)
- Deputy Referee - Edmund Chan (Canada)
- Deputy Referee - Michele Weedy (UK)
- SERC Referee - Zelah Weedy (UK)
- Dry SERC Referee - Sarah Ingleton (Canada)
- Wet SERC Referee - Roz Grey (Australia)
- Event Director - Shanna Reid (Canada)
- Event Director - Robert Andersen (UK)



## RLSS Programme and Resource Review

### *Lifesaving Sport for All*

The piloting and final edits to the Lifesaving Sport for All Guide was completed in 2024 and through a grant received from the Commonwealth Secretariat's Year of Youth programme, we were able to design a produce a hard copy manual that will be sent out to all our members following the launch of this resource in early 2025.

### *Survival Swimming Guide and Bronze Medallion*

The final stages of review for both these programmes was completed by the end of 2024. The manuals and documents will be designed early in 2025 and it is anticipated both will be launched to our members during the first half of 2025.

### *Lifeguard Reciprocity Project*

This project to look at the RLSS certification transferrable between RLSS members continued in the pilot phase in 2024, looking for lifeguards who are wishing to transfer their qualificaions between either Australia, Canada, South Africa and the United Kingdom to ensure the the proposed processes in each country are viable.



## Other Notable Achievements

### *Advocacy*

We continue with our advocacy efforts amongst our Commonwealth networks and during 2024 virtually met with representatives from the WHO regional offices for Africa and SE Asia to see how the RLSS and our members may assist them in collection of data for the Global Status Report on Drowning Prevention released at the end of 2024.

### *Global Status Report on Drowning Prevention*

The WHO launched the Global Status Report on Drowning Prevention on 13<sup>th</sup> December 2024. RLSS were fortunate to be represented at the launch in Geneva. We actively encouraged our members to download and use the report in their advocacy efforts.

### *Content Management System (CMS)*

We continue to make some minor adjustments to the system as we are uploading items to this platform. We envisage having Australia, Canada, South Africa and the United Kingdom starting to upload resources to the system in early 2025 prior to it being launched to all our members in the second half of 2025.

### *Member Outreach*

#### *Caribbean Lifesaving Association*

At the end of July, a hybrid virtual and face to face meeting/workshop was held in Jamaica and supported by Patrick D'Almada from Lifesaving Society Canada to develop the Caribbean Lifesaving Association and provide some training.

### *RLSS Committees*

The term for the Honours, Heritage and Diploma Committees concluded in December 2024 and an open call for nominations was made in the last quarter of 2024. In December the Board approved the Committee composition for the next two years (term ending in December 2026)

### *Honours*

Higher Society Honours awarded in 2024:

#### ***Honorary Life Member***

Daphne Read AO - Australia

### *RLSS Diploma*

In 2024 we were delighted to award the following Diplomas:

Dr Ben Johns (UK)

*Recruitment and retention of RLSS UK volunteers within Wales*

Dr Emily Francis (Canada)

*A Drowning Prevention Policy Framework*

Stephen Waterman (Australia)

*Kimberley River Safety Program, Western Australia*

In late 2024 we conducted a review of the RLSS Diploma and approved some minor changes to the levels of Diploma and the introduction of the Research Honour. This honour recognises up to three leading drowning prevention researcher each year whose achievements have significantly impacted on the Society and its work and have contributed to our global drowning prevention mission.

## RLSS Awards and Medals

### *2024 King Edward VII Cup*

Dr William Clive Patrickson (Clive) commenced working and volunteering with the RLSS shortly after achieving his Bachelor of Education in 1979. He was personally responsible for coordinating all educational programs, publications and internal volunteer management for the Society.

In 1984, Clive and his family emigrated to Australia for Clive to accept the role of National Technical Director with RLSS Australia. In this role, he coordinated the development of all lifesaving educational programs and publications, which included Swim and Survive together with a suite of support materials and resources which became Australia's leading swimming and water safety education programme.

Clive was soon recognised for his leadership and skills in lifesaving, resulting in him accepting the role of CEO of the RLSSA Victoria Branch in 1986. Over the ensuing three years, Clive expanded the work of what was already Australia's leading lifesaving State by initiating numerous innovations including the development of Australia's first professional swimming pool lifeguard training programme and national swimming pool safety guidelines now adopted in all States.

In 1989 Clive was approached by Laerdal Medical to establish the Australian arm of the company, a role which he accepted although chose the location for the new Laerdal Australia office to be a short distance from the RLSSA Victoria Branch office, enabling Clive to continue in a volunteer role for RLSS providing guidance and advice on industry leading activities such as establishing and chairing the Australian Water Safety Education Centre (AWDEC).

In 1994 Clive was the volunteer Director of the RLSSA Australian Centenary Lifesaving Championships, Asia-Pacific Lifesaving Championships and the RLSS Commonwealth Lifesaving Championships all held at the Dandenong Oasis in Victoria.

Clive volunteered his time to be the Hon. State Treasurer of the RLSSA Victoria Branch (2001-2005) providing sound financial advice and guidance to the volunteer Board of Directors. In addition, Clive was a volunteer member of the Interim Board of Life Saving Victoria from 2002 to 2004 providing governance and operational guidance to this new entity formed in 2002 through the merger of Surf Life Saving Victoria and the RLSSA Victoria Branch.



## RLSS Awards and Medals

### *2024 King Edward VII Cup continued*

Even while leading Laerdal Medical and the RQI Partners, Clive still found time to volunteer for RLSS. From 2014 to 2023, Clive has been the RLSS Hon. Treasurer and Chair of the Business Development Committee which has seen revenue growth as well as growth in grants and donations enabling an expansion in worldwide drowning prevention projects. During 2023, Clive led the strategic review for the RLSS, and for the first time ensured that all member organisations contributed to the Society's future plans and late in 2023, Clive stepped into the role of Strategy Director for the RLSS.

Having dedicated more than four decades contributing significantly to the saving of life through his leadership and innovation in a broad range of life saving developments and initiatives in Australia and internationally, it is with great pleasure that Dr W Clive Patrickson is awarded the King Edward VII Cup for 2024.



## RLSS Awards and Medals

### *2023 Mountbatten Medal*

Saturday 11th February 2023, was a hot day and former Margate Lifesaving Club Nipper. Lee Maree was enjoying a beach BBQ with friends at Oslo Beach, KwaZulu Nata, South Africa. At around 1pm Lee was alerted to a 21 year old student who was being swept out to sea by a strong rip current.

Lee reacted immediately and swam out through the turbulent surf without any floatation or rescue equipment. Lee reached the man at the large back surf zone. After calming and securing the patient, Lee towed him back 600m to the safety of the shore, maneuvering through the rough conditions.

NSRI and medics treated the man for secondary drowning.

For his quick and courageous actions, Lee Maree was awarded the 2023 Mountbatten Medal.



### *2023 Russell Medal*

Given that we received no 2023 nominations for the Russell Medal but received two nominations for rescues that took place in 2022, the Board and Patrons of the medal agreed that these should be considered and awarded the 2023 Russell Medal to Ella McIlveen from Western Australia.

While 17-year-old Ella was driving along the Kwinana Freeway with her brother in November 2022, she witnessed a significant collision between a pedestrian and truck. Ella stopped her car and approached the pedestrian who was unconscious on the ground and not breathing. She quickly took charge by organising bystanders and called emergency services. Ella then rendered first aid to control bleeding from a head wound and began performing CPR. After a few minutes the injured man began breathing independently and Ella continued to provide first aid until emergency services arrived. Having previously completed a CPR course through school, Ella used her skills to respond to a major emergency. She remained calm and performed under great pressure, ultimately saving the man's life.



## RLSS Awards and Medals

### *HRH Prince Michael of Kent Certificate of Merit*

Dr Amimur Rahman, a medical graduate with specialization in public health, has devoted himself to drowning prevention and lifesaving for over two decades.

Dr Rahman is one of the lead drowning prevention researchers in Bangladesh and has conducted various epidemiological and experimental studies since 2000, determining the magnitude and risk-factors, and identification of cost-effective interventions for drowning, particularly for children, in Bangladesh, which are applicable for similar settings.

In 2010, he completed his PhD, researching child drowning prevention, from the Department of Public Health Sciences, Karolinska Institutet, Stockholm, Sweden.

He has published more than 90 articles in peer reviewed journals and co-authored WHO “World Report on Child Injury Prevention” (2008) and “Drowning – Prevention, Rescue, Treatment” (2014) He acted as one of the editors of “Global Report on Drowning Prevention” (2014) and a contributor of “Preventing drowning: an implementation guide” (2017). Dr Rahman is an honorary advisor of the International Drowning Researchers’ Alliance (IDRA). In October 2017 at the World Conference of Drowning Prevention, he was awarded the “Distinguished Service to Drowning Prevention” by the International Lifesaving Federation (ILS).

Dr Rahman has been the RLSS Director for Drowning Prevention since 2018 and was the lead on the first Commonwealth Fatal Drowning Factsheet.

For his work within Bangladesh and internationally, Dr Rahman was awarded a HRH Prince Michael of Kent Certificate of Merit for Service.

## RLSS Headquarters, Governance and Administration

We have continued to develop our internal processes and policies and continually monitor our risk management through our Risk Management Committee and the Board of Trustees.

During 2024, the RLSS continued to improve its governance and systems by reviewing and updating our Regulations, reviewing the Risk Register on a quarterly basis and a range of policies that has included:

- Voting Outside of a Meeting Policy
- Development Assistance Principles Policy
- Financial Procedures Policy
- Recognition and Protection of RLSS Intellectual Property Policy
- Ethical Fundraising Policy
- Grievance Policy
- Risk Management Policy
- Volunteer Management Policy
- Safeguarding Policy for Adults and Children at Risk

Our Board of Trustees meets quarterly via electronic format.

The Business Development Committee, made up of the Chief Executive Officers from Australia, Canada, South Africa and the United Kingdom met periodically during 2024 to discuss various matters and offer advice to the Trustees.

Our Membership Committee continue to meet quarterly to review various membership issues and consider new membership applications.

The Society's Portfolio Directors meet quarterly to update on the progress under their activity within our Strategic Action Plan

## Collaboration

Drowning is a complex public health problem which goes without recognition or attention in many areas of greatest need. Indeed, it has been called a hidden epidemic. There are more 'at risk' populations in the world needing drowning prevention assistance than there are organisations focused on providing help. The RLSS Commonwealth drowning prevention mission needs collaboration from all national, regional and international organisations and governments to be most effective – cooperating fully for the benefit of people worldwide to reduce the global burden of drowning. Strong partnerships are key to achieving our aim of eliminating drowning in the Commonwealth and have enabled us to support our Member Branches in low resourced settings.

The 2024, key partnerships for RLSS included:

The **Commonwealth** is a voluntary association of 56 independent countries that are united by values enshrined in the Commonwealth Charter.

In the first quarter of 2024, the RLSS received notification of their re-accreditation to the Commonwealth and continues to engage with various groups within the Commonwealth such as the Independent Forum of Commonwealth Organisations (IFCO) and the Commonwealth Children's Interest Group (ComCIG)

The **World Health Organization** (WHO)

The RLSS has actively supported engagement with the WHO around the launch of the Global Status Report on Drowning Prevention and encouraged members on the advise of the WHO how to support their in-country collaborative efforts

The **International Life Saving Federation** (ILS)

Both RLSS and RLSS Member Branches are represented on the ILS Board and on the ILS Commissions and Committees, strengthening opportunities for effective collaboration.

The ILS have sanctioned and endorsed our 2025 Commonwealth Lifesaving Championships.



The Commonwealth

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ACCREDITED ORGANISATION

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Royal Life Saving  
Society

CAO 979



We continue to collaborate with the **Royal National Lifeboat Institution** (RNLI) and maintain regular dialogue of matters of mutual interest. Having hosted the 2024 International Women’s Day event jointly with the RNLI, it is likely this will become an annual activity to engage with Commonwealth stakeholders based in the UK and there are plans and discussion for an early 2025 event.



#### *RNLI/WHO Early Childcare Workshop in Thailand*

The World Health Organization (WHO) and the RNLI hosted a global workshop on child day-care and drowning prevention in Chiang Mai, Thailand from 21-23 October. The RLSS supported the travel costs of Dr Aminur Rahman and Rehana Parveen from Bangladesh to attend this workshop.

RLSS is most grateful for the ongoing support from **Laerdal Medical**. In 2024 we focused on the continued development of our content management system that will support all our members through resource sharing. As previously mentioned, Laerdal were a key partner in the CPR manikin kit roll out to 25 RLSS members across the Commonwealth.



**Laerdal**  
helping save lives

In 2024 **Ruth Lee Limited** kindly donated rescue manikins to six of our members: India, Sri Lanka, Kenya, South Africa, Jamaica and Trinidad and Tobago. These manikins were shipped and received by our members during 2024.



A relationship with **Navarino**, a leading maritime technology partner, was established and with the support of Laerdal Medical and RLSS, 45 CPR manikin kits were delivered to our members across all three regions during 2024 to assist in the expansion of their CPR education.



And most importantly, our **RLSS Member Branches** continue to work at the national and community level to reduce drowning through:

- Researching drowning and aquatic emergencies to inform practice.
- Targeted community-based Drowning Prevention projects.
- Training the community and professionals in lifesaving skills for prevention & emergency response.
- Engaging young people in lifesaving and drowning prevention.
- Using the sport of lifesaving to further develop skills and techniques for rescue.
- Monitoring and risk assessing aquatic environments to guarantee safe participation in safe aquatic environments.
- Several of our Members carry out outreach work in nearby countries which widens the impact of our organisation

## Acknowledgements

The Society's achievements would not have been possible without the support of and contribution from the following people who have given their time and expertise.

### Portfolio Directors

- Norman Farmer AM ESM – Honorary Executive Director
- Anne-Maree Gardiner AM – Director of Commonwealth Lifesaving Championships
- Dr Aminur Rahman DCM PhD – Director of Drowning Data & Information
- Rob Reid – Director of Digital Resource Platform
- Rebecca Boyd – Director of Sport Development
- Cavell Burchell – Director of Governance and Compliance
- Dr Stephen Beerman – Director of Advocacy
- Clive Patrickson PhD – Director of Strategy
- Nick Grazier – Director of Lifeguard Solutions
- Bhavik Barochia – Director of Youth Development

### Committee and Working Group Chairs

- Clive Patrickson PhD – Business Development Committee
- Robert Clark – Heritage Committee
- Dr Colleen Saunders – Diploma Committee
- Dr Christopher Love – Honours Committee
- Dr Stephen Beerman – Advocacy Steering Group

Our Committee and Working Groups are composed of members from Australia, Canada, India, Lesotho, Malaysia, Malta, South Africa, St Lucia and the UK and we are extremely grateful to all the members for their valuable contributions.



## Our Plans for 2025

We will have effective and efficient administration systems that support the Society's operations and activities. This will be achieved through:

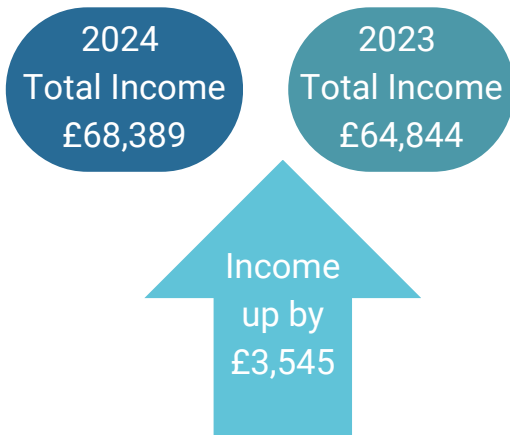
- Operating a Headquarters with good practice business systems and staffing within our means and supported by volunteers and others to ensure the Strategic Action Plan is implemented.
- Having a system of honours, used in all Member organisations, to recognise the valuable contribution by the volunteers.
- Supporting committees and working groups that the Board considers necessary from time to time including Heritage, Diploma and the provision of awards.
- Exploring multiple ways of working together as a family, embracing large, medium and small member organisations.
- Develop our communications strategy to include staying up to date with latest communication channels that use real time and online technology.

### Specific Plans for 2025

- To launch the Lifesaving Sport for All, a programme of lifesaving sport events based on skills education, which will include webinars and online materials.
- To launch the content management system to our members and provide training and assistance to ensure all members utilise and benefit from the platform.
- To launch the Survival Swimming and Bronze Medallion updated programmes and resources to our members and release updated CPR and Pool Lifeguard for Low Resource Settings Guides.
- To assist RLSS UK with the planning and delivery of the 2025 Commonwealth Lifesaving Championships
- To host a face to face Commonwealth Council, Board of Trustees and Committee meetings in Swansea, UK in July 2025.
- To continue to support World Drowning Prevention Day and encourage and assist our members to contribute to the work of the WHO.
- To produce and launch the second Commonwealth Fatal Drowning Factsheet.
- To support the Youth Advisory Group that meets regularly to ensure youth engagement in drowning prevention interventions and RLSS programmes and governance.
- To ensure the smooth transition of the Deputy Commonwealth President role
- To pilot the RLSS Lifesaving iSport inter-organisation level pool lifesaving competitions held at aquatic facilities during pre-determined dates with competitors' performances compared with other lifesavers – all without travelling outside their local community.
- Supporting the RLSS Youth Scholarship programme for the World Conference on Drowning Prevention 2025 taking place in Egypt
- Working with Lifesaving South Africa, plan and deliver an Africa Regional Development Workshop

# Financial Summary

## Income



As with previous years, much of the RLSS's income is member payments from the three largest members branches (Australia, Canada and the UK).

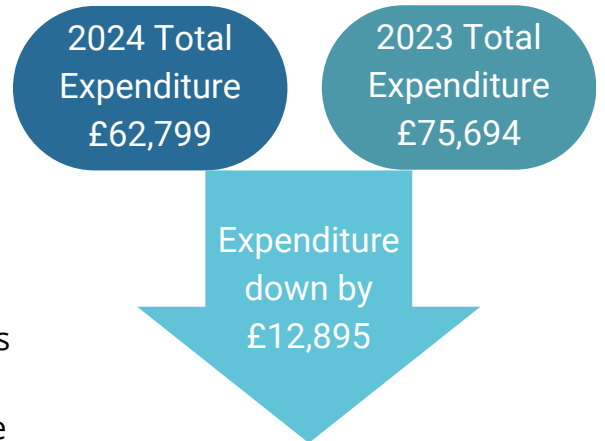
We will continue to look at diversifying income streams and funding opportunities.

Our largest branches have made commitments to continue to support the administration of the Society, allowing any raised funds to be spent on programmatic activity.

## Expenditure

Most RLSS expenditure finances the valuable work of RLSS Headquarters (staff and running costs).

Expenditure was higher than forecast as we developed the plan for the CPR kit distribution and associated workshops, funding for this was taken from our Regional Development Fund, a designated fund set aside to fund regional activities to support our members. Expenditure was down on 2023 which was higher due to the hosting of the various Strategic Planning Meetings in Windsor, Canada.



## Donors & Funders 2024

The Royal Life Saving Society wishes to thank the following individuals and organisations for their most generous donations, sponsorships and grants during 2024

The Privy Purse  
The Edinburgh Trust  
The Lifesaving Society Canada  
Royal Life Saving Society Australia  
RLSS UK

Commonwealth Secretariat - Year of Youth  
Laerdal Medical  
Ruth Lee  
James McClelland  
Navarino  
Clive Holland

## Reserves Policy

RLSS has a Reserves Policy aimed at ensuring the financial sustainability of the Society. As at the end of 2024, we had £78,536 of general reserves and this meets the Society's Reserves Policy of two years core funding (excludes project work)

Over recent years RLSS has managed to increase its financial reserves through the continued contributions from major branches, increased contributions from member organisations, grants and sponsorships and good fiscal management. This allows us to offer reduced membership fees to our members who struggle financially.

In 2022 we set up a Regional Development Fund that is to support regional work carried out in conjunction with our major branches. The total amount in this fund, and our other designated and restricted funds totals £53,905 at the end of 2024. Some of the fund was used to host the Regional Development Workshops in Delhi and Johannesburg and to roll out the manikin kit distribution to our members.

The Board of Trustees approved the 2025 forecast at their December 2024 meeting given the current value of the Society's general reserves.

## Statement of Trustees' Responsibilities

### In relation to the following financial statements of the Royal Life Saving Society to year end 31 December 2024

In accordance with the Charities Act 2011, the Trustees have prepared the following Financial Statements which give a true and fair view of the Charity's financial activities during the year 2024 and of its financial position as at 31 December 2024. In preparing these Financial Statements, best practice has been followed and suitable accounting policies have been consistently applied.

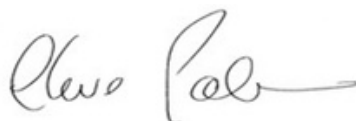
Applicable accounting standards and the Statement of Recommended Practice "Accounting and Reporting by Charities" 2005 have been followed.

The Financial Statements have been independently examined by Richard Oddy FCA after he was given access to all relevant financial documents, general correspondence and Minutes of all Society Committee meetings.

Signed on behalf of the Society Trustees



**Clive Holland**  
**Deputy Commonwealth President**  
31st December 2024



**W Clive Patrickson PhD**  
**Treasurer**  
31st December 2024



COMMONWEALTH  
DROWNING  
PREVENTION

# Financial Statements

For the year ended  
31st December 2024

## **Report to the trustees of The Royal Life Saving Society and to the Commonwealth Council**

### **On accounts for the year ended 31 December 2024**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 December 2024 as set out on pages 3 and 4.

**Responsibilities and basis of report** As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement** I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Richard Oddy FCA

Date: 01 July 2025

# Royal Life Saving Society

## Receipts and payments accounts

For the period from	01/01/2024	To	31/12/2024
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### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	£	£	£	£	£
<b>A1 Receipts</b>					
Membership	36,986	-	-	36,986	43,308
Grants	2,390	-	-	2,390	-
Sponsorship	5,000	-	-	5,000	12,000
Donations and Legacies	2,491	-	-	2,491	7,533
Resource Income	734	-	-	734	517
General Development	16,799	-	-	16,799	-
History	966	-	-	966	-
Dividends/Interest	3,024	-	-	3,024	1,485
<i>Sub total (Income for AR)</i>	<b>68,389</b>	<b>-</b>	<b>-</b>	<b>68,389</b>	<b>64,844</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<i>Sub total</i>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<i>Total receipts</i>	<b>68,389</b>	<b>-</b>	<b>-</b>	<b>68,389</b>	<b>64,844</b>
<b>A3 Payments</b>					
Charitable Activities	26,557	-	-	26,557	25,227
Commonwealth Development	8,107	500	-	8,607	38,668
Commonwealth Headquarter Costs	7,236	-	-	7,236	6,761
Lifesaving Sport Development	-	-	-	-	4,228
Membership Development	430	-	-	430	152
Support Services	210	-	-	210	144
Finance Charges	232	-	-	232	513
Regional development	19,528	-	-	19,528	-
<i>Sub total</i>	<b>62,299</b>	<b>500</b>	<b>-</b>	<b>62,799</b>	<b>75,694</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
<i>Sub total</i>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<i>Total payments</i>	<b>62,299</b>	<b>500</b>	<b>-</b>	<b>62,799</b>	<b>75,694</b>
<i>Net of receipts/(payments)</i>	<b>6,090</b>	<b>(500)</b>	<b>-</b>	<b>5,590</b>	<b>(10,850)</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	128,983	6,764	-	135,747	146,597
<i>Cash funds this year end</i>	<b>135,073</b>	<b>6,264</b>	<b>-</b>	<b>141,337</b>	<b>135,747</b>

# Royal Life Saving Society

For the period from	01/01/2024	To	31/12/2024
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## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Cash at bank	135,073	6,264	-
	<i>Total cash funds</i>	135,073	6,264	-

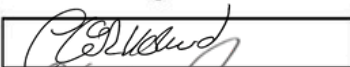
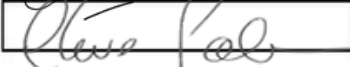
Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B2 Other monetary assets</b>	None	-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B3 Investment assets</b>	Quoted investments			
	Royal Life Saving Society Fund	Unrestricted	-	3,725
	Russell Medal Fund	Restricted	-	11,331

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
<b>B4 Assets retained for the charity's own use</b>	None	Unrestricted		

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
<b>B5 Liabilities</b>	Payroll liability	-	-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Clive Holland	14 <sup>th</sup> July 2025
	W Clive Patrickson	14 <sup>th</sup> July 2025

The Royal Life Saving Society  
Commonwealth Headquarters  
Red Hill House  
227 London Road  
Worcester  
WR5 2JG  
United Kingdom

Telephone: +44 (0)1905 958444

Email: [commonwealth@rlss.org.uk](mailto:commonwealth@rlss.org.uk)

Website: [www.rlsscommonwealth.org](http://www.rlsscommonwealth.org)



COMMONWEALTH  
DROWNING  
PREVENTION

**THE ROYAL LIFE SAVING SOCIETY**

England & Wales - Charity number 306094

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# Accounts

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COMMONWEALTH  
DROWNING  
PREVENTION

# Annual Report and Accounts

## 2023

Registered Charity (Charity Commission for England and Wales,  
Charity Number 306094)

Accredited Commonwealth Organisation

Incorporated by Royal Charter

Registered with the Fundraising Regulator

# Drowning

**The process of experiencing respiratory impairment from immersion/submersion in liquid**



The World Health Organization (WHO) estimates that there are 236,000 annual drowning deaths worldwide

50% of these deaths occur among those aged under 30



Drowning is a leading cause of child deaths (1-4 years) and is a top ten leading cause of death for children 1-24 years in every region globally



Half of all drowning deaths in Commonwealth countries occur among children and adolescents (0-19 years), 26% occurring in children in their first five years of life

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Mr Clive Holland	
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KENSINGTON PALACE,  
LONDON, W. 8.

*At the end of the year, I was delighted to see the outcomes from the extensive Strategic Planning consultation process that took place throughout 2023 and I believe the Society now has clear priorities for the next three years. This was the first time that the wider RLSS family had been consulted in this process and we now have a Strategic Plan based on the requirements and wishes of our member organisations. Thank you to everyone who contributed to this plan and to Clive Patrickson and Norman Farmer for leading this important process.*

*I was also pleased to hear of the success of the 2023 Commonwealth Lifesaving Championships that were hosted by the Lifesaving Society Canada and their Ontario branch in Windsor, Ontario in September. After a long period during the pandemic without a Commonwealth competition, it was good to see so many teams, athletes and officials taking part in this successful and enjoyable event. We now look forward to the 2025 RLSS Commonwealth Lifesaving Championships that will be held in Swansea, Wales, UK in July 2025.*

*There is much work to be done to deliver our Strategic Plan and this will not be achieved without our members, supporters and volunteers. You each have my grateful thanks for your valuable contributions.*

HRH Prince Michael of Kent GCVO  
Commonwealth President



## **Message from the Deputy Commonwealth President**

A main focus for the RLSS during 2023 was the review of our Strategic Action Plan. Extensive consultation took place throughout the year with our member organisations on the direction and actions they wished to see us undertake over the coming years. This cumulated in a series of meetings and workshops held in Canada in September, where the final input was reviewed, and the new plan was adopted by our Board of Trustees at their December meeting. I would like to thank everyone involved in this process, this has been the most consultative we have been as a Society, and I believe we now have a plan for 2024 to 2026 that will address our member organisations needs to grow and develop.

It was wonderful to travel to Windsor, Ontario for the 2023 Commonwealth Lifesaving Championships. This was our first face to face meet up since 2019 and it was a great opportunity to see friends and colleagues once again. As with previous Commonwealth Lifesaving Championships, there was great competition and friendship amongst all those taking part and we were thrilled to see so many officials make the journey to ensure the event ran smoothly. Thank you to everyone involved and to the Lifesaving Society Canada and their Ontario Branch for hosting such an excellent event.

I was delighted to attend the World Conference of Drowning Prevention in December. This was an opportunity to meet representatives from many of our members organisations and to learn from them and the huge number of expert speakers. Congratulations to our member, Royal Life Saving Society Australia and their co-host on an excellent event

In November, we said goodbye to Jo Hepburn, our Operations Assistant after 8 years working for the Society. Jo has been a great support to Emma and myself during her time with us and she will be missed. As a Headquarters team we rely heavily on the work of volunteers, many of whom lead various themes of our strategy plan, and I send my sincere thanks to them all for everything they do for the Society. We certainly would not achieve all that we do without their support.

2024 will be an exciting year for the Society as we transition to our new strategic plan and I look forward to working with our volunteers, colleagues and supporters to achieve our goals.

**Clive Holland**  
**Deputy Commonwealth President**

## Royal Patronage

While this report was being prepared, we received notification that the recent review of the Patronages of The late Queen had been concluded and that His Majesty, King Charles III had accepted the Patronage to the Royal Life Saving Society.

This is wonderful news and we are honoured and grateful to His Majesty for his support. It also confirms that every reigning monarch since 1904, including Her Late Majesty, Queen Elizabeth II who was our Patron for over 70 years, has been the Patron of the Society.

His Majesty is no stranger to the RLSS having, as Prince Charles, achieved his Bronze Medallion



## Charity Information and Overview

Registered Name:	The Royal Life Saving Society
Working Names:	RLSS, RLSS Commonwealth, Commonwealth Drowning Prevention, Commonwealth Lifesaving
Registered Charity:	Charity Commission England and Wales, Charity Number 306094
Accredited Commonwealth Organisation	
Registered with the Fundraising Regulator	
Registered Address:	Red Hill House, 227 London Road, Worcester, WR5 2JG, United Kingdom
Patron:	HM Queen Elizabeth II until September 2022 HM King Charles III from May 2024
Commonwealth President:	HRH Prince Michael of Kent GCMG
Deputy Commonwealth President:	Clive Holland
Treasurer:	Clive Patrickson PhD
Portfolio Directors:	Norman Farmer AM ESM <i>Executive Director</i> Anne-Maree Gardiner AM <i>Director of Lifesaving Sport Development</i> Dr Aminur Rahman DCM PhD <i>Director for Drowning Prevention</i> Dr Shayne Baker OAM DProf <i>Director of Organisational Development</i> Becky Lehman <i>Director of Education and Training</i>
Operations Manager:	Emma Harrison
Operations Assistant:	Jo Hepburn until November 2023
Society Bankers:	Lloyds Bank, PO Box 1000, BX1 1LT
Independent Financial Examiner:	Richard Oddy FCA
Honorary Legal Advisor:	Alastair Collett

# RLSS Board of Trustees



**Chair**  
Clive Holland



**Treasurer**  
Clive Patrickson PhD  
*Appointed Trustee for Strategy from September 2023*

## Elected Trustees

### Asia Pacific



Pene Snashall  
Australia  
*(Treasurer from September 2023)*



Geh Thuan Tek  
Malaysia



Sanath Wijayarathne  
Sri Lanka

### Europe & Africa



Cavell Burchell  
United Kingdom



Dylan Tommy  
South Africa



Job Kania  
Kenya

### Canada & Caribbean



Robert Clark  
Canada



John MacFarlane  
Jamaica



Jonathan Bruce  
St Lucia  
*(also holding the Youth Portfolio)*

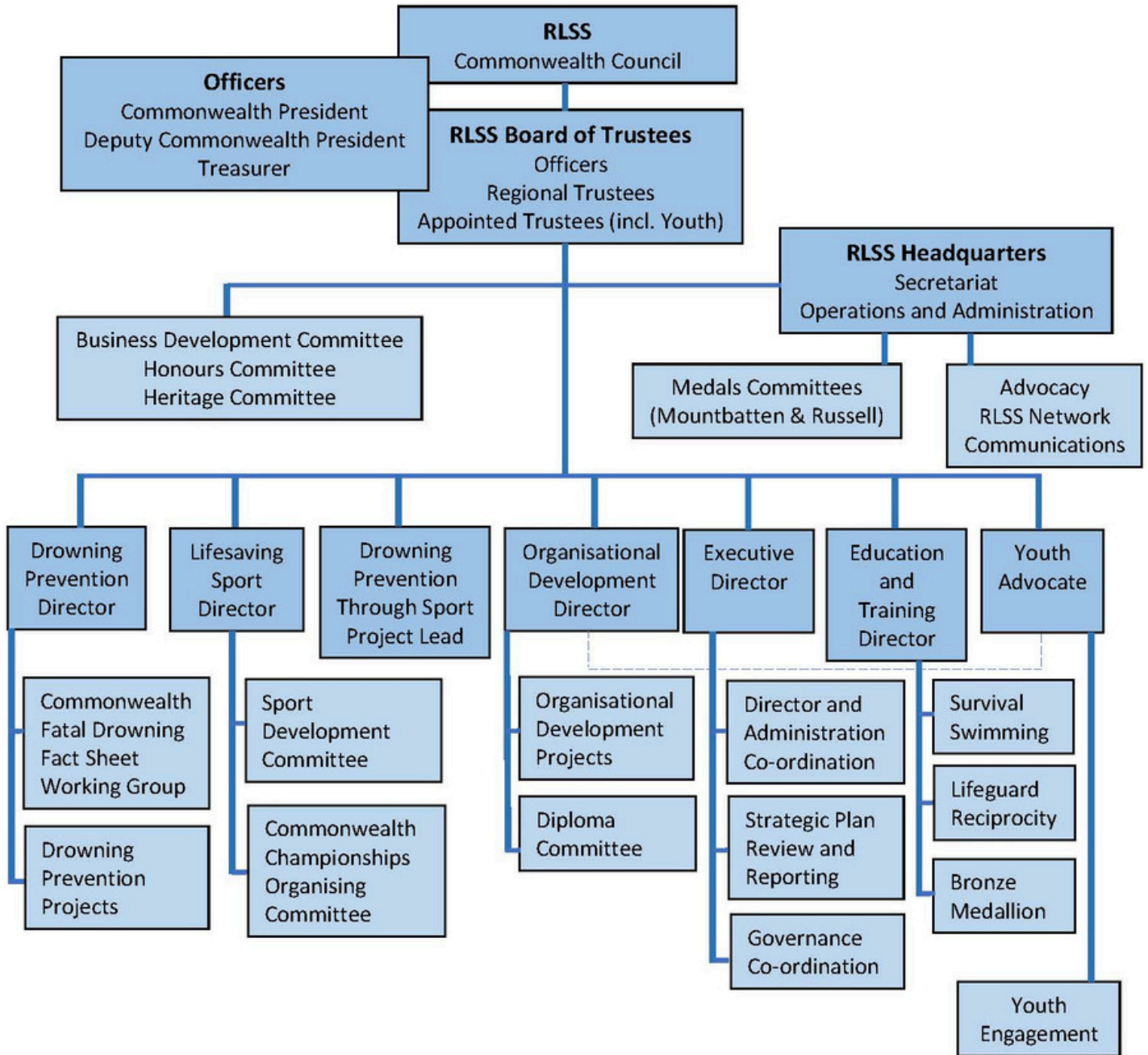
## Appointed Trustee



Dr Stephen Beerman  
*Director for Advocacy*  
Canada

Trustees are appointed or elected in accordance with our Regulations to be representative of the range of our network. All Trustees have participated in an induction programme to acquaint them with the responsibilities of trustees and update them on current aspects of our work

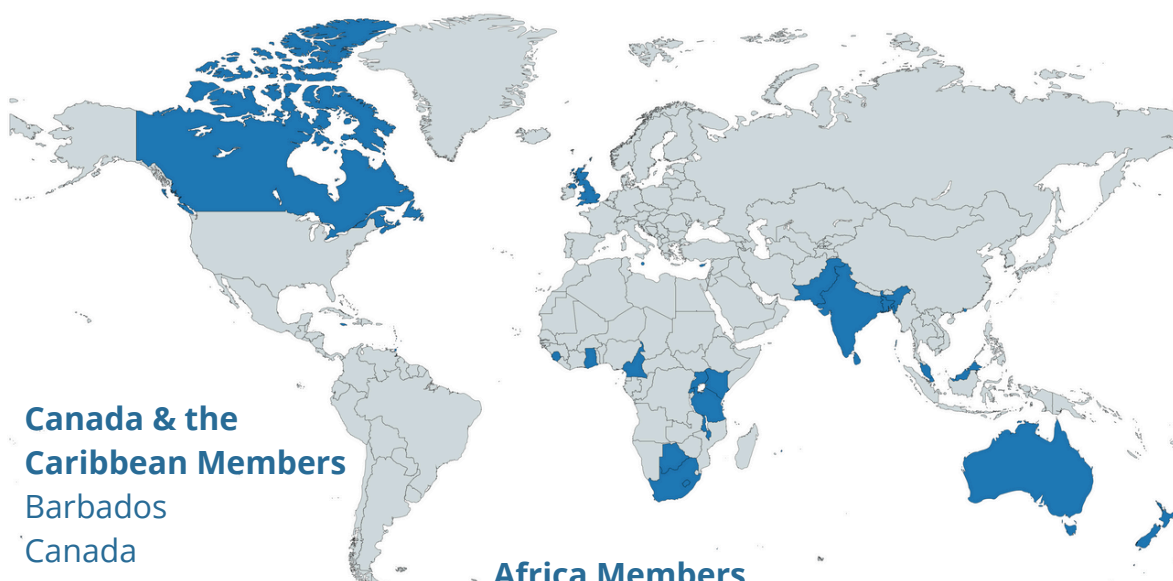
# Governance



# Our Members

## Europe Members

- Cyprus
- Gibraltar
- Malta
- United Kingdom



## Canada & the Caribbean Members

- Barbados
- Canada
- Cayman Islands
- Jamaica
- St Lucia
- Trinidad & Tobago

## Africa Members

- Botswana
- Cameroon
- Ghana
- Lesotho
- Kenya
- Malawi
- Mauritius
- Rwanda
- Sierra Leone
- South Africa
- Tanzania
- Uganda

## Asia Pacific Members

- Australia
- Bangladesh
- Brunei
- Hong Kong
- India
- Malaysia
- New Zealand
- Pakistan
- Singapore
- Sri Lanka

## Our Charitable Purpose

The Royal Life Saving Society provides public benefit as a charity through reducing drownings and the impact of drownings in the community across the Commonwealth.

Our Trustees have complied with their duty in accordance with the Charities Act 2011 to follow the Charity Commission's guidance on the operations of this public benefit

### Our Mission

Commonwealth Drowning Prevention

### Our Vision

No person in the Commonwealth should drown

### Our Motto

**Whomsoever you see in distress, recognise in them a fellow human being**  
*Quemcunque Miserum Videris Hominem Scias*

### Our Scope

#### "Drowning Prevention"

All activities that contribute to the saving of life in, on and near water

#### "Commonwealth"

All nations that are recognised at any given time by the Commonwealth Secretariat including overseas territories, protectorates and dependencies that are recognised at any given time by the Commonwealth Games Federation



## Our Values

### Family

We are a Family with common heritage and values that works to achieve our mission through a common drowning prevention bond



### Working Together

The Society is 'Our' organisation, and our strength comes from sharing and working together

### Mutual Respect

We will embark on our tasks with honesty and mutual respect for the skills, knowledge and experience that we all bring



### Learning

We will foster a commitment to curiosity and continual learning to help us in achieving our tasks

### Inclusion

We will include and embrace organisations and personnel throughout the Commonwealth in achieving our missions



## RLSS Positioning Statement

RLSS will facilitate drowning prevention, lifesaving and lifesaving sport activity under the brand of The Royal Life Saving Society (RLSS). The RLSS will also foster and facilitate exchanges and sharing between RLSS Members and Companion Organisations

# Strategic Priorities 2020-2023

## Active Membership

### *Member Relations*

We will coordinate information and data on the activities of all member organisations  
We will facilitate the building of capacity in those member organisations seeking assistance  
We will facilitate engagement with youth from all RLSS member organisations

### *Drowning Prevention Development through Sport*

We will implement a lifesaving “sport for all” programme which facilitates broad participation for all Commonwealth nations. This will be a pathway towards Commonwealth Lifesaving Championships participation.

### *Virtual International Lifesaving Sport for Development*

We will implement a sustainable lifesaving sport opportunity that focuses on inter-organisational level pool competitions held locally and with international comparability of results.

## Pool Lifeguarding

We will implement a Commonwealth wide qualification reciprocity program for pool lifeguards in enrolled Commonwealth countries. This program will provide a membership program of benefits for lifeguards that comes as standard with pool lifeguard qualifications

## Advocacy, Partnerships & Collaboration

### *Drowning Prevention Advocacy*

With a clear consistent message, we will position drowning prevention to a range of decision makers throughout the Commonwealth, including the Commonwealth Secretariat, governments and international organisations.

### *Drowning Data, Information and Evidence*

We will understand drowning burden in the Commonwealth as the foundation for our advocacy and capacity building actions.

## Commonwealth Lifesaving Championships

We will organize Commonwealth Lifesaving Championships biennially that enables inclusiveness and engagement.

# Our Achievements 2023

## Survival Swimming for disadvantaged communities in South Africa

In 2022, through the generous support from Speedo International the first phase of the survival swimming project was delivered in disadvantaged communities and schools across four provinces in South Africa. In 2023, the second phase of the programme, once again sponsored by Speedo International, focused on the instruction of new facilitators and the sharing of the programme with the National Education Departments took place.

Given that the training was offered online, facilitators from Botswana and Mauritius were also able to participate and it is hoped that they can roll out survival swimming programmes within their countries.

In addition to this training, a pop up event took place to the rural Mogwase community where 200 children from 4 schools had a day of fun activities teaching water safety and survival swimming.



## World Drowning Prevention Day 2023

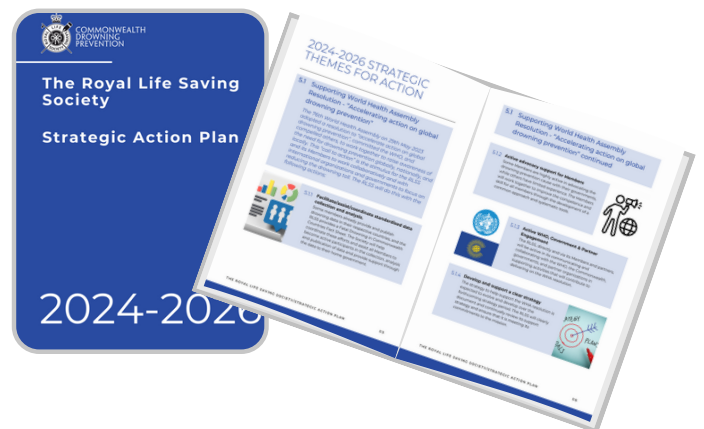
In advance of, and to mark World Drowning Prevention Day 2023 on 25th July, the RLSS hosted, in collaboration with the Royal National Lifeboat Institution an event at Marlborough House, home of the Commonwealth Secretariat, aimed at raising awareness on Accelerating Action on Global Drowning Prevention. RLSS and RNLI representatives delivered presentations on drowning prevention imperatives and Dr David Meddings, Drowning Prevention Lead at the World Health Organisation (WHO) presented on WHO drowning prevention initiatives.



Other presentations were made on behalf of the Centre of Injury Prevention and Research Bangladesh, The Black Swimming Association and UNICEF. This high-level briefing event aimed to secure understanding and awareness and encourage increased action on drowning prevention amongst Commonwealth Stakeholders. The event was well attended by staff from various High Commissions and Government offices in London, along with representatives from organisations who support the work of the RLSS and RNLI, and those who work within the drowning prevention community.

### Strategic Planning for 2024 to 2026

Throughout 2023, we conducted various consultations with our Member Organisations, Directors and Trustees on a new Strategic Action Plan for 2024 through to the end of 2026 which was adopted by the RLSS Board of Trustees at their December meeting and can be found at <https://www.rlsscommonwealth.org/rlss-about/what-we-do/>



### Lifeguard Reciprocity Project

Back in 2020, a project was launched to look at a RLSS certification transferrable between RLSS members and since then much work has taken place between our larger member organisations which included a mapping exercise comparing each countries pool lifeguard programme against the others to identify competency gaps in awareness and knowledge items. The working group for this project has been meeting regularly online but it was agreed that in-person testing would be the final stage in determining how to provide a benefit to individual members wishing to transfer to another RLSS member country to work as a pool lifeguard.





A Practical Workshop was held in Perth on 3 December 2023 with members of the working group present. The session was extremely successful but some differences between countries were noted.

The work of this group was also presented at the World Conference on Drowning Prevention (WCDP) 2023 in a presentation titled "Cross-Border Recognition of Lifeguard Certifications - RLSS Lifeguard Reciprocity Project".

Going into 2024, the working group will continue to assess any gaps or similarities that were identified at the Perth workshop and make adjustments to their pre-learning and in-country assessment and then the next phase will be to test the processes by the receiving countries.

### Lifesaving Sport for All

In 2022 a Lifesaving Sport for All Guide was produced that builds on survival swimming education and provides an introduction to lifesaving sport at a community level. During 2023 this Guide was piloted in Cameroon and Kenya and it is intended that this Guide will be formally launched in mid-2024.



### WCDP 2023 Scholarship

Early in 2023 we launched a scholarship programme for a young person from one of our member organisations to attend and present at the World Conference on Drowning Prevention (WCDP) in Perth, Australia in December 2023. The scholarship was awarded to Geh Cheow Mei from Malaysia who made a presentation titled 'A study to assess the public knowledge on climate change which is linked to drowning in Malaysia'.



## RLSS Programmes Review

### *Survival Swimming Guide*

A review of the RLSS Survival Swimming Guide and its underpinning knowledge and skills has continued, building off the learnings from the Survival Swimming Workshop organised by the RNLI and WHO and held in Zanzibar in September 2022. The Workshop outputs released during 2023 included the following resources for low resource settings.

- Toolkit to assist practitioners to develop Emergency Action Plans for basic swimming and water safety skills lessons.
- Toolkit to assist practitioners to implement informed consent procedures for basic swimming and water safety lessons.
- Toolkit to assist practitioners to identify and audit suitable sites for basic swimming and water safety lessons.

It is anticipated the updated RLSS Survival Swimming Guide will become available in mid-2024.

### *Review of Bronze Medallion*

The Bronze Medallion Review Working Group has continued their detailed investigations and discussions to ensure the RLSS Bronze Medallion and its resources remain relevant as a programme that teaches the community how to respond in a variety of water rescue situations. The focus has been on developing water rescue knowledge, water proficiency skills, physical fitness, and decision-making judgment skills. It is anticipated the updated Award Guide and Instructor Handbook will be released in the second-half of 2024.



## Commonwealth Lifesaving Championships 2023

The 2023 Commonwealth Lifesaving Championships were hosted by the Lifesaving Society Canada, and their Ontario Branch, at the Windsor International Aquatic & Training Centre, Windsor, Ontario in September and were sanctioned by the International Lifesaving Federation (ILS) and the Commonwealth Games Federation (CGF).



173 athletes participated in the Championships from Australia, Canada, England, South Africa, Wales, India, Northern Ireland, Scotland, Hong Kong, Kenya and Singapore. In addition, the Lifesaving Society Ontario branch supported a Caribbean delegation of 4 female athletes, 3 from Jamaica and one from the Cayman Islands.

The overall results for the Championships in both the National and Development Team competitions were:

- 1st Australia
- 2nd England
- 3rd South Africa

The Langland Bay Cups, awarded to the highest point scoring male and female athletes, were Callum Brennan and Chelsea Jones, both from Australia.

Mrs. William Henry Cup, which is awarded to an individual from a developing lifesaving sport nation, who is identified through a culmination of points scored, and participation and engagement during the Championships, was presented to Varun Chavan from India.



## Other Notable Achievements

### *Advocacy*

To further the Commonwealth Drowning Prevention messaging, in March 2023 RLSS adopted a guide to RLSS Advocacy Key Messaging outlining its commitment to United Nations (UN) and World Health Assembly (WHA) resolutions on global drowning prevention and implementing their recommendations

### *2023 World Health Assembly Resolution 'Accelerating Action on Global Drowning Prevention'*

RLSS has been actively supporting the implementation of the WHA Resolution, adopted by the World Health Assembly on 29th May 2023 along with the 2021 United Nations General Assembly (UNGA) Resolution on Global Drowning Prevention

### *Global Alliance for Drowning Prevention*

The RLSS submitted an Expression of Interest for the Global Alliance for Drowning Prevention in June 2023 and although unsuccessful we were delighted that two of our member organisations, RLSS Australia and the Centre for Injury Prevention and Research Bangladesh were recognised for their outstanding record of achievement to the global drowning prevention effort by being selected to the inaugural and interim Global Alliance for Drowning Prevention The RLSS has offered its support to both organisations and to the WHO.

### *Global Status Report on Drowning*

The RLSS is also supporting the WHO and its quest to develop a global status

on drowning report by linking our member organisations with relevant WHO regional offices and departments/ ministries of health in their country.

### *Member Outreach*

RLSS and RLSSUK supported a joint outreach activity with the Royal Life Saving Society Malta to assist in the development of life support and first aid training for local police, naval and uniformed cadet and scout groups

Lifesaving Society Canada continued its lifesaving development outreach activities in the Caribbean with training in Antigua, Jamaica and Cayman Islands

During May, RLSS Australia, in cooperation with the Life Saving Society Malaysia, organised and delivered a Southeast Asia Drowning Prevention Capacity Building workshop for ASEAN nation government and NGO representatives including RLSS member organisations.

Our members, and our Youth Advisory Group were also active on World Drowning Prevention Day 2023 with a broad range of events and promotional activities.

### *Content Management System (CMS)*

During 2023 we have developed a content management system that will be a platform for us and our members to share resources and information. We are currently testing this platform with a selection of our member organisations and will formally launch it to our members during 2024.

### *Honours*

Higher Society Honours awarded in 2023:

#### ***Honorary Life Member***

Cynthia Cakebread – Canada

Sheila Polard - Canada

#### ***Honorary Life Governor***

Rick Stilling – Canada

Patrick D'Almada - Canada

### *RLSS Diploma*

The RLSS Diploma recognises significant contributions to our life saving knowledge. It is one of the Society's oldest and most prestigious international awards. The RLSS Diploma is awarded to individuals and teams, who have added to our knowledge in way that can save lives and prevent drowning. During 2023 we received three nominations for the Diploma which are currently under review by our Honours reviewers.

## RLSS Awards and Medals

### *2022 Mountbatten Medal*

On 27th August 2022, 13-year-old Kalya Kandegoda Gamage was spending time with his family on remote Chrystalls Beach, south of Dunedin, New Zealand. He was paddling at the shoreline with his younger brother Kithmi, aged 11, when a large wave crashed into Kithmi and caused him to lose his footing. Two more waves followed in quick succession, and Kithmi was pulled out into the water. A confident swimmer himself, Kithmi treaded water and made several attempts to get back to shore, but he was tiring and being carried further away. At this point Kalya turned to his mum and said 'OK Mum, I'm going out. I might not be back' and then he dived into the waves, which on that day were approximately 3 metres high. By now Kithmi was approximately 60 metres from the shore, and becoming very cold, as the water temperature was about 10 degrees. Kalya drew on the RLSS lifesaving training he had undertaken in his home country of Sri Lanka, and swam out and rescued his brother, and managed to get him back to shore before the emergency services arrived.



One of the local police commented afterwards that no one survives in that stretch of water, it is notoriously dangerous. Undoubtedly, Kalya's brave response saved his brother's life that day.

For his brave and selfless actions, Kalya Kandegoda Gamage was awarded the 2022 Mountbatten Medal at a presentation held at Kalya's school, at which the Mayor of Clutha read an opening address, and Marie Baker and Judi Jessop from RLSS New Zealand presented Kalya with his award. The assembly was also attended by representatives from the local Police, Fire and Ambulance services, who attended the rescue on the day, and the rescue Helicopter Otago made a special landing in the school grounds.



### *2022 Russell Medal*

On 23rd April 2022, Noah Winders, an RLSS UK Lifesaving Award holder, was attending a basketball training session at St. Vincent's School in Dublin, Ireland.

During a training drill, one of Noah's fellow athletes was seen to stumble, then collapsed and appeared to be having a seizure. He was unresponsive, and the Senior Coach on duty placed him into the recovery position and arranged for an ambulance to be called. The casualty's condition appeared to change, and what appeared to be agonal gasps were identified by Noah. Following a request by the ambulance despatcher, Noah began chest compressions on the casualty. The casualty appeared to regain normal breathing, so CPR was stopped. The casualty's breathing then stopped again so Noah re-commenced chest compressions until an ambulance arrived on scene, and the paramedics began treatment. His condition stabilised and he was transferred to hospital, to be discharged several weeks later. The casualty has since made a full recovery.

At just 15 years old, Noah responded with courage in a very difficult situation, and worked confidently as part of the team that saved the casualty's life.

For his courageous actions, Noah Winders was presented with the 2022 Russell Medal at a ceremony held at the home of British Ambassador to Ireland, Paul Johnston.



## RLSS Headquarters, Governance and Administration

We have continued to develop our internal processes and policies and continually monitor our risk management.

During 2023, the RLSS continued to improve its governance and systems by reviewing and updating our Regulations, reviewing the Risk Register on a quarterly basis and a range of policies that has included:

- Staff Expenses Policy
- Volunteer Expenses Policy
- Equal Opportunities and Diversity Policy
- Conflict of Interest and Confidential Information Policy
- Whistle Blowers Policy
- Anti-corruption, Fraud and Bribery Policy
- Sustainable Asset Pool – Reserves Policy
- Employee Recruitment and Remuneration Policy

Following guidance from the UK Charity Commission during 2023 we created and adopted a Social Media Policy.

RLSS recognises the impacts of climate change on Commonwealth Drowning Prevention and is committed to environmental sustainability. As such, RLSS has adopted a Position Statement on Environmental Sustainability in December 2023.

Our Board of Trustees meets quarterly via electronic format, while in September it met face to face in Windsor, Canada immediately following the 2023 Commonwealth Lifesaving Championships. Also during September, we held a biennial meeting of the Commonwealth Council.

The Business Development Committee, made up of the Chief Executive Officers from our four larger Members have met periodically during 2023 to discuss various matters and offer advice to the Trustees. Our Membership Committee continue to meet quarterly to review various membership issues and consider new membership applications. The Society's Portfolio Directors meet quarterly to update on the progress under their activity within our Strategic Action Plan

## Collaboration

Drowning is a complex public health problem which goes without recognition or attention in many areas of greatest need. Indeed, it has been called a hidden epidemic. There are more 'at risk' populations in the world needing drowning prevention assistance than there are organisations focused on providing help. The RLSS Commonwealth drowning prevention mission needs collaboration from all national, regional and international organisations and governments to be most effective – cooperating fully for the benefit of people worldwide to reduce the global burden of drowning. Strong partnerships are key to achieving our aim of eliminating drowning in the Commonwealth and have enabled us to support our Member Branches in low resourced settings.

The 2023, key partnerships for RLSS included:

The **Commonwealth** is a voluntary association of 56 independent countries that are united by values enshrined in the Commonwealth Charter.

RLSS, as an Accredited Organisation to the Commonwealth, continues to engage with various groups within the Commonwealth such as the Independent Forum of Commonwealth Organisations (IFCO) and the Commonwealth Children's Interest Group (ComCIG).

We also applied for and received endorsement for the 2023 Commonwealth Lifesaving Championships as an official Year of Youth event.

The **World Health Organization** (WHO) WHO Global Status Report on Drowning: RLSS has actively supported the WHO through engagement with members and supporting them in their in-country collaborative efforts.

The **International Life Saving Federation** (ILS) Both RLSS and RLSS Member Branches are represented on the ILS Board and on the ILS Commissions and Committees, strengthening opportunities for effective collaboration.



The Commonwealth



We continue to collaborate with the **Royal National Lifeboat Institution** (RNLI) and maintain regular dialogue of matters of mutual interest. Having hosted the pre WDPD 2023 event jointly with the RNLI, we hope that this will become an annual activity to engage with Commonwealth stakeholders based in the UK.



#### *RNLI/WHO Workshop*

RLSS assisted the RNLI/WHO Basic Rescue and Resuscitation Workshop that was held in Pune, India in October 2023. Our member, Rashtriya Life Saving Society India hosted the event and workshop facilitators from the RLSS included Dr Shayne Baker, Australia, Mr George Makasare, India and Ms Mei GEH from Malaysia



**Speedo International** - The second phase of a project in South Africa using funds from Speedo took place during 2023 and we continue to administer the Speedo Small Grants Programme



RLSS is most grateful for the ongoing support from **Laerdal Medical**. In 2023 we focused on the development of our content management system that will support all our members through resource sharing.



**Laerdal**  
helping save lives

During 2023 we established a relationship with **Ruth Lee Limited** who have kindly donated rescue manikins to six of our members: India, Sri Lanka, Kenya, South Africa, Jamaica and Trinidad and Tobago. These manikins will be shipped in early 2024.



FOR PROFESSIONALS  
WHO SAVE LIVES

A project was initiated between **Navarino**, a leading maritime technology partner, Laerdal Medical and RLSS that will see approximately 350 CPR manikins delivered to our members across all three regions during 2024 to enable expansion of CPR education.



And most importantly, our **RLSS Member Branches** continue to work at the national and community level to reduce drowning through:

- Researching drowning and aquatic emergencies to inform practice.
- Targeted community-based Drowning Prevention projects.
- Training the community and professionals in lifesaving skills for prevention & emergency response.
- Engaging young people in lifesaving and drowning prevention.
- Using the sport of lifesaving to further develop skills and techniques for rescue.
- Monitoring and risk assessing aquatic environments to guarantee safe participation in safe aquatic environments.
- Several of our Members carry out outreach work in nearby countries which widens the impact of our organisation

## Acknowledgements

The Society's achievements would not have been possible without the support of and contribution from the following people who have given their time and expertise.

### Portfolio Directors

- Norman Farmer AM ESM – Executive Director
- Anne-Maree Gardiner AM – Director of Lifesaving Sport Development
- Dr Aminur Rahman DCM PhD – Director for Drowning Prevention
- Dr Shayne Baker OAM DProf – Director of Organisational Development
- Becky Lehman – Director of Education and Training
- Rhonda Young-Pilon – Youth Advocate

### Committee and Working Group Chairs

- Clive Patrickson PhD – Business Development Committee
- Robert Clark – Heritage Committee
- Dr Colleen Saunders – Diploma Committee
- Dr Christopher Love – Honours Committee
- Dr Stephen Beerman – Advocacy Steering Group

Our Committee and Working Groups are composed of members from Australia, Canada, India, Lesotho, Malaysia, Malta, South Africa, St Lucia and the UK and we are extremely grateful to all the members for their valuable contributions.



## Our Plans for 2024

We will have effective and efficient administration systems that support the Society's operations and activities.

This will be achieved through:

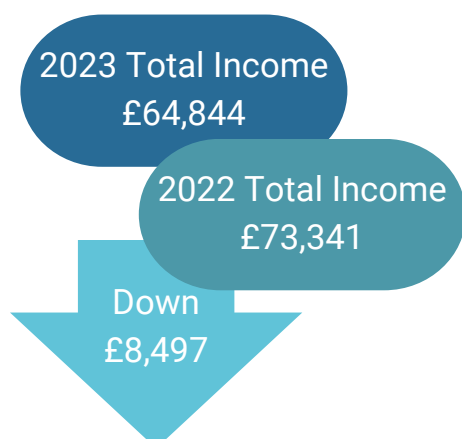
- Operating a Headquarters with good practice business systems and staffing within our means and supported by volunteers and others to ensure the Strategic Action Plan is implemented.
- Having a system of honours, used in all Member organisations, to recognise the valuable contribution by the volunteers.
- Administering and support the committees and working groups that the Board considers necessary from time to time including Heritage, Diploma and the provision of awards.
- Exploring multiple ways of working together as a family, embracing large, medium and small member organisations.
- Develop our communications strategy to include staying up to date with latest communication channels that use real time and online technology.

### Specific Plans for 2024

- To commence the implementation of the Strategic Action Plan 2024 to 2026 which includes the recruitment of Directors who will be responsible for various strands of the plan.
- To appoint a new Board of Trustees for the term 2024 through to 2026 and the creation of additional non-voting Board Member roles.
- To launch the content management system to our members and provide training and assistance to ensure all members utilise and benefit from the platform.
- To launch the Lifesaving Sport for All, a programme of lifesaving sport events based on skills education, which will include webinars and online materials.
- To pilot the Lifesaving iSport, which are inter-organisations (eg, club, provincial or national teams) level pool lifesaving competitions held during pre-determined dates at aquatic facilities throughout the year where the performances of competitors are compared with other lifesavers – all without travelling outside their local community.
- To complete a review of the competition rules for Commonwealth Lifesaving Championships and commence planning for 2025 event alongside RLSS UK as host.
- To continue to support World Drowning Prevention Day and encourage and assist our members to contribute to the work of the WHO.
- To produce and launch the second Commonwealth Fatal Drowning Factsheet.
- To support the Youth Advisory Group that meets regularly to ensure youth engagement in drowning prevention interventions and RLSS programmes and governance.

# Financial Summary

## Income



As with previous, years, much of the RLSS's income is member payments from the three largest members branches (Australia, Canada and the UK).

We will continue to look at diversifying income streams and funding opportunities.

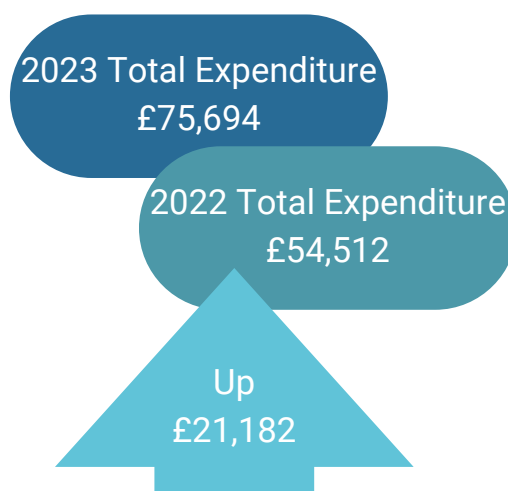
Our largest branches have made commitments to continue to support the administration of the Society, allowing any raised funds to be spent on programmatic activity.

## Expenditure

Most RLSS expenditure finances the valuable work of RLSS Headquarters (staff and running costs).

Expenditure was higher than normal given that we were funding the Strategic Planning Workshop in Windsor and covered costs of attendance for some Trustees and Portfolio Directors to ensure broader input into the process; costs relating to the Commonwealth Lifesaving Championships; the initial set up costs for the Content Management System; costs relating to the second phase of the Lifesaving South Africa Survival Swimming project; and, the final payment towards digitizing our archive (a project started in 2022).

In December 2022, the Board had approved a deficit forecast for 2023 given that the Society has built up reserves over the last few years.



## Donors & Funders 2023

The Royal Life Saving Society wishes to thank the following individuals and organisations for their most generous donations, sponsorships and grants during 2023

The Privy Purse in remembrance of Her Late Majesty, Queen Elizabeth II

The Edinburgh Trust

RLSS UK

The Lifesaving Society Canada

Laerdal Medical

Royal Life Saving Society Australia

Clive Holland

## Reserves Policy

RLSS has a Reserves Policy aimed at ensuring the financial sustainability of the Society. As at the end of 2023, we had £70,681 of general reserves and this meets the Society's Reserves Policy of two years core funding (excludes project work)

Over recent years RLSS has managed to increase its financial reserves through the continued contributions from major branches, increased contributions from member organisations, grants and sponsorships and good fiscal management. This allowed us to offer reduced membership fees to our members who were struggling financially during the pandemic and beyond.

In 2022 we set up a Regional Development Fund that is to support regional work carried out in conjunction with our major branches. The total amount in this fund, and our other designated and restricted funds totals £65,065 at the end of 2023.

The Board of Trustees approved the 2024 forecast at their December 2023 meeting given the current value of the Society's general reserves.

## Statement of Trustees' Responsibilities

### In relation to the following financial statements of the Royal Life Saving Society to year end 31 December 2023

In accordance with the Charities Act 2011, the Trustees have prepared the following Financial Statements which give a true and fair view of the Charity's financial activities during the year 2023 and of its financial position as at 31 December 2023. In preparing these Financial Statements, best practice has been followed and suitable accounting policies have been consistently applied.

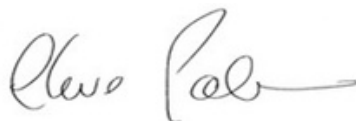
Applicable accounting standards and the Statement of Recommended Practice "Accounting and Reporting by Charities" 2005 have been followed.

The Financial Statements have been independently examined by Richard Oddy FCA after he was given access to all relevant financial documents, general correspondence and Minutes of all Society Committee meetings.

Signed on behalf of the Society Trustees



**Clive Holland**  
**Deputy Commonwealth President**  
31st December 2023



**W Clive Patrickson PhD**  
**Treasurer**  
31st December 2023





COMMONWEALTH  
DROWNING  
PREVENTION

# Financial Statements

For the year ended  
31st December 2023

**Report to the trustees of The Royal Life Saving Society and to the Commonwealth Council**

**On accounts for the year ended 31 December 2023**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 December 2023 as set out on pages 3 and 4.

**Responsibilities and basis of report** As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement** I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed: 

Richard Oddy FCA

Date: 03 June 2024

# Royal Life Saving Society

## Receipts and payments accounts

For the period from	01/01/2023	To	31/12/2023
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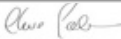
### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	£	£	£	£	£
<b>A1 Receipts</b>					
Membership	43,308	-	-	43,308	43,771
Sponsorship	12,000	-	-	12,000	24,000
Donations and Legacies	7,533	-	-	7,533	3,891
Resource Income	517	-	-	517	1,190
Reimbursable expense	-	-	-	-	31
Gift Aid	-	-	-	-	249
Dividends/Interest	1,485	-	-	1,485	210
<b>Sub total (Income for AR)</b>	<b>64,844</b>	<b>-</b>	<b>-</b>	<b>64,844</b>	<b>73,341</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total receipts</b>	<b>64,844</b>	<b>-</b>	<b>-</b>	<b>64,844</b>	<b>73,341</b>
<b>A3 Payments</b>					
Charitable Activities	25,227	-	-	25,227	23,206
Commonwealth Development	33,568	5,100	-	38,668	18,881
Commonwealth Headquarter Costs	6,761	-	-	6,761	9,592
Lifesaving Sport Development	4,228	-	-	4,228	-
Membership Development	152	-	-	152	2,468
Support Services	144	-	-	144	144
Finance Charges	513	-	-	513	220
<b>Sub total</b>	<b>70,594</b>	<b>5,100</b>	<b>-</b>	<b>75,694</b>	<b>54,512</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
<b>Sub total</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Total payments</b>	<b>70,594</b>	<b>5,100</b>	<b>-</b>	<b>75,694</b>	<b>54,512</b>
<b>Net of receipts/(payments)</b>	<b>(5,750)</b>	<b>(5,100)</b>	<b>-</b>	<b>(10,850)</b>	<b>18,829</b>
A5 Transfers between funds	1,495	(1,495)	-	-	-
A6 Cash funds last year end	133,239	13,359	-	146,597	127,768
<b>Cash funds this year end</b>	<b>128,983</b>	<b>6,764</b>	<b>-</b>	<b>135,747</b>	<b>146,597</b>

# Royal Life Saving Society

For the period from	01/01/2023	To	31/12/2023
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## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Cash at bank	128,983	6,764	-
	<i>Total cash funds</i>	<b>128,983</b>	<b>6,764</b>	<b>-</b>
<b>B2 Other monetary assets</b>	Details			
	None	-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Quoted investments			
	Royal Life Saving Society Fund	Unrestricted	-	3,631
	Russell Medal Fund	Restricted	-	10,394
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	None	Unrestricted		
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	-	
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		Clive Holland	6th June 2024	
		W Clive Patrickson	6th June 2024	





COMMONWEALTH  
DROWNING  
PREVENTION

The Royal Life Saving Society  
Commonwealth Headquarters  
Red Hill House  
227 London Road  
Worcester  
WR5 2JG  
United Kingdom

Telephone: +44 (0)1905 958444  
Email: [commonwealth@rlss.org.uk](mailto:commonwealth@rlss.org.uk)  
Website: [www.rlsscommonwealth.org](http://www.rlsscommonwealth.org)

**THE ROYAL LIFE SAVING SOCIETY**

England & Wales - Charity number 306094

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# Accounts

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COMMONWEALTH  
DROWNING  
PREVENTION

# Annual Report and Accounts 2022

Registered Charity (Charity Commission for England and Wales,  
Charity Number 306094)

Accredited Commonwealth Organisation  
Incorporated by Royal Charter

Registered with the Fundraising Regulator

# Drowning

The process of experiencing respiratory impairment from immersion/submersion in liquid

The World Health Organization estimates that 2.5 million people lost their lives to drowning over the past decade, 90% occurring in low-income and middle-income countries (LMIC's)



In 2017, over 110,000 people died from drowning in Commonwealth countries

More than one-third (37%) of global drowning occurred in Commonwealth countries

Drowning is a leading cause of child deaths (1-4 years) and is a top ten leading cause of death for children 1-24 years in every region globally



Half of all drowning deaths in Commonwealth countries occur among children and adolescents (0-19 years), 26% occurring in children in their first five years of life



The highest rates of drowning occur in African and many Small Island Commonwealth Member Nations

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**Her Majesty Queen Elizabeth II**

**Patron of the Royal Life Saving Society**

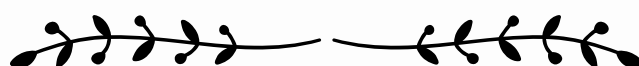
**21 April 1926-8 September 2022**

Her Majesty assumed the role of RLSS Patron on 3 June 1952 following the death of her father, King George VI.

The origins of the Royal Family's connection to the RLSS can be traced to the founding of the Society in 1891 with King Edward VII, King George V and King George VI having accepted the role of Patron.

Her Majesty held several Society awards including the Elementary and Intermediate Certificates and was the first young person in the Commonwealth to achieve the Society's Junior Respiration Award.

The Society is grateful to Her Majesty for her unwavering support to the RLSS and the cause of drowning prevention over 70 years.





KENSINGTON PALACE,  
LONDON, W.8.

It has been a difficult few years for the Royal Life Saving Society and its members but it is good to see that so much has been achieved despite the challenges. The two Survival Swimming projects that were run in Sri Lanka and South Africa during 2022 provided much needed water safety education. My congratulations go to the Sri Lanka Lifesaving Society and Lifesaving South Africa for running these successful projects and our thanks to Speedo International for their support in funding them.

2023 will see the Society embark on a strategic planning process that will set the priorities and actions for the next 5 years. I am delighted to hear that this process will be in consultation with all our member organisations around the Commonwealth to ensure our plan reflects their requirements and wishes. I look forward to seeing the outcome of this piece of work.

I would like to express my sincere thanks to all members, supporters and volunteers for their valuable contributions to the Society.

HRH Prince Michael of Kent GCVO  
Commonwealth President



## **Message from the Deputy Commonwealth President**

2022 saw a marked change in the Society's activities around the Commonwealth as the world re-emerged from the worst of the COVID-19 pandemic. By the end of 2022, all our members were back training face to face although many are now using a blended programme of online and face to face training. The pandemic has taught us to use technology more widely and we have certainly benefited from using it connect with members more than we did previously.

The Society's activities during 2022 are detailed later in this report but member engagement is still a key priority for our Headquarters team, and we continue to host our Committee of Presidents meeting bi-annually which provides us the opportunity to update them on our activities and to keep informed with our members activities and identify any support we can provide to them.

2022 was a bittersweet year for the Society as we celebrated the Platinum Jubilee of our Patron, HM Elizabeth II and then sadly, like many around the globe, mourned her passing. As part of the Jubilee celebrations, we produced a commemorative book highlighting how her support of the Society was a constant throughout her reign. Although a sombre occasion, I was honoured to represent the Society at HM The Queen's funeral at Westminster Abbey. We will be eternally thankful for her Patronage over the last 70 years and for her constant support for the work of the Society.

We continue to work with a dedicated team of volunteers to deliver our activities and I would like to send my sincere thanks to all those who have helped us over the last year.

We have some exciting plans for 2023, including the Commonwealth Lifesaving Championships that will take place for the first time in four years. This and other events in 2023 will provide us with the opportunity to meet face to face and I certainly look forward to meeting up with colleagues once again.

**Clive Holland**  
**Deputy Commonwealth President**

## Charity Information and Overview

Registered Name:	The Royal Life Saving Society
Working Names:	RLSS, RLSS Commonwealth, Commonwealth Drowning Prevention, Commonwealth Lifesaving
Registered Charity:	Charity Commission England and Wales, Charity Number 306094
Accredited Commonwealth Organisation	
Registered with the Fundraising Regulator	
Registered Address:	Red Hill House, 227 London Road, Worcester, WR5 2JG, United Kingdom
Patron:	HM Queen Elizabeth II until her passing in September 2022
Commonwealth President:	HRH Prince Michael of Kent GCVO
Deputy Commonwealth President:	Clive Holland
Treasurer:	Clive Patrickson PhD
Portfolio Directors:	Norman Farmer AM ESM <i>Executive Director</i> Anne-Maree Gardiner AM <i>Director of Lifesaving Sport Development</i> Dr Aminur Rahman DCM PhD <i>Director for Drowning Prevention</i> Dr Shayne Baker OAM DProf <i>Director of Organisational Development</i> Becky Lehman <i>Director of Training and Education</i>
Operations Manager:	Emma Harrison
Operations Assistant:	Jo Hepburn
Society Bankers:	Lloyds Bank, PO Box 1000, BX1 1LT
Independent Financial Examiner:	Richard Oddy FCA
Honorary Legal Advisor:	Alastair Collett

# RLSS Board of Trustees



Chair  
Clive Holland



Treasurer  
Clive Patrickson PhD

## Elected Trustees

### Asia Pacific



Pene Snashall  
Australia



Geh Thuan Tek  
Malaysia



Sanath Wijayarathne  
Sri Lanka

### Europe & Africa



Cavell Burchell  
United Kingdom



Dylan Tommy  
South Africa



Job Kania  
Kenya

### Canada & Caribbean



Robert Clark  
Canada



John MacFarlane  
Jamaica



Jonathan Bruce  
St Lucia  
(also holding the Youth Portfolio)

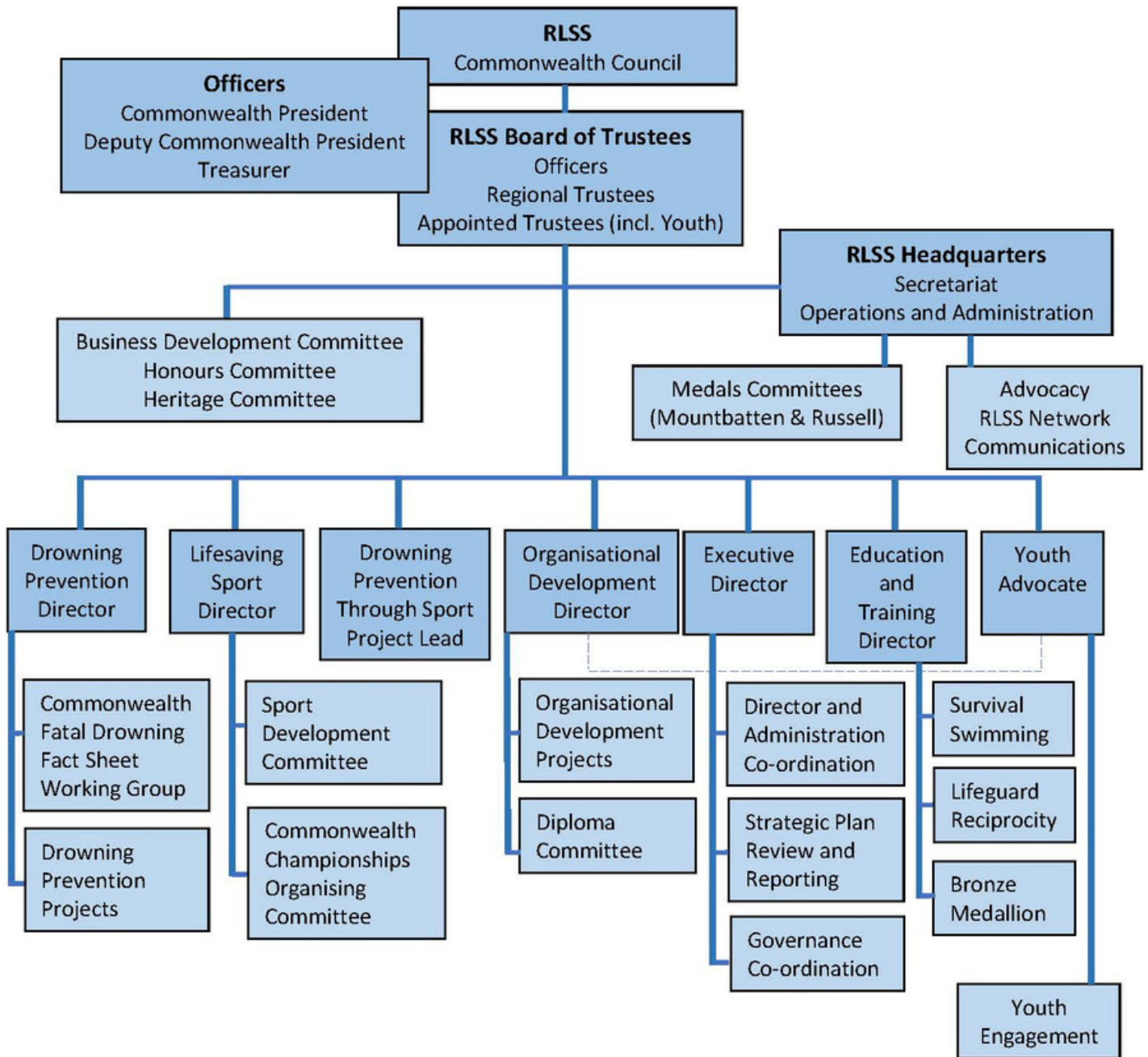
## Appointed Trustee



Dr Stephen Beerman  
Canada

Trustees are appointed or elected in accordance with our Regulations to be representative of the range of our network. All Trustees have participated in an induction programme to acquaint them with the responsibilities of trustees and update them on current aspects of our work

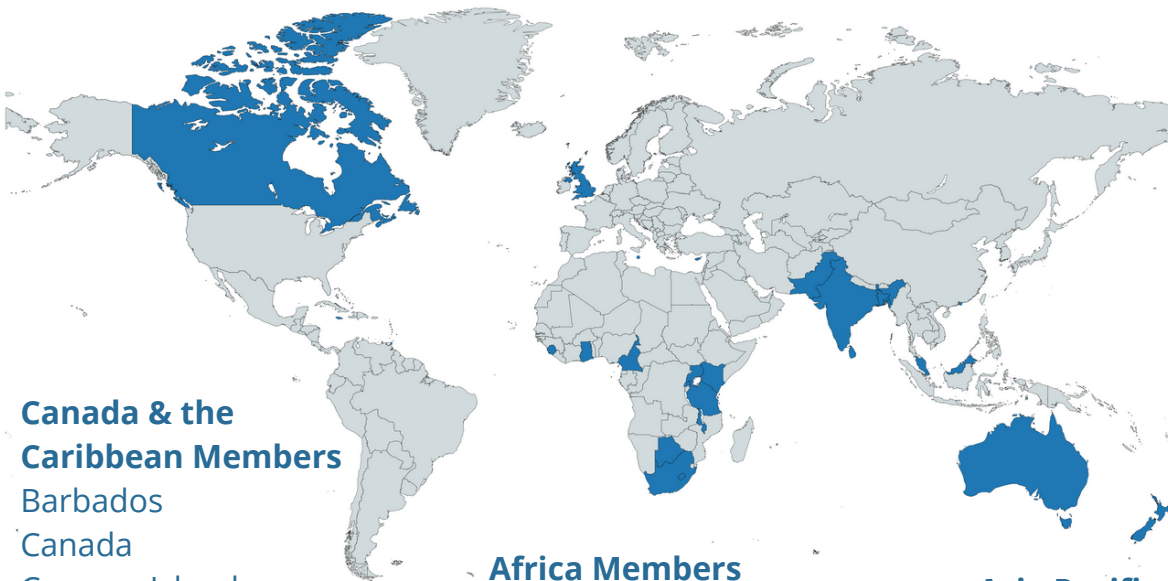
# Governance



# Our Members

## Europe Members

- Cyprus
- Gibraltar
- Malta
- United Kingdom



## Canada & the Caribbean Members

- Barbados
- Canada
- Cayman Islands
- Jamaica
- St Lucia
- Trinidad & Tobago

## Africa Members

- Botswana
- Cameroon
- Ghana
- Lesotho
- Kenya
- Malawi
- Mauritius
- Rwanda
- Sierra Leone
- South Africa
- Tanzania
- Uganda

## Asia Pacific Members

- Australia
- Bangladesh
- Brunei
- Hong Kong
- India
- Malaysia
- New Zealand
- Pakistan
- Singapore
- Sri Lanka

## Our Charitable Purpose

The Royal Life Saving Society provides public benefit as a charity through reducing drownings and the impact of drownings in the community across the Commonwealth.

Our Trustees have complied with their duty in accordance with the Charities Act 2011 to follow the Charity Commission's guidance on the operations of this public benefit

### Our Mission

Commonwealth Drowning Prevention

### Our Vision

No person in the Commonwealth should drown

### Our Motto

**Whomsoever you see in distress, recognise in them a fellow human being**  
*Quemcunque Miserum Videris Hominem Scias*

### Our Scope

#### "Drowning Prevention"

All activities that contribute to the saving of life in, on and near water

#### "Commonwealth"

All nations that are recognised at any given time by the Commonwealth Secretariat including overseas territories, protectorates and dependencies that are recognised at any given time by the Commonwealth Games Federation



## Our Values

### Family

We are a Family with common heritage and values that works to achieve our mission through a common drowning prevention bond



### Working Together

The Society is 'Our' organisation, and our strength comes from sharing and working together

### Mutual Respect

We will embark on our tasks with honesty and mutual respect for the skills, knowledge and experience that we all bring



### Learning

We will foster a commitment to curiosity and continual learning to help us in achieving our tasks

### Inclusion

We will include and embrace organisations and personnel throughout the Commonwealth in achieving our missions



## RLSS Positioning Statement

RLSS will facilitate drowning prevention, lifesaving and lifesaving sport activity under the brand of The Royal Life Saving Society (RLSS). The RLSS will also foster and facilitate exchanges and sharing between RLSS Members and Companion Organisations

# Strategic Priorities 2020-2023

## Active Membership

### *Member Relations*

We will coordinate information and data on the activities of all member organisations  
We will facilitate the building of capacity in those member organisations seeking assistance  
We will facilitate engagement with youth from all RLSS member organisations

### *Drowning Prevention Development through Sport*

We will implement a lifesaving “sport for all” programme which facilitates broad participation for all Commonwealth nations. This will be a pathway towards Commonwealth Lifesaving Championships participation.

### *Virtual International Lifesaving Sport for Development*

We will implement a sustainable lifesaving sport opportunity that focuses on inter-organisational level pool competitions held locally and with international comparability of results.

## Pool Lifeguarding

We will implement a Commonwealth wide qualification reciprocity program for pool lifeguards in enrolled Commonwealth countries. This program will provide a membership program of benefits for lifeguards that comes as standard with pool lifeguard qualifications

## Advocacy, Partnerships & Collaboration

### *Drowning Prevention Advocacy*

With a clear consistent message, we will position drowning prevention to a range of decision makers throughout the Commonwealth, including the Commonwealth Secretariat, governments and international organisations.

### *Drowning Data, Information and Evidence*

We will understand drowning burden in the Commonwealth as the foundation for our advocacy and capacity building actions.

## Commonwealth Lifesaving Championships

We will organize Commonwealth Lifesaving Championships biennially that enables inclusiveness and engagement.

# Our Achievements 2022

## Sustainable drowning prevention in Sri Lanka through Swim for Safety in disadvantaged communities

Between April to October 2022, Sri Lanka Life Saving Society conducted 14 separate Swim for Safety 12 lesson programmes in the North-Western province and trained 418 students (229 girls and 189 boys) and 19 swim teachers (14 men and 5 women).

More than 5,300 individual lessons were delivered, reaching more than an estimated 1300 beneficiaries including the students, teachers and their family members (mother, father and siblings) on water safety and drowning prevention knowledge.

These outcomes are considered a great achievement despite the tough regulations and restrictions imposed due to the political and economic impact in Sri Lanka at that time. This project was supported by Speedo International.



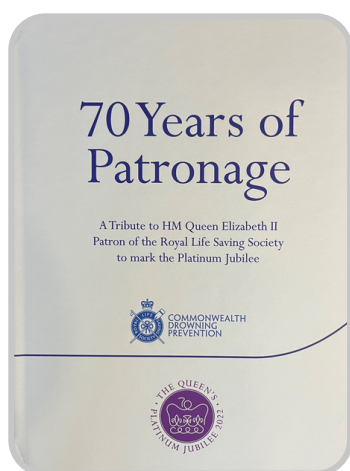
## Survival Swimming in disadvantaged communities in South Africa



The primary focus of this project was to recruit survival swimming facilitators and implement survival swimming training in targeted communities in South Africa with resources specifically designed and adapted by and for low- and middle-income countries (LMICs) that can be delivered in-country using blended learning techniques. The first phase of this project took place in September through to December 2022 and consisted of an 8 week course of 16 lessons and trained 471 students. The programme consisted of the seven levels of the Lifesaving South Africa Survival Swimming Programme which includes: Water Discovery; Water Awareness; Water Sense; Water Wise; Junior Swim and Survive; Swim and Survive; and, Senior Swim and Survive. This was another programme that was supported by Speedo International and the second phase will commence in early 2023.

## 24 Hour CPR Challenge

Given the success of the RLSS Commonwealth 48 hours CPR Challenge that was held in 2021, we adapted the format for the Challenge and once again, held the Challenge on 29th September to mark World Heart Day. We had nine member branches taking part, and rather than having a set time and duration for the event, each member had the flexibility to choose when they ran the Challenge during the 24 hour period.



## Platinum Jubilee Book

To celebrate her 70 years as our Patron, we produced a book recording Her Majesty Queen Elizabeth's engagement with the Society. The book also contained personal messages from our member organisations around the Commonwealth. The book was presented to Her Majesty prior to the Jubilee Celebrations in June 2022.

## Lifesaving Sport for All

The aim of the Lifesaving Sport for All project is to engage more people into lifesaving sport, develop their lifesaving skills and contribute to the prevention of drowning. In late 2021 and early 2022 RLSS developed a Lifesaving Sport for All Guide that introduces the basic elements of lifesaving sport that is often part of or follows on from survival swimming education. It should be noted that this Guide is not a replacement for survival swimming and water safety education. During much 2022 the Guide was improved through consultation and the project trailed in Cameroon through the later part of 2022 under the excellent guidance of Justin Bakinga, President of the RLSS Cameroon Branch and Lifesaving Sport for All Project Leader. The trials will continue into 2023 when it will be formally launched.





## Other Notable Achievements

### *World Drowning Prevention Day 2022*

To mark WDPD 2022 on 25th July, we ran a social media campaign focusing on youth within the Society and the 'one thing they did to prevent drowning'. Videos were submitted from Canada, Sri Lanka and the UK. In addition to this we supported the WHO messaging via social media.

At the beginning of July, we wrote to all High Commission in London, various Commonwealth organisations and bodies and several governmental departments drawing attention to the UN Resolution, alerting them to WDPD and the theme and providing links to WHO materials and asking them to further share within their networks

### *Review of Bronze Medallion*

A working group consisting of representatives from our member branches who award the Bronze Medallion has been set up to review and update the existing elements based on contemporary standards and research, and to investigate the status of RLSS Bronze Medallion application and its relationship to Lifeguarding, with a view to producing a Position Statement.

## RLSS Website

In 2022, we launched a new website for the Society. The aim was to make the site easier to navigate with multiple pages sitting under each menu tab. The site now encompasses a members area that can only be accessed via a login that is only issued to our member branches. The members area contains various documents and resources for our members use and information.



### *Lifeguard Reciprocity*

Following the successful completion of Phase 1 of this project in late 2021/early 2022, in the latter months of the year, Phase 2 was commenced under the leadership of Becky Lehman, Director of Education and Training. During this phase, the project activities that were commenced by each of the contributing countries of Australia, Canada, South Africa and the UK included the following.

- commence creation of an online learning module to meet identified competency gaps in awareness and knowledge items.
- develop a practical training session(s) to meet identified competency gaps in skill items.
- pilot their online learning module and practical training session(s) to ensure candidates are provided every opportunity to be successful in the assessment.

### *Review of Honours Handbook*

The Honours Committee, under the leadership of Christopher Love from Canada, completed a thorough review of our Honours & Awards Handbook. Specific changes to the handbook included addressing posthumous awards, defined criteria for staff receiving honours, a small change to the Commonwealth Headquarters Commendation so that it can be awarded to staff members who have performed tasks or projects for RLSS Headquarters and rules for recognizing volunteers from another Commonwealth nation.

Higher Society Honours awarded in 2022:

#### ***Honorary Life Member***

Julie Dawley (Canada)  
Kathleen Finn (Canada)  
Patricia Kitchen (Canada)  
Cavell Burchell (UK)

#### ***Honorary Life Governor***

Ron Aubrey (Canada)  
Tony Toriglia (Canada)  
Gary Sanger (Canada)

#### ***Commonwealth Vice President***

Robert Clark (Canada)

### *RLSS Diploma*

The RLSS Diploma recognises significant contributions to our life saving knowledge. It is one of the Society's oldest and most prestigious international awards. The RLSS Diploma is awarded to individuals and teams, who have added to our knowledge in way that can save lives and prevent drowning.

In 2022 the following Diplomas were approved:

#### **Prof. Gryphon Sou (Hong Kong)**

'A Case Study of the New World Harbor Race 2016-20'

#### **R J Houston (Australia)**

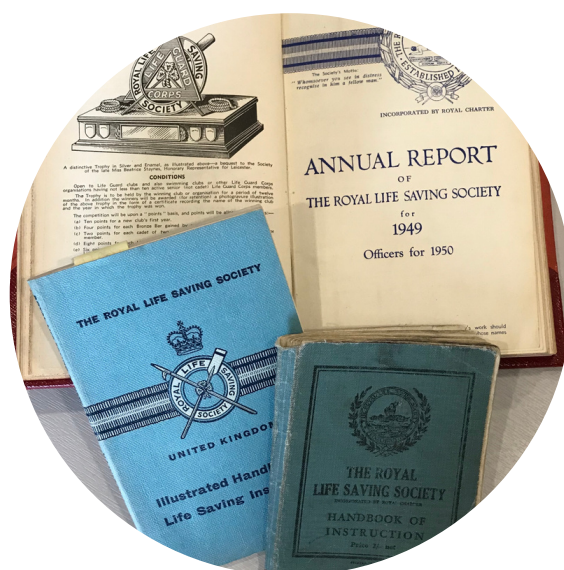
'2019/20 Victorian Public Pools: State of the sector report'

#### **Lauralee March, Robert Caswell, Laura Terepocki and Daniel Vanderpyl (Canada)**

A collaborative participatory action research project that sought to explore the relationship between aquatic professionals and safety through education in the aquatic environment

### *RLSS Heritage*

During 2022, we identified items in the Society's archive that we would like to have in digital format and at the end of year, the items were sent to a firm to commence the process. Items that were identified to be digitised were historical annual reports, handbooks of instruction, Commonwealth reports and the Society's Charters. Digitisation will enable us to make these items available more widely with a searchable function embedded in each document.



### *Commonwealth Lifesaving Championships*

After the postponement in 2021, the organisation for the 2023 Commonwealth Lifesaving Championships to be held during September in Windsor, Ontario, Canada is well underway and in December the key officials were appointed as follows:

- *Stephanie Andrews (UK) Chief Referee*
- *Mary Collins (Australia) Deputy Referee*
- *Hugo Rodrigues (Canada) Deputy Referee*
- *Joanne Teagle (Australia) SERC Referee*
- *Rebecca Boyd (Canada) Deputy Referee Wet SERC*
- *Ian Hutchings (UK) Deputy Referee Dry SERC*

The Sport Development Committee and their working groups developed the RLSS 2023 Competition Handbook and the creation of a new and exciting event known as the Non-Aquatic Simulated Emergency Response Competition (Dry SERC). This new event will be included in the Commonwealth Lifesaving Championships 2023 programme.

RLSS is both honoured and appreciative of the opportunity to work with the 2023 Championships Hosts in the Lifesaving Society Canada and the Ontario Branch, both of whom have been long standing supporters of the work of RLSS throughout the Commonwealth.

### *Victoria 2026 submission*

In April 2022, the Commonwealth Games Federation (CGF) announced the 2026 Commonwealth Games had been awarded to the State of Victoria, Australia (Victoria 2026). In mid-2022, Victoria 2026 sought expressions of interest (EOI) from international sports federation for inclusion as one of up to five additional sports.

Life Saving Victoria (LSV) engaged with the ILS, Surf Life Saving Australia (SLSA) and RLSS to prepare and submit an EOI for Lifesaving Sport to be included as one of the additional sports. RLSS was well placed to be a party to this submission given its history of conducting Commonwealth Lifesaving Championships and connections with the CGF. Our RLSS Hon. Executive Director was asked to be the primary author of the EOI given his knowledge of Lifesaving Sport and all lifesaving organisations. Unfortunately, the EOI from Lifesaving Sport for inclusion in Victoria 2026 was unsuccessful in a highly competitive process. This however has not deterred RLSS or any of its partners in promoting lifesaving sport as an important activity to impact the reduction of drowning death and injury across the Commonwealth and worldwide.



**VICTORIA  
2026**

## RLSS Awards and Medals

### *2022 King Edward VII Cup*

The King Edward VII Cup is the Society's most prestigious award for service and is awarded every two years to an individual who has made an outstanding contribution to lifesaving.

In 2022 the King Edward VII Cup was awarded to **Norman Farmer AM ESM** who has been a key figure within the lifesaving and drowning prevention for several decades and not only provides invaluable time and commitment to the Royal Life Saving Society, but to the wider community.

Although a junior member of the Mentone Life Saving Club where his parents were involved, Norm Farmer's keen interest in lifesaving started in his late-teens when he joined the Mordialloc Life Saving Club, where he is still a member as well as a member of the Frankston Life Saving Club. Norm has held many roles within lifesaving in Victoria, Australia including CEO of RLSS Australia Victoria branch from 1998 to 2005, joint CEO of Life Saving Victoria from 2002 to 2005 and a volunteer Board member some years later.

He has held numerous voluntary roles within the international lifesaving community, particularly at the International Life Saving Federation (ILS) where he was involved between 1994 and 2021, as a Board member, Chair of various Commissions and Committees and most recently as President for the Asia Pacific region and Vice President of ILS from 2016 until 2021.



Norm has been involved in a voluntary capacity in international lifesaving events over many years. He was the Chair of the RLSS International Competition Task Force which developed the rules for the 1991 RLSS Centenary Championships on which subsequent Championships were based; was a member of the RLSS Commonwealth Development Committee from 1991 to 1994 and Co-President of the 2007 World Water Safety Conference and a member of its Scientific Committee.



In 2015, Norm became Honorary Executive Director of the RLSS. He has been instrumental in taking forward the Governance Review and putting policies and processes in place for the Society. He has been a driver for engaging youth and delivering major projects for the RLSS such as Emerging Leaders Events, Regional Workshops, CPR projects, a recent sponsored project in Malaysia and the development of a Sport for All programme. He has supported the creation of and led the delivery of the Society's Strategy Action Plan and has been involved in many of the projects contained within the plan and supported each Portfolio Director.

Norm has championed aquatic related research for many organisations within Australia and the ILS. He has presented and published work on a variety of aquatic safety topics including swimming pool safety, coastal safety and international lifesaving development.

As a result of his reputation and wide-ranging experience, Norm continues to support and mentor many lifesaving organisations around the work, particularly in the Asia Pacific region. Norm's service to the RLSS and impact on lifesaving, water safety and drowning prevention over many years has been outstanding.

For his dedication to the Royal Life Saving Society and the wider drowning prevention community, it was with great pleasure that Norman Farmer was awarded the King Edward VII Cup for 2022.

### *2021 Mountbatten Medal*

The Mountbatten Medal is awarded annually for the most gallant rescue or attempted rescue undertaken in the previous calendar year. The 2021 recipient was Daz Lamb from South Africa



On 20th February 2021, 47-year-old Dax Lamb was celebrating a friend's birthday at Umhlanga Rocks in South Africa, when his group was alerted to a drowning in progress off Umdloti Beach. Dax, a holder of the Lifesaving South Africa Surf Proficiency Award, immediately sprinted across the beach and swam approximately 250m through the turbulent surf, reaching the 5-year-old casualty as he was pulled under a big wave. Dax dived under the water and pulled the boy to the surface, giving him a thump to the chest, causing the boy to vomit. At this point Dax saw his friend, a former LSA lifeguard, standing on the shoreline and signalled that he needed assistance. His friend swam out and reached them as they were being hammered by waves crashing over them. Dax and his friend were struggling to keep the boy above water, when two former Surf Lifesaving Club members, who were spending time on the beach, arrived on surfboards to assist.

They loaded the young boy on to one surfboard, and the two of them swam him ashore. Dax's friend used the other surfboard to get back to the beach. Dax, who was totally exhausted by then, allowed the current to take him further out and south, before he eventually managed to reach the beach. He then checked on the young casualty who was being monitored by the lifeguards.

Without Dax's quick and fearless response, the boy would have disappeared below the turbulent waves.

A Mountbatten Medal Letter of Commendation was also awarded to Ilawen Le Dantec Gaussen from Mauritius who rescued a fisherman who had fallen into the sea and was tangled in his fishing net

#### *The Russell Medal*

Unfortunately, there were no nominations for the Russel Medal in 2021 which is awarded for the most outstanding resuscitation or attempted resuscitation performed by a person under 18 years of age.

The RLSS Board of Trustees, on the recommendation of the Russell Medal Committee, have amended the criteria for the Russell Medal so that it can be awarded to an individual who at the time of the rescue was under the age of 21 and that the individual does not need to be RLSS trained.

## RLSS Headquarters, Governance and Administration

We have continued to develop our internal processes and policies and continually monitor our risk management.

During 2022 the RLSS continued to improve its governance and systems by reviewing and updating our Regulations, reviewing quarterly the Risk Register and a range of policies that has included:

- RLSS009 Anti Harassment & Bullying
- RLSS014 Risk Management
- RLSS018 Complaint Handling
- RLSS022 Privacy & Data Protection
- RLSS025 Sharing of Intellectual Property

Our Board of Trustees meets quarterly via electronic format. In May 2022, the term of our existing Board ended and in the first quarter of 2022 we sought nominations for Trustees for the period 2022-2024. The new Board which included two new members were appointed in May 2022. The Business Development Committee, made up of the Chief Executive Officers from our four larger Members have met periodically during 2022 to discuss various matters and offer advice to the Trustees. Our Membership Committee continue to meet quarterly to review various membership issues and consider new membership applications. The Society's Portfolio Directors meet quarterly to update on the progress under their activity within our Strategic Action Plan

## Collaboration

Drowning is a complex public health problem which goes without recognition or attention in many areas of greatest need. Indeed, it has been called a hidden epidemic. There are more 'at risk' populations in the world needing drowning prevention assistance than there are organisations focused on providing help. The RLSS Commonwealth drowning prevention mission needs collaboration from all national, regional and international organisations and governments to be most effective – cooperating fully for the benefit of people worldwide to reduce the global burden of drowning. Strong partnerships are key to achieving our aim of eliminating drowning in the Commonwealth and have enabled us to support our Member Branches in low resourced settings.

In 2022, key partnerships for RLSS included:

The Commonwealth - the Commonwealth is a voluntary association of 56 independent countries that are united by values enshrined in the Commonwealth Charter. Whilst the Commonwealth's roots go back to the days of the British Empire, membership of the Commonwealth today is based on free and equal voluntary co-operation. The Commonwealth Secretariat implements the decisions and plans of Commonwealth leaders. As a Commonwealth Accredited Organisation, we attend meetings hosted by the Commonwealth Secretariat, the Independent Forum of Commonwealth Organisations and the Children's Interest Group.



Our RLSS Member Branches continue to work at the national and community level to reduce drowning through:

- Researching drowning and aquatic emergencies to inform practice.
- Targeted community-based Drowning Prevention projects.
- Training the community and professionals in lifesaving skills for prevention & emergency response.
- Engaging young people in lifesaving and drowning prevention.
- Using the sport of lifesaving to further develop skills and techniques for rescue.
- Monitoring and risk assessing aquatic environments to guarantee safe participation in safe aquatic environments.
- Several of our Members carry out outreach work in nearby countries which widens the impact of our organisation

The International Life Saving Federation (ILS). Both RLSS and RLSS Member Branches are represented on the ILS Board and on the ILS Commissions and Committees, strengthening opportunities for effective collaboration.



The Royal National Lifeboat Institution (RNLI). We continue to collaborate with the RNLI and maintain regular dialogue on matters of mutual interest.



### *RNLI/WHO Workshop*

In 2022, the WHO published practical guidance for teaching basic swimming and water safety. The practical guidance focuses on 12 specific areas where WHO advises that programme implementers adopt certain approaches. As the guidance is new, WHO is interested in programme implementers adopting the guidance, and where necessary, change their practice to follow as closely as possible the guidance provided. An important step in achieving this will be working with leading practitioners who are engaged in the provision of training for basic swimming and water safety.

The RNLI assisted in the uptake and implementation of the 2022 WHO practical guidelines publication by understanding where operational gaps may exist between current and recommended practice. They hosted an operationally focused, lesson sharing workshop from 17th to 20th September in Zanzibar providing the opportunity for leading programme implementers to exchange practice and experience to collectively identify feasible practices which conform as closely as possible to WHO practical guidance. The workshop will provide those delivering survival swimming programmes within low-resource settings, the opportunity to share their learning with others, and contribute to the development of implementation best practice.

We were delighted that Dr Shayne Baker represented RLSS as a facilitator for this Workshop and there were participants from several of our member branches in attendance.



Having signed a two-year agreement in late 2019 with Speedo International, we continue to work closely with them delivering our Small Grants Programme In Lesotho, Cameroon and Malaysia and a larger annual project, as detailed earlier in this report Survival Swimming projects have been conducted in Sri Lanka and South Africa using funding from Speedo International.

RLSS is most grateful for the ongoing support from Laerdal Medical that is helping our regional development and support activities which in 2022 included guidance on drowning prevention education and training to our member organisation in Malta, and survival swimming review activities with the WHO and RNLI in Zanzibar, Tanzania.



**Laerdal**  
helping save lives

## Acknowledgements

The Society's achievements would not have been possible without the support of and contribution from the following persons who gave of their time and experience.

### Portfolio Directors

- Norman Farmer AM ESM – Executive Director
- Anne-Maree Gardiner AM – Director of Lifesaving Sport Development
- Dr Aminur Rahman DCM PhD – Director for Drowning Prevention
- Dr Shayne Baker OAM DProf – Director of Organisational Development
- Becky Lehman – Director of Lifeguard Programmes
- Rhonda Young-Pilon - Youth Advocate
- Justin Bakinga - Project Lead Drowning Prevention through Sport

### Committee and Working Group Chairs

- Clive Patrickson PhD – Business Development Committee
- Robert Clark – Heritage Committee
- Colleen Saunders – Diploma Committee
- Christopher Love – Honours Committee
- Dr Stephen Beerman – Advocacy Steering Group

Our Committees and Working Groups are composed of members from Australia, Canada, India, Lesotho, Malaysia, Malta, South Africa, St Lucia and the UK and we are extremely grateful to all the members for their valuable contributions.

Thank  
you!

## Our Plans for 2023

We will have effective and efficient administration systems that support the Society's operations and activities.

This will be achieved through:

- Operating a Headquarters with good practice business systems and staffing within our means and supported by volunteers and others to ensure the Strategic Action Plan is implemented.
- Having a system of honours, used in all Member organisations, to recognise the valuable contribution by the volunteers
- Administering and support the committees and working groups that the Board considers necessary from time to time including Heritage, Diploma and the provision of awards.
- Exploring multiple ways of working together as a family, embracing large, medium and small member organisations.
- Develop our communications strategy to include staying up to date with latest communication channels that use real time and online technology.

### *Specific Plans for 2023*

- To carry out a major consultation process leading to the development of a Strategic Action Plan for 2024 onwards which will be finalised by the end of 2023
- To launch a Scholarship open to young people from low or middle income nations to attend and present at the 2023 World Conference on Drowning Prevention in Perth, Australia in December 2023
- To work alongside the host committee to deliver the 2023 Commonwealth Lifesaving Championships in Windsor, Ontario, Canada
- To launch a content management system within the members area of our website whereby members can upload and share content and resources amongst the RLSS family. Those members who participate in this sharing opportunity will be asked to sign up to an IP Treaty.
- To continue to support World Drowning Prevention Day and encourage and assist our members to contribute to the work of the WHO in producing a Global Status Report on Drowning
- To launch the Lifesaving Sport for All programme
- To produce and launch the second Commonwealth Fatal Drowning Factsheet
- To develop the concept of a Telegames/virtual lifesaving sport activity accessible to all our members
- Review the conditions of the RLSS Diploma to ensure its continuing relevance
- Establish a Youth Advisory Group to improve youth engagement throughout our network

# Financial Summary

## Income

2022 Total Income  
£73,341

2021 Total Income  
£52,232

Up by  
£21,109

As with previous years, much of the RLSS's income is member payments from the three largest members branches (Australia, Canada and the UK).

With members activities resuming in 2022, membership fees were up from 2021. We also received sponsorships from Speedo International and Laerdal Medical.

We will continue to look at diversifying income streams and funding opportunities.

Our largest branches have made commitments to continue to support the administration of the Society, allowing any raised funds to be spent on programmatic activity.

## Expenditure

Most RLSS expenditure finances the valuable work of RLSS Headquarters (staff and running costs).

The running of survival swimming projects in Sri Lanka and South Africa along with other development activities recommencing increased our expenditure for the year.

2022 Total Expenditure  
£54,512

2021 Total Expenditure  
£40,973

Up by  
£13,539  
from  
2021

## Donors & Funders 2022

The Royal Life Saving Society wishes to thank the following individuals and organisations for their most generous donations, sponsorships and grants during 2022

Her Majesty Queen Elizabeth II  
Edinburgh Trust  
The Lifesaving Society Canada  
Royal Life Saving Society Australia  
Royal Life Saving Society UK

Laerdal Medical  
Speedo International  
TownsWeb Archiving  
Clive Holland  
James McClelland BM

## Reserves Policy

RLSS has a Reserves Policy aimed at ensuring the financial sustainability of the Society. As at the end of 2022, we had £77,354 of general reserves and this meets the Society's Reserves Policy of two years core funding (excludes project work)

Over recent years RLSS has managed to increase its financial reserves through the continued contributions from major branches, increased contributions from member organisations, grants and sponsorships and good fiscal management. This allowed us to offer reduced membership fees to our members who were struggling financially during the pandemic.

In 2022 we set up a Regional Development Fund that is to support regional work carried out in conjunction with our major branches. The total amount in this fund, and our other designated and restricted funds totals £69,242 at the end of 2022.

Given the amount of activity planned for 2023, the Society envisages that expenditure will be high. The Board of Trustees approved the 2023 forecast at their December 2022 meeting given the current value of the Society's general reserves.

## Statement of Trustees' Responsibilities

### In relation to the following financial statements of the Royal Life Saving Society to year end 31 December 2021

In accordance with the Charities Act 2011, the Trustees have prepared the following Financial Statements which give a true and fair view of the Charity's financial activities during the year 2022 and of its financial position as at 31 December 2022.

In preparing these Financial Statements, best practice has been followed and suitable accounting policies have been consistently applied.

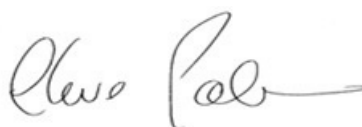
Applicable accounting standards and the Statement of Recommended Practice "Accounting and Reporting by Charities" 2005 have been followed.

The Financial Statements have been independently examined by Richard Oddy FCA after he was given access to all relevant financial documents, general correspondence and Minutes of all Society Committee meetings.

Signed on behalf of the Society Trustees



**Clive Holland**  
**Deputy Commonwealth President**  
31st December 2022



**W Clive Patrickson PhD**  
**Treasurer**  
31st December 2022



COMMONWEALTH  
DROWNING  
PREVENTION

# Financial Statements

For the year ended  
31st December 2022

**Report to the trustees of The Royal Life Saving Society and to the Commonwealth Council**

**On accounts for the year ended 31 December 2022**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 December 2022 as set out on pages 3 and 4.

**Responsibilities and basis of report** As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement** I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:



Richard Oddy FCA

Date: 08 May 2022

# Royal Life Saving Society

## Receipts and payments accounts

For the period from	01/01/2022	To	31/12/2022
---------------------	------------	----	------------

### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	£	£	£	£	£
<b>A1 Receipts</b>					
Membership	43,771	-	-	43,771	37,002
Sponsorship	11,000	13,000	-	24,000	12,000
Donations and Legacies	3,891	-	-	3,891	2,310
Resource Income	1,190	-	-	1,190	733
Reimbursable expense	31	-	-	31	-
Gift Aid	249	-	-	249	-
Dividends/Interest	210	-	-	210	187
<i>Sub total (Income for AR)</i>	<b>60,341</b>	<b>13,000</b>	<b>-</b>	<b>73,341</b>	<b>52,232</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
<i>Sub total</i>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<i>Total receipts</i>	<b>60,341</b>	<b>13,000</b>	<b>-</b>	<b>73,341</b>	<b>52,232</b>
<b>A3 Payments</b>					
Charitable Activities	23,206	-	-	23,206	21,895
Commonwealth Development	5,081	13,800	-	18,881	12,531
Commonwealth Headquarter Costs	9,592	-	-	9,592	3,746
Membership Development	2,468	-	-	2,468	2,367
Support Services	144	-	-	144	260
Finance Charges	220	-	-	220	175
<i>Sub total</i>	<b>40,712</b>	<b>13,800</b>	<b>-</b>	<b>54,512</b>	<b>40,973</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
<i>Sub total</i>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<i>Total payments</i>	<b>40,712</b>	<b>13,800</b>	<b>-</b>	<b>54,512</b>	<b>40,973</b>
<i>Net of receipts/(payments)</i>	<b>19,629</b>	<b>(800)</b>	<b>-</b>	<b>18,829</b>	<b>11,258</b>
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	113,609	14,158	-	127,768	116,509
<i>Cash funds this year end</i>	<b>133,239</b>	<b>13,358</b>	<b>-</b>	<b>146,597</b>	<b>127,768</b>

## Royal Life Saving Society

<b>For the period from</b>	01/01/2022	<b>To</b>	31/12/2022
----------------------------	------------	-----------	------------

### Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
<b>B1 Cash funds</b>	Cash at bank	133,239	13,358	-
	<i>Total cash funds</i>	133,239	13,358	-
		<b>Unrestricted funds</b>	<b>Restricted funds</b>	<b>Endowment funds</b>
<b>B2 Other monetary assets</b>	None	-	-	-
	Details	to nearest £	to nearest £	to nearest £
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Quoted investments			
	Royal Life Saving Society Fund	Unrestricted	-	3,718
	Russell Medal Fund	Restricted	-	10,030
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	None	Unrestricted		
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Payroll liability	-	-	

Signed by one or two trustees on behalf of all the trustees

Signature

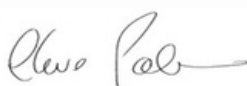
Print Name

Date of approval



Clive Holland

14th June 2023



W Clive Patrickson

14th June 2023





**COMMONWEALTH  
DROWNING  
PREVENTION**

**The Royal Life Saving Society  
Commonwealth Headquarters  
Red Hill House  
227 London Road  
Worcester  
WR5 2JG  
United Kingdom**

**Telephone: +44 (0)1905 958444  
Email: [commonwealth@rlss.org.uk](mailto:commonwealth@rlss.org.uk)  
Website: [www.rlsscommonwealth.org](http://www.rlsscommonwealth.org)**

**THE ROYAL LIFE SAVING SOCIETY**

England & Wales - Charity number 306094

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# Accounts

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COMMONWEALTH  
DROWNING  
PREVENTION

# Annual Report and Accounts 2021

Registered Charity (Charity Commission for England and Wales,  
Charity Number 306094)

Accredited Commonwealth Organisation  
Incorporated by Royal Charter

Registered with the Fundraising Regulator

# Drowning

The process of experiencing respiratory impairment from immersion/submersion in liquid

**The World Health Organization estimates that there are 235,000 global drowning deaths per year**



**Which equates to  
650 deaths a day**



**Which equates to  
26 deaths an hour**

**Over the last decade  
2.5 million people lost their lives through  
drowning**



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Mr Clive Holland	
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## COMMONWEALTH DROWNING PREVENTION

In preparing this annual report it surprised me how much we, as a Society, were able to achieve given that we were in the middle of global pandemic in 2021. Although there were still delays on delivering face to face training, we adapted several of our activities to ensure they could go ahead, albeit some of it virtually.

Details of the activities we undertook in 2021 are included later in this Annual Report but member engagement has remained one of key priorities for our Headquarters function, ensuring our members are keep up to date and supported on local, regional and international matters.

One of our projects for 2021 was to mark the anniversary of the Mountbatten Medal by producing a commemorative book. This project was a bigger task than any of us envisaged but it is extremely satisfying to know that we now have an excellent reference document for our archive. Although we must always look forward as an organisation, it is also wonderful to unearth pieces of history. Speaking with the five recipients on their recollections of the award was a real bonus and gaining an understanding on how the award impacted on them. We were delighted to be able to share a copy of this book with the Mountbatten family and received their thanks and appreciation that we continue to award this medal.

It makes me immensely proud to see the amount of work we have been able to undertake during the pandemic and this could not have been achieved without the dedication of our volunteers. There are too many to mention personally so I send my sincerely thanks to those of you who have helped the Headquarters function over the last year.

Looking ahead to 2022, there will still be challenges as we emerge from the pandemic but believe we are in a good position to be able to advocate and deliver our drowning prevention activities.

**Clive Holland**  
**Deputy Commonwealth President**

## Charity Information and Overview

Registered Name:	The Royal Life Saving Society
Working Names:	RLSS, RLSS Commonwealth, Commonwealth Drowning Prevention, Commonwealth Lifesaving
Registered Charity:	Charity Commission England and Wales, Charity Number 306094
Accredited Commonwealth Organisation	
Registered with the Fundraising Regulator	
Registered Address:	Red Hill House, 227 London Road, Worcester, WR5 2JG, United Kingdom
Patron:	HM Queen Elizabeth II
Commonwealth President:	HRH Prince Michael of Kent GCMG
Deputy Commonwealth President:	Clive Holland
Treasurer:	Clive Patrickson PhD
Portfolio Directors:	Norman Farmer AM ESM <i>Executive Director</i> Anne-Maree Gardiner AM <i>Director of Lifesaving Sport Development</i> Dr Amieur Rahman DCM PhD <i>Director for Drowning Prevention</i> Dr Shayne Baker OAM DProf <i>Director of Organisational Development</i> Becky Lehman <i>Director of Lifeguard Programmes</i>
Operations Manager:	Emma Harrison
Operations Assistant:	Jo Hepburn
Society Bankers:	Lloyds Bank, PO Box 1000, BX1 1LT
Independent Financial Examiner:	Richard Oddy FCA
Honorary Legal Advisor:	Alastair Collett

# RLSS Board of Trustees



Chair  
Clive Holland



Treasurer  
Clive Patrickson PhD

## Elected Trustees

### Asia Pacific



Pene Snashall  
Australia



Lim Chien Ch'eng  
Malaysia



Sanath Wijayarathne  
Sri Lanka

### Europe & Africa



Cavell Burchell  
United Kingdom



Dylan Tommy  
South Africa



Job Kania  
Kenya

### Canada & Caribbean



Robert Clark  
Canada



John MacFarlane  
Jamaica



John Bruce  
St Lucia

## Appointed Trustees



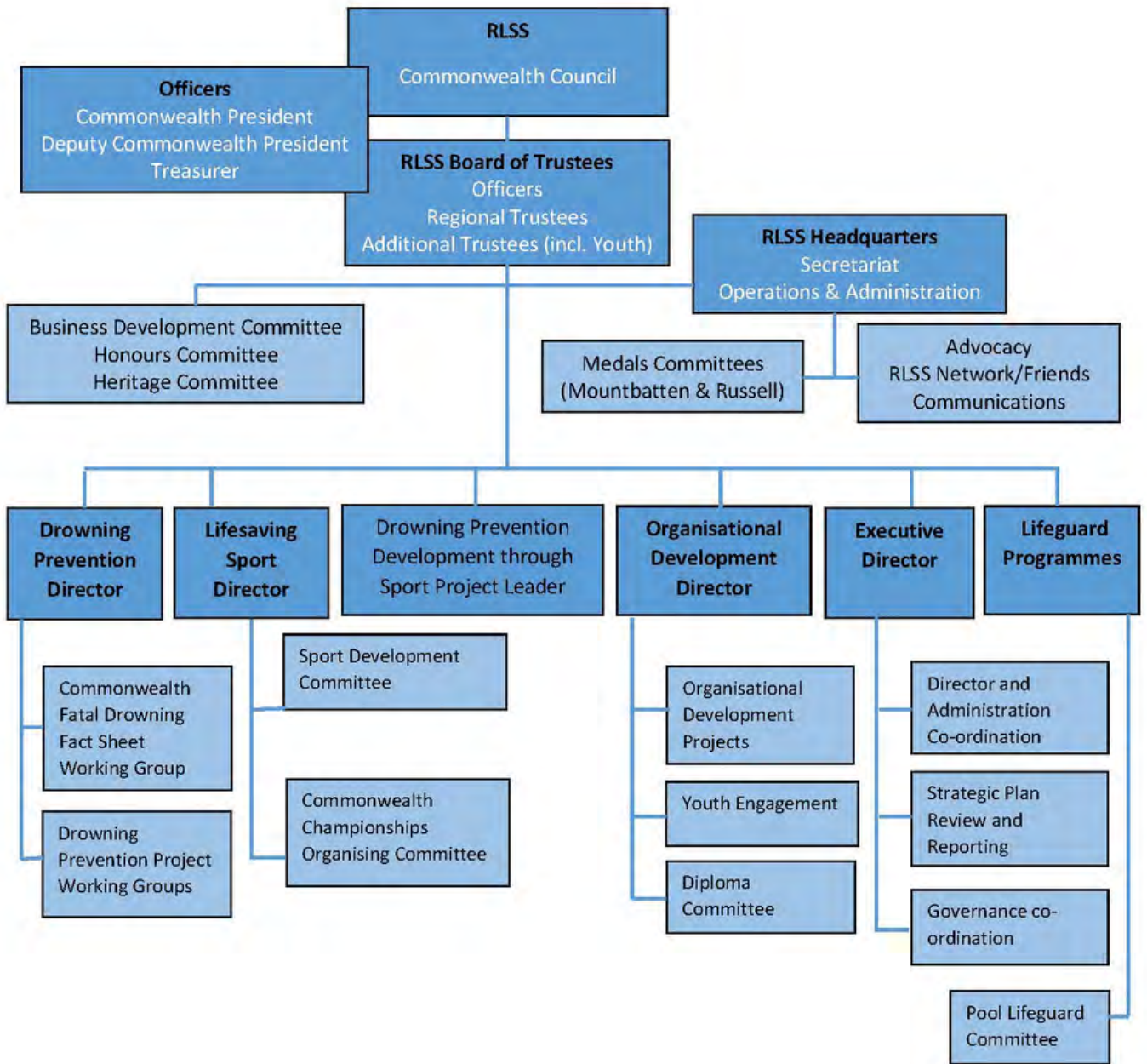
Dr Stephen Beerman  
Canada



Motlatsi Mokala  
Lesotho

Trustees are appointed or elected in accordance with our Regulations to be representative of the range of our network. All Trustees have participated in an induction programme to acquaint them with the responsibilities of trustees and update them on current aspects of our work

# Governance



# Our Members



## Our Charitable Purpose

The Royal Life Saving Society provides public benefit as a charity through reducing drownings and the impact of drownings in the community across the Commonwealth.

Our Trustees have complied with their duty in accordance with the Charities Act 2011 to follow the Charity Commission's guidance on the operations of this public benefit

### Our Mission

Commonwealth Drowning Prevention

### Our Vision

No person in the Commonwealth should drown

### Our Motto

**Whomsoever you see in distress, recognise in them a fellow human being**  
*Quemcunque Miserum Videris Hominem Scias*

### Our Scope

#### "Drowning Prevention"

All activities that contribute to the saving of life in, on and near water

#### "Commonwealth"

All nations that are recognised at any given time by the Commonwealth Secretariat including overseas territories, protectorates and dependencies that are recognised at any given time by the Commonwealth Games Federation



## Our Values

### Family

We are a Family with common heritage and values that works to achieve our mission through a common drowning prevention bond



### Working Together

The Society is 'Our' organisation, and our strength comes from sharing and working together

### Mutual Respect

We will embark on our tasks with honesty and mutual respect for the skills, knowledge and experience that we all bring



### Learning

We will foster a commitment to curiosity and continual learning to help us in achieving our tasks

### Inclusion

We will include and embrace organisations and personnel throughout the Commonwealth in achieving our missions



## RLSS Positioning Statement

RLSS will facilitate drowning prevention, lifesaving and lifesaving sport activity under the brand of The Royal Life Saving Society (RLSS). The RLSS will also foster and facilitate exchanges and sharing between RLSS Members and Companion Organisations

# Strategic Priorities 2020-2023

## Active Membership

### *Member Relations*

We will coordinate information and data on the activities of all member organisations  
We will facilitate the building of capacity in those member organisations seeking assistance  
We will facilitate engagement with youth from all RLSS member organisations

### *Drowning Prevention Development through Sport*

We will implement a lifesaving “sport for all” programme which facilitates broad participation for all Commonwealth nations. This will be a pathway towards Commonwealth Lifesaving Championships participation.

### *Virtual International Lifesaving Sport for Development*

We will implement a sustainable lifesaving sport opportunity that focuses on inter-organisational level pool competitions held locally and with international comparability of results.

## Pool Lifeguarding

We will implement a Commonwealth wide qualification reciprocity program for pool lifeguards in enrolled Commonwealth countries. This program will provide a membership program of benefits for lifeguards that comes as standard with pool lifeguard qualifications

## Advocacy, Partnerships & Collaboration

### *Drowning Prevention Advocacy*

With a clear consistent message, we will position drowning prevention to a range of decision makers throughout the Commonwealth, including the Commonwealth Secretariat, governments and international organisations.

### *Drowning Data, Information and Evidence*

We will understand drowning burden in the Commonwealth as the foundation for our advocacy and capacity building actions.

## Commonwealth Lifesaving Championships

We will organize Commonwealth Lifesaving Championships biennially that enables inclusiveness and engagement.

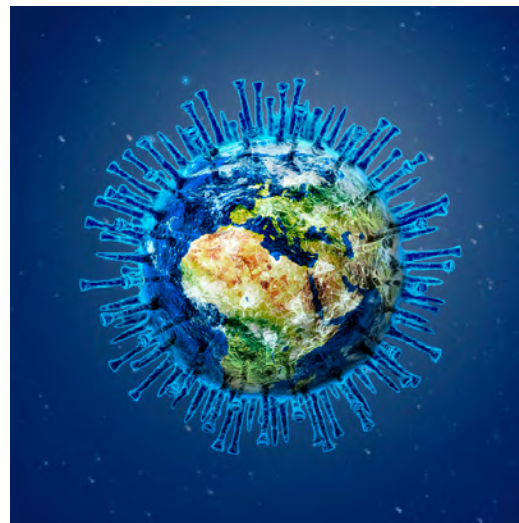
# Our Achievements 2021

## Impact of COVID-19 on the RLSS and its Member Organisations

As we entered the second year of the pandemic, the work of the Society and our Member Organisations remained impacted. For the early part of 2021, our staff worked from home in accordance with UK Government Directives and enabled our administration operations to be disrupted as little as possible. We continued to closely monitor the financial impact on the Society and our Member Organisations and offered a reduced membership fee for 2021 for those whose finances had been impacted by the pandemic.

It was still difficult to deliver project work, although one project in Malaysia did take place (details of which are below), albeit in a very different format that originally envisaged.

Given that some countries during 2021 lifted restrictions, some of our members continue to deliver online content for their courses and will continue this practice going forward on the elements that can be delivered easily online.



### Teacher of Survival Swimming and Water Safety training in Malaysia



Between 21 and 25 November 2021 a Teacher of Survival Swimming and Water Safety blended learning training programme was delivered to 37 teachers from across 16 States and Territories in Malaysia. This was a valuable partnership between RLSS, Life Saving Society Malaysia (LSSM), Malaysia Ministry of Education (MOE) and the Water Activities Safety Council of Malaysia (MKAA) and supported by Speedo International.

The five day programme included theory and practice in all aspects of teaching survival swimming and water safety delivered in person and also online and remotely from Australia

With ongoing support of the Ministry of Education and the Life Saving Society Malaysia the number of trained teachers delivering survival swimming to students will increase each year and contribute to drowning prevention and reduction across Malaysia.

### 48 hour CPR Challenge

The first RLSS Commonwealth 48 hr CPR Challenge took place on 29th September to mark World Heart Day. Twelve member organisations took part in the Challenge over the two days in a relay style event. Each member organisation taking part organised CPR activities during their allotted times over the two days. The activity was promoted on social media channels and was seen as an awareness raising project rather than fund generating. This will become an annual event and plans for the 2022 CPR Challenge are being made.



## UN Resolution on Global Drowning Prevention and World Drowning Prevention Day (WDPD)

At the 75th session of the United National General Assembly on Wednesday 28 April 2021, the Draft UN Resolution on Global Drowning Prevention (A/75/L.76) was approved.

It invites countries to take voluntary action on drowning prevention appropriate to national contexts (in line with World Health Organisation recommendations), and encourages collaboration amongst key UN Agencies, to advance awareness and actions to reduce drowning.

This first-ever UN Resolution on Global Drowning Prevention was proposed by the Governments of Bangladesh and Ireland. More than 50 nations (represented by the Government Missions to the UN in New York) participated in the negotiations of this document, including from nations where there are RLSS members.

The Resolution:

- Recognises drowning has been the cause of over 2.5 million preventable deaths in the past decade but has been largely unrecognised relative to its impact.
- Recognises drowning is inequitable, with over 90 per cent of deaths occurring in low- and middle-income countries, with Asia carrying the highest burden of drowning deaths by number.
- Notes drowning disproportionately affects children and young people, especially in rural areas, with many countries reporting drowning as the leading cause of childhood mortality.
- Clarifies the official global estimate of 235,000 deaths per annum (WHO Global Health Estimates, 2020) and excludes drownings attributable to flood-related climatic events and water transport incidents, resulting in the underrepresentation of drowning deaths by up to 50 per cent in some countries
- Sets out a range of voluntary actions countries can take on drowning prevention, relevant to their national context and in line with WHO recommendations
- Establishes a UN day on international drowning prevention, to be observed annually on 25th July.

The RLSS is well-placed to support international cooperation by sharing lessons learned, and best practices, within and among regions. RLSS already contributed to such work through collaboration with the World Health Organisation (WHO), International Life Saving Federation (ILS), via drowning prevention and resuscitation projects in many Commonwealth countries

The lifesaving community owes thanks to the Royal National Lifeboat Institution (RNLI) for their highly skilled and effective leadership to bring this UN Resolution on Global Drowning Prevention to reality.

Sunday 25th July 2021 saw the first World Drowning Prevention Day. World Drowning Prevention Day serves two purposes. It acknowledges and commemorates the thousands of lives lost to the water every year; and accelerates and celebrates life-saving solutions that we can all take to prevent drowning locally, nationally, regionally and globally.

The Royal Life Saving Society ran a social media campaign on the run up to and during the first World Drowning Prevention Day. Communications were also sent to all Commonwealth organisations and High Commissions in London as an advocacy piece and we were delighted that the Commonwealth Hub of the Foreign Commonwealth and Development Office acknowledged the day by retweeting posts from the World Health Organisation.



Anyone can drown,  
no one should.



## Pool Lifeguard Project

In 2020 we commenced the work to see if we could offer a Commonwealth Pool Lifeguard reciprocity programme. This programme seeks to assist lifeguards to move from being a qualified lifeguard in their current country to being eligible for employment in a chosen destination country by removing or minimising barrier to gaining the necessary qualifications for employment.

The initial stages that commenced in late 2020 and continued into 2021, involving four of our larger branches, Australia, Canada, South Africa and the UK. The project was completed in a series of steps and included in-depth comparisons of curriculums of each country and documents competency gaps to ensure appropriate resources could be developed.

Some work is still to be completed on the final recommendations and this will be completed in early 2022.

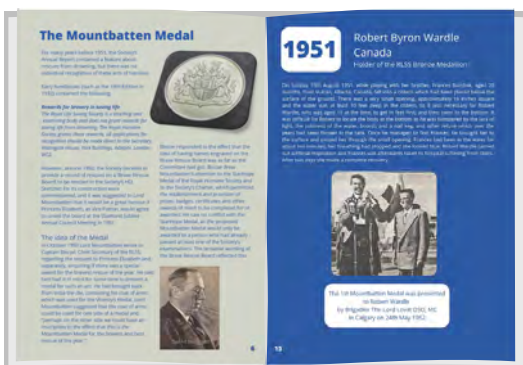


## Mountbatten Medal

2021 marked the 70th Anniversary of the Mountbatten medal and to mark this occasion the Mountbatten Medal book was published.

The Mountbatten medal is awarded annually for the most gallant rescue or rescue attempt undertaken in the previous year by an individual who has taken RLSS training or holds or has held a lifesaving award delivered by a RLSS Member Organisation.

The book contains information on the History of the Society, details on the involvement of Lord Mountbatten with the RLSS, how the Mountbatten Medal came about, it's criteria, production and awarding details. There are citations, many with pictures, of all recipients since 1951. The final section of the book contains personal reflections of 5 of the recipients of the Mountbatten Medal. It was humbling for those who conducted the interviews to get an understanding on how the awarding the Mountbatten Medal had impacted on the lives of the recipients. The Mountbatten Medal book will become part of the Society's archive and is available for purchase



## King Edward VII Cup Presentation

The Society was honoured to have our Patron, HM The Queen present, virtually, the 2020 King Edward VII Cup to Dr Stephen Beerman from Canada. The virtual call took place on 6th May as was attended by Dr Stephen Beerman, Deputy Commonwealth President, Mr Clive Holland and two previous Russell Medal recipients, Sarah Downes (UK) and Tanner Gorille (South Africa). During the call, Her Majesty recalled her RLSS achievements particularly her Artificial Respiratory Award which she took 80 years ago. The King Edward VII Cup is awarded each two years, in even numbered years, to a person who has made an outstanding contribution to lifesaving.



## Member Relations

We continue to maintain contact with our Member Organisations and have continued with our twice yearly Committee of Presidents meetings. During 2021, we introduced guest speakers for these meetings, Dr Aminur Rahman from our Member Organisation in Bangladesh presented on the Commonwealth Fatal Drowning factsheet and Gemma May, from RNLI presented on the UN Resolution on Drowning Prevention. We also offered several additional benefits to our membership which included the production of a marketing brochure to highlight the members connection to the RLSS and a member presentation that could be used when promoting their activities or any advocacy work.



## Drowning Prevention Development through Sport (aka Lifesaving Sport for All)

The aim of the Drowning Prevention Development through Sport project is to develop and implement a lifesaving “sport for all” programme that introduces lifesaving sport for those who have completed basic swimming and water safety education.

This first year of the project under the leadership of Nathalie Vallieres Martin from Canada included investigation and research into what lifesaving sport programmes were being developed and/or delivered across RLSS member organisations. Towards the end of the year plans were initiated to form a Working Group to consider a draft Programme Guide and to coordinate a number of pilot programmes.

We continue to deliver our Membership Review and questionnaires have been sent to all branches. Interviews with several branches have taken place and have provided us an opportunity to get a better understanding on the operations within those organisations and for them to learn more about how we can support them.



## Other Notable Achievements

We continue our relationship with Speedo International, despite a change in personnel within Speedo. We are developing project plans for the funding already received and hope to roll out projects in Sri Lanka and South Africa during 2022. We continue to promote the Small Grants Programme and in 2021 awarded grants to:

- Royal Lesotho Lifesaving Association for a community lake programme teaching children to float and swim
- Life Saving Society Malaysia - Penang Branch to teach instructors for a community survival swimming and water safety training programme
- Rashtriya Life Saving Society (India) for a Swim to Survive programme delivered in Pune and Nagpure

An Advocacy Steering Group was set up in October 2022 and in December the RLSS Advocacy Plan was approved by the Board of Trustees. The aims of the RLSS Advocacy Plan include to elevate awareness and support by the Commonwealth of Nations leadership for drowning prevention, lifesaving, and youth leadership training through the work of the RLSS and its members, and to strengthen the RLSS contributions within the global drowning prevention effort. The roll out of the Advocacy Plan will commence in 2022

In December, we appointed a volunteer Youth Advocate who will be responsible for working with the RLSS Directors and RLSS Headquarters to support the development and implementation of activity that ensures young people are engaged and involved in the RLSS. This activity is guided by the RLSS Position Statement on Youth Engagement.

We also continued our partnership with the Lifesaving Society of Canada in the design and development of the Commonwealth Virtual Lifesaving Challenge. These are inter-organisation (e.g. club, provincial or national teams) level pool lifesaving competitions held during pre-determined dates at aquatic facilities throughout the year. The performances of competitors are compared with other lifesavers – all without travelling outside their local community. We anticipate launching this in late 2022.

The RLSS Sport Development Committee (SDC) and the Lifesaving Society Canada continued to plan for the for the 2023 Commonwealth Lifesaving Championships to be held in Windsor, Ontario Canada from 13 to 17 September 2023. The 2023 Championships have been rescheduled from 2021 due to the COVID-19 pandemic. The SDC activities included updating the competition rules, developing rules for a dry simulated emergency response competition (SERC), and investigating Commonwealth lifesaving sport records.

The RLSS Diploma recognises significant contributes to our life saving knowledge. It is one of the Society's oldest and most prestigious international awards. The RLSS Diploma is awarded to individuals and teams, who have added to our knowledge in ways that can save lives and prevent drowning.

In 2021 we received 4 Diploma applications on the following subjects:

- Risk Management & Health & Safety Aspects of The Shoreline of Putrajaya (Malaysia) & Recommended Drowning Prevention Initiatives
- Longitudinal Study on the Lifesaving Operations in the New World Harbour Race 2016-2018
- Advancing Community Safety In, On and Around the Water
- 2019/20 Victorian (Australia) Public Pools: State of the Sector Report

The Society has a wide range of Honours to recognise the significant contribution of volunteers. In 2021 we commenced a review of our current handbook and this will be completed by March 2022 and approval from the Board of Trustees will be sought.

Higher Society Honours awarded in 2021:

*Honorary Life Member*

Geh Thuan Tek (Malaysia)

*Honorary Life Governor*

Joseph Debono (Malta)

Paul Ellul Bonici (Malta)

Janet Wilson (UK)

*Commonwealth Vice President*

Carol Devaux (St Lucia)

Colin Macdonald (Lesotho)

## RLSS Awards and Medals

The Mountbatten Medal is awarded annually for the most gallant rescue or attempted rescue undertaken in the previous calendar year. In 2019 the recipient was Conor Power from Ireland

On 11th November 2020, 17-year-old Conor Power was at the Northern end of Greystones South Beach, County Wicklow, Ireland, to train for the practical element of his Physical Education Leaving Certificate exam. A quick inspection showed that conditions were too severe (gusty winds, strong current to the north and large waves breaking on to the shore) and the training session was cancelled. A little later, around 3pm, Conor, who holds several RLSS Awards including Survive and Save Bronze (Open Water) was on his way home with a colleague when he became aware of a lady being moved towards the rocks by the sea. A bystander told him she had not been making progress for more than 15 min. She was being carried toward the rocks by the sea.

Conor asked the bystander to contact the emergency services. In the meantime, he got a ring buoy and gave it, with instruction in its use, to his colleague should Conor have to enter the water. Conor then ran some 200 metres to get another ring buoy for use in a rescue, if needed.

As the casualty's situation was not improving Conor decided it necessary to attempt a rescue, so he stripped to his underwear and taking the ring buoy swam the approximate 200 metres distance to the lady. He gave her the buoy and retaining the rope attempted to tow her clear of the dangerous rocks. After much effort he got her clear of the immediate danger of the rocks but the effort, cold water, the wind, and waves effected his strength, and left him exposed to excessive risk. He instructed the lady to not to let go of the ring buoy under any circumstance, that help was on its way. He returned to shore, where initially he was placed in a Garda car and subsequently in an ambulance to warm up and oxygen was administered as his oxygen levels were low due to the effort. Subsequently he was brought to St Vincent's Hospital A&E where he was observed for around 3 hours prior to release.

The casualty was recovered from the sea by Rescue 116, the local Search and Rescue helicopter (SAR), and was, also, evacuated to hospital where she is understood to have made a full recovery.



A Mountbatten Medal Letter of Commendation was also awarded to Andrew Hand-Davis from the UK for rescuing a young girl from the sea near Southampton in June 2020.



Unfortunately, there were no nominations for the Russel Medal in 2020 which is awarded for the most outstanding resuscitation or attempted resuscitation performed by a person under 18 years of age.

# RLSS Headquarters, Governance and Administration

We have continued to develop our internal processes and policies and continually monitor our risk management.

During 2021 the RLSS continued to improve its governance and systems by reviewing and updating our Regulations, reviewing quarterly the Risk Register and a range of policies that has included:

- RLSS012 Voting Outside of a Committee Policy
- RLSS017 Development Assistance Principles Policy
- RLSS019 Financial Procedures Policy
- RLSS003 Ethical Fundraising Policy
- RLSS007 Grievance Policy
- RLSS016 Volunteer Management Policy
- RLSS004 Sport for Development Policy
- RLSS008 Safeguarding
- RLSS009 Anti Harassment
- RLSS023 Code of Ethics

The Board of Trustees also approved the adoption of two new Policies relating to Intellectual Property (IP)

- RLSS024 Recognition and Protection of RLSS Intellectual Property
- RLSS025 Sharing of Intellectual Property Among Approved RLSS Member Branches

Our Board of Trustees have continued to meet quarterly. The term of the current Board will end in May 2022 and we seek nominations for the new Board in early 2022. The Business Development Committee, made up of Chief Executive Officers from our four larger branches have met periodically during 2021 to discuss various matters such as Learning Management System, Advocacy and the Regional Development Fund. Our Membership Committee continued to meet quarterly to review various membership issues and consider new membership applications.

## Collaboration

Drowning is a complex public health problem which goes without recognition or attention in many areas of greatest need. Indeed, it has been called a hidden epidemic. There are more 'at risk' populations in the world needing drowning prevention assistance than there are organisations focused on providing help. The RLSS Commonwealth drowning prevention mission needs collaboration from all national, regional and international organisations and governments to be most effective – cooperating fully for the benefit of people worldwide to reduce the global burden of drowning. Strong partnerships are key to achieving our aim of eliminating drowning in the Commonwealth and have enabled us to support our Member Branches in low resourced settings.

In 2021, key partnerships for RLSS included:

The Commonwealth - the Commonwealth is a voluntary association of 54 independent countries that are united by values enshrined in the Commonwealth Charter. Whilst the Commonwealth's roots go back to the days of the British Empire, membership of the Commonwealth today is based on free and equal voluntary co-operation. The Commonwealth Secretariat implements the decisions and plans of Commonwealth leaders.



Our 33 RLSS Member Branches who continue to work at the national and community level to reduce drowning through:

- Researching drowning and aquatic emergencies to inform practice.
- Targeted community-based Drowning Prevention projects.
- Training the community and professionals in lifesaving skills for prevention & emergency response.
- Engaging young people in lifesaving and drowning prevention.
- Using the sport of lifesaving to further develop skills and techniques for rescue.
- Monitoring and risk assessing aquatic environments to guarantee safe participation in safe aquatic environments.
- Several of our Members carry out outreach work in nearby countries which widens the impact of our organisation



The International Life Saving Federation (ILS). Both RLSS and RLSS Member Branches are represented on the ILS Board and on the ILS Commissions and Committees, strengthening opportunities for effective collaboration.

The Royal National Lifeboat Institution (RNLI). We continue to collaborate with the RNLI and maintain regular dialogue on matters of mutual interest.



Having signed a two-year agreement in late 2019 with Speedo International, we continue to work closely with them delivering our Small Grants Programme and a larger annual project. COVID-19 has had an impact on the delivery of this work, but we remain in regular communication with the team at Speedo although there has been a change of personnel at Speedo and their parent company Pentland during 2021.

## Acknowledgements

The Society's achievements would not have been possible without the support of and contribution from the following persons who gave of their time and experience.

### Portfolio Directors

- Norman Farmer AM ESM – Executive Director
- Anne-Maree Gardiner AM – Director of Lifesaving Sport Development
- Dr Aminur Rahman DCM PhD – Director for Drowning Prevention
- Dr Shayne Baker OAM DProf – Director of Organisational Development
- Becky Lehman – Director of Lifeguard Programmes

### Committee and Working Group Chairs

- Clive Patrickson PhD – Business Development Committee
- Robert Clark – Heritage Committee
- Colleen Saunders – Diploma Committee
- Christopher Love – Honours Committee
- Dr Stephen Beerman – Advocacy Steering Group

Our Committees and Working Groups are composed of members from Australia, Canada, India, Lesotho, Malaysia, Malta, South Africa, St Lucia and the UK and we are extremely grateful to all the members for their valuable contributions.

## Our Plans for 2022

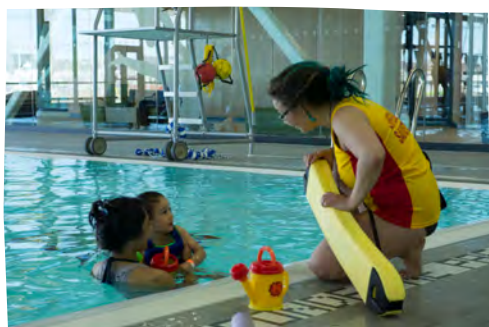
We will have effective and efficient administrative systems that support the Society's operations and activities.

This will be achieved through:

- Operating a Headquarters with good practice business systems and staffing within our means and supported by volunteers and others to ensure the Strategic Action Plan is implemented.
- Having a system of honours, used in all Member organisations, to recognise the valuable contribution by the volunteers.
- Administering and supporting the committees and working groups that the Board considers necessary from time to time including Heritage, Diploma and provision of awards.
- Exploring multiple ways of working together as a family, embracing large, medium and small member organisations.
- Reviewing and implementing a communications strategy that is linked to the advocacy strategy, which identifies new/improved channels that use real time and online technology for internal communications between RLSS member organisations.

Specific plans for 2022 are:

- Deliver Speedo International funded projects in Sri Lanka and South Africa
- Pilot the Drowning Prevention Development through Sport (Lifesaving Sport for All) programme
- Launch the Commonwealth Virtual Lifesaving Challenge
- Carry out the election of the Board of Trustees for the term 2022-2024
- Tribute to our Patron, HM the Queen in Platinum Jubilee year
- Investigate common standards for education and training across the network
- Commence projects that will be funded by our Regional Development Plan



# Financial Summary

## Income

2021 Total Income  
£52,232

2020 Total Income  
£87,094

Down  
by  
£34,862

As with previous years, much of the RLSS's income is member payments from the three largest members branches (Australia, Canada and the UK). Our income was down due partly to us offering members a reduced or zeroed membership fee for 2021. We have also stopped receiving an annual donation from HRH The Duke of Edinburgh which has slightly impacted our income.

We will continue to look at diversifying income streams and funding opportunities.

Our largest branches have made commitments to continue to support the administration of the Society, allowing any raised funds to be spent on programmatic activity.

## Expenditure

Most RLSS expenditure finances the valuable work of RLSS Headquarters (staff and running costs). With the continuation of the COVID-19 pandemic, our expenditure has been relatively low as much of our activity has been postponed. We did however, fund the Teacher of Survival Swimming and Water Safety project in Malaysia.

2021 Total Expenditure  
£40,973

2020 Total Expenditure  
£32,537

Up by  
£8,436  
from  
2020

## Donors & Funders 2021

The Royal Life Saving Society wishes to thank the following individuals and organisations for their most generous donations, sponsorships and grants during 2021

Her Majesty Queen Elizabeth II  
The Lifesaving Society Canada  
Royal Life Saving Society Australia  
Royal Life Saving Society UK

Laerdal Medical  
Clive Holland  
James McClelland BM  
Shayne Baker

## Reserves Policy & Regional Development Fund

RLSS has a Reserves Policy aimed at ensuring the financial sustainability of the Society. As at the end of 2021, we had £70,225 of general reserves

Over recent years RLSS has managed to increase its financial reserves through the continued contributions from major branches, increased contributions from member organisations, grants and sponsorships and good fiscal management. This allowed us to offer reduced membership fees to our members who were struggling financially during the pandemic.

Several member organisations were able to contribute the full membership amount but requested that 50% of their fee was ringfenced for development work. We also had several designated funds that had small amounts of funding in them. The Board of Trustees approved that we should merge these designated funds, the additional membership payments and some of our reserves to create one Regional Development Fund.

The Regional Development Fund is for multi-year term-based projects in each of the three Regions (Africa-Europe, Asia-Pacific, and Canada and the Caribbean) consistent with the RLSS Strategic Action Plan. RLSS will provide financial support for two- or three-year regional development projects, each of which would have a plan with some specific outcomes, run in partnership with major Branches.

## Statement of Trustees' Responsibilities

### In relation to the following financial statements of the Royal Life Saving Society to year end 31 December 2021

In accordance with the Charities Act 2011, the Trustees have prepared the following Financial Statements which give a true and fair view of the Charity's financial activities during the year 2021 and of its financial position as at 31 December 2021. In preparing these Financial Statements, best practice has been followed and suitable accounting policies have been consistently applied.

Applicable accounting standards and the Statement of Recommended Practice "Accounting and Reporting by Charities" 2005 have been followed.

The Financial Statements have been independently examined by Richard Oddy FCA after he was given access to all relevant financial documents, general correspondence and Minutes of all Society Committee meetings.

Signed on behalf of the Society Trustees



**Clive Holland**  
**Deputy Commonwealth President**  
June 2022



**Clive Patrickson PhD**  
**Treasurer**  
June 2022



COMMONWEALTH  
DROWNING  
PREVENTION

# Financial Statements

For the year ended  
31st December 2021

## **Report to the trustees of The Royal Life Saving Society and to the Commonwealth Council**

### **On accounts for the year ended 31 December 2021**

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 31 December 2021 as set out on pages 3 and 4.

**Responsibilities and basis of report** As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner's statement** I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Richard Oddy FCA

Date: 07 June 2022

# Royal Life Saving Society

## Receipts and payments accounts

For the period from	01/01/2021	To	31/12/2021
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### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	£	£	£	£	£
<b>A1 Receipts</b>					
Membership	37,002	-	-	37,002	43,726
Sponsorship	12,000	-	-	12,000	12,500
Donations and Legacies	2,310	-	-	2,310	4,044
Resource Income	733	-	-	733	284
Reimbursable expense	-	-	-	-	3,191
Speedo Small Grants	-	-	-	-	3,180
Project Sponsorship Speedo	-	-	-	-	20,000
Dividends/Interest	187	-	-	187	170
<i>Sub total (Income for AR)</i>	<b>52,232</b>	<b>-</b>	<b>-</b>	<b>52,232</b>	<b>87,094</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<i>Sub total</i>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<i>Total receipts</i>	<b>52,232</b>	<b>-</b>	<b>-</b>	<b>52,232</b>	<b>87,094</b>
<b>A3 Payments</b>					
Charitable Activities	21,895	-	-	21,895	23,344
Commonwealth Development	926	11,605	-	12,531	4,418
Commonwealth Headquarter Costs	3,746	-	-	3,746	4,320
Membership Development	2,367	-	-	2,367	173
Support Services	260	-	-	260	120
Finance Charges	175	-	-	175	161
Speedo small grants	-	-	-	-	1,026
Africa Workshop	-	-	-	-	5,000
<i>Sub total</i>	<b>29,368</b>	<b>11,605</b>	<b>-</b>	<b>40,973</b>	<b>38,563</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<i>Sub total</i>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<i>Total payments</i>	<b>29,368</b>	<b>11,605</b>	<b>-</b>	<b>40,973</b>	<b>38,563</b>
<i>Net of receipts/(payments)</i>	<b>22,863</b>	<b>(11,605)</b>	<b>-</b>	<b>11,258</b>	<b>48,532</b>
A5 Transfers between funds	4,588	(4,588)	-	-	-
A6 Cash funds last year end	86,158	30,351	-	116,509	67,978
<i>Cash funds this year end</i>	<b>113,609</b>	<b>14,158</b>	<b>-</b>	<b>127,768</b>	<b>116,509</b>



# Royal Life Saving Society

For the period from	01/01/2021	To	31/12/2021
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## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Cash at bank	113,609	14,158	-
	<i>Total cash funds</i>	113,609	14,158	-
<b>B2 Other monetary assets</b>	Details			
	None	-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Quoted investments			
	Royal Life Saving Society Fund	Unrestricted	-	3,937
	Russell Medal Fund	Restricted	-	10,051
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	None	Unrestricted		
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Payroll liability	-	-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Clive Patrickson	15th June 2022
	Clive Holland	15th June 2022





**COMMONWEALTH  
DROWNING  
PREVENTION**

**The Royal Life Saving Society  
Commonwealth Headquarters  
Red Hill House  
227 London Road  
Worcester  
WR5 2JG  
United Kingdom**

**Telephone: +44 (0)300 323 0096  
Email: [commonwealth@rlss.org.uk](mailto:commonwealth@rlss.org.uk)  
Website: [www.rlsscommonwealth.org](http://www.rlsscommonwealth.org)**

**THE ROYAL LIFE SAVING SOCIETY**

England & Wales - Charity number 306094

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# Accounts

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# COMMONWEALTH DROWNING PREVENTION

## THE ROYAL LIFE SAVING SOCIETY Annual Report and Accounts For the year ended December 2020

Registered Charity (Charity Commission for England and Wales, Charity Number 306094)  
Accredited Commonwealth Organisation  
Incorporated by Royal Charter  
Registered with the Fundraising Regulator



COMMONWEALTH  
DROWNING  
PREVENTION

## ***Drowning:***

**The process of experiencing respiratory impairment from immersion/submersion in liquid**

**The World Health Organization estimates that there are 235,000 global drowning deaths per year**



**WHICH EQUATES TO**  
650 deaths a day

**WHICH EQUATES TO**  
26 deaths an hour



**OVER THE LAST DECADE**  
2.5 million people lost their lives through drowning

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**COMMONWEALTH  
DROWNING  
PREVENTION**



## KENSINGTON PALACE

When I penned my message for last years' report, we were entering the global COVID-19 pandemic and I expressed the hope that when I next wrote, we would be experiencing much more positive times. Although the global vaccine rollout provides a way out of the crisis, it will be some time before we are back to any kind of normality.

The pandemic has impacted on our organisation, like so many others. I am delighted to hear how so many of our member organisations have adapted their activities during the last year to ensure that vital training and water safety messages continue to be delivered.

Despite being unable to launch our Fatal Drowning in Commonwealth Countries factsheet as planned in April in London, we felt it was important for this information to be available, and therefore the electronic launch took place in July. The report has been well received and now provides the Society with a valuable means of highlighting the unnecessary loss of life through drowning. It is sad to learn that in some Commonwealth nations the rates of drowning have increased during the pandemic so this factsheet will be useful when advocating for drowning prevention activities.

I would like to extend my thanks to all the volunteers and members who have supported the activities of the Royal Life Saving Society around the Commonwealth through this difficult time and wish you all a very safe 2021.

A handwritten signature in black ink, appearing to read 'Michael'.

HRH Prince Michael of Kent GCVO  
Commonwealth President



## **Message from Clive Holland, Deputy Commonwealth President**

At the start of the pandemic in 2020, I am not sure any of us realised the impact it would have on us, or the organisations we support through employment, volunteering and membership. The situation in many countries is still very serious but it is pleasing to see that many of our member organisations are coming out of the pandemic stronger with many having discovered new and innovative ways to deliver their activities. The closure of swimming pools for long periods of time has had a devastating impact on the teaching of lifesaving skills. It is important that as a global community we ensure the re-establishment of teaching of water safety and survival swimming skills to ensure all, especially children, remain safe in and around water.

We had hoped that 2021 would see us resuming our projects and hosting various events but we believe we are still some way off from returning to a normal way of life so although it was the right decision, it was with great sadness that we announced the postponement of our Commonwealth Lifesaving Championships taking place in Windsor, Ontario, Canada from 2021 to 2023.

2020 saw the expiry of the first term of our Board of Trustees under the 2018 Supplemental Charter. I was delighted that so many Trustees wished to continue for a second term and to welcome Cavell Burchell (Trustee for RLSS UK) and Motlatsi Mokala (Youth Trustee from Lesotho) to the Board. I would like to thank all the Trustees, including those who retired, for their support during the last two years.

Details of the activities we undertook during 2020 are contained in this Annual Report. Aside from the launch of the Fatal Drowning in Commonwealth Countries factsheet, one of our main priorities during the last year has been to keep in regular contact with our members and to offer support and assistance to help them through the pandemic. We believe this has enabled us to develop better relationships with some branches and this will be enhanced with the membership review that we commenced during 2020 as part of our Strategic Action Plan.

**Clive Holland**  
**Deputy Commonwealth President**

## Charity Information and Overview

**Registered Name:** The Royal Life Saving Society  
**Working Names:** RLSS, RLSS Commonwealth, Commonwealth Lifesaving, Commonwealth Drowning Prevention  
**Registered Charity:** Charity Commission England and Wales, Charity Number 306094.

### Accredited Commonwealth Organisation

### Registered with the Fundraising Regulator

**Registered Address:** Red Hill House, 227 London Road, Worcester, WR5 2JG, United Kingdom

### Patron

HM Queen Elizabeth II

### Commonwealth President

HRH Prince Michael of Kent GCVO

### Deputy Commonwealth President

Clive Holland

### Treasurer

Clive Patrickson PhD

### Portfolio Directors

Norman Farmer AM ESM – Executive Director  
Anne-Maree Gardiner – Director of Lifesaving Sport Development  
Dr Aminur Rahman DCM PhD – Director for Drowning Prevention  
Dr Shayne Baker OAM DProf – Director of Organisational Development  
Doug Ferguson – Director of Lifeguard Programmes

### Operations Manager

Emma Harrison

### Operations Assistant

Jo Hepburn

### Society Bankers

Lloyds Bank, PO Box 1000, BX1 1LT

### Independent Financial Examiner

Richard Oddy FCA

## RLSS Board of Trustees



**Chair**  
Clive Holland



**Treasurer**  
Clive Patrickson PhD

**Honorary Legal Advisor** Alastair Collett

### Elected Trustees Asia Pacific



Pene Snashall  
Australia

### Elected Trustees Europe & Africa



Cavell Burchell  
United Kingdom

### Elected Trustees Canada & Caribbean



Robert Clark  
Canada

### Appointed Trustees



Dr Stephen Beerman  
Canada



Sanath Wijayaratne  
Sri Lanka



Dylan Tommy  
South Africa



John MacFarlane  
Jamaica



Motlatsi Mokala  
Lesotho



Lim Chien Ch'eng  
Malaysia



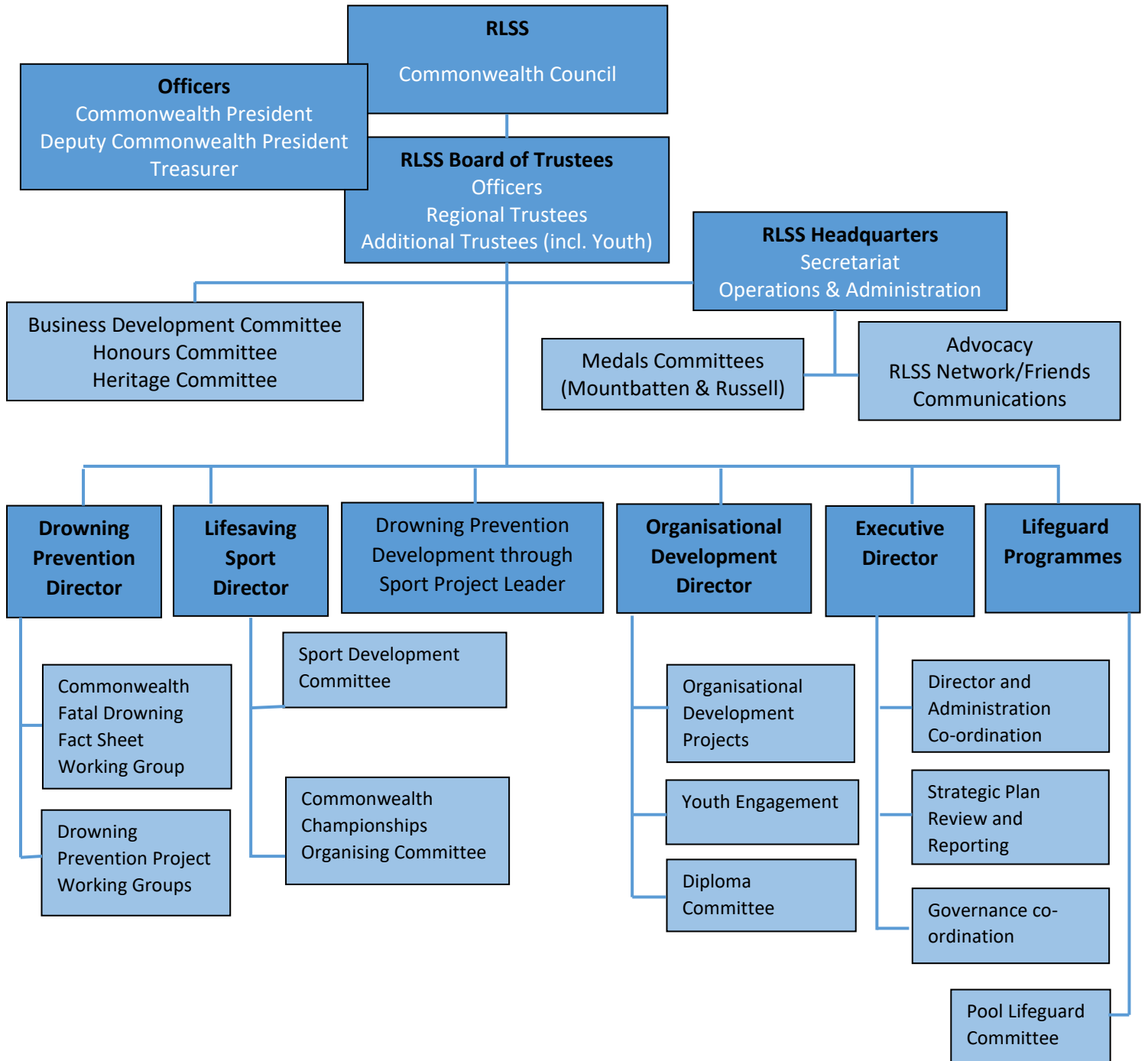
Job Kania  
Kenya



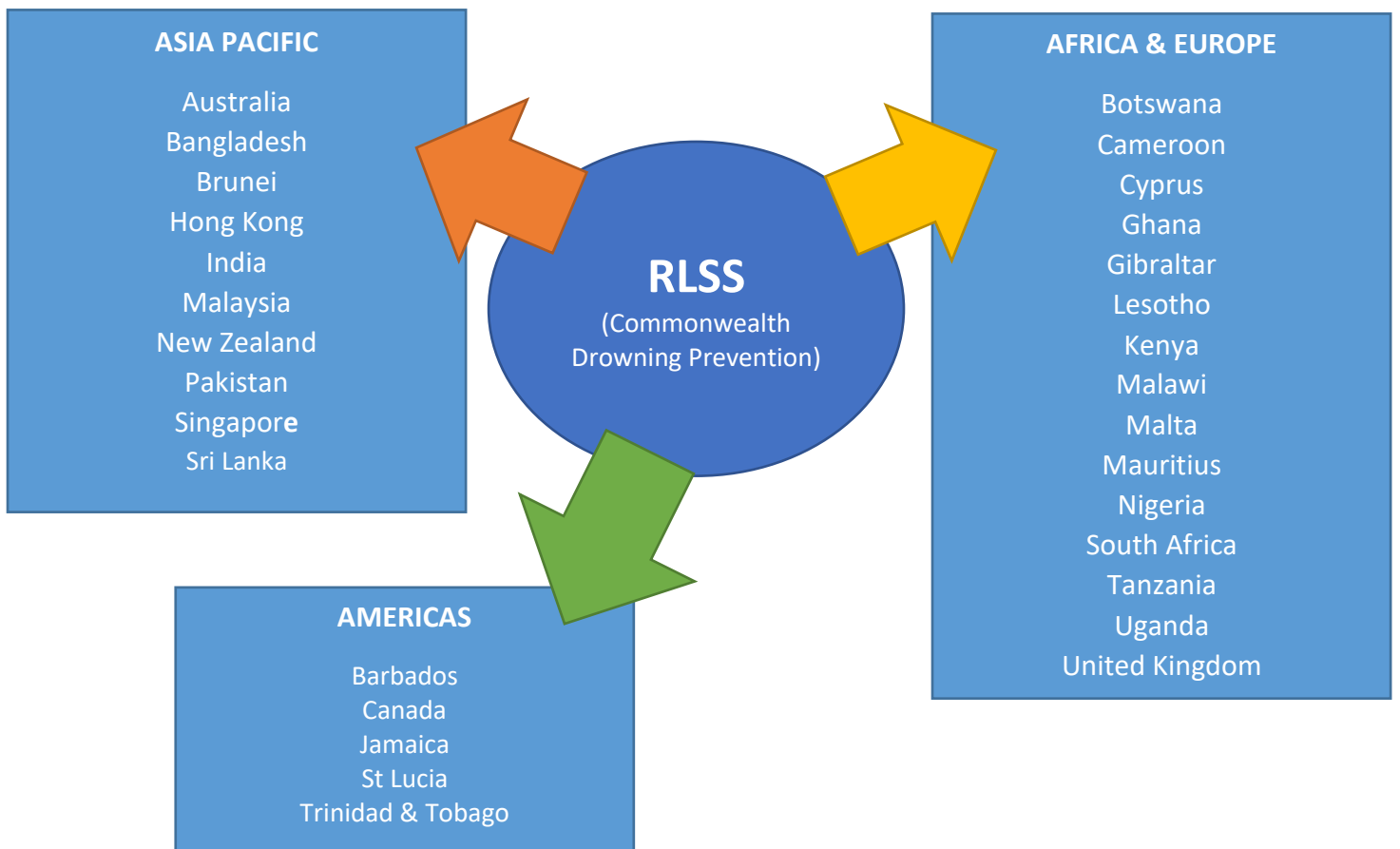
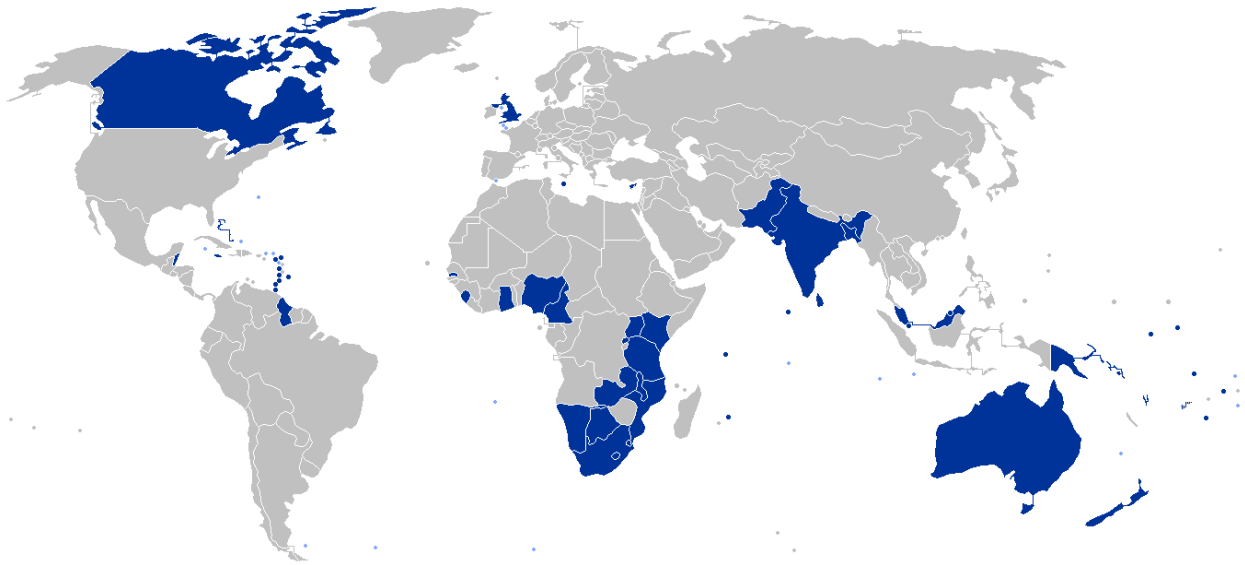
John Bruce  
St Lucia

Trustees are appointed or elected in accordance with our Regulations to be representative of the range of our Network. All Trustees have participated in an induction programme to acquaint them with the responsibilities of trustees and update them on current aspects of our work.

# Governance



# Members



## Our Charitable Purpose

The Royal Life Saving Society provides public benefit as a charity through reducing drownings and the impact of drownings in the community across the Commonwealth.

Our Trustees have complied with their duty in accordance with the Charities Act 2011 to follow the Charity Commission's guidance on the operation of this public benefit.

## Our Mission

Commonwealth Drowning Prevention

## Our Vision

No person in the Commonwealth should drown

## Our Motto

**Whomsoever you see in distress, recognise in them a fellow human being**

*Quemcunque Miserum Videris Hominem Scias*

## Our Scope

**“Drowning Prevention”**

All activities that contribute to the saving of life in, on and near the water

**“Commonwealth”**

All nations that are recognised at any given time by the Commonwealth Secretariat including overseas territories, protectorates and dependencies that are recognised at any given time by the Commonwealth Games Federation.

## Our Values

Consistent with the principles outlined in its Royal Charter, Mission, Vision and Motto, and the Charter of the Commonwealth, the RLSS shall undertake its activities in accordance with the following Values:

### *Family*

We are a Family with common heritage and values that works to achieve our mission through a common drowning prevention bond.

### *Working Together*

The Society is ‘Our’ organisation, and our strength comes from sharing and working together.

### *Mutual Respect*

We will embark on our tasks with honesty and mutual respect for the skills, knowledge and experience that we all bring.

### *Learning*

We will foster a commitment to curiosity and continual learning to help us in achieving our tasks.

### *Inclusion*

We will include and embrace organisations and personnel throughout the Commonwealth in achieving our mission.

## RLSS Positioning Statement

RLSS will facilitate drowning prevention, lifesaving and lifesaving sport activity under the brand of The Royal Life Saving Society (RLSS). The RLSS will also foster and facilitate exchanges and sharing between RLSS Members and Companion Organisations.

## Strategic Priorities 2020-23

### Active Membership

#### *Member Relations*

We will coordinate information and data on the activities of all member organisations  
We will facilitate the building of capacity in those member organisations seeking assistance  
We will facilitate engagement with youth from all RLSS member organisations



**A PROUD MEMBER OF THE  
ROYAL LIFE SAVING SOCIETY**

#### *Drowning Prevention Development through Sport*

We will implement a lifesaving “sport for all” programme which facilitates broad participation for all Commonwealth nations. This will be a pathway towards Commonwealth Lifesaving Championships participation.

#### *Virtual International Lifesaving Sport for Development*

We will implement a sustainable lifesaving sport opportunity that focuses on inter-organisational level pool competitions held locally and with international comparability of results.

### Pool Lifeguarding

We will implement a Commonwealth wide qualification reciprocity program for pool lifeguards in enrolled Commonwealth countries. This program will provide a membership program of benefits for lifeguards that comes as standard with pool lifeguard qualifications



### Advocacy, Partnerships and Collaboration

#### *Drowning Prevention Advocacy*

With a clear consistent message, we will position drowning prevention to a range of decision makers throughout the Commonwealth, including the Commonwealth Secretariat, governments and international organisations.

#### *Drowning Data, Information and Evidence*

We will understand drowning burden in the Commonwealth as the foundation for our advocacy and capacity building actions.

### Commonwealth Lifesaving Championships

We will organize Commonwealth Lifesaving Championships biennially that enables inclusiveness and engagement.



## Our Achievements 2020

### Impact of COVID-19 on the RLSS and its Member Organisations

There is no doubt that the COVID-19 pandemic (COVID) had a huge impact on the work of the Society and our Member Organisations. Much of our project work was postponed as highlighted in the section below. In accordance with UK Government Directives, our staff worked from home meaning operations were disrupted as little as possible. We investigated but did not take advantage of any Government or other support schemes. We monitored health advisories and travel restrictions and linked our Members to World Health Organization, Commonwealth Secretariat and in-country Government advice. We closely monitored the financial impact on the Society and its Member Organisations.



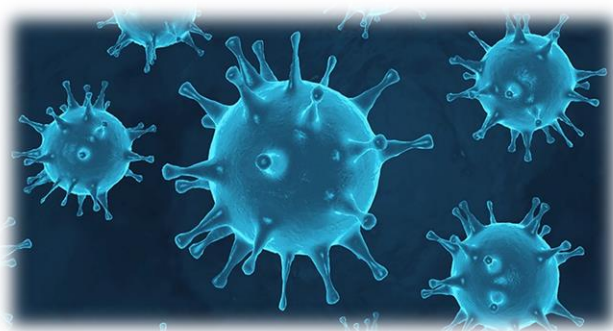
For our Member Organisations, the impact of the pandemic varied from nation to nation with full or partial lockdowns happening at different places and different times. Pools, beaches and other facilities were closed with many activities cancelled. Re-certification of vocational awards were delayed and official sanctioning of extended certification periods obtained. Some, but not many, Governments came to the aid of charities and many relaxed rules about terms of office of officials and the holding of meetings. Those Organisations with commercial activities were especially impacted financially

Sadly, some of our Member Organisations lost volunteers to the pandemic.

Many volunteers from our Member Organisations supported their local communities by helping, in a variety of ways, health and other services in coping with the pandemic.

Despite the closure of facilities in many countries around the World. Courses have been adapted so that skills can still be taught and there has been a growth in innovation and online courses especially in the areas of water safety, resuscitation and first aid. It was gratifying to see a high level of willingness amongst our Member Organisations to share resources and best practice.

Undoubtedly, the impact of COVID will continue well into 2021 and possibly beyond. It is possible the absence of swimming lessons and lifeguard training may ultimately impact drowning figures. These are areas that some of our Member Organisations have lobbied over.

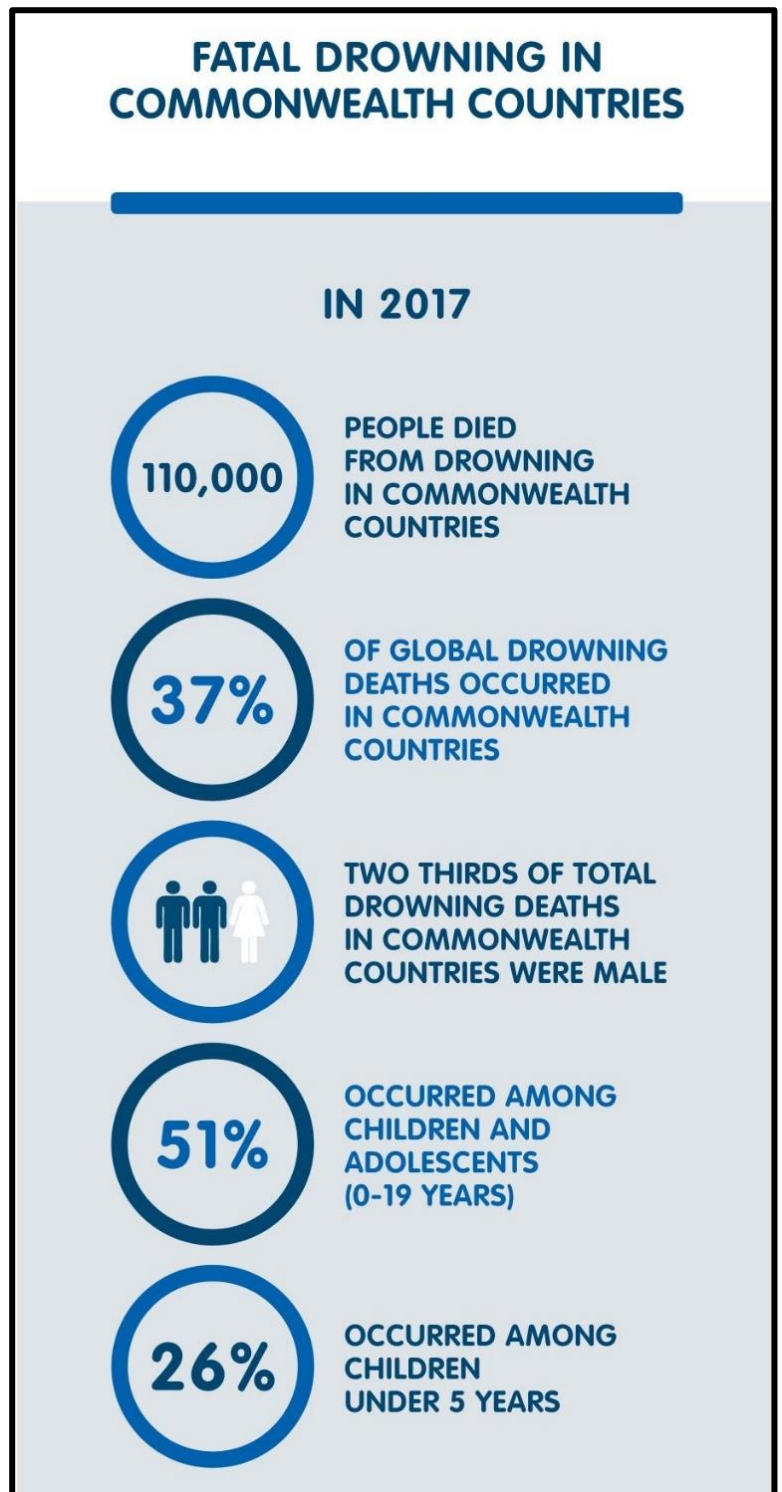


### Commonwealth Drowning Data

In February 2020, the Fatal Drowning in Commonwealth Countries factsheet was completed which provides detailed analysis on the issue of fatal drowning across the Commonwealth, with additional information on both strategic and practical, achievable preventative measures. The factsheet, led by Dr Aminur Rahman, our Drowning Prevention Director, based with the Centre for Injury Prevention and Research Bangladesh (CIPRB), the RLSS Member in Bangladesh, provides an evidence-based estimate of fatal drownings in Commonwealth nations. This data provides a better understanding of the mortality burden in Commonwealth countries, ultimately leading to more effective prevention actions.

A launch event to release the Fatal Drowning in Commonwealth Countries factsheet was arranged for April 2020 at Marlborough House, home of the Commonwealth Secretariat in London but due to the COVID pandemic this was postponed. By early summer it was evident that a launch event would not be possible, so we therefore decided to launch the report electronically in July.

The most recent global drowning mortality estimate was produced by the Institute for Health Metrics and Evaluation (IHME Global Burden of Disease Study 2017) which estimated that 110,000 people died from drowning in the Commonwealth. This data was used to produce the Fatal Drowning in Commonwealth Countries factsheet as it is the only data set that covered all 54 Commonwealth Countries.



Our revised Strategic Action Plan was approved at the end of 2019 but given the COVID pandemic and the impact it had on much of our activity detailed in the plan, some minor adjustments were made to the plan in late 2020 which were approved by our Board of Trustees at their meeting in December. The main change was to extend the end date for the Plan from 2020 to 2023 to allow our activities to recommence once restrictions are lifted.

### Pool Lifeguard Programme

Our Strategic Action Plan states that we will implement a Commonwealth wide qualification reciprocity programme for pool lifeguards in enrolled Commonwealth countries. This programme will provide a membership programme of benefits for lifeguards that comes as standard with pool lifeguard qualifications.



In early March 2020, a working group made up of personnel from our Member Organisations in Australia, Canada, South Africa and the UK met in London to start the initial planning for this project. As these meetings took place just before the UK and many other countries around the world went into national lockdowns much of this work went on hold as priorities for those at the meetings for obvious reasons became focused on adapting their branch activities and training programmes. In the latter stages of 2020, a RLSS Lifeguard Committee was formed to ensure the project continued under the chairperson from Canada. It is hoped that this activity will recommence in the first quarter of 2021.

### Member Relations



During the COVID pandemic much of our work has been to maintain contact with our member organisations, to offer support when needed and guidance in adapting their activities.

We commenced our Membership Review by issuing questionnaires to several of our member branches. After reviewing the completed questionnaires, the second stage is to conduct interviews with the member organisations to get a better understanding to certain areas of their operations. By the end of 2020 a quarter of our Member Organisations had received their questionnaires.

Also, as part of our member relations, we held virtual meetings with our Advisory Council of Presidents in August. Due to the time zone challenges Commonwealth organisations face, we had to host the meetings on a regional basis but having smaller groups allowed each member to provide an update on how their activities had been affected by the pandemic and the challenges they are facing. The meetings were well received and a proposal to host these meetings twice a year was approved by our Board of Trustees. Meetings in April 2021 have been scheduled.

### Drowning Prevention Development through Sport

Another important project outlined in our Strategic Plan was commenced in the second half of 2020. The aim of this project is to investigate, develop and implement a lifesaving “sport for all” programme which facilitates broad participation for all Commonwealth nations. The project lead from our Branch in Canada is Ms Nathalie Vallieres Martin who commenced in the role in December and has already made branch contacts to collect relevant information to advance the project.

## Other notable achievements

The funding for the two-year agreement with Speedo International continued during 2020 despite the planned projects being postponed until it is safe for them to be delivered. We continued to promote our Small Grants Programme and in 2020 award grants to:

Botswana – to provide the emerging organisation with essential equipment to carry out their lifesaving training.

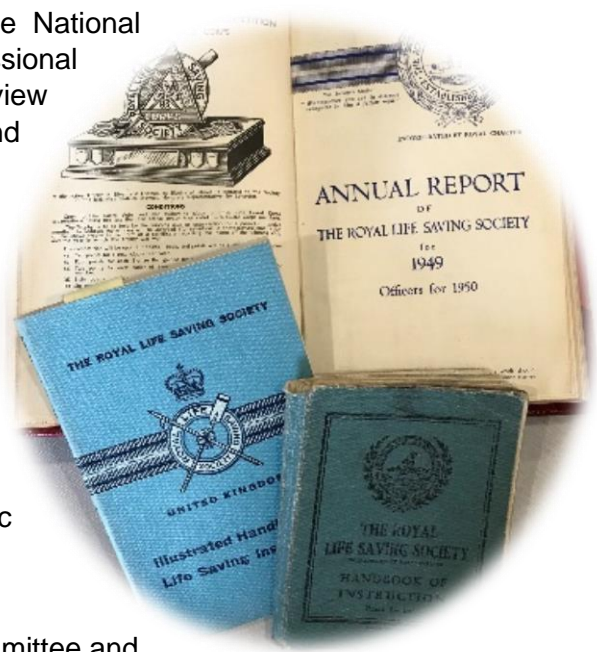
Lesotho – to deliver a water safety awareness programme to children using lakes for recreational purposes during lockdown

A grant was also awarded to India to run a Swim'n'Survive programme to underprivileged children in Pune and Nagpur but this was postponed due to the pandemic. Funding will be provided once the project can commence

Having secured some funding at the end of 2019 from the National Archives we appointed a consultant to obtain a professional evaluation of our archive collection. The objective of this review was to understand the value and relevance of our collection and its context; obtain archival advice and 'best practice' advice to strategically manage and develop the collection; to engender wider internal support and engagement from Trustees and Members; and to enable the allocation and attractions of funding to support our collection.

We were fortunate that the consultant was able to visit our offices at the beginning of February, prior to lockdown and was able to deliver their report by June. From the report we have a far better understanding of our collection and, more importantly, ideas for its use and preservation and strategic direction and development

A direct result of the report is that our Board approved that the existing Heritage Working Group should become a formal Committee and at the end of 2020 we recruited a volunteer archivist to this Committee



## RLSS Diploma

The RLSS Diploma recognises significant contributions to our life saving knowledge. It is one of the Society's oldest and most prestigious international awards. The RLSS Diploma is awarded to individuals and teams, who have added to our knowledge in ways that can save lives and prevent drowning.

The Chair of our Diploma Committee since 2016, Susan Glover-Takahashi from our branch in Canada ended her term at the end of 2020. We would like to extend our thanks to Susan for her leadership of this group over the last 4 years. We were delighted that Dr Colleen Saunders who represented our branch in South Africa on the Committee agreed to become the Chair as of 2021.

## RLSS Honours

The Society has a wide range of Honours to recognise the significant contribution of volunteers. The following Higher Society Honours were awarded in 2020.

### **Commonwealth Life Member**

Rozlynn Grey OAM – Australia

Kenn Little – Canada

Len Manuel – Canada

## RLSS Awards and Medals

The **King Edward VII Cup** is presented to an individual from an RLSS Member Organisation who has made an outstanding contribution to lifesaving and is awarded every two years.

In 2020 the King Edward VII Cup was awarded to Dr Stephen Beerman from Canada:

*Dr Stephen Beerman has provided outstanding national and international leadership in the drowning prevention field for over four decades. Since 1986, he has served the Canadian and Commonwealth Royal Life Saving Societies and the International Life Saving Federation (ILS) in many roles and offices including Chair of their respective Medical Committees and President of the Lifesaving Society Canada and ILS.*

*Dr Beerman has been and remains a prime mover in the Canadian and international field of drowning prevention. His leadership is visionary, and he has raised the profile of drowning as a serious public health issue.*

*As Chair of its Medical Committee and later as its President, Dr Beerman successfully broadened the water rescue and lifesaving sport focus of the International Life Saving Federation into drowning research and drowning prevention education.*

*Dr Beerman's proactive liaison with the World Health Organization stimulated WHO's focus on drowning as a major public health issue and led to the first comprehensive WHO report on drowning.*

*Acting on one of the WHO recommendations for national action, Dr Beerman played a key role in the formation of the multi-sectoral Canadian Drowning Prevention Coalition and is largely responsible for the development of its first Canadian Drowning Prevention Plan. He continues to provide guidance as co-chair of the coalition.*

*Dr Beerman continues to consult with WHO on drowning research, most recently on achieving international consensus on a definition of "non-fatal drowning".*

*Dr Beerman continues to advance the field of drowning prevention through research, by motivating and empowering agents for change and by focusing on research that will have the greatest practical impacts on the ground --- especially in low-and-middle income nations where the need is the greatest. He is an articulate advocate for the drowning prevention cause and is an exceptional and persuasive ambassador to governments, NGO's and funding bodies.*

*For his dedication to the Royal Life Saving Society and the wider drowning prevention community, it is with great pleasure that Dr Beerman is awarded the King Edward VII Cup for 2020.*

The **Mountbatten Medal** is awarded annually for the most gallant rescue or attempted rescue undertaken in the previous calendar year. In 2019 the recipient was Clifford Coombe from South Africa:

*On the afternoon of Sunday 1<sup>st</sup> September 2019, RLSS Award holder Clifford Coombe was walking along the beach at Herold's Bay, Southern Cape in South Africa. Cliff and his wife were taking in some gentle exercise while he was recovering from a hernia operation 10 days before.*

*When Cliff arrived at the beach, he noted a group of children, some of whom were swimming in the shallow water. He noticed there were three teenage boys who were slightly separated from the group and further out in the sea and commented to his wife that it would only take a couple of big waves to make them lose their footing and push them into a nearby rip tide. Exactly this happened a few moments later, and Cliff could tell they were in trouble. He ran to collect a Torpedo buoys that had been placed along the shore, and after removing his shoes and handing his phone to his wife and asking her to call for help, he entered the water and began to swim out to the boys.*

*After a few moments, the rip took over and carried him to the first two boys (by this time the group had separated, and the third boy was on his own further out). The first two boys were gripping on to the torpedo buoy and the third boy was now screaming for help. At this point, another man using a bodyboard approached Cliff and offered to get the two boys back to shore but Cliff said he would stay with the boys and shouted to the man to go and save the third boy. He did just that, having to pull him up from under the water, and then made his way back to Cliff and the other boys.*

*By this point Cliff was feeling the effects of his recent surgery. Both men made the decision to go with the rip towards the nearby rocks and try to get out of the water at the edge of the rocks. One of the boys was very panicky and Cliff needed to and reassure him constantly, as the rip tide pulled the group under the water several more times. It wasn't long before Cliff could touch the seabed and they were able to get the boys out of the water where they were met by rescuers who had arrived at the scene. All the boys were safe and well, if not a little shaken after the experience.*

The **Russell Medal** is awarded annually for the most outstanding resuscitation or attempted resuscitation performed in the previous calendar year by a person under 18 years of age. In 2019 the recipient was Megan Larmour from Australia:

*On the morning of 15th March 2019, Megan Larmour, an RLSS Lifesaving Award holder, was having breakfast at a café in Mandurah, Western Australia, when she was alerted to an emergency unfolding nearby. A man had suffered a heart attack in the shopping centre carpark and collapsed. A staff member from a nearby business noticed the unconscious victim, phoned emergency services, then ran to the café and asked if anyone knew first aid. Trained as a lifeguard and in first aid, Megan immediately ran to the carpark where she took the phone to talk to emergency services.*

*She checked the man's condition and could not detect a pulse, or any breathing so began performing CPR on the victim. The staff member returned with a defibrillator and Megan cut the man's clothing and applied the defibrillator, shocking him twice while continuing to perform compressions with the help of another bystander, until the emergency services arrived.*

*The man was taken to hospital where he was revived and placed into an induced coma. Sadly after 48 hours he was declared brain dead and his family made the decision to turn off his life support.*

*However, the prompt application of CPR and the AED meant his family was able to say goodbye, and also ensured that his organs remained viable, so his family was able to donate them to save the lives of others.*

*At just 16 years old, Megan responded with great courage in a very difficult situation. She took the lead in attempting to save the man's life and displayed quick thinking and admirable persistence.*

## RLSS Headquarters, Governance and Administration

We have continued to develop our internal processes and policies, have moved to a simpler online accounting platform and continually monitor our risk management.

During 2020 the RLSS continued to improve its governance and systems by reviewing and updating our Regulations and reviewing quarterly the Risk Register and a range of policies that has included the following.

- RLSS001 Staff Expenses
- RLSS002 Volunteer Expenses
- RLSS006 Equal Opportunities and Diversity Policy
- RLSS010 Conflict of Interest and Confidential Information Policy
- RLSS013 Whistle Blowers Policy
- RLSS015 Anti-Corruption, Fraud & Bribery
- RLSS020 Sustainable Asset Pool and Reserves Policy
- RLSS022 Privacy and Data Protection Policy
- RLSS021 Employee Recruitment and Remuneration

The Board of Trustees is populated by individuals representing a wide spread of our members and includes a Youth Trustee. During 2020, the first term of the Board of Trustees under the new Supplemental Charter came to an end. In early 2020 we sought nominations to our Board and in May 2020 the new Board was appointed. We were delighted that so many of our existing Board were appointed for a second term with Cavell Burchell taking over from Janet Wilson in the UK and Motlatsi Mokala from Lesotho becoming our Youth Trustee taking over from Courtney Domoney from Canada. Our Membership Committee continued to meet quarterly to review various membership issues and consider new membership applications.

## Collaboration

Drowning is a complex public health problem which goes without recognition or attention in many areas of greatest need. Indeed, it has been called a hidden epidemic. There are more 'at risk' populations in the world needing drowning prevention assistance than there are organisations focused on providing help. The RLSS Commonwealth drowning prevention mission needs collaboration from all national, regional and international organisations and governments to be most effective – cooperating fully for the benefit of people worldwide to reduce the global burden of drowning. Strong partnerships are key to achieving our aim of eliminating drowning in the Commonwealth and have enabled us to support our Member Branches in low resourced settings.

In 2020, key partnerships for RLSS included:

The Commonwealth - the Commonwealth is a voluntary association of 54 independent countries that are united by values enshrined in the Commonwealth Charter. Whilst the Commonwealth's roots go back to the days of the British Empire, membership of the Commonwealth today is based on free and equal voluntary co-operation. The Commonwealth Secretariat implements the decisions and plans of Commonwealth leaders.



The launch of our Fatal Drowning in Commonwealth Countries Factsheet was funded by the Commonwealth Secretariat under its 'Commonwealth@70' project.

Our 30 RLSS Member Branches who continue to work at the national and community level to reduce drowning through:


- Researching drowning and aquatic emergencies to inform practice.
- Targeted community-based Drowning Prevention projects.
- Training the community and professionals in lifesaving skills for prevention & emergency response.
- Engaging young people in lifesaving and drowning prevention.
- Using the sport of lifesaving to further develop skills and techniques for rescue.
- Monitoring and risk assessing aquatic environments to guarantee safe participation in safe aquatic environments.
- Several of our Members carry out outreach work in nearby countries which widens the impact of our organisation



The International Life Saving Federation (ILS). Both RLSS and RLSS Member Branches are represented on the ILS Board and on the ILS Commissions and Committees, strengthening opportunities for effective collaboration.

The Royal National Lifeboat Institution (RNLI). We continue to collaborate with the RNLI and maintain regular dialogue on matters of mutual interest.



**speedo**  Having signed a two-year agreement in late 2019 with Speedo International, we continue to work closely with them delivering our Small Grants Programme and a larger annual project. COVID-19 has had an impact on the delivery of this work, but we remain in regular communication with the team at Speedo

## Acknowledgements

The Society's achievements would not have been possible without the support of and contribution from the following persons who gave of their time and experience.

### *Portfolio Directors*

- Norman Farmer AM ESM – Executive Director
- Anne-Maree Gardiner – Director of Lifesaving Sport Development
- Dr Aminur Rahman DCM PhD – Director for Drowning Prevention
- Dr Shayne Baker OAM DProf – Director of Organisational Development
- Doug Ferguson – Director of Lifeguard Programmes

### *Committee and Working Group Chairs*

- Clive Patrickson PhD – Business Development Committee
- Robert Clark – Heritage Committee
- Susan Glover-Takahashi – Diploma Committee
- Christopher Love – Honours Committee

Our Committees and Working Groups are composed of members from Australia, Canada, India, Lesotho, Malaysia, Malta, South Africa, St Lucia and the UK and we are extremely grateful to all the members for their valuable contributions.

## Our Plans for 2021

We will have effective and efficient administrative systems that support the Society's operations and activities. This will be achieved through:

- Operating a Headquarters with good practice business systems and staffing within our means and supported by volunteers and others to ensure the Strategic Action Plan is implemented.
- Having a system of honours, used in all Member organisations, to recognise the valuable contribution by the volunteers.
- Administering and supporting the committees and working groups that the Board considers necessary from time to time including Heritage, Diploma and provision of awards.
- Exploring multiple ways of working together as a family, embracing large, medium and small member organisations.
- Reviewing and implementing a communications strategy that is linked to the advocacy strategy, which identifies new/improved channels that use real time and online technology for internal communications between RLSS member organisations.

Specific plans for 2021 are:

- Host a minimum of two Council of Presidents meetings for our Member Organisations
- Role out the Membership Review and have completed questionnaires and interviews undertaken with 50% of our current membership
- Investigate ways of sharing online resources between Member Organisations..
- Advance the Pool Lifeguard Reciprocity project
- Complete the collection of relevant information for the Drowning Prevention Development through Sport project
- Complete the Hosting Procedures and Competition Rules handbooks for the 2023 Commonwealth Lifesaving Championships
- Pilot a Telegames virtual lifesaving sport for development event
- Advance the Society's advocacy activities
- Further develop relationships with our key partners in the Commonwealth Secretariat, the ILS, the RNLI and Speedo International.



## Structure and Governance

RLSS is a registered Charity (Charity Commission England and Wales, Charity Number 306094), an Accredited Commonwealth Organisation and a Recognised Civil Society Organisation. HM Queen Elizabeth II is Patron of RLSS and HRH Prince Michael of Kent GCVO is President of RLSS.

RLSS is incorporated by Royal Charter dated 1924 and governed by a Supplemental Charter dated May 2018, which acts as our constitution and governing document. RLSS is governed by the RLSS Trustee Board. Our RLSS volunteer network consists of our Trustees, Officers, Committees and Working Groups.

RLSS supports and is supported by 30 Member Branches across three Commonwealth regions (Europe/Africa; Asia Pacific; Americas), all working collaboratively to deliver community-led and community-based drowning prevention programmes in nations across the Commonwealth.

RLSS maintains a formal Risk Management Policy and Register which is reviewed on a regular basis by the Board of Trustees and the Officers of the Society.

RLSS is registered with the Fundraising Regulator and is committed to ensuring all RLSS fundraising is legal, honest, open, transparent and accountable.

## Financial Summary

### Income

2020 total income (£87,094) was up on the 2019 total income (£72,814) by £14,280.

As with previous years, much of RLSS' income is currently member payments from the three largest member branches (UK, Canada and Australia). We also received sponsorship from Speedo International as part of a two-year agreement, but this income is restricted for project work. We continue to look at diversifying income streams. The Member Branches have made commitments to continue to support the administration of the Society, allowing any raised funds to be spent on programmatic activity.

### Donors and Funders 2020

The Royal Life Saving Society wishes to thank the following individuals and organisations for their most generous donations, sponsorship and grants during 2020.

Her Majesty Queen Elizabeth II	Laerdal Medical
HRH The Duke of Edinburgh	Speedo International
The Lifesaving Society Canada	Mr James McClelland
Royal Life Saving Society Australia	Commonwealth@70
The Royal Life Saving Society UK	

### Expenditure

Most RLSS expenditure finances the valuable work of RLSS Headquarters (staff costs and running costs). With the COVID-19 pandemic our expenditure has been at a minimum with much of our activity postponed. Our overall expenditure was £32,537 for 2020 down by £26,260 from 2019.

### Reserves Policy

RLSS has a Reserves Policy aimed at ensuring the financial sustainability of the Society. As at the end of 2020, we had £86,158 of general reserves which is £14,000 short of our aim to achieve unrestricted reserves of two years expenditure.

## 2021 Membership Fees

Given the difficult times our Member Branches are going through during the COVID pandemic, our Trustees approved a proposal to offer members a discount on their 2021 membership contributions of up to 50%. In addition, in 2020 Branches that were under extreme hardship were offered the opportunity to contact the Treasurer to request hardship relief from any fees or debt, this offer of support will continue for 2021.

## Statement of Trustees' Responsibilities

In relation to the following financial statements of the Royal Life Saving Society to year end 31 December 2020

In accordance with the Charities Act 2011 the Trustees have prepared the following Financial Statements which give a true and fair view of this Charity's financial activities during the year 2018 and of its financial position as at 31 December 2020. In preparing these Financial Statements best practice has been followed and suitable accounting policies have been consistently applied.

Applicable accounting standards and the Statement of Recommended Practice "Accounting and Reporting by Charities" 2005 have been followed.

The Financial Statements have been independently examined by Richard Oddy FCA after he was given access to all relevant financial documents, general correspondence and Minutes of all Society Committee and Sub-Committee meetings.

Signed on behalf of the Society's Trustees



**Clive Holland**  
**Deputy Commonwealth President**  
June 2021



**Clive Patrickson PhD**  
**Honorary Commonwealth Treasurer**  
June 2021

# Financial Statements

For the year ended 31<sup>st</sup> December 2020



## **Report to the trustees of The Royal Life Saving Society and to the Commonwealth Council**

### **On accounts for the year ended 31 December 2020**

I report to the trustees on my examination of the accounts of the above charity (“the Trust”) for the year ended 31 December 2020 as set out on pages 3 and 4.

**Responsibilities and basis of report** As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 (“the Act”).

I report in respect of my examination of the Trust’s accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

**Independent examiner’s statement** I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Signed:

Richard Oddy FCA

Date: 02 June 2021

# Royal Life Saving Society

## Receipts and payments accounts

For the period from	01/01/2020	To	31/12/2020
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### Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	£	£	£	£	£
<b>A1 Receipts</b>					
Membership	43,726	-	-	43,726	45,891
Sponsorship	12,500	-	-	12,500	750
Donations	4,044	-	-	4,044	3,965
Resource Income	284	-	-	284	1,254
Reimbursable expense	3,191	-	-	3,191	-
Gift Aid	-	-	-	-	223
General Development	-	-	-	-	846
Africa Workshop	-	-	-	-	11,993
Medals	-	-	-	-	4,140
Emerging Leaders Workshop	-	-	-	-	625
Speedo Small Grants	-	3,180	-	3,180	2,800
Project Sponsorship Speedo	-	20,000	-	20,000	-
Dividends/Interest	170	-	-	170	210
VAT Net	-	-	-	-	117
<i>Sub total (Income for AR)</i>	<b>63,914</b>	<b>23,180</b>	<b>-</b>	<b>87,094</b>	<b>72,814</b>
<b>A2 Asset and investment sales, (see table).</b>					
	-	-	-	-	-
	-	-	-	-	-
<i>Sub total</i>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<i>Total receipts</i>	<b>63,914</b>	<b>23,180</b>	<b>-</b>	<b>87,094</b>	<b>72,814</b>
<b>A3 Payments</b>					
Staff & Management Costs	23,344	-	-	23,344	24,601
Commonwealth Development	4,418	-	-	4,418	11,767
Commonwealth Headquarter Costs	4,320	-	-	4,320	5,577
Lifesaving Sport Development	-	-	-	-	2,937
Committees	-	-	-	-	1,777
Membership Development	173	-	-	173	1,059
Support Services	120	-	-	120	517
Finance Charges	161	-	-	161	274
Legal & Professional Costs	-	-	-	-	50
Designated development	-	-	-	-	1,521
Speedo small grants	-	1,026	-	1,026	750
Africa Workshop	-	5,000	-	5,000	6,000
Emerging Leaders Workshop	-	-	-	-	1,045
Medals	-	-	-	-	6,949
<i>Sub total</i>	<b>32,537</b>	<b>6,026</b>	<b>-</b>	<b>38,563</b>	<b>64,823</b>
<b>A4 Asset and investment purchases, (see table)</b>					
	-	-	-	-	-
	-	-	-	-	-
<i>Sub total</i>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<i>Total payments</i>	<b>32,537</b>	<b>6,026</b>	<b>-</b>	<b>38,563</b>	<b>64,823</b>
<i>Net of receipts/(payments)</i>	<b>31,378</b>	<b>17,154</b>	<b>-</b>	<b>48,532</b>	<b>7,991</b>
<b>A5 Transfers between funds</b>	-	-	-	-	-
<b>A6 Cash funds last year end</b>	<b>54,780</b>	<b>13,197</b>	<b>-</b>	<b>67,978</b>	<b>59,987</b>
<i>Cash funds this year end</i>	<b>86,158</b>	<b>30,351</b>	<b>-</b>	<b>116,509</b>	<b>67,978</b>


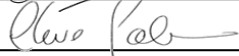
# Royal Life Saving Society

For the period from	01/01/2020	To	31/12/2020
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## Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
<b>B1 Cash funds</b>	Cash at bank	86,158	30,351	-
	<i>Total cash funds</i>	86,158	30,351	-
<b>B2 Other monetary assets</b>	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
	None	-	-	-
<b>B3 Investment assets</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	Quoted investments			
	Royal Life Saving Society Fund	Unrestricted	-	3,473
	Russell Medal Fund	Restricted	-	8,442
<b>B4 Assets retained for the charity's own use</b>	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	None	Unrestricted		
<b>B5 Liabilities</b>	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Payroll liability	1718	-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Clive Holland	16/06/2021
	W Clive Patrickson	16/06/2021



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