

# Teenagers' lifesaving skills put to the test



Teenagers had the chance to put their lifesaving skills to the test at Vazon last night when the Guernsey Aquatic Rescue Club put them through their paces as part of Drowning Prevention Week. (Picture by Tom Tardif, 9303888)

TEENAGERS put their newly-learnt lifesaving skills to the test in local waters yesterday evening.

As part of the Guernsey Aquatic Rescue Club, a group of around 15 young people used rescue boards in Vazon Bay under the watchful eye of trainer Brian Aplin and his team.

It also marked Drowning Prevention Week, a national campaign that aims to reduce the number of drowning and near-drowning incidents by showing people how to be safe near water.

Elizabeth College student

by Nicola Gibbons

[ngibbons@guernseypress.com](mailto:ngibbons@guernseypress.com)

James Lowe, 14, said the survive and save programme had been really beneficial.

'Skills like this could come in every handy, especially living on an island, because you just never know when you might need them.'

Fellow student James Crook said practicing lifesaving techniques in the Grammar School pool was a lot different to using them in the sea.

'I think it is a lot better doing it out here because it just makes it more realistic,' the

14-year-old said.

Jonty Carnachan, also 14, agreed: 'It has been really fun and I am doing it for my Duke of Edinburgh award.'

The club, which is open to all school children, was established earlier this year and sessions run once a week.

Mr Aplin said the course focused on how young people could safely help save someone who is in trouble in the water, without putting themselves in danger.

'If you spotted someone drowning off-shore you could be crazy to swim out to them,' he said.

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Brian Aplin

'But if you have something nearby, like a rescue board or surf board, then you can kneel on it and paddle out with something that has 100% buoyancy.'

'Not only would you be saving yourself but also someone else's life,' he said.