



COMMONWEALTH DROWNING PREVENTION

DIPLOMA AWARD

NOTICE OF

November 29, 2017

Hannah Calverley, Nottinghamshire, England
Diploma Award Recipient

The Royal Life Saving Society is very pleased to announce that Hannah Calverley has been honoured with the Diploma Award for her significant contribution to our knowledge in the areas of drowning, near drowning, lifesaving and lifeguarding, through her studies about the lifeguards' response to stressful situations.

The Diploma is one of the Society's oldest and most prestigious international awards. RLSS Diploma is awarded to individuals and groups who have added to our knowledge in ways that can save lives and prevent drowning.

Hannah Calverley's studies looked at anxiety amongst lifeguards, and demonstrate that they do experience anxiety in stressful situations – lifeguards are only human. Her two research studies and reports contribute to this poorly studied area as they illuminate that as first responders, at water or land based incidents, lifeguards are at risk for anxiety and need support systems to manage these potentially mentally harmful situations.

The studies also recommend the need for a feedback system to supply lifeguards with updates about the casualties they rescue that require further care, given that knowing the eventual outcome of the casualty can significantly help lifeguards' post-incident emotional response.

Hannah's work helps in our understanding of a lifeguard's anxiety and offers solutions for harm prevention post incident.

The Royal Life Saving Society commends Hannah Calverley, for her stellar contribution and her commitment to drowning prevention.