

# Lifesavers

Official magazine of the Royal Life Saving Society UK

## Seasons Greetings



8

News and stories from around the UK and Ireland

11

Don't Drink & Drown National Campaign

12

Families Honoured for helping to save lives

32

Adam Walker RLSS UK ambassador

## FIRST BRITON TO swim seven oceans BECOMES RLSS UK AMBASSADOR

Open water champion, Adam Walker, has become an RLSS UK ambassador.

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is keen to work with the charity to help others stay safe while enjoying open water and encourage the activity in supervised environments.

The 'Ocean Walker' knows all about the potential dangers involved after swimming across seven of the world's oceans, a feat known as the Oceans 7 challenge.

He began his adventure in 2008 when he swam the English Channel. Since then he has crossed seas in Hawaii, New Zealand, the USA, Japan and Gibraltar. Along the way he has been stung by jellyfish, swum with dolphins and come face to face with sharks.

The last leg of his journey involved a 21 mile swim from Northern Ireland to the west coast of Scotland which he successfully completed on August 14, this year.

Adam, a swim coach and motivational speaker from Nottinghamshire, said:

"I am very excited to have become the first British person in history to complete the Oceans 7 Challenge."

"Throughout all my swims, safety was always of paramount importance, I would not have achieved what I have without the right knowledge and safety measurements in place. This is why I love what the Royal Life Saving Society UK stands for."

"It's a privilege to become an ambassador and I am very excited to work alongside this important charity. My aim is to encourage open water swimming for juniors and adults in a safe environment."

"The sport is such an important life skill and there are so many benefits from fitness to the exhilaration of being at one with nature."

Open water swimming is one of the UK's fastest growing sports but it can be dangerous if you are not prepared.

Around 88 per cent of all accidental drownings occur at open water sites.

Director of Volunteers and Community Education and Special Projects, Adrian Lole, said: "We are honoured that Adam has agreed to become an ambassador for us. What he has achieved is inspirational."

"Open water swimming is a growing sport which is fantastic but we want people to know how to do it safely."

"Adam is the perfect person to get that message across and we look forward to working closely with him."

For more information visit [www.rlss.org.uk](http://www.rlss.org.uk).

