



DLRG Jugend – Kreisverband Wiesbaden

Deutsche Lebens-Rettungs-Gesellschaft e. V.



Kreisverband
Wiesbaden

Who we are:

We, the German Life Rescue Society (DLRG), are the largest water rescue organisation in the world with around 1,800,000 members and sponsors. Since our foundation in 1913, we have made it our duty to rescue people from drowning.

We are number one in swimming and lifeguard training in Germany. In around 2,000 local groups, our volunteers work over ten million hours a year for people in Germany.

The district association of the DLRG Wiesbaden is made up of the following local groups:

Aarbergen-Michelbach, Nordenstadt/Wallau, Rheingau, Rhein-Main Mainz-Kastel, Wiesbaden-Biebrich and Amöneburg, as well as Wiesbaden and Schierstein.

The core tasks of the DLRG include swimming and lifeguard training, clearing up water dangers and water rescue service.

At DLRG Youth, the focus is on children and teenagers. In addition to leisure activities on site, we offer our members the opportunity to take on responsibility early on, for example as a youth leader, and promote the strengths of our young members.

What we do and how you can participate:

The DLRG Youth Wiesbaden offers you many different ways to fill your free time with fun.

For example, you can learn from us how to move safely in cool water, because water magically attracts us all.

The first step to becoming a safe swimmer is to take a "Seahorse" swim course. After that, you can expand and perfect your skills in water in the Bronze, Silver and Gold Course. If you have all the swimming badges, in an emergency you are prepared to save yourself from a dangerous situation. Starting at the age of 12, you can also start training as a lifeguard and learn how to save other people's lives.



In addition to swimming training, the individual divisions offer numerous events, trips and free time activities. For example, in summer some groups go camping, others go on trips in the neighbourhood. Whether it's a trip to the zoo, a bike tour or baking cookies in winter, we have a lot of fun together.

Starting at the age of 10, some groups on the Rhine river also offer a youth intervention team (JET). The JET is the junior department of our active lifeguards. With regular practice sessions you learn everything you need to know in the water rescue service. This includes knotting knowledge, first aid, broadcasting, fishing or behaving in action and at work, as examples. After the JET, you can work directly in the water rescue service if you are 16 years old and have passed the silver lifeguard badge.

Contact:

Deutsche Lebens-Rettungs-Gesellschaft
Kreisverband Wiesbaden e. V.
Uferstraße 2a
65203 Wiesbaden
www.wiesbaden.dlrg-jugend.de
E-mail: vorstand@wiesbaden.dlrg-jugend.de

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With courage from a non-swimmer to a lifeguard!

