



PRINCESS  
CHARLENE  
OF MONACO  
FOUNDATION

**Centre de Sauvetage**

**Aquatique de Monaco**

**(Aquatic Rescue Center of Monaco)**

**Press Kit**

The Aquatic Rescue Center of Monaco (*Le Centre de Sauvetage Aquatique de Monaco*, or CSAM) is the result of the combined efforts of The Princess Charlene of Monaco Foundation, whose primary objective is to save lives by putting an end to drowning, of Pierre Frolla, one of its Ambassadors, and of the Monegasque Government.



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Located on Larvotto Beach in the Principality, it accepted its first students on November 3, 2014.

In collaboration with Monaco's Department of Education, Youth, and Sport, the CSAM offers 7th grade<sup>1</sup> students seven training sessions, as a supplement to the swimming lessons that are already included in the school curriculum. Its mission is to enable young people to be completely autonomous in aquatic environments, and prevent the many accidents caused by drowning.

These courses will be offered to schoolchildren Monday through Friday from September to July, excluding weekends and school holidays.

The CSAM would also like to reach a wider audience. It aims to train beach guards, lifeguards, and anyone wishing to intervene in aquatic environments, starting from the youngest possible age.

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<sup>1</sup> 7th grade in USA = "Year 8" in the UK

The center can also be of service to those seeking to obtain their First Aid/CPR Certification (PSC1), to become a Certified First Aid Responder (PSE1), or to become an Advanced Medical First Aid Responder (PSE2). Five-day training courses dedicated to emergency assistance and sea rescues will be offered during school holidays and from June to September.



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The CSAM exemplifies the purpose of the Princess Charlene of Monaco Foundation, which strives to develop athletic activities for children and to prevent drowning.

Learning about preventive measures as well as how to swim will enable children to save their own (or someone else's) life, and could even affect their career choices.

Through the Aquatic Rescue Center of Monaco, the Principality is becoming a trailblazer in the area of rescue training.

## Program for 7th Grade Students

### Water Rescue at Sea

The CSAM's objective is to raise awareness and to introduce 7<sup>th</sup> graders to the notions of prevention, intervention, and rescues in aquatic environments. This specific and unique program will occur in seven two-hour sessions.

- The children will be introduced to the use of **rescue boards - called nipper-boards** – upon which they will learn to glide across the water, and to propel, direct, and orient themselves. It is a fun activity that requires speed, endurance, and coordination. This board is used in classic aquatic rescue disciplines and will be used as the spearhead of learning at the CSAM in order to focus on having fun, synchronization work, and ease of movement through water.



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- Use of **rescue tubes**: the children will learn to swim with this life preserver attached to them, swim out to a classmate in trouble in order to help them, put the rescue tube on them, and tow them to the beach.
- **Learn to carry a victim (with another classmate) and place them in a safe location.** The exercise consists of two children (the rescuers) carrying a third child (the victim) with their arms crossed and safely carrying him from point A to point B (point B being the first aid station).
- **Various exercises of speed and agility** to develop qualities of coordination, speed, endurance, group cohesiveness, etc.

In this way, children can become exemplary “Ocean Racers”, the discipline that brings the top water rescuers together.

## **Supervisory Staff**

Under the leadership of Pierre Frolla – a multiple record holder in free diving – the CSAM staff consists of versatile instructors specializing in various aquatic disciplines, with vast experience in the following areas:

- First Aid
- Swimming
- Scuba Diving
- Rescue
- Free Diving

Sessions are organized by instructors and a physical education teacher, the course facilitator.

The children must conduct drills and practical work on the beach, the shore, and in the water (up to 50 metres from the water's edge, a maximum of 3 metres deep in a natural environment).

Each child will be provided a neoprene isothermal wetsuit, ensuring buoyancy and protection from the cold.

For the sea rescue drills, the children will be equipped with either rescue tubes and fins or nipper-boards.

Safety is guaranteed by the instructor, a certified lifeguard, who is nearby on a rescue board in the water.

## Disciplines Taught

These classes are designed for all age groups and can be taken outside of the training courses.

### - Surf Race

The rescuers take off from the beach, swim around the designated buoys, and return to the beach to cross the finish line.

### - Board Race

The rescuers take off from the beach with their rescue boards, follow a course around anchored buoys, and finish their course by running up the beach to cross the finish line. In the youngest age categories, the nipper board is mandatory for all board races.



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### - Beach Sprint (90 metres)

This race takes place on the sand. The distance is adapted for a 7th grade student.

### - Musical Sticks (Beach Flags)

The rescuers lay flat on their stomachs, with sticks driven into the sand 20m behind them. There is one fewer stick than the number of participants. When given the signal, the competitors get up, turn around and sprint to grab one of the sticks. The person who does not reach a stick is eliminated.

**- Oceanman Race**

During this showpiece event of coastal rescues, the rescuers take on a series of swim, board, and surfski events with a transition to running (order of events is drawn by lot). Up to the Junior category, the rescuers carry out a Mini-Combined, taking on the swim and board events.

**- Beach Relay**

Four rescuers perform a relay 4 times longer than a sprint by handing off a baton. The passing off of the relay takes place face to face.

**- Rescue Tube Relay**

A rescuer brings back a victim using a rescue tube. Two assistant rescuers bring the victim up the beach to the finish line.

**- Rescue Board Relay**

One rescuer must bring back a victim with the help of a rescue board. The victim is located at a relative distance from the beach.

This relay can be conducted by two teams successively.

**- Board Relay**

An event which requires 4 rescuers to cover various distances in the sea. One swims, one covers the distance on a rescue board, one with the help of a surfski, and the fourth concludes the relay race on the sand.

## List of Certifications offered by the CSAM

- **First Aid Certifications:**
  - o Prévention et Secours Civique de niveau 1 (PSC1)  
(First Aid/CPR Certification)
  - o Premiers Secours en Equipe de niveau 1 (PSE1)  
(Certified First Aid Responder)
  - o Premiers Secours en Equipe de niveau 2 (PSE2)  
(Advanced Medical First Aid Responder)
  
- **Diving Rescue Certifications:**
  - o Réaction et Intervention face à un Accident de Plongée (RIFAP)  
(Diving Accident Response and Intervention)
  - o Certificat d'Aptitude Fédéral de Sauvetage et d'Assistance Nautique (CAFSAN)  
(Federal Aptitude Certificate for Nautical Rescue and Assistance)
  
- **Free Diving Rescue Certification:**
  - o Réaction et Intervention face à un Accident de Plongée en Apnée (RIFAA)  
(Free Diving Accident Response and Intervention)

These certifications are open to all who wish to receive training or to update their knowledge.

The Aquatic Rescue Center of Monaco (CSAM) is dependent upon the Monegasque Federation of Underwater Activities (FMAS). It is a branch associated with the Technical Committee of the FMAS, in charge of coordinating regulations relating to safety, rescues, and intervention responses.

The CSAM issues certifications that are recognized by France's Civil Safety and Emergency Preparedness Department and are validated in the Principality of Monaco by the Monegasque Red Cross.



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## Technical Information

### The “Dry” Area

#### The Classroom

The spacious and versatile classroom can accommodate 35 students.

It has a large Velleda whiteboard for delivering theoretical courses, an overhead projector to show movies and slides, and tables and chairs that can be removed when more space is needed.

It is an area of intervention for classes and practical demonstrations.



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#### Workout Room

A mini-gym designed for specific physical swim and rescue preparation (an area of 12m<sup>2</sup> dedicated to specific muscle-building exercises).

#### The Infirmary

Used to store oxygen, provide first aid, and allow a victim to rest.

#### The Office

The reception and administrative area. A convivial open space.

## The “Wet” Area

### The Dressing Rooms and Showers

Separate areas for men and women, with an area reserved for instructors.



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### The Transition and Storage Area

Multipurpose area where one can walk around in wet or damp clothes; used to store equipment and get to the dressing rooms.



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## Equipment

To function, the CSAM uses extremely diverse pedagogical material: aquatic equipment for teaching students to respond rapidly in any circumstance, pedagogical first aid equipment for classroom demonstrations and training, audio-visual broadcasting equipment, and simulation equipment.

Including:

- 35 water rescue training boards
- 3 rescue boards specially designed by The Princess Charlene of Monaco Foundation for sea rescues
- 35 rescue tubes
- 84 water rescue accessories (wetsuits, fins, masks)
- 1 defibrillator
- 2 training defibrillators
- 4 CPR manikins



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## **A few swim safety tips for all ages (\*)**

- Obey the flags flying on the beaches:
  - o the “green” flag means it is safe to swim
  - o the “orange” flag means that swimming is dangerous but supervised
  - o the “red” flag means swimming is prohibited
- Never leave a child unattended
- Do not enter the water hastily or suddenly; take your time, getting your neck and torso wet progressively
- Always use surface detection aids when swimming far from the shore
- Do not drink alcohol before swimming
- Do not overestimate your physical condition
- Remember that it is more difficult to swim in natural environments (sea, lake, river) than in a pool
- Do not swim alone. Or at the very least, notify family or friends that you will be swimming and where you are going
- Do not swim when you are tired. Even a very good swimmer can fall victim to a cramp or sudden weakness
- At the lifeguard station, request information about the waves, currents, and tides
- If there is a problem, save your strength; do not fight against the current or waves
- If you get tired, lay on your back to clear your airway. Breathe normally and call for help if needed

(\*): Source INPES (French National Institution for Prevention and Health Education)



**About The Princess Charlene of Monaco Foundation:**

The primary objective of The Princess Charlene of Monaco Foundation is to save lives by putting an end to drowning.

Its missions are to raise public awareness about the dangers of water, teach children preventive measures, and teach them to swim.

A number of Learn to Swim and Water Safety programs have been implemented around the world in order to fight against this scourge.

The Foundation's actions are oriented towards altruism and communicating this ideology through the values of sport: discipline, respect for oneself and for others, gaining a sense of achievement as well as team spirit.

## Information and Details

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