

Awards Schemes used by Dover Life Guard Club

Kellogg's Distance Badges

5 metres	1500 metres
10 metres	2000 metres
25 metres	2500 metres
50 metres	3000 metres
100 metres	3500 metres
200 metres	4000 metres
400 metres	4500 metres
800 metres	5000 metres
1000 metres	6000 metres

ASA

Development Plan

ASA Level 1	ASA Level 7
ASA Level 2	ASA Level 8
ASA Level 3	ASA Level 9
ASA Level 4	ASA Level 10
ASA Level 5	ASA Level 11
ASA Level 6	ASA Level 12

ASA Competitive Start Award

ASA Bronze Challenge

ASA Silver Challenge

ASA Gold Challenge

Royal Life Saving Society

Life Support Levels

Bronze Medallion

Award of Merit

Distinction

Open Water Bronze and Silver Cross