Leading life insurance experts back Welsh lifesavers in Commonwealth championships

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A leading life insurance and protection expert has thrown their support behind Team Wales ahead of this year's 2023 Royal Life Saving Society (RLSS) Commonwealth Lifesaving Championships.

Financial protection experts I'm Insured will be sponsoring the 20 athletes representing Wales at the biannual event, which this year takes place in the Canadian province of Ontario. Alongside teams from England, Scotland, Northern Ireland, and nations from throughout the Commonwealth, Team Wales will compete in a range of lifesaving challenges across the five-day event.

Lifesaving sport is recognised by the International Olympic Committee and the Commonwealth Games Federation. It is the only sport whose skills are first learned for humanitarian purposes – as the RLSS says it is for "people who are lifesavers first and competitors second".

Jim Stamp, director at protection experts I'm Insured says: "As a Wales-based firm committed to helping people protect themselves and their loved ones, we're thrilled to be supporting Team Wales as they fly out to Canada for this year's championships.

"Lifesaving has played a big role in my personal life – my daughter Laylah is part of Team Wales' development team for this year's Championships – and we're thrilled to be able to help these fantastic athletes proudly represent their country in their chosen discipline."

A five-day festival of lifesaving between 13 and 17 September

Last held in Leeds in 2019, this year's RLSS Commonwealth Lifesaving Championships takes place between September 13 and 17 at the state-of-the-art Windsor International Aquatic and Training Centre in Ontario, Canada.

Held every two years, the festival aims to encourage participation in lifesaving sports and further development of lifesaving practices, as well as bringing the lifesaving family together.

It pits teams from dozens of nations against one another in 12 disciplines – often against the clock.

In the 50m "manikin carry", the competitor swims 25m freestyle and then dives to recover a submerged manikin and brings it to the surface within 5m of the pick-up line. The competitor then carries the manikin to touch the finish wall of the pool.

Other events include an obstacle swim, a series of relays, and a timed "line throw" event, where a competitor throws an unweighted line to their team member before pulling the "victim" back to the finish wall of the pool.

Laylah Stamp, development team athlete for Team Wales, says: "I've been swimming since the age of 7, and began lifesaving when I was 12. It's a fantastic sport, and I'm really excited to have been selected to represent my country at this year's Commonwealth Festival.

"With costs for entrants exceeding £200 each, plus travel to and accommodation to the 'City of Roses' to consider, the support of I'm Insured is invaluable in ensuring that our 20 athletes, support team, and team managers Simon Parker and Vanessa Eagland can make the trip to compete at the 2023 championships".

About I'm Insured

I'm Insured is an independent insurance brokerage that helps to find customers the best quotes online and to reduce the cost of their monthly insurance premiums.

They can compare life insurance, Critical Illness cover, and income protection from the UK's most reputable providers.

The service is fast, free and secure and customers have rated then 4.9 out of 5 on Feefo, the independent review service.

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