

OPEN WATER SAFETY COURSE

OSLO 16-18 OCTOBER 2026.

Organised by

Norwegian Lifesaving Society (NLS)

International Life Saving Europe (ILSE)

ILS Lifesaving Academy (ILS-LA)

Course director: Claire Ann Alfonso

Co-organisers: Christoph Freudenhammer, Joost Bierens

Short overview of the course: The Open waters safety course is a three-day course that starts at Friday 16th October with a walking dinner at the teaching facility of the Norwegian Lifesaving Society. After the dinner, three keynote speakers will prime the students with the fundamentals of safety theories and models in the context of high-risk environments, road and open water safety. After the evening session, the participants will have a refreshing 30-minutes' walk to the Radisson Blu Park hotel.

On the next day, Saturday, there will be seven interactive lectures on the various components and models of open water safety implementation along with three workshops on open water safety, two of them at the beach in front of the teaching facility. Lunch will be at the teaching facility while the day will end with a dinner at the Radisson Blu Park hotel after which the participants can enjoy each other company, explore Oslo, or both.

On Sunday, the day will start with a role play reflecting open water safety situations in various real-life situations, as well as interactive lectures that should help the students to implement what they have learned during the course. The course will end early afternoon with an evaluation and lunch at the teaching facility.

The all-inclusive cost of the course is € 900. This includes pick-up and drop-off service from and to the airport, two nights at Radisson Blu Park hotel, all meals and breaks, and, most important, three days of interaction with 15 international topic experts on open water safety and a large group of colleagues in the same area of expertise.

Deadline for registration is 5 October. Later booking is possible until the day before the course starts. For these late bookings, the fee is €1050; you may then not stay in the Radisson Blue Park hotel but in an equivalent hotel.

Preparation: Participants receive teaching material (syllabus) and are invited to participate in a pre-course test to become better prepared.

Certificate: A certificate is provided by the ILS-Lifesaving Academy once the full course has been attended.

The address of teaching facility at the **headquarter Norwegian Lifesaving Society:** Drammensveien 288; 0283 Oslo. The teaching facility is at the first floor. The exact location of course will be announced at the entrance of the building and when arriving at the first floor by stairs or elevator.



Address [Radison Blu Park hotel](#): Fornebuveien 80, Lysaker, Oslo. The hotel will serve excellent breakfasts during Saturday and Sunday morning and an engaging dinner at Saturday evening



Registration

[Details can be found on the NLS website.](#)

The **full program** is shown below:

Course open water safety 16th – 18th October 2026 - Program

Friday evening 16 October 2026

Session topic: The basics of safety principles and theories

17.00 Dinner

18.00 Welcome and introduction

18.15 Keynote speaker: Jop Groeneweg (Netherlands – Delft University of Technology)

Safety principles in high-risk environments

19.00 Keynote speaker: Jan Johansen (Norway – Norwegian Council for Road Safety)

What open water safety can learn from road safety

19.45 Keynote speaker: Peter Dawes (United Kingdom – Royal National Lifesaving Institution: RNLI)

Safety principles in open water environments

20.30 Break with refreshments

20.45 Questions and answers; panel discussion

21.00 Walk to Radisson Blue Park hotel

Saturday morning 17 October 2026

Session topic: Communication on risk assessment

08.30 Walk to the teaching facility

09.00 Opening of the day

09.05 Roger Sweeney (Ireland – Water Safety Ireland)

Communication on water safety

09.35 Ronald Stoffer (Netherlands – Lifesaving Society Netherlands: RedNed)

Emergency and crisis communication regarding open water fatalities

10.05 Marc Audeoud (Switzerland – Swiss Lifesaving Society: SLRG)

Cultural awareness of communication on water safety

10.35 Questions and answers; panel discussion

10.45 Break with refreshments

11.00 Martin Hoogslag (Netherlands – Rescue Commission International Lifesaving Europe)

Workshop: Principles of the ILSE risk assessment

Location: Beach opposite teaching faculty

13.00 Lunch at teaching facility

Saturday afternoon

Session topic: Open water safety in practice

14.00 John Mogensen (Denmark - North Zealand Lifesaving Service)

Operational safety and accident management

14.30 Henry Evans (France - Foundation for Environmental Education: FEE)

The Blue Flag structure to promote water safety

15.00 Break with refreshments

15.15 Workshops – Session 1

Group 1: Personal safety (Egil Gjølme)

Group 2: Training safety (John Mogensen)

16.00 Workshop – Session 2

Group 1: Training safety (John Mogensen)

Group 2: Personal safety (Egil Gjølme)

16.45 Break with refreshments

17.15 Ronald Stoffer (Netherlands – Lifesaving Society Netherlands: RedNed)

Large events close to water: Pre-event management of large events close to water

17.45 Nuala Moore (Ireland – Extreme open water and ice swimmer)-

Open water sport events: Pre-event management of open water events

18.15 Egil Gjølme (Norway – NTNU / Norwegian Lifesaving Society: NLS)

Case studies – teachers and students exchanging experiences

18.45 Questions and answers: panel discussion

19.00 Walk to Radisson Blue Park hotel

20.00 Course Dinner at Radisson Blu Park hotel

Sunday morning 18 October 2026

Session topic: Be prepared

09.00 Walk to the teaching facility

09.30 Opening of the day

09.35 Ian Hutchings (United Kingdom – Royal Lifesaving UK: RLSS-UK)

Roleplay on Crew Resource Management and self-directive teams in open water safety scenarios.

11.00 Break with refreshments

11.30 Oslo Firebrigades (tba)

Collaboration with other institutional partners / rescue organizations

12.00 Ute Vogt (Germany – German Lifesaving Association: DLRG)

Collaboration with politicians and governments

13.00 Questions and answers; panel discussion

13.15 Joost Bierens (Dean ILS-Lifesaving Academy)

Summary and evaluation

13.30 Lunch at teaching facility

14.30 Journey home