

A Course leading to R.L.S.S. National Pool Lifeguard Qualification

Dates	TBA
Times	8.30am – 6.00pm each day
Cost	£315 (including VAT)
Location	Willowburn Leisure Centre, Alnwick
Equipment Required	Swimwear and towels, whistle. Poolside footwear T-shirts and shorts to wear for all the water sessions Writing materials
Course Trainer	Kate Murdoch
Course Code	2562

Pre-requisites - candidates must:

- 1 Be at least 16 years of age at the commencement of the course.
- 2 Be able to swim continuously on front and back for 100m.
- 3 Be able to swim 50m within 60 seconds.
- 4 Be able to surface dive to the floor at the deepest part of the pool (3m)
- 5 Be able to tread water for 30 seconds.
- 6 Be able to climb out of the pool unaided without ladder/steps.

Method of Assessment

Practical - The trainer will assess practical water and resuscitation skills continuously throughout the course. On successful completion of the continuous assessment candidates will be presented for final assessment. An external assessor will conduct this.

Theory - Theoretical knowledge will be assessed continuously throughout the course by means of oral and written questioning. Also by oral questioning during the final assessment.

Excellent Sports & Leisure for All

Address: NCL House, Hexham Business Park, Burn Lane, Hexham, Northumberland, NE46 3RU

Tel: 01434 613200 **Fax:** 01434 608611

Email: admin@northcountryleisure.org.uk **Web:** www.northcountryleisure.org.uk

North Country Leisure Trading Limited is part of North Country Leisure, providing leisure services in Tynedale, Alnwick and Copeland. Registered Charity (No. 1075009). Company registered in England (No. 3660222).



INVESTOR IN PEOPLE

Results - The candidates will be required to pass in all aspects of the course. Results will be communicated to the candidates at the end of the final assessment.

Training included

Unit 1 - The Principles of Lifesaving and Swimming Pool Supervision

Unit 2 - The Application of Supervision and Rescue in a Swimming Pool.

Unit 1 and Unit 2 together comprise the full National Pool Lifeguard Qualification.

If you have any queries please contact the Course Organiser:

NCL Training
North Country Leisure
NCL House
Hexham Business Park
Burn Lane
Hexham
Northumberland NE46 3RU
Tel 01434 613233

Email: training@northcountryleisure.org.uk