

## Course Dates 2012

Course Code	Type	Dates	Cost
LC Jan	Long Conversion	Jan 17 <sup>th</sup> – Apr 1 <sup>st</sup>	£250 or Free*
SC - Feb	Intensive	February 13 <sup>th</sup> – 19 <sup>th</sup>	£250 or Free*
SC – Apr	Intensive	April 2 <sup>nd</sup> – 8 <sup>th</sup>	£250 or Free*
SC - Jun	Intensive	June 4 <sup>th</sup> – 10 <sup>th</sup>	£250 or Free*
SC – Jul	Intensive	July 23 <sup>rd</sup> – 29 <sup>th</sup>	£250 or Free*
SC – Aug	Intensive	August 27 <sup>th</sup> – 2 <sup>nd</sup> September	£250 or Free*
LC – Sept	Long Conversion	Sept 11 <sup>th</sup> – Nov 25 <sup>th</sup>	£250 or Free*
SC – Oct	Intensive	October 29 <sup>th</sup> – November 4 <sup>th</sup>	£250 or Free*

Each intensive course is a week long course consisting of 10:00 starts and finishing times of 18:00 Monday – Friday. All candidates will have Saturday off with their assessment taking place on the Sunday; this time will be discussed during the course.

The long conversion course is run every Tuesday evening 19:00 – 22:00 for 10 weeks, missing any half term holidays. The last weekend of the course will consist of 12:00 – 20:00 on the Saturday and the assessment taking place on the Sunday; this time will be discussed during the course.

\*candidates are able to complete the course free of charge, but on completion you have agreed to volunteer for a minimum of 50 hours within six months. A £50 deposit for the course is needed on booking; the deposit will be reimbursed once the 50 hours have been completed. A retrospective charge will be incurred if regular volunteering does not take place. However the trust does understand that lifestyles may change during the time frame and this will be taken into consideration.

See Chris Hirst (Assistant Manager) for more details about volunteering and any further information on the above courses.



## THE TADCASTER SWIMMING POOL TRUST

IN CONJUNCTION WITH THE

## Royal Life Saving Society

Will be offering the following course during 2012



## RLSS National Pool Lifeguard Units 1 and 2 Training Course and Assessments

[www.tadcasterpool.org.uk](http://www.tadcasterpool.org.uk)

Tadcaster Swimming Pool, Westgate, Tadcaster,

N. Yorks, LS24 9AB. Tel: 01937 833001

The Tadcaster Swimming Pool Trust is a Registered Charity No. 1106148

# RLSS NATIONAL POOL LIFEGUARD UNIT 1 AND 2

## Application Form

COURSE CODE : \_\_\_\_\_ ( PLEASE SEE REVERSE)

TITLE: MR. MRS. MISS. MS. (Delete as appropriate)

FULL NAME:

\_\_\_\_\_  
(This name will appear on any subsequent certificate)

ADDRESS:

\_\_\_\_\_  
\_\_\_\_\_

POST CODE: \_\_\_\_\_

E-MAIL:

\_\_\_\_\_

TEL NO: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

(PLEASE TICK) VOLUNTEER:  TO PAY:  (CORRECT FEE ENCLOSED)

**A £50 DEPOSIT IS REQUIRED FOR THIS COURSE ON BOOKING**

I understand the conditions relating to the Course and that 100% attendance must be achieved.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

Completed applications and associated paper work should be returned to:

Chris Hirst

Tadcaster Community Swimming Pool

Westgate

Tadcaster

North Yorks.

LS24 9AB

Tel No. 01937 833001

E-mail = [chirst@tadcasterpool.org.uk](mailto:chirst@tadcasterpool.org.uk)

For office use only

Deposit paid by (cash/card/Chq) \_\_\_\_\_

£50 Deposit paid date \_\_\_\_\_

Staff members signature \_\_\_\_\_

**Candidates for this course must be at least 16 years of age at the commencement of the course.**

**Candidates must be able to swim 50 metres in less than 60 seconds, and be able to swim 200m on front and back continuously.**

On receipt of completed application form and volunteering agreement each candidate will be sent the confirmation letter, and timetable. All course materials and handbooks are included, within the price.

Brief outlines of areas to be covered are listed below: -

- I. To equip candidates with knowledge and skills to perform a variety of poolside and aquatic rescues.
- II. To equip candidates with knowledge to perform the role of the pool lifeguard.
- III. To equip candidates with knowledge and skills to maintain safe and effective pool supervision.
- IV. To equip candidates with knowledge and skills for effective teamwork and communication.
- V. To equip candidates with the knowledge and skills to perform rescues of spinal injuries.
- VI. To equip candidates with aquatic first aid knowledge.
- VII. To equip candidates with knowledge and skills to perform effective Cardio Pulmonary Resuscitation.
- VIII. To equip candidates with knowledge and skills to diagnose and treat different illnesses and injuries.
- IX. To be taught the unit 2 part of the course and are competent with the range of Health and Safety working practices in Swimming Pools.

The course has both theory and practical content and each candidate will be continually assessed. An external assessor will take the Unit 1 assessment at the end of the course.

Venue: - External building for the theory (directions given on the day) and Tadcaster Swimming Pool for the water work.

Tutor: - Chris Hirst or Ben Walker

Candidates should bring with them swim wear and a "T" shirt and shorts to swim in. Also a note pad and pen for personal revision will be required.

Candidates will be expected to attend all sessions of the course.

Please note that candidates will need to provide their own lunch requirements.

This course is a professional qualification and will equip candidates to lifeguard any pool in the country.

