



Course title:

SLSGB NARs Beach Lifeguard Award

Duration:

6 days

Pre Requisites:

Minimum age for the course is 16 years, be able to swim 400 meters in under 7:30 and be able to run 200 meters in under 0:40 seconds.

Cost:

The cost of the course is £300, which includes Course and Examination fee, Beach Lifeguard Award and First Aid Manual, 1 year SLSGB Membership and 1 year Public Liability Insurance & Personal Accident Insurance.

Description:

The SLSGB Lifeguard Award is the best in the UK and the preferred award for lifeguard for our partner, the RNLI. It is the prerequisite for working as a beach lifeguard for the RNLI or Local Authority Lifeguard service and for National Surfing Instructor Awards. It is also recognised by the International Lifesaving Federation and is accepted throughout the world by lifeguard services including those in Australia and New Zealand.

Course content:

The course covers six main areas:

1. *Fitness and releases*
2. *Lifeguard Skills*
3. *Knowledge and rescues*
4. *Spinal Management*
5. *Emergency life support*
6. *Emergency first aid*

Assessment and certification

The training will be run over 5 days with a final exam day run by an external examiner. The qualification is valid for 2 years initially.