

# BOSCAWEN LIFESAVING & RESCUE CLUB



## The Royal Lifesaving Society UK National Pool Lifeguard Qualification (8<sup>th</sup> Edition)



Course Dates:	Friday 6 April - Tuesday 10 April 2012
Course Times:	8.00am - 5.30pm each day
Venue:	Osprey Leisure Centre, Castletown, Portland, Dorset DT5 1BD
Assessment Date:	Wednesday 11 April 2012 - 7.00am

Please ensure that you are available for all dates

Please reserve me a place on the course shown above

Name:	
Address:	
Postcode:	
Tel No:	
Email:	
D.O.B.	

I enclose a non returnable deposit of	(min £50.00)	£
I enclose full cost	(£200.00 full)	£
Cheques made payable to Boscawen Lifesaving Club		

### Pre-Requisites

16 years of age prior to assessment. All candidates participating in an NPLQ course must be able to:

- confidently jump into deep water
- swim 100 metres continuously on front and back
- surface dive to the deepest part of the pool floor
- swim 50 metres in no more than 1 minute
- tread water for 30 seconds in deep water
- climb out unaided without using ladders or steps

**Closing date for entry to the course 28 March 2012.** Upon securing a place, further course instructions will be forwarded nearer the date. In the case of the course being cancelled by Boscawen Lifesaving & Rescue Club, all monies will be refunded.

For further information please look at our website [www.boscawenlifeguards.co.uk](http://www.boscawenlifeguards.co.uk) or contact Paul Barker 07801 496555 or email [aquachallenge@hotmail.co.uk](mailto:aquachallenge@hotmail.co.uk).

Completed application forms to be sent to: Paul Barker at 46 Grove Road, Grove, Portland, Dorset, DT5 1DA.