

**The Royal Life Saving Society
National Pool Lifeguard Qualification
Foundation Module Courses 2011 - 2012**

Intensive Course Dates

These are run over a five day period, usually during the school holidays, 100% attendance is required (all day every day) for the duration of the course. Bookings are for one course only and are not interchangeable. The usual timings for these courses are 08:30-18:00 each day.

	MONTH	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
1	October	Thurs 20 th	Fri 21 st	Tues 25 th	Weds 26 th	Thurs 27 th
2	February	Mon 13 th	Tues 14 th	Weds 15 th	Thurs 16 th	Fri 17 th
3	April	Weds 4 th	Thurs 5 th	Tues 10 th	Weds 11 th	Thurs 12 th
4	July	Mon 9 th	Tues 10 th	Weds 11 th	Thurs 12 th	Fri 13 th
5	July	Mon 16 th	Tues 17 th	Weds 18 th	Thurs 19 th	Fri 20 th
6	July/August	Mon 30 th	Tues 31 st	Weds 1 st	Thurs 2 nd	Fri 3 rd
7	August	Weds 8 th	Thurs 9 th	Fri 10 th	Mon 13 th	Tues 14 ^h

*All course dates and times are subject to confirmation nearer the time and to sufficient numbers being enrolled on the course

- Before booking on any of the courses you must take a short swim test 200m (6 lengths) without rest in shorts and a tee shirt in under 5 minutes and be able to dive to the deepest part of the pool (3.6m) to recover a manikin and bring it to the surface and climb out unaided. These tests are held on Friday evenings at 16.30 and 17.30 and can be booked through reception on 020 8940 0561. Goggles may NOT be worn for this test.
- All candidates must be over 16 years of age on the first day of the course.
- 100% attendance is required on the course to enter the assessment which is wholly practical and oral – there are no written parts to the assessment process.
- Please remember that the intensive course is just that, and due to the intensive nature of the course it does require a considerable amount of homework each evening.

The course fee is £245.00 per candidate.

The fee includes instruction, RLSS lifeguard manual and assessment fees. Tea and coffee is provided and discount is available for lunches in the poolside café.

On successful completion of the course and assessment candidates will be able to look for work as a qualified pool lifeguard.