

Training course programme  
Sept 2011 - Aug 2012

# Lifesaving lifeguarding



# Welcome to the Lifesaving & Lifeguarding Training Course Programme 2011 - 2012

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**For further information please contact:**

**Leeds Lifesaving - Louise Wells**

John Charles Centre For Sport – Aquatics Centre  
Middleton Grove, Leeds, LS11 5DJ

***Tel: 0113 2475243      Fax: 0113 2475260***  
***Bookings: 0113 3950001***

***Email:***  
***leeds.lifesaving@leeds.gov.uk***

## *RLSS/IQL National Pool Lifeguard Qualification*

### ***Unit 1 The Principles of Lifesaving And Swimming Pool Supervision*** ***Unit 2 The Application of Supervision and Rescue in a Swimming Pool***

A great opportunity to obtain this nationally recognised Qualification for all personnel working in the leisure industry as swimming pool lifeguards, teachers or coaches. The skills include: lifeguard principles, water rescue, spinal injury management, life support and first aid. All courses include all resources and assessment fees.

Pre-requisite: Candidates must be at least 16 years of age prior to commencing a course of training and be able to meet the following basic fitness criteria:

- Jump/dive into deep water
- Swim 50m in less than 60 seconds
- Swim 100m continuously on front and back
- Tread water for 30 seconds
- Surface dive to the floor of the pool
- Climb out unaided without ladder or steps

Reference	Date	Venue	Time
LL/NPLQ/1	Monday 24 - Saturday 29 October	Scott Hall Sports Centre LS7 3DT	Day 1 - 5 0900 – 1730  Day 6 0900 - 1430
LL/NPLQ/2	Sunday 18 - Friday 23 December	John Smeaton LC LS15 8TA	
LL/NPLQ/3	Monday 13 – Saturday 18 February	JCCS Aquatics Centre LS11 5DJ	
LL/NPLQ/4	Monday 2 - Saturday 7 April		
LL/NPLQ/5	Tuesday 10 - Sunday 15 April	Scott Hall Sports Centre LS7 3DT	
LL/NPLQ/6	Tuesday 5 - Sunday 10 June		
LL/NPLQ/7	Monday 18 - Saturday 23 June	John Charles Centre For Sport Aquatics Centre  Middleton Grove Leeds LS11 5DJ	
LL/NPLQ/9	Monday 2 - Saturday 7 July		
LL/NPLQ/10	Monday 23 - Saturday 28 July		
LL/NPLQ/11	Monday 6 - Saturday 11 August		
LL/NPLQ/12	Monday 20 – Saturday 25 August		

## National Rescue Award

### **for Swimming Teachers and Coaches**

Designed to equip teachers with adequate skills to minimise risk and to respond effectively to an emergency and should be required for anyone teaching and coaching programmed swimming activities. The award includes instruction on spinal cord injury management and reflects the recommendations identified in the Sport England and Health and Safety Commission's Managing Health and Safety in Swimming Pools publication.

#### **Ensure your pupils are safely supervised.**

National Rescue Award for swimming teachers and coaches is accredited by:

- Lifesavers, The Royal Life Saving Society UK
- Institute of Sport and Recreation Management
- Institute of Swimming Teachers and Coaches
- Amateur Swimming Association
- Swimming Teachers Association.

Pre-requisite: Candidates must be at least 16 years of age.

Swim ability – 20 metres on the front and back and able to perform a surface dive.

#### **Sport and Active Recreation currently subsidise the National Rescue Award**

##### **To All Leeds School Teachers and Club Volunteers**

Reference	Date	Venue	Time
LL/NRASTC/1	Thursday 3 - Friday 4 November	John Charles Centre for Sport Aquatics Centre Middleton Grove, Leeds, LS11 5DJ	Day 1 0900 – 1600
LL/NRASTC/2	Thursday 19 - Friday 20 January		
LL/NRASTC/3	Sunday 11 & Sunday 18 March	Fearnville Leisure Centre LS8 3LF	Day 2 0900 – 1700
LL/NRASTC/4	Thursday 7 - Friday 8 June	JCCS - Aquatics Centre LS11 5DJ	

## Lifeguard CPD Training

Designed for those lifeguards or holders of the NRASTC who require regular training.

Pre-requisite: A valid NPLQ or NRASTC

Reference	Date	Venue	Time
LL/LGT/1	Wednesday 26 October	John Charles Centre for Sport Aquatics Centre  Middleton Grove Leeds LS11 5DJ	0930 - 1230
LL/LGT/2	Wednesday 21 December		
LL/LGT/3	Wednesday 15 February		
LL/LGT/4	Wednesday 4 April		
LL/LGT/5	Wednesday 6 June	Rothwell Leisure Centre LS26 8EL	
LL/LGT/6	Wednesday 25 July		

## [RLSS/IQL Pool Lifeguard Trainer Assessor \(TA\) Unit 1 - 4](#)

A great opportunity to start on the track to become a qualified Pool Lifeguard Trainer Assessor. Essential for training and assessing the National Pool Lifeguard Qualification, Unit 1 The Principles Of Lifesaving And Swimming Pool Supervision.

Please note:

After successful completion of this course, you are required to work under moderation, after successful moderation, you will then be given the status of Lifeguard Trainer Assessor.

Pre-requisite:

➤ RLSS/IQL National Pool Lifeguard Qualification      ➤ RLSS membership - details available on request.

Reference	Dates	Venue	Time
LL/TA/UNIT 1-4	Monday 5 - Friday 9 December	JCCS Aquatics Centre Middleton Grove, Leeds, LS11 5DJ	0900 - 1700

## [RLSS Bronze Medallion – for todays teenagers](#)

Don't miss this great course!

Did you know the Bronze Medallion can be credited to the Duke of Edinburgh Award scheme and GCSE P.E. Recognised as the 'flagship' award for lifesaving the Medallion is designed to establish competent levels of knowledge of water safety combined with practical ability to effect a rescue in a variety of simulated open water conditions.

Pre-requisites: ➤ Age 13      ➤ Swim ability: 400 metres

Reference	Date	Venue	Time
LL/BM/1	Monday 24 - Thursday 27 October	JCCS Aquatics Centre Middleton Grove, Leeds, LS11 5DJ	0900 - 1530
LL/BM/2	Monday 13 – Thursday 16 February	John Smeaton LC Smeaton Approach Leeds, LS15 8TA	0900 - 1530



# Lifesaving & Lifeguarding Training Course Programme

## Course Prices

		Standard	Leeds Card	LeedsCard Extra
RLSS/IQL National Pool Lifeguard Qualification Unit 1 & 2 combined course		£225.00	£205.00	£190.00
National Rescue Award for Swimming Teachers and Coaches		£80.00	£75.00	£60.00
Lifeguard CPD Training		£15.00	13.50	10.00
RLSS / IQL Pool Lifeguard Trainer Assessor	Full Course	£580.00	£550.00	£470.00
	TA 4 Only (2 DAYS)	£400.00	£380.00	£320.00
RLSS Bronze Medallion			-	£95.00

Please complete the application form on pages 7 and 8 and return with the appropriate fee.  
Please make cheques payable to Leeds City Council and return to:

**Leeds Lifesaving**  
**John Charles Centre For Sport – Aquatics Centre**  
Middleton Grove, Leeds, LS11 5DJ

**Tel: 0113 2475243 Fax: 0113 2475260**

***Email: [leeds.lifesaving@leeds.gov.uk](mailto:leeds.lifesaving@leeds.gov.uk)***

\*The awarding body for the NPLQ is The Institute of Qualified Lifeguards who accept no responsibility for the course provided, this remains the responsibility of Leeds City Council , Sport and Active Recreation

Costs include all resources and assessment fees and are therefore subject to change.

We reserve the right to cancel if circumstances make it necessary.  
Refunds will only be given if the course is cancelled by ourselves.

## LEEDS LIFESAVING APPLICATION FORM

Course Code	Title of Course / Activity	Venue	Date of Activity

**2a. Participants Details**

Name:	Tel. No	D.O.B	Age

**2b. If the course applicant has a Breeze Card or a Leeds Card please give details of the card number in the following spaces.**

Breeze Card or Student number								Leeds Card Number						

**2c. Address:**

Post Code										School Name (if applicable)

<b>2d. Gender - please tick</b>	Male <input type="checkbox"/>	Female <input type="checkbox"/>
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**2e. Do you have any long term illness, health problem or a disability? If YES, please state, e.g. learning disability / downs syndrome / cerebral palsy / etc. Please also provide any other additional information you feel necessary, e.g. wheelchair user / guide dog / etc.**

**2f. Medical Information** please give details of any important medical information that our staff should be aware of (e.g. epilepsy, asthma, diabetes, Dyslexia).

**3. Emergency Contact.** (If participant is under 16 this must be completed by the legal Parent / Guardian).

Name:	Relationship to child:	Tel (1):	Tel(2):

**4. If you are a Leeds Leisure Services employee/Leeds School Teacher/Club Volunteer applying for a course, please complete the following:**

<b>CENTRE/SCHOOL/CLUB NAME:</b>	
<b>ADDRESS:</b>	
<b>Tel. No:</b>	
<b>School DofEE No (required for funding purposes)</b>	

<b>5. Where did you find out about this course?</b> Please tick all that apply to you.					
Leisure Centre <input type="checkbox"/>	Website <input type="checkbox"/>	School <input type="checkbox"/>	Library <input type="checkbox"/>	Newspaper <input type="checkbox"/>	Other <input type="checkbox"/>
<b>6. Ethnic Origin</b> please tick one (You do not have to complete this question but doing so will help us improve our service)					
<b>White</b>	<b>Mixed Race</b>	<b>Asian or Asian British</b>	<b>Black British or Black</b>	<b>Other Ethnic Group 7</b>	
British <input type="checkbox"/>	White & Black Caribbean <input type="checkbox"/>	Indian <input type="checkbox"/>	Caribbean <input type="checkbox"/>	Chinese <input type="checkbox"/>	
Irish <input type="checkbox"/>	White & Black African <input type="checkbox"/>	Pakistani <input type="checkbox"/>	African <input type="checkbox"/>	Gypsy / Traveller <input type="checkbox"/>	
Other <input type="checkbox"/>	White & Asian <input type="checkbox"/>	Bangladeshi <input type="checkbox"/>	Other <input type="checkbox"/>	Any Other <input type="checkbox"/>	
	Other <input type="checkbox"/>	Kashmiri <input type="checkbox"/>			
		Other <input type="checkbox"/>			

**Declarations:**  
 I undertake to inform a member of staff of any changes in the information provided on this form. I hereby agree that in the event of my child being returned early from the activity, or any costs incurred as a result of my child's misbehaviour, I will be liable to re-imburse Leeds City Council, in full. I understand that in the event of any injury or illness all reasonable steps will be taken to contact me, and to deal with the injury / illness appropriately and that by returning this completed form I agree to my son /daughter taking part in the activity.

**Consent Statement:**  
 I give consent for my child to take part in the above activity / activities and, having received and read the information provided, agree to their participation. I acknowledge the need for obedience and responsible behaviour on their part.

**Data Protection:**  
 The information you provide on this form will be held on computer and paper files. Leeds City Council may from time to time send you information and offers about events and services provided by The Department of Learning & Leisure for promotional purposes. If you would like to receive such information please tick this box

If you give consent for your child to be photographed during the course/session please tick this box

**Cancellation / Re-programming / Change in Activity:**  
 Under exceptional circumstances, Leeds City Council reserve the right to change all or some of the above at short notice.  
**This should be signed by the parent / guardian if the participant is under 18.**

<b>Print Name:</b>	<b>Relationship to child:</b>
<b>Signature:</b>	<b>Date:</b>

**FEES:** The course fee includes the relevant assessment fee.

I enclose the full course fee of £ \_\_\_\_\_  
 (Cheques to be made payable to 'LEEDS CITY COUNCIL')

**Completed application forms should be returned to:**  
**LEEDS LIFESAVING**

John Charles Centre For Sport - Aquatics Centre  
 Middleton Grove, Leeds, LS11 5DJ  
 Tel No: 0113-2475243 / 3950153  
 email: [leeds.lifesaving@leeds.gov.uk](mailto:leeds.lifesaving@leeds.gov.uk)

<b>For Office Use Only:</b>				
Date Application Received:	Receptionist Initials:	Fee: £	Receipt No:	Confirmation sent