

POOL LIFEGUARD

Royal Life Saving Society Queensland Inc ABN 60 478 008 791 RTO 5431

Course Schedule

COURSE	DATE	DAY/S	TIME
NEW	9 th – 10 th January	Saturday and Sunday	8:30am – 5pm
UPGRADE	9 th January	Saturday	8:30am – 5pm
NEW	23 rd – 24 th January	Saturday and Sunday	8:30am – 5pm
UPGRADE	23 rd January	Saturday	8:30am – 5pm
NEW	6 th – 7 th February	Saturday and Sunday	8:30am – 5pm
UPGRADE	6 th February	Saturday	8:30am – 5pm
NEW	20 th – 21 st February	Saturday and Sunday	8:30am – 5pm
UPGRADE	20 th February	Saturday	8:30am – 5pm
NEW	6 th – 7 th March	Saturday and Sunday	8:30am – 5pm
UPGRADE	6 th March	Saturday	8:30am – 5pm
NEW	20 th – 21 st March	Saturday and Sunday	8:30am – 5pm
UPGRADE	20 th March	Saturday	8:30am – 5pm
NEW	10 th – 11 th April	Saturday and Sunday	8:30am – 5pm
UPGRADE	10 th April	Saturday	8:30am – 5pm

Price List

New Course: \$360 Upgrade: \$140

Price includes CPR update

First Aid New Special: PLG \$350 + PFA \$100 = \$450

Pre-requisites

Update courses require a current Royal Life Saving Pool Lifeguard certificate, i.e. completed in the last 12 months.

- It is recommended that candidates are **16 years of age**.
- A **medium to high level of aquatic fitness** is required
- **Able to perform CPR** on a resuscitation manikin placed on the floor.

Requirements – What to Bring

- A current Provide First Aid 003 or 004 Certificate (valid for 3 years from date of issue)
- Completed workbook prior to training day.

Physical Fitness and Strength

- **Deep Water Retrieval Test** – ability to retrieve an object from the deepest water within the aquatic environment
- **Lift Test** – ability to lift a swimmer out of the water (using appropriate manual handing procedures)
- **Rescue Test** – 25 metre swim / 25 metre non-contact tow in less than 1 minute and 45 seconds
- **Fitness Test** – 200 metre swim in less than 6 minutes (using any stroke)
- Spinal Injury Management and Rescue Response Initiatives

Contact

Venue: Somerset College Pool
Somerset Dr, Mudgeeraba 4213

To book please contact our head trainer Lyn Quirk on 0419226546.

TRAINER RLSSQ

BRONZE MEDALLION

Royal Life Saving Society Queensland Inc ABN 60 478 008 791 RTO 5431

Course Schedule

COURSE	DATE	DAY/S	TIME
NEW / UPGRADE	9 th January	Saturday	8:30am – 5pm
NEW / UPGRADE	23 rd January	Saturday	8:30am – 5pm
NEW / UPGRADE	6 th February	Saturday	8:30am – 5pm
NEW / UPGRADE	20 th February	Saturday	8:30am – 5pm
NEW / UPGRADE	6 th March	Saturday	8:30am – 5pm
NEW / UPGRADE	20 th March	Saturday	8:30am – 5pm
NEW / UPGRADE	10 th April	Saturday	8:30am – 5pm

Price List

New Course: \$200

Upgrade: \$120

Price includes CPR update

Pre-requisites

- Update course require a current Royal Life Saving Bronze Medallion i.e. completed in the last 12 months
- It is recommended that candidates are **14 years of age**.
- A **medium level of aquatic fitness** is required

Requirements – What to Bring

- Long sleeve shirt and long pants for 50m swim (new and recert), Bathers, towel, goggles, hat and sunscreen.
- A current Provide First Aid 003 or 004 Certificate (valid for 3 years from date of issue)
- Completed workbook prior to training day.

Physical Fitness and Strength

- **Resuscitation:** Demonstrate effective CPR
- **Swim:** Swim 400 metres continuously within 13 minutes. 100m freestyle, 100m breaststroke, 100m survival backstroke, 100m sidestroke.
- **Timed Tow:** Swim 50 metres, then tow a patient 50m within 3 min 15 sec.
- **Survival and Rescue Skills:** Demonstrate a range of survival techniques and appropriate rescues for a range of different aquatic environments and scenarios.
- **Spinal Injuries:** Basic management of a suspected spinal injury in shallow water.
- **Rescue Initiative:** Demonstrate initiative in effecting a rescue of two people who are in difficulty up to 15 metres from safety.

Contact

Venue: Somerset College Pool

Somerset Dr, Mudgeeraba 4213

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TRAINER RLSSQ

