

POOL LIFEGUARD

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

Course Schedule

COURSE	DATE	DAY/S	TIME
NEW	10 th – 11 th July	Saturday and Sunday	8:30am – 5pm
UPGRADE	10 th July	Saturday	8:30am – 5pm
NEW	31 st – 1 st August	Saturday and Sunday	8:30am – 5pm
UPGRADE	31 st July	Saturday	8:30am – 5pm
NEW	21 st – 22 nd August	Saturday and Sunday	8:30am – 5pm
UPGRADE	21 st August	Saturday	8:30am – 5pm
NEW	11 th – 12 th September	Saturday and Sunday	8:30am – 5pm
UPGRADE	11 th September	Saturday	8:30am – 5pm
NEW	2 nd – 3 rd October	Saturday and Sunday	8:30am – 5pm
UPGRADE	2 nd October	Saturday	8:30am – 5pm
NEW	16 th – 17 th October	Saturday and Sunday	8:30am – 5pm
UPGRADE	16 th October	Saturday	8:30am – 5pm
NEW	13 th – 14 th November	Saturday and Sunday	8:30am – 5pm
UPGRADE	13 th November	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 record students phone number and email address in diary.

Further Questions Contact: Lyn Quirk 0419 226 546 TRAINER RLSSQ