



PROSPECTUS

National Beach Lifeguard Qualification

www.beach-lifeguard.co.uk

The National Lifeguard Training Centre

WELCOME

The National Lifeguard Training Centre has been at the forefront of lifeguarding and surf lifesaving education for the last 14 years.

The National Beach Lifeguard Qualification (NBLQ) course is run in association with the Royal Life Saving Society (RLSS). This qualification is an essential requirement for working as a lifeguard on British beaches and is recognised by many international lifesaving bodies.

Training involves a series of modules combining practical and theory sessions with an average of three to five hours spent in the water each day. Students must successfully complete each module to gain the qualification.

Successful students will have to demonstrate their knowledge and capabilities in the following core competencies: lifeguard theory; cardio pulmonary resuscitation; first aid; pool skills; open water skills.

The theory part of the course covers the role of a lifeguard, beach safety operating procedures, hazard awareness and the importance of accident prevention.

Students are assessed by an independent RLSS qualified assessor who looks for a sound knowledge and understanding of beach lifeguarding principles and safe practices.





COURSE ENTRY

Candidates must be at least 16 years of age and have a good level of fitness and be competent swimming in the sea.

Prior to attending the NBLQ course, it is strongly recommended that candidates should be able to swim at least 100m on their front and 100m on their back. It is a prerequisite of the course that they are able to swim 400m in a swimming pool in less than eight minutes.

Candidates should be able to surface dive to a depth of two metres, tread water for two minutes and climb out of deep water unaided and without the use of steps.



BSA SURF COACH TRAINING

The National Lifeguard Training Centre offers the facility of booking the BSA Level 1 Surf Coach qualification, alongside the National Beach Lifeguard Qualification.

To gain the BSA qualification, students must demonstrate a good standard of surfing and knowledge of the sport. They must also be able to conduct rescues and administer first aid in emergency situations. Successful completion of this qualification allows candidates to enter a career as a surf instructor.

The BSA qualification is valid for three years as long as the holder has a valid National Beach Lifeguard Qualification. This qualification takes place at Fistol Beach, Newquay.



COURSE ENTRY

Candidates must be able to show a competent level of surfing. As an absolute minimum they must be able to turn up and down a clean, breaking wave and demonstrate good board control.

COURSE DATES

MARCH

15-20 March

22-27 March

APRIL

5-10 April

12-17 April

19-24 April

26-1 May

MAY

3-8 May

10-15 May

17-22 May

24-29 May

31-5 June

JUNE

7-12 June

21-26 June

JULY

5-10 July

12-17 July

19-24 July

26-31 July

AUGUST

9-14 August

16-21 August

SEPTEMBER

6-11 September

13-18 September

27-2 October

OCTOBER

11-16 October

18-23 October

NOVEMBER

8-13 November

COURSE FEES

£250 Per person

If you wish to book on to a course, please contact:

The National Lifeguard Training Centre on 01637 876631 or email info@training-centre.org

BOOKING FORM

National Beach Lifeguard Qualification

Please tick the relevant box below to indicate which course you want to join:

<input type="checkbox"/>	NBLQ (standard course – 6 days)	Course cost: £250	Deposit: £80
<input type="checkbox"/>	NBLQ & BSA Level 1 Surf Coach (combined course)	Course cost: £250 for NBLQ	Deposit: £80

The BSA Level 1 Surf Coach course costs £250 and will be invoiced directly from the BSA

Please send deposit to confirm your booking. Deposits are non-refundable. The full balance of course fees must be paid at least 21 days before the course starts.

Credit Card Payments:

Credit card number:	
Amount to pay:	Three-digit security code:
Start date:	Expiry date:
Billing address:	

We also accept **payment by cheque or postal order**. Please make cheques payable to **The National Lifeguard Training Centre**. Please return to: **The National Lifeguard Training Centre, Lusty Glaze Road, Newquay, Cornwall, TR7 3AE**.

Full name:	
Address for the duration of the course (if known):	
	Postcode:
Normal home postal address:	
	Postcode:
Telephone no:	Home:
	Work:
	Mobile:
Email:	
Date of birth:	Male / Female
Invoice Address (if different from above):	
Where did you hear about us?:	
Are you interested in doing a week's work experience at Lusty Glaze?:	

Please sign to confirm that you have read and understood the terms and conditions.

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Please state choice of preferred training dates, with your first choice as number 1:

1)	2)
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TERMS AND CONDITIONS

Booking, Payment and Cancellation

- A booking is not confirmed until The National Lifeguard Training Centre has received a signed booking form and a deposit.
- Until a booking has been received and confirmed by The National Lifeguard Training Centre, all bookings are regarded as provisional.
- The balance is due 21 days before the course commencement date, or with prior arrangement with The National Lifeguard Training Centre.
- Any bookings not confirmed within 21 days of the course commencement may be re-sold without notice, and the initial deposit forfeited.
- No refunds will be given for courses cancelled up to ten working days prior to the commencement of the course. Other cancellations will receive a refund, but the initial deposit will be forfeited.

Conditions

- All courses are taught by appropriately qualified Instructors. Instructor to client ratios are in accordance with National Governing Body guidelines. Whilst every reasonable attempt will be made to deliver all course sessions, The National Lifeguard Training Centre reserves the right to cancel or modify any session due to safety requirements or factors beyond our control.

Liability and Insurance

- The National Lifeguard Training Centre holds public liability cover.
- The National Lifeguard Training Centre provides courses and activities, which can be potentially dangerous. All participants must be aware of this and accept the risks associated with the chosen activity. The National Lifeguard Training Centre and Lusty Glaze Beach has an excellent safety record, however responsibility for injury or illness arising from any of the activities cannot be accepted.

Health and Safety / Conduct

- Due to the nature of some of the activities at The National Lifeguard Training Centre, all participants should be physically fit. Anyone with a medical condition must seek medical advice before considering participating.
- Contact lenses and spectacles are permitted to be worn at the discretion of the Centre staff. The wearer must accept full responsibility for any injury sustained before, during or after a course.
- Participants will not be permitted to consume alcohol or drugs prior to, or during, the course. The Centre staff reserves the right to refuse participation to anyone considered to be under the influence of alcohol or drugs.
- The Centre staff may require any participant to leave the course without compensation if that person acts in such a manner as to endanger him/herself, or any other National Lifeguard Training Centre user/staff.
- The Centre must be informed of any medical condition (asthma, epilepsy, etc) or any other special needs which may impair the individual's performance on any activity.

Equipment and Clothing

- Participants may wear their own wetsuits as long as they are suitable for the course undertaken. Damage to, or loss of, Centre equipment caused by negligence, malicious acts or carelessness must be paid for at the time and at the current replacement value.

Complaints

- Complaints concerning the Centre or the activities, should be referred to The National Lifeguard Training Centre within seven days of the session/course. The National Lifeguard Training Centre will adhere to its complaints procedures and act therefore to do everything possible to rectify the situation, and the client will receive a written reply from the Head of Centre.

Conditions of Service

- As part of the continual review of safety and associated considerations, the conditions of booking are subject to change, clarification and modification at any time. Only the Centre Manager is empowered to vary or waive any of the conditions of booking.

FREQUENTLY ASKED QUESTIONS

National Beach Lifeguard Qualification

Q: Do you offer work experience?

A: Yes, we offer a week's unpaid work experience, shadowing our lifeguards here at Lusty Glaze Beach.

Q: Do I need a wetsuit?

A: Yes, definitely, as you will spend up to three hours at a time in the water.

Q: Do you provide accommodation?

A: This is not included in the course fees, but we can help with local accommodation providers close to The National Lifeguard Training Centre.

Q: Does a pool lifesaving qualification count towards the NBLQ?

A: No, although there may be elements of the NPLQ that are useful and cross over.

Q: How long is the award valid?

A: Two years.

Q: Can I use the award all over the world?

A: It is internationally recognised, but you will still have to conform to that country's own qualification specifications.

Q: What time do I have to do the timed swim in?

A: 400m (16 lengths in a 25m pool) in under eight minutes.

Q: What if I fail part of the course?

A: You have 28 days to retake that element. The reassessment fee is £50.

Q: How good a surfer do I have to be to do the BSA course?

A: You must be a competent surfer and be able to turn and manoeuvre the board with good control.

Q: How many people will be on the course?

A: A maximum of 12.

Q: How old do I have to be?

A: At least 16 years old.

Q: Can I wear goggles for the timed swim?

A: Yes in the pool.

Q: I am dyslexic, will I get extra help?

A: There is no written exam and you will get the pre-learning pack in advance of the course so you have plenty of time to read through it. Everything you need to know will be taught on the course.

Q: Will a four day first aid course exempt me from that side of the course?

A: A current four day First Aid at Work qualification will exempt you from that element of the exam, upon proof of certification.

Q: Do I need previous sea experience?

A: Yes. The more experience of the ocean you have prior to the course, the better.

Q: Who validates the course?

A: The Royal Life Saving Society (RLSS).

The National Lifeguard Training Centre
Lusty Glaze Road
Newquay
Cornwall TR7 3AE

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