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| **CANDIDATE DETAILS** (Please use BLOCK CAPITALS) | | | | | |  | **Title:** |  | | | | | |
|  |  | |  |  |  | | | | | |  |  | |
| **Name:** |  | | | | | | | | **Date of Birth:** | | | |  |
|  |  | | | | |  |  | | | |  | | |
| **Address:** | |  | | | | | | | | | | | |
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|  |  | | | | |  |  | | | |  | | |
| **Postcode:** | |  | | | | | | | | | | | |
|  |  | | | | |  |  | | | |  | | |
| **Telephone:** | |  | | | | | **Email:** |  | | | | | |
|  |  | | | | |  |  | | | |  | | |
| **Emergency contact name:** | |  | | | | | **Relationship to candidate:** | | |  | | | |
|  |  | | | | |  |  | | | |  | | |
| **Emergency contact number:** | |  | | | | | | | | | | | |

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| **COURSE PRE REQUISITES: All new candidates must meet the following criteria (please tick)** | | | | | | | | | |
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| **Must be 16 years of age prior to assessment** | | | | | | | | |  |
|  |  | | | |  |  |  | | |
| **Jump/dive into deep water** | | | | | | | | |  |
|  |  | | | |  |  |  | | |
| **Swim 50 metres in no more than 60 seconds** | | | | | | | | |  |
|  |  | | | |  |  |  | | |
| **Swim 100 metres continuously on front and back** | | | | | | | | |  |
|  |  | | | |  |  |  | | |
| **In deep water, tread water for 30 seconds** | | | | | | | | |  |
|  |  | | | |  |  |  | | |
| **Surface dive to the floor of the pool** | | | | | | | | |  |
|  |  | | | |  |  |  | | |
| **Climb out unaided without ladder/steps and where the pool design permits** | | | | | | | | |  |

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| **ADDITIONAL INFORMATION** | | | | | | | | | | |
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| **Do you have any specialist learning requirements?** | | Yes | | | No | | | | | |
|  |  | | | | | |  |  |  | |
| **Do you have a disability/ medical condition?** | | Yes | | | No Please note a good level of vision and hearing is required for this course; see course information overleaf for further details. | | | | | |
|  |  | | | | | |  |  |  | |
| **If you answered yes to either of the above questions please provide further details on how we can assist with your learning:** | |  | | | | | | | | |

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| **COURSE PAYMENT** | | | |
| The cost of this course is £250 and must be paid in full by 14/01/2017. A non-returnable deposit of £50 s required to secure your place on the course. Cheques should be made payable to Retford & District Lifesaving Club  By completing this form you are confirming your enrolment onto the RLSS UK National Pool Lifeguard Qualification + AED | | | |
| **Candidate Signature:** |  | **Date:** |  |
| **Parent/Guardian Signature: (if under 18)** |  | **Date:** |  |

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| **ADDITIONAL COURSE INFORMATION** | | | |
| **Course Overview:** The internationally recognised Royal Lifesaving Society (RLSS UK) National Pool Lifeguard Qualification (NPLQ) is not only a qualification that will train you to become a Pool Lifeguard but can also be a stepping stone into a career within the leisure industry. The NPLQ requires a minimum of 37.5 hours (5 days) training and requires **100% attendance.**  In order to perform lifeguard duties candidates must be physically fit, have good vision and hearing, be mentally alert and self disciplined\*. The course will be delivered using a variety of methods including:   * PowerPoint Presentations * Flip Chart Exercises * Guided Group Discussions * Guided Group Activities * Practical Demonstrations and Training   The NPLQ and AED certificate is valid for 2 years from the date of successful completion of the course.  **Topics Covered:** The NPLQ+AED covers all elements of Pool Rescue Techniques, Lifeguard Theory, First Aid, CPR and Automated External Defibrillator (AED). The course is physically demanding and will include swimming to set times, lifting casualties and diving to the deepest part of the pool. Approved prior learning can be applied upon proof of certification, please ask your trainer for further details.  For full details on the courses content and to view IQL UK policies, please visit [www.rlss.org.uk](http://www.rlss.org.uk)  You are required to bring the following items to the course:   * Photographic Identification (must be shown to the trainer on the first day of the course) * A whistle * Swimming costume * Towel * Shorts and t-shirt to be worn in the water * Pen / pencil   Some of the days may include water work on more than one occasion and candidates may prefer to bring two sets of towels, shorts and t-shirts.  **Course Assessment:** The course syllabus and practical skills are continually assessed by the course trainer and a suitable level competence must be achieved to be put forward for a final independent assessment. The assessment will include verbal question and answer sessions, practical demonstrations of water rescue skills, CPR and First Aid.    If you have any questions prior to the start of the course, please feel free to contact your course trainer using the details below. | | | |
| **Trainer:** | **David Morton** | **Telephone:** |  |
| **Email:** | **Davidj.morton@btinternet.com** |  | |

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| **Course Timetable** |
| **The course will run on the following dates / times:**  **Friday 27th January 1830-2200 hrs**  **Saturday 28th January 4th, 11th, 18th & 25th Feb 2017 0800 – 1800 hrs please note that times will vary between the times stated**  **Saturday 25th February 2017 Assessment (details to be confirmed)** |

\*HSE Managing Health & Safety in Swimming Pools (HSG179) Paragraph 148