



Thank you for your interest expressed in joining on the National Beach Lifeguard Qualification course to be held at Donegal Adventure Centre and the adjoining Beaches. The course requires fitness and you should be training aerobically now by running/cycling/swimming. You should have the ability to **Swim 400m in 8 minutes** and comfortably be able to **Run 1000m** on entering the course. As much of the course will be held outdoors I would suggest that when we move to the beach you bring the following items with you where possible.

1. **Wetsuit, swim gear, swim fins, running gear and a number of towels.**
2. **Warm outdoor clothing including head cover.**
3. **Outdoor footwear, runners, booties or old runners for the sea.**
4. **A complete change of clothing and footwear.**
5. **A bright coloured swim hat preferable Yellow NOT Blue or Black.**
6. **Note pad A4, biros etc.,**

The Beach Lifeguard manual will be distributed to you on entering the course and you will be expected to study the book in the evenings after the course. It would also help if you were to brush up on your **LIFE SUPPORT**. If you presently hold the National Pool Lifeguard Book Qualification then it is a good idea to refresh your memory on principals of

- NOP/EAP/SCIM**     **Duties and the Role of a Lifeguard**     **Lifesaver v. Lifeguard**     **First Aid**

*If you have not covered this material before please do not worry, as it will form part of the course.*

**All course fees must be paid in full before start of course.**

**This course will be one of continuous assessment with a further assessment of physical skills, First Aid and Life Support in the last day of the course. This is a rather special course, and an opportunity to qualify in one of the world's most prestigious and recognised lifeguard qualifications. It is hoped that the day will finish at 6.00.pm (18.00hrs.) but this may vary.**

**We also make accommodation available to candidates if required: you can book dorm or private rooms at the Homefiled Rock Hostel, on site at Donegal Adventure Centre.**

**PLEASE NOTE: The NBLQ is assessed by RLSS assessors and strictly observed. You are advised to note the swim times, and be confident of achieving them before enrolling. There is no refunds for unsuccessful candidates.**



**PLEASE RETURN THIS INFORMATION TO DAC BY MAIL OR EMAIL**

**First Name:**

**Surname:**

**Address:**

**Contact Telephone:**

**Contact Email Address:**

**Emergency Contact Number:**

**COURSE DATES**

**FEBRUARY 11-13 & 18-20**

**APRIL 25-29**

**MAY 13-15 & 20-22**

**Please circle the course for which you are applying:**

**The cost of this course is €350 per person.(€320 student Rate)**

**There is also a residential option of €20 per person per night in Homefield Rock Hostel.**

**A deposit of €200 is required to secure your place and is non refundable.**

**Booking closes for each course TWO WEEKS prior to commencement date.**

**Please enclose a cheque or bank order for 200 euro if you are mailing your application. We can also accept credit cards: you can phone us at 07198 42418 or fill out credit card information below:**

**Credit Card type**

**Credit Card number**

**Expiration Date**

**Security Code**

**Name of credit card holder**

**Address of credit card holder**

**Do you require accommodation? YES NO**

**If yes, please write the dates here & we will reserve. B&B is 20 euro pp.**



**\* PLEASE TICK BOX AS APPROPRIATE**

**NEW CANDIDATE** YES/NO  
**EXPIRED RENEWAL CANDIDATE** YES/NO

**MEMBERSHIP NUMBER** \_\_\_\_\_

**(MUST BE FILLED IF A RENEWAL OR EXPIRED RENEWAL CANDIDATE)**

**EXPIRY DATE OF QUALIFICATION**

**E-MAIL ADDRESS**.....

**I UNDERSTAND THAT ALL FEES MUST BE PAID IN ADVANCE OF THE COURSE.**

**\* DATE OF BIRTH** / / **\*(Must be filled in)**

**Life Saving Awards Held Date Award Taken**

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**Lifeguard Awards Held Date Award Taken**

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**Other Awards Held (First Aid etc.,) Date Award Taken**

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**Previous and Present Employment Experience of Lifesaving/Lifeguarding**

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**I wish to make application to join a course leading to the National Beach Lifeguard Qualification. I understand that attendance at the course in itself is no guarantee of achieving the qualification. I understand that independent assessment will take place on the completion of the course to determine my success or otherwise.**

**I have recently trained in a swimming pool for this qualification and my consistent average time for swimming 400 metres (non-stop) in front crawl is \_\_\_\_\_ I am aware that I must swim 400 metres (Front Crawl) in 8 Minutes or less to qualify in the swimming pool section of the assessment.**

**This form must be completed and duly signed by the candidate.**

**Applicant's Ordinary Signature** \_\_\_\_\_

***Additional information on all aspects of the NBLQ may be had by visiting***

**[www.lifeguardsireland.com](http://www.lifeguardsireland.com)**

**PLEASE RETURN WITH DEPOSIT ARRANGEMENT TO -**

**Mail: Donegal Adventure Centre, Bayview Ave, Bundoran Co. Donegal**

**Email: [info@donegaladventurecentre.net](mailto:info@donegaladventurecentre.net)**