

LIFEGUARD COURSE

STA Pool Lifeguard Qualification



£295.00

Monday 8th - Friday 12th April 2019

On this five-day course, you will learn essential skills including the theory of pool lifeguarding, supervision, the roles and responsibilities of a lifeguard and the risks associated with a swimming pool. You will be trained to perform CPR, first aid and aquatic rescue skills including poolside rescue skills and spinal injury management correctly.

Pre-requisites for this course are; Min 16 years of age | Able to swim 50 metres in 1 minute | Able to swim 100 metres on both front and back without stopping.

For further details please contact Nick - courses@kingsrecreation.co.uk

To book please call 01227 812921 or visit reception