



## DONEGAL ADVENTURE CENTRE BEACH LIFEGUARD APPLICATION & INFORMATION

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 less than 8 minutes and comfortably be able to Run 1000m on entering the course.**

As much of the course will be held outdoors, we would suggest that when we move to the beach you bring the following items with you where possible:

1. Wetsuit, swim gear, running gear and a number of towels.
2. Warm outdoor clothing including head cover.
3. Outdoor footwear, runners, booties 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, biro etc.,
7. Whistle also required, for training and assessment purposes.

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. We also make accommodation available to candidates if required: you can book dorm or private rooms at Turf n Surf Hostel: 353 (0)71 9841091 or [info@turfnsurf.ie](mailto:info@turfnsurf.ie)

**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 are no refunds for unsuccessful candidates.



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

First Name:

Surname:

Contact Telephone:

Contact Email Address:

Emergency Contact Name & Number:

**COURSE DATES: 22<sup>nd</sup> April – 27<sup>th</sup> April 2019**

The cost of this course is €395 per new candidate  
Renewals are €210

**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.

Contact us directly to pay deposits on 07198 42418

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

Candidate's Signature: \_\_\_\_\_

**RENEWAL CANDIDATE:**

MEMBERSHIP NUMBER \_\_\_\_\_  
(MUST BE FILLED IF A RENEWAL OR EXPIRED RENEWAL CANDIDATE)

*If you are a renewal candidate, you must sit your assessment before the expiry date of your last assessment, otherwise you are new candidate.*

EXPIRY DATE OF QUALIFICATION \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

**\* 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 an 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 less than 8 Minutes 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 NVBLQ 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)**