



**RLSS UK National
Pool Lifeguard
Qualification
integrated with
Automated External
Defibrillator (AED)**

29th July - 2nd August 2019

and

19th - 23rd August 2019



General Information

The RLSS UK National Pool Lifeguard Qualification was first introduced in 1990 to address the needs of swimming pool operators.

The Generation 9 version of this professional qualification is the current syllabus being worked to across the UK and Ireland. This is the minimum qualification required to become a lifeguard in the UK.

To take the assessment at the end of this 36 hour course, all candidates must be a minimum of 16 years of age and 100% attendance is required.

The award is valid for a period of 24 months from the assessment date. This course will also cover the Automated External Defibrillator course (AED).

Holding the professional qualification allows you to apply for employment as a Lifeguard anywhere within the UK and Ireland. If you are thinking of applying for a position with Camp America, holding this award may enhance your chances. It can also be used as a pre-requisite to gaining the ASA Swimming Teacher Qualifications. Plus the course can be a great addition to the Duke of Edinburgh Award Scheme.



Course Details

DATES

We are planning to hold 2 full RLSS Generation 9 National Pool Lifeguard Courses on the following dates:

- Monday 29th July to Friday 2nd August inclusive - closing date Sunday 21st July
- Monday 19th August to Friday 23rd August inclusive - closing date Sunday 11th August

The courses will run from 8am to 5pm Monday to Friday

The assessment for these courses will take place on the Friday of the 5 day course.

The course assessment will be taken by an independent RLSS Trainer Assessor.

COST

The cost of these full RLSS Generation 9 National Pool Lifeguard Courses will be £240 for members of the Bank of England Sports Centre and £275.50 for non-members.

Places are strictly limited and payment of course fees are required at time of booking; no later than 5pm on the closing date.

Payments can be paid by cheque or credit/debit card. Cheques should be made payable to 'The Bank of England Sports Centre'. If you wish to pay by credit/debit card, please tick the box on the application form confirming this and one of our reception team will get in touch on receipt of your form.

Course fees and accommodation fees (optional) are non-refundable.



PRE-REQUISITES

Please be aware that there are some prerequisites to be able to sign up for the course.

These are:

- You must be at least 16 years of age by the date of the assessment (NB. You are allowed to do the course itself at the age of 15yrs but you have to be 16 by the time of the assessment which can take place any time after completing the 5 day course).
- The course will be conducted in English so you must be able to understand and communicate in good English
- You must also be able to perform ALL of the following:
 - Swim 50m in less than 1 minute
 - Swim 100m continuously on your front then 100m on your back
 - Tread water in deep water for more than 30 seconds
 - Surface dive to the deepest part of the pool
 - Climb out of the pool unaided

You will not be assessed on the above skills as you are committing to meet with the prerequisites by signing up for this course. Any candidate, who is not able to demonstrate successfully the things mentioned above on day 1, will not be able to continue with the course and **will not** be refunded.

It is crucial that you arrive promptly on every day of the course. You are required to attend between 8am and 5pm on each day of the 5 day course. The course covers a great deal over the 5 days and you do need to ensure you arrive before the 8am start time.

Please be aware that if you are late on any day, you will be required to make up the missed hours with the course tutor after the day's course hours have finished and you will be required to pay a late arrival fee of £15 per hour to cover the additional cost of the tutor outside of the course hours.



Useful Information

ON ARRIVAL

If you are arriving by car, please use the top car park as the lower car park is for members only.

Please report to the main reception desk in the Pavilion. You will then be directed to the Green Room where lectures and dry side practical elements will take place. Tea/Coffee and biscuits will be provided. On the first day of the course, you will receive the Lifeguard Manual.

DINING AND BAR AVAILABLE ON SITE

Lunch is not included in the course fee; however, our Pavilion Restaurant is open from 9.00am for hot breakfasts, pastries as well as hot and cold beverages.

Lunch service commences at 12 noon every day of the week and is served until 2.30pm Monday to Friday and 4pm at the weekend.

If you prefer to bring a packed lunch, you can do so but please note that you will not be able to consume food brought onto site in the restaurant, patio or bar. Packed lunches will need to be eaten in the Green Room or at the designated picnic area.

The evening bar menu in the Tyrell Bar is available between 4pm and 9pm daily. The Tyrell bar is open every day serving a selection of alcoholic and non-alcoholic beverages.

SWIMMING POOL LOCKERS

When using the swimming pool please put your belongings in a locker. You will need a £1 coin. This is refundable when re-opening the locker after use. We cannot be responsible for the safety of items that are not put in a locked locker while you are on site.

WHAT TO BRING WITH YOU

You will need to bring:

- swimming attire
- towel
- shorts and t-shirt to wear in the pool



RESIDENTIAL OPTION

We have onsite accommodation available and you are able to book a room in a cottage for the duration of the course (limited availability). You can check in on the first day of the course and stay for 5 nights, checking out on the Saturday morning after the course ends.

Bed and Breakfast from Monday night to Saturday morning

Cost for 5 nights - £225

Breakfast arrangements

A continental breakfast will be served at 8am each morning in the Balcony Bar including cereal, toast, fruit, pastries and tea/coffee. This provides breakfast on Tuesday, Wednesday, Thursday, Friday and Saturday mornings.

Cottage Terms & Conditions

Payment for accommodation should be made at the time of booking

Bedding and towels are provided (towels for use in the cottage only)

No pets and no smoking allowed

Check in at the main reception from 2pm on the Monday that the course begins

Check out time will be 8am on the Saturday morning after the course ends

If you opt to reside onsite, you may make use of the sports facilities (excluding gym and studio classes)

If you wish to make a residential booking, please complete the separate accommodation booking form and return this with your Course booking form. If you require any further information about the course and/or accommodation, please email sportspool@bankofengland.co.uk

For a map and more detailed directions, please visit: www.bankofenglandsportscentre.co.uk

HOW TO APPLY

Please complete the attached application form, and return to the Centre marked National Pool Lifeguard Qualification Course with your payment no later than 5pm on the relevant closing date.



Privacy Notice & Processing Health Information

Information we collect

The Bank of England Sports Centre collects personal data about you via this form. This data includes full name, date of birth, contact details and, where appropriate, medical information.

Providing Health Data

We will use any information that you choose to provide us with, for example, in the event of first aid being required. Any health information that you choose to provide us with will be used by the Bank of England Sports Centre in the event of an accident or first aid having to be provided.

Use of Health Data

By providing this information, you are consenting to us using your data and you have read and understood our privacy notice.

Why we need your personal data

We collect your personal data to administer your application onto this course.

What we do with your personal data

We use the information to contact you in relation to your course booking at the Bank of England Sports Centre.

How long will we retain your personal data

We will hold your data for the duration of the activity that you are up for and for up to 6 months after the course has ended. Thereafter it will be securely disposed of.

Your rights

You have a number of rights under data protection laws. You have the right to ask us for a copy of the personal data that the Bank of England Sports Centre holds about you. You can ask us to change how we process or deal with your personal data and you may also have the right in some circumstances to have your personal data amended or deleted.

To contact us about those rights, including making a request for the personal data we hold about you or to make a complaint, please write to us at:

The Privacy Team
Bank of England
Threadneedle Street
London EC2R 8AH

If you are not satisfied with our response or believe we are processing your personal data not in accordance with the law, you can complain to the Information Commissioner's Office.

More information

The Bank's Data Protection Officer can be contacted via the details above and you can also find out more about how the Bank deals with your personal data via the 'Privacy' link at the bottom of our website (www.bankofengland.co.uk).



RLSS Generation 9 National Pool Lifeguard Qualification & Integrated AED Course Application Form

Monday 29th July to Friday 2nd August 2019

Monday 19th August to Friday 23rd August 2019

Course cost: £240 for members, £275.50 for non-members

If you wish to pay by credit/debit card, please tick this box and one of the reception team will call you to take payment on receipt of this form

FULL NAME: _____

DATE OF BIRTH:

ADDRESS: _____

POSTCODE: _____

MOBILE TELEPHONE: _____

E-MAIL ADDRESS: _____

EMERGENCY CONTACT (name and contact number): _____

Do you have any challenges or barriers that may need to be considered when you participate in this course and during the assessment (e.g. disability, emotional, language, technical and/or ability)? YES NO

ANY OTHER HEALTH INFO: _____

By providing this information about your health, you are consenting to us using your data and you have read and understood our privacy notice.

SIGNATURE: _____ DATE: _____



RLSS Generation 9 National Pool Lifeguard Qualification & Integrated AED Course Optional Accommodation Application Form

Please tick if you require Bed & Breakfast accommodation for the duration of the course you are enrolling on @ £225 for 5 nights, checking in on the Monday afternoon of your preferred course dates and checking out on the Saturday morning after the course has ended:

Monday 29th July to Friday 2nd August 2019

Monday 19th August to Friday 23rd August 2019

FULL NAME: _____

DATE OF BIRTH:

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ADDRESS: _____

POSTCODE: _____

HOME TELEPHONE: _____

MOBILE TELEPHONE: _____

- Payment of accommodation fees of £225 is required at time of booking. Payment can be paid by cash, cheque or credit/debit card. Cheques should be made payable to 'The Bank of England Sports Centre'.
- Please email sportspool@bankofengland.co.uk if you require any further information.

I hereby agree to the Accommodation Terms & Conditions as laid out by the Bank of England Sports Centre in relation to the above-stated booking. The accommodation booking form must be returned at the same time as the course application form as accommodation is limited and will be offered on a first come, first served basis.

SIGNATURE: _____ DATE: _____