



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 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.,
7. Whistle also required , for training and assessment purposes.

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 Homefield 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 are no refunds for unsuccessful candidates.

PLEASE RETURN THIS INFORMATION TO DAC BY MAIL OR EMAIL

First Name: _____



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Surname: _____

Address: _____

Contact Telephone: _____

Contact Email Address: _____

Emergency Contact Name & Number: _____

COURSE DATES

The cost of this course is €350 per new candidate

Renewals are €200

A deposit of €100 is required to secure your place and is non refundable.

Free shared accommodation is available free of charge but spaces are limited. Private accommodations also available at discount rate

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

You can book instantly now by paying the deposit online www.donegaladventurecentre.net/payments/

Please enclose a cheque or bank order for 100 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 (CVC) _____

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.

* 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)



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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

**PLEASE RETURN WITH DEPOSIT ARRANGEMENT TO -
Mail: Donegal Adventure Centre, Bayview Ave, Bundoran Co. Donegal
Email: info@donegaladventurecentre.net**