

SANDWELL LEISURE TRUST PUBLIC COURSES

STA LEVEL 2 CERTIFICATE – NATIONAL RESCUE STANDARD : POOL LIFEGUARD (NaRS PL)

The holders of a NaRS (PL) are able to act as a poolside lifesaver, trained in pool rescue, CPR techniques and first aid competent to deal with poolside emergencies.

Candidates must:

- Be able to swim 100 metres on their front and 100 metres on their back
- Be able to swim 50 metres in 1 minute
- Be able to surface dive and recover an object from the deepest part of the pool
- Be 16 years of age, or older, at the time of the examination
- Attend a course of instruction for a minimum of 40 hrs

The end of course assessment is by external examination which includes both practical and theory assessments

Re-validation of the qualification is required every 2 years

COURSE VENUE:

Langley Swimming Centre, Vicarage Road, Langley, B68 8HS

COURSE DATES:

- Monday evenings 5.00 – 9.00 pm,
9th January – 26th March, 2012
- Monday evenings 5.00 – 9.00 pm,
16th April – 16th July, 2012

COURSE COST:

- £190 (this cost includes tuition fee, manual fee and examination fee) – price may be subject to change as from 1st April, 2012

For further information on the above courses please contact Sandwell Leisure Trust, Sports Development Unit on 0121 506 4983