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BEACH LIFEGUARD AWARD

4 DAYS TRAINING, 5TH DAY EXAM
INCLUDES MEMBERSHIP AND EXAM FEE



£300pp

PRE-REQUISITE

- Be a current member of SLSGB
- Be at least 16 years of age on the date of assessment
- Be able to swim 400m in under 7.30 minutes
- Be able to complete a 200m beach run in under 40 secs

VALIDITY OF AWARD

24 months from the date of the examination

SYLLABUS

- Foundation surf competence and knowledge
- Foundation lifeguard knowledge and skills
- Foundation paddle board competence and knowledge
- Foundation rescue tube competence and knowledge
- Surf Lifeguard Fitness Test
- Adult Basic Life Support
- Aquatic First Aid
- Supplementary Oxygen Administration
- Spinal Injury Management
- Automated External Defibrillation (AED)

Re-qualification available. Valid for 1 year £200 - 2 days course

Slsqb Beach Lifeguard Manual

Chicago Park District

A red circular graphic with a gradient, appearing as a partial circle or a thick curved line, located to the right of the Chicago Park District text.

Slsqb Beach Lifeguard Manual:

Drowning Joost J.L.M. Bierens, 2009-07-29 Since the first edition of the Handbook on Drowning in 2005 many epidemiological data have confirmed the burden of drowning in several parts of the world Studies have increased the understanding of effective drowning prevention strategies rescue techniques and treatment options Much has been learned about submersion and immersion hypothermia SCUBA diving injuries the life saving preparations of water related disasters and how to deal with forensic investigations In this updated second edition experts from around the world provide a complete overview of current research data consensus statements and expert opinions The book Drowning provides evidence based practical information and has a unique informative value for various groups with tasks duties and responsibilities in this domain In addition the book may be an inspiration for future networks and research initiatives Lifeguard Manual for Beach and Pool Safety Chicago Park District, 1967 *Beach Lifeguard Training Manual* California. Division of Beaches and Parks, 1961 **Lifeguard Manual for Beach and Pool Safety** Chicago Park District (Chicago, Ill.), 1957 **The United States Lifesaving Association Manual of Open Water Lifesaving** B. Chris Brewster, 1995 The only comprehensive manual for the training and reference of lifeguards at both surf and inland beaches this manual is designed to be used in basic training of open water beach lifeguards and in junior lifeguard programs It is an essential reference for beach lifeguard supervisors and administrators This text is consistent with the requirements of the USLA Lifeguard Agency Certification Program Over 300 pages in length the manual contains over 100 photographs and 25 technical drawings **Lifeguard Manual** National Lifeguard Service, Canada. Advisory Council on Fitness and Amateur Sport, 1966 **Lifeguard Manual for Beach and Pool Safety ...** Chicago Park District (Ill.), 1941 Lifeguard Manual, 1984 *Pool Lifeguard* Brian V. Sims, Andy Farquarson, 1997 Lifeguard Manual Service national de sauvetage du Canada, 1963

Decoding **Slsqb Beach Lifeguard Manual**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Slsqb Beach Lifeguard Manual**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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