



**South Ayrshire Council**  
 Citadel Leisure Centre  
 South Beach Road  
 AYR  
 KA7 1UP



**RLSS Pool Lifeguard Application Form**

Facility (Delete as appropriate) Citadel Leisure Centre / Girvan / Maybole / Prestwick / Troon - Swimming Pool

RLSS Membership number if member \_\_\_\_\_

Mr/Mrs/Miss/Ms: \_\_\_\_\_ Surname: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_

Post Code: \_\_\_\_\_ Telephone Number \_\_\_\_\_

Date of Birth: \_\_\_\_\_ e-mail \_\_\_\_\_

**All candidates for the NPLQ Course must be able and physically fit with good vision and hearing.**  
 The Minimum Standard Required Are:  
*Must be sixteen years old before commencement of Course*

1. Able to swim 100 meters continually using front & backstrokes.
2. Able to swim 50 meters on their front in under 60 seconds.
3. Recover a rescue manikin from the deepest part of the pool on the first attempt.
4. Able to tread water for 30 seconds in deep water.
5. Able to climb out of the pool unaided and without using the steps.

The pool Lifeguard course is physically demanding and will include swimming to set times, lifting casualty's and diving to the deepest part of the pool.

**If you suffer from any of the following conditions or doubt your physical ability to complete the course, then you should seek medical advice.**

1. Heart troubles, angina, high blood pressure.
2. Asthma or breathing conditions.
3. Back or neck problems.
4. Any joint injury.
5. Blackouts, fainting, fits or epilepsy.
6. Any other injury, disease or illness that may be aggravated by swimming. Lifting or entering deep water.

If you are in need of any special learning support, please speak to the trainer regarding this matter.

**I hereby apply to take/ re-take / re-validate (delete as appropriate) the following qualification:**

RLSS Pool Lifeguard      Full / Renewal

Or An Other Award \_\_\_\_\_

If a re-validation give details of your last assessment:      Reference no.      Date

Declaration  
 I declare that the above information is true and accurate and I have no medical or physical reason that would prevent me from attending this course.

Candidate's Signature ..... Date .....

By signing this form, you are agreeing to attend the above course.  
 (Minimum numbers applicable)  
 If you cancel or fail to attend the course South Ayrshire Council  
 May or may not charge a Cancellation fee to cover any cost.

*In accordance with the Data Protection Act 1998 the information on this form may be kept on record for the purpose of ensuring South Ayrshire Council compliance with Equal Opportunities and other legislation.  
 All records will be treated as strictly confidential and destroyed when no longer required.*

Please Turn Over



*South Ayrshire Council*  
*Citadel Leisure Centre*  
*South Beach Road*  
*AYR*  
*KA7 1UP*



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Emergency Contact Address

Name ..... Telephone Number .....

Address..... Mob Number .....

.....

Post code .....

***Complaints & Appeals Procedure***

In the unfortunate event that you are not satisfied with the result of, or any other aspect of this course, the following steps are available to you:

- In the first instance please speak to your Trainer, if the matter cannot be resolved satisfactorily or the complaint is regarding the Trainer or Assessor please follow step 2.
- Please telephone or write to the Centre Co-ordinator (Jim Eaglesham) at, The Citadel Leisure Centre, South Harbour Street, Ayr, KA7 1JB. Telephone:01292 269793.
- If the matter is still not resolved to your satisfaction please contact, The Institute of Qualified Lifeguards, River House, High Street, Broom, Warwickshire. B50 4HN. Telephone: 01789 773994