

Enjoy Water **Safely**



ROYAL
LIFE SAVING
SOCIETY UK

RLSS UK National Pool Lifeguard Qualification

Millfield Swimming Pool

Dates: 17th–22nd February 2025 (Assessment on 22nd February)

Attendance: 100% attendance is compulsory

Cost: £250 (includes AED specialism)

Eligibility: Applicants must be over 16 years old on the day of assessment

Course Prerequisites:

- Swim 50 meters in under 60 seconds
- Swim 100 meters continuously (on front then on back)
- Tread water for a minimum of 30 seconds
- Perform a surface dive to the bottom of the pool
- Exit the pool unaided

Interested?

To book your place contact: Laurence Badman
badman.l@millfieldschool.com

