

TYRO LIFEGUARD

FOR CHILDREN AGED 8 -14 YEARS

A FUN
WAY TO LEARN
Personal Survival
Beach Safety
Basic First Aid
Rescue Skills
Sun Safety



2022 Dates & Times

Thursday 4th August 10:00am & 2:00pm

Tuesday 9th August 10:00am & 2:00pm

Thursday 11th August 10:00am & 2:00pm

Tuesday 16th August 10:00am & 2:00pm

Tuesday 23rd August 10:00am & 2:00pm

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The Tyro Lifeguard courses are aimed at children age 8 years and up, though the skills learned through the course of the programme are just as valuable to people of all ages.

The courses run throughout the school summer holidays at the Lifeguard Station on the Seafront and are a unique opportunity for your child to learn all they need to know about staying safe and having fun by the sea. Even the shyest children find they make new friends and gain new skills.

The sessions are run by our qualified and experienced team and include:

- + Personal Survival
- + Beach Rescue Skills
- + Essential Beach safety
- + Basic First Aid
- + Being Safe in the Sun
- + Boat & Surf Safety Equipment

To attend the course your child must be able to swim 100 metres unaided.

FAQ

Does my child need to be able to swim?

Yes, they need to be able to swim at least 100 metres unaided.

What time do the sessions run?

10:00am - 1:00pm or 2:00pm-5:00pm.

What qualifications do the leaders have?

Course leaders are DBS checked and hold current Surf Beach Lifeguard qualification with level 3 life support.

What will my child need to bring?

Swim wear (wetsuit advised), beach shoes, towel, snack and drink although we will supply water.

Where should I drop my child?

Please ensure that your child is at the Lifeguard Station (close to the Wish Tower) 10 minutes before the session starts. Please be ready on time to pick them up from the same location at the end of the class.

What's the difference between each level?

Level 1: Introduction to the beach & sea, local hazards and flags.

Level 2: Basic First Aid, sea rescues, radio calls and signals.

Level 3: First Aid (including basic life support), paddle board training, open water rescues, introduction to rescue boat and its use.

Level 4: Rescues from boat (this involves going out in the boat), advanced First Aid (what to do in case of spinal injuries, open wounds, AED etc.)

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