Pre-Requisites: Be able to swim 400m in under 7:30 minutes (First 200 metres under 3:30). Be able to complete a 200m beach run in under 40 secs. Member of SLSGB

Ability: Knowledge of surf environment. Competent swimmer. Good physical fitness.

Remit: Beach/Surf environment.


By the end of the week you will have a solid foundation of all aspects of lifesaving and be ready to apply for employment with the lifeguard service or watersports instructor.

The course consists of First Aid, basic life support, and lots of time in the surf developing rescue skills and patient care. You will develop skills in tube and board rescues with unconscious and conscious patients. You will also be assessed on spinal injury management and oxygen therapy.