

ROOKIE LIFEGUARD RELEASE UK

lifesavers
The Royal Life Saving Society UK

**Become a Rookie Lifeguard
Summer Camp**
Tuesday 22nd – Friday 25th April 2025

Rookie Lifeguard Camp Start 11am to 2pm
Camp fee €65 per Rookie

Rookie Lifeguards is aimed at 8-12 year-olds to provide a fun and safe way to learn lifesaving skills and water safety from qualified and registered Rookie Lifeguard Trainers.

As a Rookie you will learn about water safety and will equip you with the skills which could help you save a life.

The Rookie programme is divided into 3 stages: Bronze, Silver and Gold, where Rookies can work towards achieving badges and certificates at each stage.

Name _____

Address _____



Communication Preference

From time to time we may wish to contact you about changes to our program or new activities on offer. If you wish to continue receiving this type of communication, please tick

- Yes Please I would like to receive communication by text**
- Yes Please I would like to receive communication by Email**

Telephone _____ Mobile _____

Email _____

Age _____ Any Medical Complaints _____

Current Certificate Held _____

Candidates must be able to:

- Swim 25 meters front crawl
- Swim on their back
- Swim breast stroke
- Tread water for 1 minute

Pack a small lunch & drink Bring old t-shirt & shorts or track suit ends to wear in the water

For more information please feel free to contact
Anita O' Byrne on 021 4505 284

