

Re: Royal Life Saving Society Lifeguard Certification Course - (Kingston Region).

Thursday, March 17, 2022

Please be advised that there is a prerequisite assessment which must be successfully completed by each applicant as follows:

- 1) Participant should be at least 18 years and possess a valid Governmental issued photo identification
- 2) Participants should be able to read and write
- 3) Participants should pass swim competency assessment:
 - a) Swim 600 metres continuously within 18 minutes
 - b) Tread water with a 10 lb object at the surface for 3 minutes.
 - c) Swim freestyle, backstroke and breaststroke in good technique
 - d) Run 100 metres, Swim 100 metres and Run 100 metres within 4 minutes.
 - e) Cost: \$9,000 (new applicants) or \$8,500 (recertification). Participants will be required to pay facility usage fees each training session.

This requirement is to ensure that participants can participate in the course safely and have the best chances of successfully completing the course.

Participants should ensure that they can complete the above-mentioned requirements. Participant's fitness is their responsibility so he or she start preparation as soon as possible.

Dates of Upcoming Sessions

- Session #3
April 2nd - 30th 2022
- Session #4
May 1st - 29th 2022
- Session #5
June 4th - 26th 2022
- Session #6
June 20th - 26th 2022

The next NEPA Lifeguard Examination will be held on Thursday June 30th, 2022 at 8:30 a.m.

***Please note: ***

1. Only participants who have successfully completed the prerequisite assessment will be allowed to participate in training course. Participants are required to complete the prerequisite assessment at least one (1) week prior to training course.
2. Training fees must be paid in full at the commencement of course. These fees are non-refundable after the participant has commenced training. No part payment will be accepted.

3. Participants are required to pay required facility usage fees each session.
4. Participants are required to attend all sessions and successfully complete all practical and written assessments. Certificates will only be issued upon successful completion of course.
5. Participants who have medical and physical conditions that will affect their ability to successfully participate in the course must advise the instructor

For further information and details please call 876-401-2540 or 876-381-4136

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