



# Training Courses Braintree 2011/2012

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Braintree Leisure Centre  
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01376 552585  
[enquiries@braintreeleisurecentre.co.uk](mailto:enquiries@braintreeleisurecentre.co.uk)

Braintree Swimming Centre  
Charter Way, Braintree, CM77 8YJ  
01376 333833  
[enquiries@braintreeswimmingcentre.co.uk](mailto:enquiries@braintreeswimmingcentre.co.uk)

Halstead Leisure Centre  
Colne Road, Halstead, CO9 2HR  
01787 472480  
[enquiries@halsteadleisurecentre.co.uk](mailto:enquiries@halsteadleisurecentre.co.uk)

**DC LEISURE**  
Fitness Industry Association  
Operator of the Year 2008 & 2009



[www.dcleisurecentres.co.uk](http://www.dcleisurecentres.co.uk)

Braintree District Leisure Community Association Ltd  
working in partnership with Braintree District Council



May	June	July	August	
				1
	BSC			2
		BSWC		3
				4
		BSWC		5
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BSC				8
BSWC				9
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	BSWC			12
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		BSC		16
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	BSWC			18
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			HLC	20
				21
				22
		BSWC		23
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## Courses Key

National Pool Lifeguard Qualification

National Rescue Award for Swimming Teachers and Coaches

First Aid at Work

First Aid at Work Re-Qualification

First Aid at Work Refresher Course

Emergency First Aid at Work

Paediatric First Aid Course

Fire Marshall Training

Bank Holidays – No courses will run on these days

## Course Venues

BSC Bramston Sports Centre

BSWC Braintree Swimming Centre

HLC Halstead Leisure Centre

Please see the front page for individual site details.



# Courses Available

## **National Pool Lifeguard Qualification (NPLQ) - £250**

The National Pool Lifeguard Qualification (NPLQ) is widely accepted in the UK and Ireland as a minimum qualification required for working as a lifeguard.

The NPLQ course includes 2 units, Unit 1 -The principles of lifesaving and swimming pool supervision and Unit 2- The application of supervision and rescue in a swimming pool. The course includes swimming pool rescue skills, basic life support (CPR), basic First Aid, managing a casualty suffering from a spinal injury and managing a swimming pool environment from hazards that could cause harm to users and much more.

To enroll on the course you must: be 16 or older, be able to reach the deepest part of the swimming pool where the course is being held, swim 50 metres in 60 seconds, swim 200 metres continuously, jump or dive into the swimming pool and exit the pool unaided.

## **National Rescue Award for Swimming Teachers and Coaches (NRASTAC) - £70**

A supervision and rescue qualification designed for use by Swimming Teachers and Coaches of Swimming. The syllabus includes class management, rescue techniques and treatment for a casualty. The 12 hour course is delivered over 3 evenings or 1 weekend and includes an assessment.

## **First Aid at Work 3 day course - £170**

The 3 day First Aid at Work qualification is one of the recommended qualifications for First Aiders in the workplace. The course covers responsibilities of a First Aider, casualty assessment and casualty treatment for a number of injuries, illnesses and medical conditions.

There is no pre-requisite for enrolment onto a First Aid at Work course.

## **First Aid at Work 2 day Re-Qualification course - £120**

The 2 day course is designed for holders of the 3 day First Aid at Work qualification to renew their qualification before it expires.

You must hold a current First Aid at Work qualification to attend the course.

## **First Aid at Work 3 hour refresher session - £40**

The Health and Safety Executive strongly recommend that holders of a First Aid at Work qualification refresh skills annually by attending a 3 hour refresher session. You must hold a current First Aid at Work qualification to attend the course. The session covers responsibilities of a First Aider, casualty assessment and casualty treatment.

## **Emergency First Aid at Work - £45**

A one day course in basic first aid covering Basic Life Support, medical conditions and treatment of bleeding.

## **Paediatric First Aid course - £60**

The 2 day course syllabus includes medical conditions and injuries that children and babies may suffer from, candidates will be taught the recognition and treatment for these conditions and injuries. Ofsted recommends the qualification for those responsible for children and babies in the workplace.

## **Fire Marshall Training - £45**

A 4 hour course covering the essentials of Fire Safety. This course is certified by Nuco Training.

All of the above First Aid Courses are approved by the Health and Safety Executive.

# How to Book

To book on any of the courses advertised on this timetable please contact the centre directly where the course is being held.

All courses must be paid for when booking, unless directed by the centre. Easy payment options are available, please enquire at reception for further details.

For more information regarding any of these courses please contact the centre where the course is being held by telephone or email. Details can be found on the front page.

**NB Courses are subject to booking numbers**