

RLSS POOLE LIFEGUARD TASTER SESSION ASSESSMENT v4



Please Complete in Clear Block Capitals

		DATE OF ASSESSMENT:	
Title:		DOB:	
First Name:		Mob:	
Last Name:		Email:	
Address:			
Town:			
County:			
Postcode:			

Note: cross out the section that is not being assessed.

ROOKIE ASSESSMENT (9yrs to 11yrs)	ACHIEVED:
• Swim 100m in 3 minutes	
• Swim 50m on your front and 50m on your back	
• Attempt a surface dive	
• Attempt a shallow dive	
NLA ASSESSMENT (12yrs and above)	ACHIEVED:
• Swim 200m in 6 minutes	
• Swim 100m on your front and 100m on your back	
• Surface dive to the bottom (min. 1.5m)	
• Shallow dive into the pool	
BOTH	ACHIEVED:
• Climb out without using the steps	

Notes

Assessors Name

Signature



Patron: The Mayor and Admiral of the Port of Poole Website: www.rlss-poole.org.uk Founded: June 1975

Charity Number: 1073804 Email: training@rlss-poole.org.uk HQ: Everyone Active LC: Poole/Sandbanks Beach