**COMHAIRLE CONTAE MHAIGH EO**

**MAYO COUNTY COUNCIL**

**BEACH LIFEGUARD COURSE– FULL COURSE**

**(WATER SAFETY IRELAND)**

**LOCATION:** Lough Lannagh, Castlebar, Lecanvey & Old Head Beach

**FEE: €350 Full course Attend 6 DAYS**

**TIMETABLE**

**DAY 1 Saturday – 27th March, 2021**

**9.30 REGISTRATION** AT \***LEISURE COMPLEX/TENNIS CLUB, LOUGH LANNAGH, CASTLEBAR**

9.45 - 12.00 DRY LAND PRACTICAL & THEORY

12.00 - 13.00 POOL ASSESSMENT

13.00 - 14.00LUNCH

14.00 - 15.00 DRY LAND PRACTICAL

15.00 - 17.00 POOL SESSION

**DAY 2 Sunday – 28th March, 2021**

**9.30** - 10.30 POOL SESSION

10.30 - 13.00 THEORY & LAND PRACTICALAT \***LEISURE COMPLEX/TENNIS CLUB, LOUGH LANNAGH, CASTLEBAR**

13.00 - 14.00 LUNCH

14.00 - 15.00 THEORY & LAND PRACTICAL

15.00 - 17.00 POOL SESSION

**DAY 3 Monday – 29th March, 2021**

**9.30** - 12.00 THEORY & DRY LAND PRACTICAL AT \***LEISURE COMPLEX/TENNIS CLUB, LOUGH LANNAGH, CASTLEBAR**

12.00 - 14.00 **POOL PRACTICAL EXAM**

14.00 - 15.00 LUNCH

15.00 - 17.00 THEORY & DRY LAND PRACTICAL

**DAY 4 Tuesday – 30th March, 2021**

**10.00** - 13.00 THEORY & LAND PRACTICAL AT **LECANVEY COMMUNITY CENTRE**

13.00 LUNCH

14.00 MEET AT **OLD HEAD BEACH** FOR OPEN WATER TRAINING

17.30 FINISH

**DAY 5 Wednesday – 31st March, 2021**

**10.00** - 13.00 THEORY & LAND PRACTICAL AT **LECANVEY COMMUNITY CENTRE**

13.00 LUNCH

14.00 MEET AT **OLD HEAD BEACH** FOR OPEN WATER TRAINING

17.30 FINISH

**DAY 6 Thursday – 1st April, 2021**

**10.00** - 13.00 **THEORY & LAND PRACTICAL EXAM** AT **LECANVEY COMMUNITY CENTRE**

13.00 LUNCH

14.00 **OPEN WATER EXAM** AT **OLD HEAD BEACH**

**TIMES MAY BE SUBJECT TO SOME CHANGE DEPENDING ON POOL AVAILABILITY AND TIDAL CONDITIONS.**

**\*THE VENUE FOR REGISTRATION AND THEORY AND LAND PRACTICAL ON DAYS 1, 2 AND 3 WILL BE CONFIRMED WHEN NUMBERS ATTENDING THE COURSE ARE FINALISED. THIS IS DUE TO HSE/GOVERNMENT COVID 19 SOCIAL DISTANCING GUIDELINES.**