



Sligo County Council

Comhairle Chontae Shligigh

Before completing this application form, please read the following:
IMPORTANT NOTES

Beach Lifeguard Award Description:

RLSS National Vocational Beach Lifeguard Qualification (NVBLQ). The NVBLQ is also endorsed by The Royal National Lifeboat Institution (RNLI), The Royal lifesaving Society (RLSS) & The International lifesaving federation (ILSF) endorse the NVBLQ. On completion, candidates will have the skills and knowledge to protect the public at the beach.

- The NVBLQ course requires a minimum of **40 hours of training** followed by a **minimum 4-hour** practical assessment.

Course Content:

The course covers: all elements of beach lifeguard theory, cardiopulmonary resuscitation (CPR), first aid, pool skills and open water skills and is physically demanding and will include swimming to set times and lifting.

There are four modules, and a candidate must pass all four to attain the qualification.

- Module 1 – Beach Lifeguarding – Knowledge & Understanding
- Module 2 – Life Support and First Aid
- Module 3 – Ocean Skills
- Module 4 – Pool Skills

Beach Lifeguard Course Pre-Requisites:

Every candidate attending a NVBLQ course **must:**

- Be 16 years old or over at the time of the assessment.
- Have a good level of fitness.
- Surface dive to a depth of 1.5 metres.
- Tread water for two minutes.
- Climb out of deep water unaided and without steps.
- Be competent at swimming in the sea.
- Before the course, candidates must be able to swim at least 200 metres in a pool (of recommended length 25 metres, but no less than 20 metres) in five minutes or less.
- For the assessment, candidates must be able to swim 400 metres in a pool (recommended 25 metres, but no less than 20 metres) in eight minutes or less using a continuous front stroke and showing urgency.

Course Dates & Location:

Date:	Location:
Monday 16th to Thursday 19th February 2026 9am-6pm Daily *	Sligo Regional Sports Centre, Cleveragh, Sligo F91 XV62
Friday 20th to Saturday 21st March 2026 10am-6pm Daily *	Enniscrone Beach and Waterpoint Leisure, Pier Rd, Carrowhubbuck South, Enniscrone, Co. Sligo, F26 A9Y9
Sunday 22nd March 2026 TBC*	Enniscrone Pier

Please note, all dates and times may be subject to change and will be confirmed in advance of the course starting

Acceptance of your application is subject to your swimming ability being assessed on registration by the Course Tutor (1st day of the course). A refund of the course fee will be made

if the Applicant fails to qualify for acceptance on the course. A receipt will be issued once you are successful in passing the course.

The Course Tutor is Esther Jean O'Kane Cullen, Donegal Leisure Training. If you have any queries prior to completing your course application or commencement of the Beach Lifeguard Course, you may contact Esther on 085 1428844 or by email at donegallifeguards.swimteachers@gmail.com

NOTE:-

If you wish to apply for the position of Beach Lifeguard (Temporary Contract Post) with Sligo County Council for the 2026 Bathing season, you will be required to complete a separate job application and have it submitted to jobs@sligococo.ie when the 2026 recruitment competition opens for applications-expected in January/February 2026. Candidates must be at least 18 years of age on or before 31st May 2026 to apply for employment with Sligo County Council as Beach Lifeguard.

Any candidate who successfully completes the Beach Lifeguard course gaining the NVBLQ Beach Lifeguard qualification, and who then is employed as a Beach Lifeguard with Sligo County Council for the 2026 Bathing Season, will be eligible for a refund of part of the cost of completing the Beach Lifeguard course.

**NATIONAL VOCATIONAL BEACH
LIFEGUARD QUALIFICATION**



**ROYAL
LIFE SAVING
SOCIETY UK**



DATA PROTECTION DECLARATION

Please note that all information obtained by Sligo County Council is obtained and processed in accordance with the Data Protection Act 2018 alongside current EU GDPR Legislation. All information received will be stored, processed, and used solely for the purpose in which it was given by the Data Subject, unless consent for use in another form has been clearly obtained.

We do not permit this information to be used for advertising or passed on to third parties unless this has been specifically requested.

For any Data Protection queries, please contact dpofficer@sligococo.ie



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Application form for Beach Lifeguard Course, 2026
 (RLSS National Vocational Beach Lifeguard Qualification (NVBLQ))

Closing Date: 4:30 p.m. on Wednesday 21st January 2026

COURSE FEE €300

**Completed application forms for this course should be returned to:
 Water Safety Development Officer, Sligo County Council, Riverside, Sligo, F91 Y763,
 Together with the course fee payable to Sligo County Council.**

Title		First Name		Surname	
Address				Eircode/ Post Code	
Home Address (If different from above)				Eircode/ Post Code	
Contact Number(s)		Email Address**			
Date of Birth		<i>Copy of birth cert to be submitted with application</i>			
Are you in good health and free from any physical condition that would affect your ability to participate in this course?	YES ☐ NO ☐				
If not, please give brief details of condition:					
Will you be making an application with Sligo County Council for the post of Beach Lifeguard in 2026?	YES ☐ NO ☐				
Please list any previous Water Safety/Lifeguard qualifications: <i>(Copy of any current certificates to be submitted with application)</i>					
SIGNED:					
DATE:					

