

ROOKIE LIFEGUARD

Rookie On the Beach 2025

Have fun in the sun at West Mersea Beach, enjoy games, activities, make new friends and learn lifesaving skills

Monday 11th August – Wednesday 13th August 2025

10:30 - 15:00 (you will need to supply a packed lunch)

£6.00 per day, or £15.00 for all three days

At Mersea Beach Lifeguard Hut Victoria Esplanade Car Park, West Mersea CO5 8BH

Suitable for children 8 years to 12 years old inclusive, must be confident swimmers

Working in small groups we will cover, CPR, first aid, beach danger awareness, swimming, self-rescue and lifesaving skills. Working towards the RLSS UK Rookie Beach Awards.

For further details or an application form please email: mersearookie@gmail.com

All applications to be returned by Monday 14th of July

RLSS UK Courses & Training

