

# ROOKIE LIFEGUARD

## *Rookie On the Beach 2024*

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

Monday 5<sup>th</sup> August – Wednesday 7<sup>th</sup> August 2024

10:00 - 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.

For further details or an application form please email: [mersearookie@gmail.com](mailto:mersearookie@gmail.com)

**RLSS UK** Courses & Training

