

Building A Healthy Future

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BECOMING A BEACH RANGER

**Cornwall
Wildlife Trust**



**OUR
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BECOMING A BEACH RANGER

**Cornwall
Wildlife Trust**



**CORNWALL
COLLEGE**

**COMMUNITY
FUND**

**OUR
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Is It Easy To Become A Beach Ranger?

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Let's find out!

<https://youtu.be/SSD4DymMWFQ>

Are lifeguards trained to deal with just ocean incidents?

National Vocational Beach Lifeguard Qualification

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- The Royal Life Saving Society UK (RLSS UK) has teamed up with Surf Life Saving Association (SLSA) Wales and Surf Life Saving (SLS) GB to develop a new national standard for beach lifeguarding.
- The NVBLQ course is a minimum of 40 hours long followed by a practical assessment on beach theory, life support, first aid, swimming pool practical and open water practical. Upon qualifying with the NVBLQ, the certificate is valid for two years from the date of successful completion.

NVBLQ Course

Pre-Requisites

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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
- Be able to swim 400m in less than eight minutes
- Swim 100m on the front, 100m on the back and 200m in less than four minutes

NVBLQ Training

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- The NVBLQ is internationally recognised, so potential to work and travel
- Work within a team
- Great way for students to fund studies
- Learn essential life skills, including First Aid and CPR

<https://youtu.be/RBl2xGpVSZM>

Lifeguard Training Program - RNLI

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RNLI Training

- RNLI lifeguards are qualified in lifesaving and casualty care, highly trained, strong and fit. **They must be able to swim 200m in under 3½ minutes, and run 200m on sand in under 40 seconds.**

What's Involved?

- lifeguards' primary role is to make sure the beach can be enjoyed safely by the public.
- Their aim is to prevent accidents before they happen - up to 95% of their work is preventative. They monitor sea conditions to set up the appropriate flags, watch the people on the beach and offer safety advice both on the beach and in classrooms through our education programmes.

<https://youtu.be/jfZ6mI74XbE>

Discussion Time

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- Do you think having an active job means you are healthier?
- Are healthy people more aware of what they eat?
- Do healthy people care more about where their food comes from?
- Who here considers where their food has come from?
- What about how far their food has travelled?...Lets talk food miles!
- <https://youtu.be/9Opt06QF9WY>

Journal Entry

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- Re-cap quiz – 10 mins – Have a go at answering all the questions – we have covered everything in this session
- WORDSEARCH