

# Press Release



## Beach Patrol Brighton!

Swim UK are hosting beach lifeguard courses on Brighton beach from April.

The six day courses are designed to develop the skills required to be a beach lifeguard and qualify for employment by local authorities and the Royal National Lifeboat Institute.



Learners will commence each days training with a 400 metre run followed by pool and first aid theory sessions at the King Alfred Leisure Centre before spending each afternoon swimming and paddling off the beach (in wet suits).

Learners will learn how to rescue swimmers in distress using both paddle boards and torpedo buoys.

Some of the other vital skills being taught include aquatic first aid, CPR and tidal awareness.

Successful students should be ready for employment by the end of the week and hopefully swimming away with the qualifications required to help secure employment as lifeguards on beaches around the UK.

Swim UK are working with Surf Life Saving GB regarding the introduction of this course to Brighton – Nigel Bowden , Education Officer , says “Surf Life Saving GB is proud to be working with Swim UK , who are delivering our beach lifeguard qualification, the highest standard of qualification in the country”.

Paul Smith of Swim UK said – “we had a great deal of interest following the Brighton Beach Patrol TV series. I thought these courses should be taking place in Brighton – why not, sea bathing in the UK virtually started in Brighton. The course we are offering also provides everyone with a first aid at work qualification. We hope it will also help people find employment in the winter – there are a number of water sports holiday companies that hire on beach lifeguards for the winter season”.

To find out more about qualifying as a beach lifeguard please contacts Sara Gooch at Swim UK on 01273 414214 or email [info@swimuk.org](mailto:info@swimuk.org).

*Photo credit Greg Spray/RNLI*

