



## **Bradford-on-Avon Lifesaving & Lifeguard club**

### ***Important update***

### **Clothing required for training.**

#### **Rookie Lifeguards**

##### **Small pool and Bronze 1**

Swimwear and T-shirt

##### **Bronze 2, 3 Silver 1, 2, 3 Gold 1, 2, 3**

Swimwear, long sleeved top, trousers or skirt.

*(A T-shirt can be used to train in to build stamina, but a long sleeved top is required for the assessment)*

#### **Lifesavers**

##### **Bronze Medallion, Award of Merit & Distinction.**

Swimwear long sleeved shirt, long sleeved top (jumper / hoodie) and trousers or skirt.

*(A T-shirt can be used to train in to build stamina, but a long sleeved top is required for the assessment)*

#### **NPLQ Lifeguards**

Swimwear, T-shirt & shorts.

Please could all Lifeguards bring footwear for pool side when lifeguarding from the lifeguard high chair. No flip flops, all footwear must be clean and have heel support and suitable grip (footwear is for poolside use only not for swimming in).