

National Pool Lifeguard Qualification - Disclaimer

Diving

You should be aware that there is always a risk of damage to your ears when diving to depths greater than 1.5 metres. All dives are undertaken at your own risk.

I have been made aware of the above statement by my course trainer. I fully understand the above statement and I agree that all dives to all depths during training and assessment will be undertaken entirely at my own risk.

Manual Handling, Landing and Lifting

Good lifting guidelines

- Stop and think before you lift
- Check weight before you lift
- Adopt a correct foot position
- Bend knees and keep shoulders level
- Get a good grip
- Keep arms close to body
- Lead with your head
- Lift smoothly
- Think when putting load down

I understand the above guidelines. I will only use lifts that have been taught to me by the trainer. I have been made aware that only the 'assisted lift' technique will be used during training and assessment. I fully understand the associated risks with all manual handling and lifting and I agree that all such tasks will be undertaken at my own risk.

Training and Assessment

During training and assessing, all candidates must remove **all** forms of jewellery this includes watches. Failure to do so may result in injury to themselves and others.

I understand that I undertake the training and assessment at my own risk, and neither the trainer/s or assessor/s are responsible for the outcome of the course (with the exception of negligence), including any candidate partaking in the course/assessment with any medical/physical injury/illness whether or not this has been identified on the application form or in person to the trainer/assessor.

Name: _____

Signature: _____

Date: _____