

Dear Sir/Madam,

SUB: - "LIFE GUARD COURSE and WATER SAFETY"

We are pleased to inform you that our Association will be conducting **LIFE GUARD COURSE & Water Safety** in English and Kannada languages for Basic Learn to Swim. The Course will be conducted at Corporation Swimming Pool, Basavanagudi, Bangalore – 560 004 from 7th to 9th September 2016 from 10.00 a.m. to 3.00 p.m. with Theory and Practical Tests. Successful Candidates will be given a Certificate of Merit by the Association.

Initially the candidates must undergo pre-requisite tests which will be conducted on the first day of the Course i.e., (on 7th September 2016) at 9.30 a.m. The following tests will be conducted.

1. 300 mts. Swimming without stopping in between the test (in good free style or breast stroke)
2. 100 mts. Free style swimming (to be completed within 2.00 minutes.)
3. 20 mts. Underwater swimming (compulsory)
4. Bringing up 5 Kg object from 3 mts. Depth of the pool. The participant should swim first at least 15 mts from the wall and then get into water and pick up the object. (This being the timed event, participant must complete within 1 min 40 Sec.)

Please see the appendix for details. A video film will be shown to all participants before the pre-requisite tests for proper understanding of these tests.

Candidates must register first with a fee of Rs. 300/- before the pre-requisite tests. Only those candidates who have successfully passed all the pre-requisite tests will be admitted to the Course with fees of Rs. 4000/- which includes Course materials, CPR & First Aid Classes, Lunch & Refreshments, and Class room arrangements.

You are requested to give wide publicity among your Club members who have attained 16 years of age / Senior Swimmers / Ex-Swimmers / others who are good in swimming.

The Last Date to register the Names will be on or before 5th September 2016. All the participants are required to bring their swimming costumes on all the days of the Course.

During the above Course, there will be a Lecture Cum Demonstration on First Aid Principles and CPR training by experienced Doctors.

Written Test will be held on 9th September 2016.

Course is open to all interested persons with good swimming back ground.

For further details please feel free to contact Mr. H. Nagesh Rao on 92430 73405 'or' Mr. Rohith Babu on 98444 62077

Thanking you,

Yours faithfully,

For KARNATAKA SWIMMING ASSOCIATION (REGD)

(S.R. SINDIA)
HON' SECRETARY.

Appendix

KARNATAKA SWIMMING ASSOCIATION (R)

LIFE GUARDS PRE-QUALIFICATION TESTS

1. 100 Mtr. Swimming in free style to be completed within 2 minutes
2. 300 mtr. Continuous Swim :--
 - a. 150 Mtr. Free Style with rhythmic breathing and stabilizing propellant kick.
 - b. 150 Mtr. Breast Stroke or with combination of Free Style and Breast Stroke with proper techniques.

Note :- The Participant must not stop in between or hold the rope and swim, which leads to disqualification.

3. Under water swimming for a distance of 20 mtrs.
4. Picking up the object from a depth of 3 Mtrs. (10 feet) and this is a timed event method :-
 - Starting in the water swim at least 15 Mtrs. Using Free Style or Breast Stroke.
 - Surface dive to a depth of 10 feet or 3 mtrs and retrieve the object.
 - Return to surface and swim 15 mtrs back to the starting point by keeping the object on the chest and hold it by both hands with face out of the water.
 - Exit the water without using the ladder or steps.
 - Time to complete this test is within 1 minute 40 Seconds.

(S.R. SINDIA)

HON' SECRETARY, KSA.