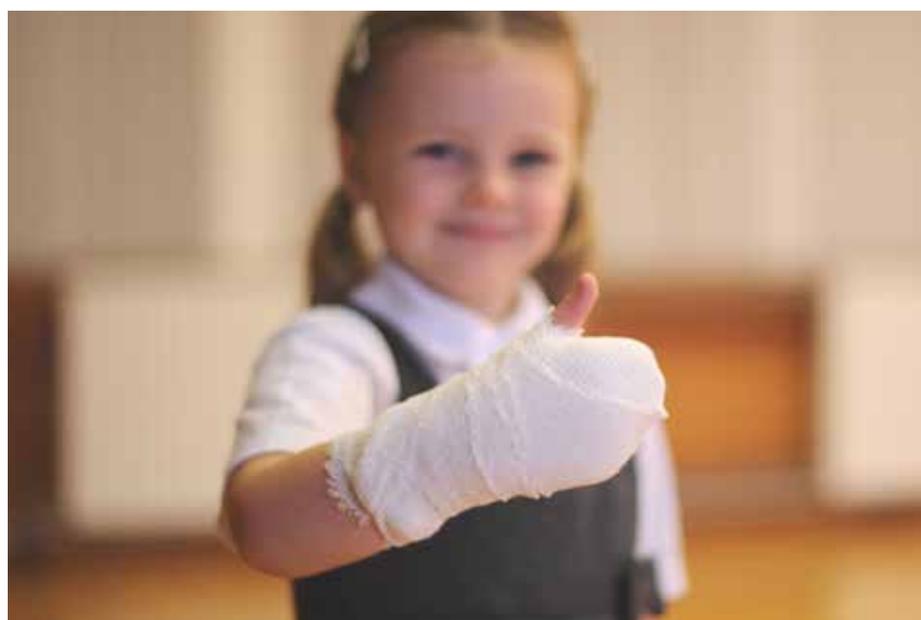




West Dunbartonshire Leisure Trust
Training Courses
2017-2019

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Introduction

West Dunbartonshire Leisure provide a comprehensive package of courses specifically designed to help local businesses, employers, schools, clubs and community groups.

Many of the courses are also suitable for individuals wishing to gain additional qualifications to widen employments prospects.

Our Paediatric First aid Courses are excellent and give parents, grandparents and anyone responsible for children the knowledge and essential skills to deal with accidents and emergencies.

West Dunbartonshire Leisure Training Centres

All our courses are held locally in our training centres.

West Dunbartonshire Leisure

Alexandria Community Centre

Main St
Alexandria
G83 0NU
01389 757806

Meadow Sports Centre

Meadow RD
Dumbarton
G82 2AA
01389 734094

Vale of Leven Pool

Main St
Alexandria
G83 0UE
01389 756931

Clydebank Leisure Centre

Queens Quay
Clydebank
G81 1BF
0141 951 4321

Each of these centres has excellent fully equipped training facilities.

West Dunbartonshire Leisure Training courses include

National Pool Lifeguard Qualification	6 day course
First Aid at Work	3 day course
First Aid at Work Renewal	2 day course
Emergency First Aid at Work	1 day course
Annual Refresher	3 hour course
Paediatric First Aid	2 day course
Paediatric First Aid Renewal	2 day course
Emergency Paediatric First Aid	1 day course
Annual Refresher	3 hour course
Automatic External Defibrillator (AED)	4 hour course
Anaphylaxis	2 hour course

Our free Community Outreach courses include

Save a Baby's Life	2 hour course
Save a Child's Life	2 hour course
Save an Adult's Life	2 hour course
Save a Life AED	2 hour course

National Pool Lifeguard Qualification

Description and purpose

The RLSS UK National Pool Lifeguard Qualification (NPLQ) is the most awarded lifeguard qualification in the United Kingdom and Ireland.

The RLSS UK NPLQ is not just a qualification it can be a stepping stone into a career within the leisure industry. On successful completion of the course you will be fully qualified to work as a Pool Lifeguard.

Duration

The NPLQ course duration is 36 hours with an optional bolt on element of Automated External Defibrillation which is 1.5 hours. The course comprises of physical training and theoretical classroom work, followed by practical in-water and out-of-water assessment on pool rescue, first aid, CPR and lifesaving skills.

Topics covered

Section 1 – The lifeguard and the law, swimming pool and supervision

Section 2 – Intervention and rescue and Emergency Action Plans

Section 3 – Cardiopulmonary Resuscitation, AED and First aid

Certification

The National Pool Lifeguard Qualification is externally assessed after course completion. All Assessment Criteria in the units must be achieved. The validity period of the award is two years from the date of assessment. A further 20 hours of on-going training and competency assessment must be completed before a lifeguard can renew their qualification prior to the expiry of their existing award.

The qualification is internationally recognised and is incorporated on the Qualifications Framework Level 2.

National Pool Lifeguard Qualification Courses

Course	Time	Venue	Price
10th – 15th April 2017	9:00-5:30	Meadow Sports Centre	£220
1st, 2nd, 8th, 9th 15th and 16th July 2017	9:00-5:30	Meadow Sports Centre	£220
7th – 12th August 2017	9:00-5:30	Clydebank Leisure Centre	£220
16th – 21st October 2017	9:00-5:30	Clydebank Leisure Centre	£220
18th, 19th, 25th, 26th Nov 2nd and 3rd Dec 2017	9:00-5:30	Meadow Sports Centre	£220
9th – 14th April 2018	9:00-5:30	Clydebank Leisure Centre	£220
9th, 10th, 16th, 17th, 23rd and 24th June 2018	9:00-5:30	Meadow Sports Centre	£220
16th – 21st July 2018	9:00-5:30	Clydebank Leisure Centre	£220
15th – 20th October 2018	9:00-5:30	Meadow Sports Centre	£220
17th, 18th, 24th, 25th Nov, 1st and 2nd Dec 2018	9:00-5:30	Meadow Sports Centre	£220



First Aid Training

Facts and Figures

Having staff trained in first aid can reduce the number of accidents in the workplace - When staff go through first aid training, they become much more safety aware and can spot hazards and potential incidents before they occur. They are more alert to their environment and will raise issues with you more quickly when they understand the risks and dangers. This awareness helps reduce the number of accidents that occur in the workplace through diligence and knowledge.

The use of CPR dates all the way back to 1740, yet even today, many individuals don't know how to perform it. Given properly and immediately to sudden cardiac arrest victims, CPR can save lives.

Up to
140,000
The number of people who die where first aid could have given them a chance to live

Did you know that people can drown in as little as
2cm of water?

Around
450,000
under-fives attend A&E each year

Nearly two-thirds of people
(59%)
wouldn't feel confident enough to try to save a life

Nearly **900**
people choke to death each year

Around
2,500
people die each year from a blocked airway, but if someone had known the recovery position, lives could have been saved.

In the UK
600,000
have epilepsy

Someone is struck by a heart attack in the UK every
3 minutes

629,000
injuries at work from the Labour Force Survey

On average, more than
400
people drown in the UK each year. Nearly 60% of these are children and young people.

95%
of sudden cardiac arrest victims die before reaching hospital. Effective CPR can double the chance of survival

First Aid at Work

Description and purpose

This comprehensive course covers a wide range of first aid skills and includes the emergency first aid at work syllabus and also equips the first-aider to apply first aid to a range of specific injuries and illness. This course will provide the learner with a recognised IQL First Aid at Work qualification, which is accredited by Ofqual.

Topics Covered

Role of the first aider	Recovery Position	CPR
Wounds and bleeding	Shock	Minor Injury
Injuries to bones, muscles and joints	Suspected head + spinal injuries	Chest Injuries
Burns and Scalds	Eye Injury	Poisoning
Anaphylaxis	Heart Attack	Stroke
Epilepsy	Asthma	Diabetes
Secondary Survey	Incident Management	AED

Duration

The First Aid at Work course duration is 18 hours and includes practical work and theoretical classroom work. The course can be delivered over three consecutive days or can be delivered over 10 weeks from the start of the course. Please contact us to arrange a tailor made course to suit your workplace.

Certification

The First Aid at Work course is Trainer Assessed throughout the course and the assessment should determine a learner's ability to act safely, promptly and effectively when an emergency occurs at work and to deal with a casualty. All Assessment Criteria in the units must be achieved. The validity period of the award is three years from the date of assessment.

Course Dates	Time	Location	Cost
15th, 16th and 17th May 2017	9:00am -4:00pm	Clydebank Leisure Centre	£210
4th, 5th and 6th September 2017	9:00am -4:00pm	Alexandria Community Centre	£210
13th, 14th and 15th November 2017	9:00am -4:00pm	Alexandria Community Centre	£210
22nd ,23rd and 24th January 2018	9:00am -4:00pm	Clydebank Leisure Centre	£210
12th ,13th and 14th March 2018	9:00am -4:00pm	Clydebank Leisure Centre	£210
14th, 15th and 16th May 2018	9:00am -4:00pm	Clydebank Leisure Centre	£210
3rd, 4th and 5th September 2018	9:00am -4:00pm	Clydebank Leisure Centre	£210
23rd, 24th and 25th October 2018	9:00am -4:00pm	Alexandria Community Centre	£210
21st, 22nd and 23rd January 2019	9:00am -4:00pm	Alexandria Community Centre	£210
11th, 12th and 13th March 2019	9:00am -4:00pm	Alexandria Community Centre	£210

Considerable savings can be made for small and large group bookings. More information can be found on page 16.

First Aid at Work Renewal

Description and purpose

This comprehensive course covers a wide range of first aid skills and includes the emergency first aid at work syllabus and also equips the first-aider to apply first aid to a range of specific injuries and illness. This course will provide the learner with a recognised IQL First Aid at Work qualification, which is accredited by Ofqual.

Topics Covered

Role of the first aider	Recovery Position	CPR
Wounds and bleeding	Shock	Minor Injury
Injuries to bones, muscles and joints	Suspected head + spinal injuries	Chest Injuries
Burns and Scalds	Eye Injury	Poisoning
Anaphylaxis	Heart Attack	Stroke
Epilepsy	Asthma	Diabetes
Secondary Survey	Incident Management	AED

Duration

The First Aid at Work Renewal course duration is 12 hours and includes practical work and theoretical classroom work. The course can be delivered over two consecutive days or can be delivered over 10 weeks from the start of the course. Please contact us to arrange a tailor made course to suit your workplace.

Certification

The First Aid at Work Renewal course is Trainer Assessed throughout the course and the assessment should determine a learner's ability to act safely, promptly and effectively when an emergency occurs at work and to deal with a casualty. All Assessment Criteria in the units must be achieved. The validity period of the award is three years from the date of assessment.

Course Dates	Time	Location	Cost
27th and 28th April 2017	9:00am -4:00pm	Clydebank Leisure Centre	£144
5th and 6th June 2017	9:00am -4:00pm	Alexandria Community Centre	£144
24th and 25th August 2017	9:00am -4:00pm	Clydebank Leisure Centre	£144
9th and 10th October 2017	9:00am -4:00pm	Meadow Sports Centre	£144
5th and 6th February 2018	9:00am -4:00pm	Alexandria Community Centre	£144
16th and 17th April 2018	9:00am -4:00pm	Clydebank Leisure Centre	£144
9th and 10th August 2018	9:00am -4:00pm	Alexandria Community Centre	£144
17th and 18th September 2018	9:00am -4:00pm	Clydebank Leisure Centre	£144
5th and 6th November 2018	9:00am -4:00pm	Meadow Sports Centre	£144
5th and 6th February 2019	9:00am -4:00pm	Clydebank Leisure Centre	£144

Considerable savings can be made for small and large group bookings. More information can be found on page 16.

Emergency First Aid at Work

Description and purpose

This comprehensive course covers a wide range of first aid skills and also equips the first-aider to apply first aid to a range of specific injuries and illness. This course will provide the learner with a recognised IQL Emergency First Aid at Work qualification, which is accredited by Ofqual.

Topics Covered

Role of the first aider	Recovery Position	CPR
Wounds and bleeding	Shock	Minor Injury

Duration

The Emergency First Aid at Work course duration is 6 hours and can be delivered in one day or split into smaller sessions over a 3 week period. Please contact us to arrange a tailor made course to suit your workplace.

Certification

The Emergency First Aid at Work course is Trainer Assessed throughout the course and the assessment should determine a learner's ability to act safely, promptly and effectively when an emergency occurs at work and to deal with a casualty. All Assessment Criteria in the units must be achieved. The validity period of the award is three years from the date of assessment.

Course Dates	Time	Location	Cost
24th April 2017	9:00am -4:00pm	Clydebank Leisure Centre	£90
28th September 2017	9:00am -4:00pm	Meadow Sports Centre	£90
1st November 2017	9:00am -4:00pm	Alexandria Community Centre	£90
22nd and 29th November 2017	18:00pm–21:00pm	Clydebank Leisure Centre	£90
15th January 2018	9:00am -4:00pm	Clydebank Leisure Centre	£90
28th March 2018	9:00am -4:00pm	Clydebank Leisure Centre	£90
31st May 2018	9:00am -4:00pm	Clydebank Leisure Centre	£90
24th August 2018	9:00am -4:00pm	Alexandria Community Centre	£90
3rd and 10th October 2018	18:00pm–21:00pm	Clydebank Leisure Centre	£90
26th November 2018	9:00am -4:00pm	Meadow Sports Centre	£90
11th January 2019	9:00am -4:00pm	Alexandria Community Centre	£90
25th March 2019	9:00am -4:00pm	Alexandria Community Centre	£90

Considerable savings can be made for small and large group bookings. More information can be found on page 16.

Paediatric First Aid Training

Facts and Figures

Paediatric First Aid courses specialise in children and babies so if you work in a nursery, school or you look after children in any capacity this is the course for you.

Having someone trained in Paediatric First Aid will put your mind and parents minds at ease, it may be that pre schooler choking on a piece of fruit, the child who suddenly collapses during PE or a small accident while playing that may make your first aid course invaluable .

Up to
140,000
The number of people
who die where
first aid could have
given them a chance
to live

Choking is the
fourth highest
cause of accidental
death in Children.

Around
450,000
under-fives attend A&E
each year

Nearly two-thirds
of people
(59%)
wouldn't feel confident
enough to try to
save a life

Only **38%**
of households have
a first aid kit at home

Research shows
80%
of UK parents
wouldn't know how
to resuscitate
their child.

Scalding is the
most common burn
injury in children under
four years old, accounting
for **200,000**
injuries per year.

Every year
over **62** children under
14 die as a result of an
accident in the home

95%
of sudden cardiac
arrest victims die before
reaching hospital.
Effective CPR can
double the chance of
survival

Paediatric First Aid

Description and purpose

This qualification is aimed at those who wish to become a Paediatric First Aider in the workplace or any setting where they would have a responsibility for the welfare of infants and children.

This comprehensive course covers a wide range of first aid skills related to infants and children as well as equipping the first-aider to apply first aid to a range of specific injuries and illness. This course will provide the learner with an IQL Paediatric First Aid qualification which is Ofqual accredited and meets the requirements of the Early Years and Child Care Register.

Topics Covered

Role of the paediatric first aider	First Aid Equipment	Assessing an Incident
Recovery Position	CPR	Seizures
Choking	Wounds and bleeding	Minor Injuries
Splinters	Bites and Stings	Shock
Injury to bones	Head, neck and back injury	Foreign
Diabetes	Asthma	Meningitis
Febrile Convulsion	Extreme heat and cold	Electric incidents
Burns and scalds	Poisoning	Anaphylaxis

Duration

The Paediatric First Aid course duration is 12 hours the course can be delivered over two consecutive days or can be delivered over 10 weeks from the start of the course. Please contact us to arrange a tailor made course to suit your workplace.

Certification

The Paediatric First Aid course is Trainer Assessed throughout the course and the assessment should determine a learner's ability to act safely, promptly and effectively when an emergency occurs at work and to deal with a casualty. All Assessment Criteria in the units must be achieved. The validity period of the award is three years from the date of assessment.

Course Date	Time	Location	Cost
11th and 12th May 2017	9:00am -4:00pm	Clydebank Leisure Centre	£144
18th and 19th September 2017	9:00am -4:00pm	Alexandria Community Centre	£144
6th and 7th November 2017	9:00am -4:00pm	Alexandria Community Centre	£144
30th and 31st January 2018	9:00am -4:00pm	Clydebank Leisure Centre	£144
19th and 20th March 2018	9:00am -4:00pm	Clydebank Leisure Centre	£144
10th and 11th of May 2018	9:00am -4:00pm	Clydebank Leisure Centre	£144
30th and 31st August 2018	9:00am -4:00pm	Alexandria Community Centre	£144
4th and 5th October 2018	9:00am -4:00pm	Alexandria Community Centre	£144
3rd and 4th December 2018	9:00am -4:00pm	Alexandria Community Centre	£144
20th and 21st February 2019	9:00am -4:00pm	Clydebank Leisure Centre	£144

Considerable savings can be made for small and large group bookings. More information can be found on page 16.

Emergency Paediatric First Aid

Description and purpose

This qualification is aimed at those who wish to become a Paediatric First Aider in the workplace or any setting where they would have a responsibility for the welfare of infants and children.

This comprehensive course covers a wide range of first aid skills related to infants and children as well as equipping the first-aider to apply first aid to a range of specific injuries and illness. This course will provide the learner with an IQL Emergency Paediatric First Aid qualification which is Ofqual accredited and meets the requirements of the Early Years and Child Care Register.

Topics Covered

Role of the paediatric first aider	First Aid Equipment	Assessing an Incident
Recovery Position	CPR	Seizures
Choking	Wounds and bleeding	Minor Injuries
Splinters	Bites and Stings	Shock

Duration

The Emergency Paediatric First Aid course is 6 hours and can be delivered in one day or split into smaller sessions over a 3 week period. Please contact us to arrange a tailor made course to suit your workplace.

Certification

The Emergency Paediatric First Aid course is Trainer Assessed throughout the course and the assessment should determine a learner's ability to act safely, promptly and effectively when an emergency occurs at work and to deal with a casualty. All Assessment Criteria in the units must be achieved. The validity period of the award is three years from the date of assessment.

Course Date	Time	Location	Cost
19th and 26th April 2017	18:00pm – 21:00pm	Clydebank Leisure Centre	£90
20th April 2017	9:00am -4:00pm	Clydebank Leisure Centre	£90
12th June 2017	9:00am -4:00pm	Alexandria Community Centre	£90
6th October 2017	9:00am -4:00pm	Meadow Sports Centre	£90
11th November 2017	9:00am -4:00pm	Clydebank Leisure Centre	£90
5th December 2017	9:00am -4:00pm	Alexandria Community Centre	£90
22nd February 2018	9:00am -4:00pm	Alexandria Community Centre	£90
24th April 2018	9:00am -4:00pm	Clydebank Leisure Centre	£90
17th and 24th May 2018	18:00pm – 21:00pm	Clydebank Leisure Centre	£90
12th September 2018	9:00am -4:00pm	Clydebank Leisure Centre	£90
10th November 2018	9:00am -4:00pm	Clydebank Leisure Centre	£90
21st November 2018	9:00am -4:00pm	Meadow Sports Centre	£90
29th January 2019	9:00am -4:00pm	Alexandria Community Centre	£90
6th March 2019	9:00am -4:00pm	Alexandria Community Centre	£90

Considerable savings can be made for small and large group bookings. More information can be found on page 16.

First Aid Refresher Course

Description and purpose

This course is aimed at those who have a current in date First Aid at Work or Paediatric First Aid qualification and wish to keep up-to-date with current legislation and first aid procedures.

This comprehensive course covers a wide range of first aid and will allow the opportunity to practise and recall skills learned on prior courses.

The annual refresher is strongly recommended by the Health and Safety Executive and allows candidates to stay up-to-date with current legislation and first aid procedures.

Topics Covered

Primary assessment
Seizures

Secondary Assessment
Shock

CPR
Bleeding

Duration

The Annual Refresher course duration is 3 hours and can be delivered in one day. Please contact us to arrange a tailor made course to suit your workplace.

Certification

There is no formal certification for this course.

Course Date	Time	Location	Cost
4th May 2017	9:00am -12:00pm	Clydebank Leisure Centre	£30
13th of October 2017	9:00am -12:00pm	Meadow Sports Centre	£30
14th February 2018	9:00am -12:00pm	Alexandria Community Centre	£30
4th May 2018	9:00am -12:00pm	Clydebank Leisure Centre	£30
12th October 2018	9:00am -12:00pm	Alexandria Community Centre	£30
13th February 2019	9:00am -12:00pm	Clydebank Leisure Centre	£30

Automated External Defibrillator (AED)s

Description and purpose

This qualification is aimed at those who have a duty to react in an emergency situation where the workplace has an AED.

This comprehensive course covers a wide range of first aid skills related to the use of an AED. This course will provide the learner with a recognised IQL AED qualification.

Duration

The Automated External Defibrillation course duration is 4 hours and can be delivered in one day.

Please contact us to arrange a tailor made course to suit your workplace.

Priorities of casualty management
 Airway management
 Placement of pads
 Children and AED
 Managing regurgitation
 AED use in a pool environment

Chain of survival
 CPR
 Use of oxygen
 Safety when using an AED
 Recovery position

Cardiac arrest
 Guidelines for use of an AED
 AED flowcharts
 What to store with an AED
 Minimising interruption to CPR

Certification

The Automated External Defibrillator course is Trainer Assessed throughout the course and the assessment should determine a learner's ability to act safely, promptly and effectively when an emergency occurs at work and to deal with a casualty. All Assessment Criteria in the units must be achieved. The validity period of the award is 2 years from the date of assessment.

Course Date	Time	Location	Cost
13th October 2017	12:30 – 4:30	Meadow Sports Centre	£50
13th February 2018	12:30 – 4:30	Clydebank Leisure Centre	£50



Anaphylaxis

Description and purpose

This qualification is aimed at those who have a duty to react in an emergency situation where someone who is susceptible to anaphylaxis is either in the workplace, school, early years or community environment.

This comprehensive course covers a wide range of first aid skills related to anaphylaxis and the use of auto injectors.

Topics Covered

Anaphylaxis	Definition	Signs and Symptoms
Causes	Treatment	Intro to Auto Injector
Types of Auto Injector	Administering Auto Injector	

Duration

The Anaphylaxis awareness course duration is 2 hours and can be delivered in one day. Please contact us to arrange a tailor made course to suit your workplace.

Certification

There is no formal certification for this course.

Course Date	Time	Location	Cost
4th May 2017	1:00pm -3:00pm	Clydebank Leisure Centre	£20
14th February 2018	1:00pm -3:00pm	Alexandria Community Centre	£20
4th May 2018	1:00pm -3:00pm	Clydebank Leisure Centre	£20
12th October 2017	1:00pm -3:00pm	Alexandria Community Centre	£20



Community Outreach Programmes

In the UK, 77% of people either don't know or are unsure of how to perform CPR and millions of people wouldn't know how to give basic first aid.



Would you know what to do if a baby stopped breathing?

'Save a Baby's Life' workshops aim to teach basic emergency skills to anyone who cares for a baby.

You will learn
 Infant Life Support (CPR)
 Infant choking (diagnosis and treatment)
 Infant drowning (diagnosis and treatment)

Date	Venue	Time	Cost
7th July 17	Meadow Sports Centre	9:00am -11:00am	Free
16 Oct 17	Alexandria Community Centre	11.15am -1.15pm	Free
13th April 18	Clydebank Leisure Centre	11.15am -1.15pm	Free
16th Oct 18	Clydebank Leisure Centre	9:00am -11:00am	Free



1 in 3 people wouldn't know how to help (or maybe save) a choking toddler.

'Save a Child's Life' workshops teach those who care for a child and what to do in an emergency and equip them with basic first aid skills.

You will learn
 Basic Life Support (CPR)
 Choking (diagnosis and treatment)
 Drowning (diagnosis and treatment)

Date	Venue	Time	Cost
7th July 17	Meadow Sports Centre	11.15am -1.15pm	Free
16 Oct 17	Alexandria Community Centre	9:00am -11:00am	Free
13th April 18	Clydebank Leisure Centre	9:00am -11:00am	Free
16th Oct 18	Clydebank Leisure Centre	11.15am -1.15pm	Free



What would you do if someone stopped breathing?

Save an Adult's life workshops teach local communities what to do in an emergency and equip them with the skills to help adults who have stopped breathing, are choking or have suffered a heart attack.

You will learn
 Basic Life Support (CPR)
 Choking (diagnosis and treatment)
 Drowning (diagnosis and treatment)

Date	Venue	Time	Cost
16 Oct 17	Alexandria Community Centre	2:00pm -4:00pm	Free
13th April 18	Clydebank Leisure Centre	2:00pm -4:00pm	Free



Do you know how to save a life with an AED?

AEDs are increasing in number with several available in communities for public uses. Save a Life AED workshops will give you the confidence to use this lifesaving equipment in the event of an emergency.

You will learn
 How to use an automated external defibrillator (AED)

Date	Venue	Time	Cost
7th July 17	Meadow Sports Centre	2:00pm -4:00pm	Free
16th Oct 18	Clydebank Leisure Centre	2:00pm -4:00pm	Free

All courses are subject to terms and conditions. Terms and conditions are available online at www.wdlesure.net and will also be provided at the time of booking confirmation via email.

WHAT YOU NEED TO KNOW

Training and Qualifications

First Aid provision for employees

An employer should make an assessment of first-aid needs appropriate to the circumstances (hazards and risks) of each workplace. Where an employer provides first-aiders in the workplace, they should ensure they have undertaken suitable training, have appropriate first-aid qualification and remain competent to perform their role.

HSE strongly recommends that first-aiders undertake annual refresher training during any three year certification period. Although not mandatory, this will help qualified first-aiders maintain their basic skill and keep up-to-date with and changes to procedures.

Where an employer decides to provide a defibrillator in the workplace, those who may need to use it should be trained. Training can provide additional knowledge and skills and may promote greater confidence in the use of a defibrillator.

First Aid provision for non-employees

The health and safety (First Aid) Regulations do not require employers to provide first aid for anyone other than either own employees. However, many organisations, such as schools, places of entertainment, fairgrounds and shops, provide a service to others and it is strongly recommended that employers include non-employees in their assessment of first aid needs and make provision for them. This may require first aiders to receive additional training above the legal minimum requirements so that they are able to act competently, for example additional training in paediatric first aid if operating a nursery or school.

Low Hazard (Office, shop library)	Fewer than 25 employees	25 – 50 employees	Greater than 50 employees
First Aid Requirements	At least 1 appointed person	At least 1 emergency first aid trained first aider	At least 1 First Aid at Work trained first aider for 100 employed
High Hazard (Warehouse, use of dangerous machinery)	Fewer than 5 employees	5-50 employees	Greater than 50 employees
First Aid Requirements	At least 1 appointed person	At least 1 emergency first aid trained first aider or First aid at work depending on the type of injury that may occur	At least 1 First Aid at Work trained first aider for every 50 employed

West Dunbartonshire Training Courses Fees and Summary

Course	Cost	Course	Cost
National Pool Lifeguard Qualification	£220.00	Annual Refresher	£30.00
First Aid at Work	£210.00	Automatic External Defibrillator (AED)	£50.00
First Aid at work Renewal	£144.00	Anaphylaxis	£20.00
Emergency First Aid at Work	£90.00	Save a Baby's Life	Free
Paediatric First Aid	£144.00	Save a Child's Life	Free
Paediatric First Aid Renewal	£144.00	Save an Adult's Life	Free
Emergency Paediatric First Aid	£90.00	Save a Life AED	Free

Small Group Bookings for your Workplace

If you have a group of 6 or more the small group discount applies to each candidate's booking, we can deliver courses at one of our West Dunbartonshire Leisure facilities in Alexandria, Dumbarton or Clydebank area. The bookings can be spread over various courses but must all be booked at the same time.

Course	Cost
First Aid at Work	£198.00 per person
First Aid at work Renewal	£132.00 per person
Emergency First Aid at Work	£84.00 per person
Paediatric First Aid	£132.00 per person
Paediatric First Aid Renewal	£132.00 per person
Emergency Paediatric First Aid	£84.00 per person

Large Group Bookings for your workplace

If you have a group of 12 or more the large group discount applies to each of the candidate's bookings, we can deliver courses at one of our West Dunbartonshire Leisure facilities in Alexandria, Dumbarton or Clydebank area. The bookings can be spread over various courses but must all be booked at the same time.

Course	Cost
First Aid at Work	£174.00 per person
First Aid at work	£114.00 per person
Emergency First Aid at Work	£78.00 per person
Paediatric First Aid	£114.00 per person
Paediatric First Aid Renewal	£114.00 per person
Emergency Paediatric First Aid	£78.00 per person

All prices within the booklet are subject to change without notice. While we make every effort to provide you the most accurate, up-to-date information, occasionally prices will increase due to inflation.

Course booking information

NPLQ

Every candidate attending a NPLQ course must be 16-years-old at the time of taking the NPLQ final assessment and be able to:

Jump / dive into deep water
Swim 50 metres in less than 60 seconds
Swim 100 metres continuously on front and back in deep water
Tread water for 30 seconds
Surface dive to the floor of the pool
Climb out unaided without ladder / steps and where the pool design permits

Prior to booking this course, the swim test must be completed. This can be done by telephoning the nearest leisure centre to book a test. Confirmation of a successful swim test will be retained by West Dunbartonshire Leisure and the candidate will then be authorised to book and pay for their place on the course. Full payment is required at the time of booking.

Courses

Every candidate, prior to commencement of training with West Dunbartonshire Leisure Trust must:

- Be 16 years of age prior to taking the assessment
- Be able to produce photographic identification on the first day of the course

How to book

Prior to booking the course, please ensure you meet the requirements listed above. The next step is to contact us for an enrolment form which can be sent via email. Full payment is required at the time of booking confirmation.

Email	wdlit-training@west-dunbarton.gov.uk
Telephone	01389 757806
Online	www.wdlesisure.net

All courses are subject to terms and conditions. Terms and Conditions are available online at www.wdlesisure.net and will also be provided at the time of booking confirmation via email.

For further information about any of our courses or for information on how to tailor make a course for your organisation please do not hesitate to contact us.

Testimonials

First Aid at Work

“Very good course, well informed in all matters. I would highly recommend this to others”

“Enjoyed the course and will be useful in my work and home life. Information provided was excellent and the tutor presented the course well”

“Excellent course, gained a lot from this. Going to sign up for additional child first aid”

“Course was well executed and very well presented. The instructor made us totally at ease and I enjoyed it very much”

“I intend that all my staff undertake this course. It was well worth the money for the six of us”

Paediatric First Aid

“Very relevant to my work, course had loads of good information and the manual will be useful for future reference”

“Our trainer was really good, she was confident and excellent at teaching the course thoroughly. She gave help when or if any of us needed extra help which was very reassuring”

“The course was really detailed and really helpful to situations that may arise in the workplace”

The trainer was excellent throughout and made the course fun and interactive at all stages”

NPLQ

“ The course trainer was confident and prepared for the course, he was able to answer any questions and always offered further assistance if needed”

“I would definitely recommend this course to others”



West Dunbartonshire Leisure Trust

Alexandria Community Centre,
Main Street, Alexandria, G83 0NU

Tel: **01389 757806**

Fax: **01389 751557**

Email: [wdlt-training@west-dunbarton.gov.uk](mailto:wdl-t-training@west-dunbarton.gov.uk)
www.wdleisure.net

West Dunbartonshire Leisure Trust is a recognised Scottish Charity: SC 042999;
VAT Registered: GB 129 7502; and Company Registered: SC413707
Delivering services on behalf of West Dunbartonshire Council