



Comhairle Contae Thiobraid Árann
Tipperary County Council

LIFEGUARD COURSE

Fitness Test Requirements for Lifeguard Course:
Swim 50m Front Crawl Timed under 1 min
Swim 50m Backcrawl
Swim 50m Side Stroke
Swim 50min Breaststroke
Swim 50m Inverted Breaststroke
Are you 18 years old or older..

Are you interested in becoming a lifeguard
Give name, contact number and email
address to Reception in Sean Treacy
Memorial Swimming Pool Tipperary Town
E34 E304