



INVITATION

Course to become ILS International Instructor In Pool and Beach Lifeguarding

To the Arabic speaking Lifesaving Federations of Africa
To the Arabic speaking Lifesaving Federations of the Middle East

4th January, 2023

Dear Members,

The Egyptian Diving and Lifesaving Federation, in collaboration with the International Life Saving Federation (ILS), is organising an International Instructor course that will take place in the city of Sharm El Sheikh – Egypt from 3 to 11 February 2023.

Aim of the course

The aim of the course is to train students to be certified as an ILS Pool Lifeguard Instructor, ILS Open Water Lifeguard Instructor and ILS Beach Lifeguard Instructor.

Rights

As an ILS Instructor, you will be able to give courses to candidates who want to become an international lifeguard Certificate in swimming pools, open waters and/or ocean and beaches in their countries.

Number of students

A maximum of 80 participants will be accepted including 50 students from Egypt.

Programme

Friday 3 February 2023:	Arrivals and Registration
Saturday 4 February 2023:	Course day 1
Sunday 5 February 2023:	Course Day 2
Monday 6 February 2023:	Course Day 3
Tuesday 7 February 2023:	Course Day 4
Wednesday 8 February 2023:	Course Day 5
Thursday 9 February 2023:	Course Day 6
Friday 10 February 2023:	Examination day and closing Dinner
Saturday 11 February 2023:	Departures

The classes will take place from 8.30 to 12.30 and from 13.30 to 17.30: 8 hours per day. The minimum training period is 48 hours. Students must foresee study time in the evenings.

Examination

The exam will take place on Friday 10 February from 8.30 to 16.00 hours. The announcement of the results will be at the closing dinner on Friday 10 February 2022.

Condition of Admission

- Be holder of a certificate of medical fitness.
- Have finished secondary school.
- Be at least 21 years old at the start of the course
- Be holder of a lifeguard certificate in swimming pool or beach/ocean and present it at your registration.

Each candidate must **mandatorily** be able to:

1. Swim 200 m (freestyle) in less than 5 (five) minutes. The test starts with a start dive. It is possible to change swimming styles while swimming.
2. Swim 50 m on the back in a time of 1'30 seconds. The candidate uses the breaststroke leg movements only. Both hands are above the water surface and the fingers are permanently interlaced.
3. Dive from the border of the pool and swim a minimum of 20 m under water. The candidate must swim completely under water and not break the surface before the whistle.

Certification

The students will obtain an International Certificate, the matching badge, pin and identity card. The Certification will be provided by the ILS free of charge.

Location of the course

The course will be held in the city of Sharm El Sheikh in Egypt.

- The theoretical courses will be held in the meeting rooms of the Marine Sports Club
- The practical courses will be held in the 25 m swimming pool of the Marine Sports Club
- The practical courses in the ocean will be held in the Ocean in front of the Marine Sports Club.

Language

The course will be in two languages: English and Arabic. The candidate must master one of the two languages perfectly.

Deadline for application

The attached Application Form should be returned to the ILS and the EDLF before 25 January 2023.

Course Fee

The course fee for each student is 200 Euro or 5.250 Egyptian Pounds (EGP). This fee covers your participation, the rent of the classroom and the swimming pool, the manual you will receive, the use of all equipment, the local transport and the insurance.

Other Costs

What	Explanation
VISA Fee and Travel Fee	Each candidate or the candidate's Federation covers the visa and air ticket costs to the airport of Sharm El Sheikh.
Airport Transport	The EDLF will arrange the transportation between the Airport of Sharm El Sheikh and the hotel and back.
Accommodation Fee	Each candidate must arrange its own accommodation. There are many hotels for all sorts of budgets in Sharm El Sheikh. The Egyptian Federation can manage accommodation in the Marine Sports Club at very low rates: <ul style="list-style-type: none">• Room + Breakfast at 15 Euro per night.

	<ul style="list-style-type: none"> Room + Breakfast + Lunch + Dinner (full board) at 25 Euro per night. All course fees and accommodation must be paid before the start of the course.
Certificate Fee	The ILS will provide for those students who pass, free of charge, the International Instructor Certificate with matching badge, pin and a personal identity card (value 20 Euro per person).
Dinner	The ILS will offer the closing dinner.

Course Management

The course Director is Sameh El Shazly, President of the Egyptian Diving and Lifesaving Federation.

Instructors

The following ILS International Instructors will manage the course and do the training:

- Dr Harald Vervaecke PhD, ILS Secretary General.
- Ingy EL SHAZLY, ILS-Africa Secretary General.
- Dr. Mohammed Mahmoud Abbas KOTB PhD.
- Dr. Hesham Rabea Zaki QURA PhD.
- Mohsen Mohsen Mohamed ABU MOSALLEM.

We hope that we can welcome candidates from your Federation. It will help your federation to expand.

Yours Sincerely

Dr. Harald Vervaecke
Secretary General



Sameh El Shazly
EDLF President



INTERNATIONAL LIFE SAVING FEDERATION - AFRICA BRANCH

COURSES IN 2023 IN SHARM EL SHEIKH - EGYPT

REGISTRATION FORM

Name (Same as in passport)		
Forename (Same as in passport)		
Gender	WOMAN:	MAN:
Date of Birth (DD-MM-YYYY)		
Place of Birth (City)		
Nationality		
Tel. Mobile		
E-Mail		
Passport number		
Which Lifeguard qualification do you have?		

ARRIVAL DATA AT SHARM-EL-SHEIKH AIRPORT	
Arrival Date in Sharm El Sheikh Airport	
Arrival Time in Sharm El Sheikh Airport	
Flight Number	

DEPARTURE DATA FROM SHARM EL SHEIKH AIRPORT	
Departure date from Sharm El Sheikh	
Departure time from Sharm El Sheikh	
Flight Number	

By signing this document, the undersigned declares that he/she is medically fit to take the course.

PLEASE MAIL ALSO PICTURE OF YOU IN JPG.

Date:

Signature:

