

LIFEGUARD TRAINING COURSE

28 & 29 NOVEMBER 2026**iCAMP THAILAND, KANCHANABURI****PRACTICAL TRAINING. REAL SKILLS. SAFER WATER.****WATER SAFETY
& RISK ASSESSMENT****LIFEGUARD ROLES
& RESPONSIBILITIES****EMERGENCY
RESPONSE PROCEDURES****SWIMMING &
RESCUE TECHNIQUES****RESCUE EQUIPMENT
& CASUALTY HANDLING****CPR & AED
TECHNIQUES****PRACTICAL
RESCUE SCENARIOS**

ABOUT THE COURSE

iCamp Thailand is hosting the Lifeguard Training Course organised by the Thailand Institute of Occupational Safety and Health (T-OSH).

An excellent opportunity for school staff, PE teachers, swimming instructors, activity leaders and anyone responsible for supervising water activities to develop essential water safety and emergency response skills.

COMPLETE WITH CERTIFICATE



COURSE DETAILS

**28 & 29 November 2026**
(Saturday & Sunday)**8:30 AM – 5:00 PM**
each day**iCamp Thailand,**
Kanchanaburi**Course fee:**
THB 2,500 per person
(including VAT)Register through the
T-OSH system.

YOUR ALL INCLUSIVE RESIDENTIAL PACKAGE



FRIDAY 27 NOVEMBER ARRIVAL

- Check in at iCamp Thailand
- Overnight accommodation



SATURDAY 28 NOVEMBER TRAINING DAY ONE

- Breakfast
- Lifeguard Training Course
8:30 AM – 5:00 PM
- Lunch and dinner
- Overnight accommodation



SUNDAY 29 NOVEMBER TRAINING DAY TWO

- Breakfast
- Lifeguard Training Course
8:30 AM – 5:00 PM
- Lunch
- Check out and departure
following the course

COURSE FEE

THB 2,500
PER PERSON

(including VAT)

RESIDENTIAL PACKAGE

Prices from:

THB 1,999
per person

See accommodation options below.

ACCOMMODATION OPTIONS (RESIDENTIAL PACKAGE PRICE)

CABINS**THB 2,999**
per person**SINGLE ENSUITE ROOMS****THB 3,999**
Max: 1 person**DOUBLE ROOMS****THB 5,999**
Max: 2 people**FAMILY SUITE****THB 7,999**
Max: 4 people

BOOK YOUR PLACE TODAY

Contact iCamp Thailand for residential package prices and registration details.



+66 34 540 400



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www.icampthailand.com

LIFEGUARD

SAFETY TRAINING COURSE

WATER SAFETY
& RISK ASSESSMENTLIFEGUARD ROLES
& RESPONSIBILITIESEMERGENCY
RESPONSE PROCEDURESSWIMMING &
RESCUE TECHNIQUESRESCUE EQUIPMENT
& CASUALTY HANDLINGCPR & AED
TECHNIQUESPRACTICAL
RESCUE SCENARIOSDate
28 – 29 November 2026Location
iCamp Thailand,
Kanchanaburi ProvinceMaximum Participants
50 people

Saturday 28 November 2026

Theory Part

Time	Details
8:30 AM – 9:00 AM	Register/Take a pre-training test.
9:00 AM – 12:00 PM	- Basic knowledge of water safety. - The roles and responsibilities of lifeguards. - Risk assessment and prevention. - Emergency response procedures.
12:00 PM – 1:00 PM	Have lunch.
1:00 PM – 5:00 PM	- Swimming skills for rescue. - Using life-saving equipment. - Life-saving measures including chest compressions and the use of a defibrillator. - Techniques for rescuing and transporting victims of accidents. - Post-training test.



Sunday 29 November 2026

Practical Training

Time	Details
8:30 AM – 9:00 AM	Register/Take a pre-training test.
9:00 AM – 12:00 PM	- Risk assessment and prevention. - Emergency response procedures. - Swimming skills for rescue. - Using life-saving equipment.
12:00 PM – 1:00 PM	Have lunch.
1:00 PM – 5:00 PM	- Life-saving measures including chest compressions and the use of a defibrillator. - Techniques for rescuing and transporting victims of accidents. - Simulation training. - Post-training test.

COURSE FEE

THB 2,500
PER PERSON

(including VAT)

RESIDENTIAL PACKAGE

Prices from:

THB 1,999
per person

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ENTRY REQUIREMENTS

- 1 Must be at least 18 years of age.
- 2 I can swim.
- 3 A medical certificate stating that the individual is in good health, free from respiratory illnesses, heart disease, or any other conditions that the doctor deems would not hinder working in the water.



WHAT TO BRING (Practical Training Day)

- 1 Long-sleeved swimsuit
- 2 Medical certificate.

**BOOK YOUR PLACE TODAY**

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