

WE DO
Training

CORPORATE BROCHURE



WEST DUNBARTONSHIRE LEISURE
TRAINING COURSES
2020/2021

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Introduction

West Dunbartonshire Leisure provide a comprehensive package of courses specifically designed to help businesses obtain and keep essential Paediatric First Aid and First Aid at Work qualifications.

Many of the courses are also suitable for individuals wishing to gain additional qualifications to widen employments prospects. They may be useful for employees who participate in different non workplace activities e.g. social clubs, hobbies, etc.

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.

All of our courses are delivered locally in our training centres.

West Dunbartonshire Leisure Training Centres

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

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	4 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

First Aid Training –Automated External Defibrillators (AED)

What is a AED?

An automated external defibrillator (AED) is a device that checks a person's heart and delivers an electric shock if it has stopped beating normally.

If a person suddenly collapses, they may be suffering from a Sudden Cardiac Arrest this is a very serious situation. It means that the person's heart has stopped pumping blood and they need help fast. The most important element in the treatment of Sudden Cardiac Arrest is to provide a rapid shock to their heart called defibrillation. An automated external defibrillator (AED) helps ordinary people to provide defibrillation quickly.

Factors such as having a high blood pressure reading, obesity, smoking, high cholesterol levels, congenital heart disease (CHD) and diabetes can make a person more susceptible to Sudden Cardiac Arrest

Additional things such as electrocution, drowning, trauma, choking or respiratory arrest can potentially lead to Sudden Cardiac Arrest.

Who can use a AED?

AEDs are compact, portable, easy to use, safe and very effective. While we recommend that everyone receive training in CPR and using an AED, AEDs are designed to coach you through the process, even if you haven't had training. An AED will not allow a shock to be given unless the collapsed person needs one, if it is needed a calm, clear voice explains exactly what to do. It actively adapts the instructions to keep you on track. AEDs can be stored for long periods without use and need very little maintenance.

Where can I find a defibrillator (AED)?

Many public places keep an AED as part of their first aid equipment, including shopping centres, train stations, airports, offices and schools. Many of West Dunbartonshire Leisure's facilities currently have AED's available. AED's come in a small portable plastic box and are stored in a noticeable casing with a defibrillator sign.

If you don't have access to an AED then you should call 999 or 112 for help and do resuscitation (CPR) until the ambulance and AED arrives.

Without immediate treatment, 90-95% of Sudden Cardiac Arrest victims will die.

If a defibrillator is used and effective CPR is performed within 3-5 minutes of cardiac arrest, their chance of survival increases from 6% to 74%.



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. The NPLQ is recognised around the world, so potential to work and travel.

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.

The NPLQ covers all elements of Pool Rescue Techniques, Lifeguarding Theory, First Aid and CPR. The course is physically demanding and will include swimming to set times, lifting casualties and diving to the deepest part of the swimming pool. Training and assessment for the NPLQ is in three sections and all must be successfully passed to attain the qualification.

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

Assessment for the NPLQ takes place at the end of the course. It determines your knowledge and understanding of the principles of working as a pool lifeguard and assesses your ability to apply the skills and knowledge in a work-related environment.

The assessment is split into three sections:

Practical pool assessment

Theory Assessment for all 3 sections

Practical First Aid & CPR assessment.

The validity of the award is two years from the date of the assessment.

Course Dates	Time	Venue	Cost
6th - 11th April 2020	9:00am-5:30pm	Clydebank Leisure Centre	£252
6th - 11th July 2020	9:00am-5:30pm	Meadow Sports Centre	£252
25th, 26th July, 1st, 2nd, 8th & 9th August 2020	9:00am-5:30pm	Clydebank Leisure Centre	£252
12th - 17th October 2020	9:00am-5:30pm	Meadow Sports Centre	£252
14th, 15th, 21st, 22nd 28th & 29th November 2020	9:00am-5:30pm	Clydebank Leisure Centre	£252
6th, 7th, 13th, 14th, 20th and 21st February 2021	9:00am-5:30pm	Meadow Sports Centre	£252

Refer to Page 18 for Booking Conditions and Information

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 competence of each learner is continually assessed by the trainer during the course. Learners will be required to demonstrate their knowledge and understanding of the topics covered through written theory question as well as practical demonstrations of first aid skills. The validity period of the award is three years from the date of assessment.

Course Dates	Time	Venue	Cost
21st, 22nd and 23rd April 2020	9:00am - 4:00pm	Clydebank Leisure Centre	£220.50
9th, 10th and 11th June 2020	9:00am - 4:00pm	Alexandria Community Centre	£220.50
22nd, 23rd and 24th September 2020	9:00am - 4:00pm	Clydebank Leisure Centre	£220.50
10th, 11th and 12th November 2020	9:00am - 4:00pm	Alexandria Community Centre	£220.50
29th, 30th and 31st March 2021	9:00am - 4:00pm	Clydebank Leisure Centre	£220.50

The Price shown is inclusive of VAT

Considerable savings can be made for small and large group bookings. More information can be found on page 17.

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 competence of each learner is continually assessed by the trainer during the course. Learners will be required to demonstrate their knowledge and understanding of the topics covered through written theory question as well as practical demonstrations of first aid skills. The validity period of the award is three years from the date of assessment.

Course Dates	Time	Venue	Cost
6th and 7th October 2020	9:00am - 4:00pm	Meadow Sports Centre	£151
12th and 13th January 2021	9:00am - 4:00pm	Meadow Sports Centre	£151
2nd and 3rd February 2021	9:00am - 4:00pm	Meadow Sports Centre	£151

The Price shown is inclusive of VAT

Considerable savings can be made for small and large group bookings. More information can be found on page 17

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
Wounds and bleeding

Recovery Position
Shock

CPR
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 competence of each learner is continually assessed by the trainer during the course. Learners will be required to demonstrate their knowledge and understanding of the topics covered through written theory question as well as practical demonstrations of first aid skills. The validity period of the award is three years from the date of assessment.

Course Dates	Time	Venue	Cost
14th May 2020	9:00am - 4:00pm	Clydebank Leisure Centre	£94.50
3rd September 2020	9:00am - 4:00pm	Alexandria Community Centre	£94.50
29th October 2020	9:00am - 4:00pm	Clydebank Leisure Centre	£94.50
10th December 2020	9:00am - 4:00pm	Clydebank Leisure Centre	£94.50
17th February 2021	9:00am - 4:00pm	Alexandria Community Centre	£94.50

The Price shown is inclusive of VAT



Considerable savings can be made for small and large group bookings. More information can be found on page 17.

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	Diabetes
Asthma	Meningitis	Febrile Convulsion
Extreme heat and cold	Electric incidents	Burns and scalds
Foreign body in the ears, eyes and nose	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 competence of each learner is continually assessed by the trainer during the course. Learners will be required to demonstrate their knowledge and understanding of the topics covered through written theory question as well as practical demonstrations of first aid skills. The validity period of the award is three years from the date of assessment.

Course Dates	Time	Venue	Cost
29th and 30th April 2020	9:00am -4:00pm	Alexandria Community Centre	£151
16th and 17th June 2020	9:00am -4:00pm	Clydebank Leisure Centre	£151
26th and 27th August 2020	9:00am -4:00pm	Alexandria Community Centre	£151
21th and 22st October 2020	9:00am -4:00pm	Alexandria Community Centre	£151
21th and 22th January 2021	9:00am -4:00pm	Alexandria Community Centre	£151
3rd, 10th,17th, 24th March 2021	9:00am -4:00pm	Meadow Sports Centre	£151

The Price shown is inclusive of VAT

Considerable savings can be made for small and large group bookings. More information can be found on page 17.

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 competence of each learner is continually assessed by the trainer during the course. Learners will be required to demonstrate their knowledge and understanding of the topics covered through written theory question as well as practical demonstrations of first aid skills. The validity period of the award is three years from the date of assessment.

Course Dates	Time	Venue	Cost
6th May 2020	9:00am - 4:00pm	Alexandria Community Centre	£94.50
30th September 2020	9:00am - 4:00pm	Alexandria Community Centre	£94.50
17th November 2020	9:00am - 4:00pm	Clydebank Leisure Centre	£94.50
16th December 2020	9:00am - 4:00pm	Alexandria Community Centre	£94.50
23rd February 2021	9:00am - 4:00pm	Clydebank Leisure Centre	£94.50

The Price shown is inclusive of VAT

Considerable savings can be made for small and large group bookings.

More information can be found on page 17.



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.

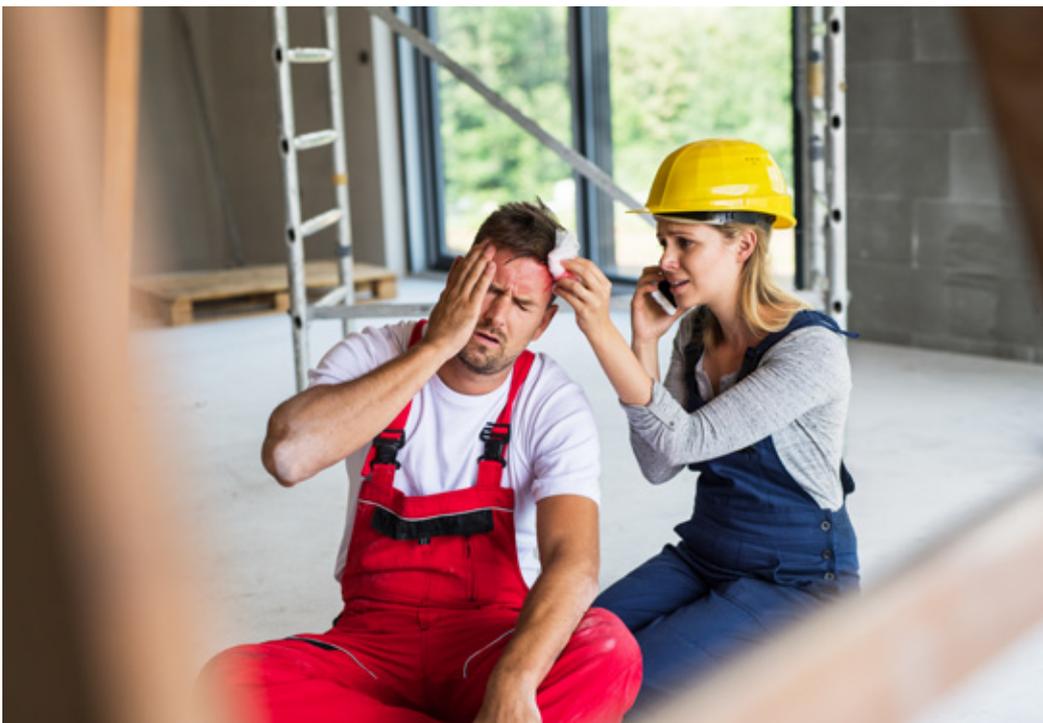
Cost

£32.00

The Price shown is inclusive of VAT.

Course Arrangements

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



Automated External Defibrillator (AED)

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.

Topics Covered

Priorities of casualty management	Chain of survival	Cardiac arrest
Airway management	CPR	Guidelines for use of an AED
Placement of pads	Use of oxygen	AED flowcharts
Children and AED	Safety when using an AED	What to store with an AED
Managing regurgitation	Recovery position	
Minimising interruption to CPR	AED use in a pool environment	

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.

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.

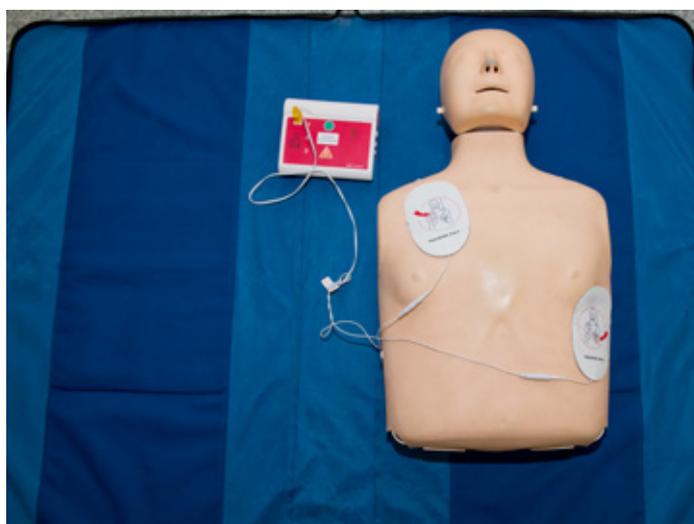
Cost

£52.50

The Price shown is inclusive of VAT.

Course Arrangements

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



Anaphylaxis

Description and purpose

The regulated IQL Level 2 Award in Basic Life Support and Management of Anaphylaxis has been created with support from Anaphylaxis Campaign.

The Basic Life Support and Management of Anaphylaxis course is four hours and is designed to be delivered in one day. The course comprises of practical work and theoretical classroom work, including practical assessment on CPR, AED and use of an adrenaline auto-injector.

Topics covered

Assessing an incident

CPR and pocket mask

AED usage

Recovery position

Recognising Anaphylaxis

Administering Auto Injector

Duration

The Anaphylaxis awareness course duration is 4 hours and can be delivered in one day.

Certification

Basic Life Support and the Management of Anaphylaxis is Trainer Assessed throughout the course and the assessment should determine a candidate's ability to act safely, promptly and effectively to deal with a casualty suffering from anaphylaxis.

Cost

£52.50

The Price shown is inclusive of VAT.

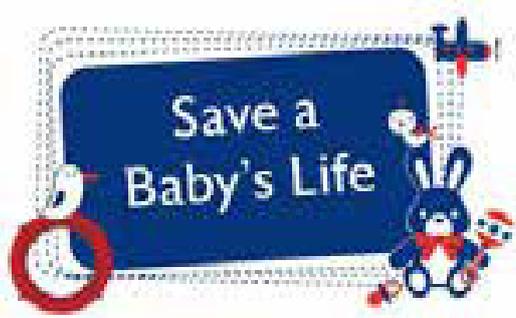
Course Arrangements

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



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)

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)



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)



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)



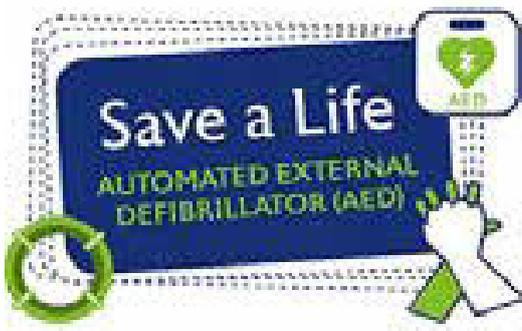
Date	Venue	Time
19/6/20	Alexandria Community Centre	9-11



Date	Venue	Time
19/6/20	Alexandria Community Centre	11-1



Date	Venue	Time
11/9/20	Alexandria Community Centre	9-11



Date	Venue	Time
11/9/20	Alexandria Community Centre	11-1

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 their 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
National Pool Lifeguard Qualification	£252
First Aid at Work	£220.50
First Aid at Work Renewal	£151
Emergency First Aid at Work	£94.50
Paediatric First Aid	£151
Paediatric First Aid Renewal	£151
Emergency Paediatric First Aid	£94.50
Annual Refresher	£32
Automatic External Defibrillator (AED)	£52.50
Anaphylaxis	£52.50
Save a Baby's Life	Free
Save a Child's Life	Free
Save an Adult's Life	Free
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 candidates can be spread over various courses but must all be booked at the same time.

Course	Cost
First Aid at Work	£200.00
First Aid at work Renewal	£137.00
Emergency First Aid at Work	£86.00
Paediatric First Aid	£137.00
Paediatric First Aid Renewal	£137.00
Emergency Paediatric First Aid	£86.00

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 candidates can be spread over various courses but must all be booked at the same time.

Course	Cost - The Price shown is inclusive of VAT
First Aid at Work	£185.00
First Aid at work	£127.00
Emergency First Aid at Work	£79.00
Paediatric First Aid	£127.00
Paediatric First Aid Renewal	£127.00
Emergency Paediatric First Aid	£79.00

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.

First Aid 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 wdl-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.

Course Cancellation by West Dunbartonshire Leisure

West Dunbartonshire Leisure must have a minimum of 6 candidates on each course. In the event of course numbers not being reached, candidates will be advised of alternative arrangements.

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.

First Aid at Work

"The tutor was very thorough, great at explaining and making you feel at ease al the course resources were great. Thanks for a great 3 days"

"Everything was explained clearly and we got plenty of time to practice. The course was very informative"

"Tutor was very knowledgeable, he related well to people and put them at ease. I have enjoyed the way he taught and delivered what can be a dry and difficult subject"

"Course was very good, the trainer engaged well with the group"

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"

"Training was excellent, the trainer was very informative, friendly and made us all feel at ease."

The trainer was excellent throughout and made the course fun and interactive throughout"

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: **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