

RLSS National Pool Lifeguard Qualification (NPLQ)

This course is for any competent swimmer who is interested in, or is responsible for the supervision of a swimming pool environment.

Pre-requisites

- Candidates must be at least 16 years old on the day of the assessment
- Candidates must complete all six days to be eligible to take the assessment
- Complete exercises in 'The Lifeguard' manual
- Candidates must be medically fit, a strong and confident swimmer
- Able to jump / dive into deep water
- Swim 50m in under 60 seconds
- Swim 200 metres continuously, consisting of 100m on the front and 100m on the back
- In deep water, tread water for 30 seconds
- Surface dive to the bottom of the pool (2m)
- Climb out of the pool without the use of steps or ladder

Validity of Award

This qualification is valid for 2 years.

What you will learn?

Your role and responsibility as a supervisor of people in a swimming pool environment.

Course contents

1. Demonstrate an understanding in the principles involved with the role of the lifeguard and the law:
 - Role and responsibilities
 - Hazards and control measures
 - Supervision and intervention
2. Intervention, Rescue and Emergency Action:
 - Practical rescue – immediate response
 - Contact and non-contact rescues
 - Rescue of a casualty with a spinal injury
3. CPR and First Aid:
 - Casualty management
 - CPR on an adult, child and infant
 - Theoretical and practical application of first aid

Course duration

Minimum of 36 contact hours of theory and practical training.

Assessment

- Satisfactorily complete the course manual and course worksheets.
- Practical water assessment
- Answer theoretical questions
- Assessment of CPR and first aid

Course dates

Location	Date	Time
Honiton Leisure Centre	20/01/17	17:30 – 22:00
	21/01/17	10:30 – 19:30
	22/01/17	09:00 – 18:00
	27/01/17	17:30 – 22:00
	28/01/17	10:30 – 19:30
	29/01/17	09:00 – 18:00
Exmouth Leisure Centre	13 th – 17 th February	09:00 – 18:00
Honiton Leisure Centre	31/03/17	17:30 – 22:00
	01/04/17	10:30 – 19:30
	02/04/17	09:00 – 18:00
	07/04/17	17:30 – 22:00
	08/04/17	10:30 – 19:30
	09/04/17	09:00 – 18:00
Honiton Leisure Centre	30/06/17	17:30 – 22:00
	01/07/17	10:30 – 19:30
	02/07/17	09:00 – 18:00
	07/07/17	17:30 – 22:00
	08/07/17	10:30 – 19:30
	09/07/17	09:00 – 18:00
Exmouth Leisure Centre	31 st July – 4 th August	09:00 – 18:00
Honiton Leisure Centre	25/08/17	17:30 – 22:00
	26/08/17	10:30 – 19:30
	27/08/17	09:00 – 18:00
	01/09/17	17:30 – 22:00
	02/09/17	10:30 – 19:30
	03/09/17	09:00 – 18:00
Exmouth Leisure Centre	23 rd – 27 th October	09:00 – 18:00

Cost

£200 (exempt from VAT)

Discount available for block booking of 5 candidates or more. Please contact training@ledleisure.co.uk for prices.

Revalidation

This qualification requires revalidation every 2 years to update knowledge and demonstrate understanding. A minimum of 20 hours training prior to the re-assessment is required.