

RLSS UK 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 days and sessions 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	12/01/18	17:30 – 22:00
	13/01/18	10:15 – 19:15
	14/01/18	09:00 – 18:00
	19/01/18	17:30 – 22:00
	20/01/18	10:15 – 19:15
	21/01/18	09:00 – 18:00
Exmouth Leisure Centre	12 th – 16 th February	08:00 – 17:00
Honiton Leisure Centre	06/04/18	17:30 – 22:00
	07/04/18	10:15 – 19:15
	08/04/18	09:00 – 18:00
	13/04/18	17:30 – 22:00
	14/04/18	10:15 – 19:15
	15/04/18	09:00 – 18:00
Honiton Leisure Centre	29/06/18	17:30 – 22:00
	30/06/18	10:15 – 19:15
	01/07/18	09:00 – 18:00
	06/07/18	17:30 – 22:00
	07/07/18	10:15 – 19:15
	08/07/18	09:00 – 18:00
Exmouth Leisure Centre	6 th – 10 th August	08:00 – 17:00
Honiton Leisure Centre	24/08/18	17:30 – 22:00
	25/08/18	10:15 – 19:15
	26/08/18	09:00 – 18:00
	31/08/18	17:30 – 22:00
	01/09/18	10:15 – 19:15
	02/09/18	09:00 – 18:00
Exmouth Leisure Centre	22 nd – 26 th October	08:00 – 17:00

Cost

£200 (exempt from VAT)

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.