

National Pool Lifeguard Course

COURSE TITLE:

IQL Level 2 Certificate in Swimming Pool Supervision & Rescue (NPLQ Generation 9) - National Pool Lifeguard Course

DESCRIPTION

Now in its 9th edition The National Pool Lifeguard Qualification has been developed in direct response to comprehensive industry consultation. It is the most widely recognised lifeguard qualification in the UK & Ireland and is the recruitment requirement for a number of jobs from Pool Lifeguard to Centre Manager. On successful completion of the course you will be fully qualified to work as a Pool Lifeguard.

PRE-REQUISITES TO BECOME A POOL LIFEGUARD

To enrol on the NPLQ course New Candidates must meet the following criteria:

- **MUST be 16 years of age prior to assessment**
- **Complete a minimum of 36 contact hours of theory and practical training prior to assessment**
- **Complete exercises in "The Lifeguard" manual** • **Jump/dive into deep water**
- **Swim 50m in no more than 60 seconds** • **Swim 100m continuously on front and back**
- **In deep water, tread water for 30 seconds** • **Surface dive to the floor in the deepest part of the pool (it may be appropriate to seek medical advice with regard to reaching the bottom of the pool which is greater than 1.5m)**
- **Climb out unaided without ladder/steps and where the pool design permits**

SYLLABUS

The course follows a document entitled "The lifeguard" and is split into 3 sections:

1. The Lifeguard, Swimming Pool & Supervision
2. Intervention, Rescue & Emergency Action Plan
3. Cardiopulmonary Resuscitation & First Aid

Each section is broken into a further 3 elements (AED optional). Candidates must pass a continuous assessment by the trainer throughout the course to be eligible for the end of course assessment. Candidates must then pass all sections and elements of the final assessment to achieve the RLSS UK National Pool Lifeguard Qualification.

The final assessment is carried out by an external assessor and the award is valid for 24 months from this date and must be renewed within the validity period

LOCATION

If you have your own pool we are able to deliver this course on your site, reducing your costs in respect of additional time out and travelling.

Whatever your training requirement, there is a degree of flexibility within most programmes to accommodate it.

In association with



Please contact us for further information

Lifeguarding & Lifesaving Training

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