



## **RLSS National Pool Lifeguard Qualification 8<sup>th</sup> Edition (FA0008)**

Published in 2012, The National Pool Lifeguard Qualification 8<sup>th</sup> Edition (NPLQ) was developed through widespread consultation within the leisure sector and RLSS training workforce, thus ensuring that the NPLQ remains a contemporary qualification for Trainers, operators and candidates. The qualification also enables swimming pool operators to meet industry standards, in particular the criteria set out in the HSE publication 'Managing Health & Safety in Swimming Pools' (HSG179/2003) and the European Standards EN – 15288 Part 2.

### **Course objectives**

On the successful completion of this course the holders of this certificate will be fully qualified to work as a Pool Lifeguard and hold a Level 2 Award in Pool Lifeguarding, Intervention, Supervision and Rescue.

### **Duration of the Course**

Minimum of 36 hours for a new candidate, divided into 3 sections:

Section 1	The Lifeguard, Swimming Pool and Supervision
Section 2	Intervention, Rescue and Emergency Action Plan
Section 3	CPR, AED and First Aid

### **Validity of the Qualification**

2 years (24 months)

20 hours of ongoing training and competency assessment must be completed during this time to be able to renew the qualification.

### **Pre-requisites**

- Must be 16 years of age prior to the assessment
- Jump/dive into deep water
- Swim 50 metres in no more 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

## **What will they learn?**

**Section 1** - will introduce the candidate to the knowledge and skills required in the role of the lifeguard, the law, pool safety operating procedures, swimming pool environments, activities and supervision skills.

**Section 2** – will provide the candidate with the ability to understand the principles of early intervention, lifeguarding skills, knowledge and application of Emergency Action Plans

**Section 3** – provides the candidates with CPR, AED (optional) and First Aid Skills

## **Assessment**

The qualification is assessed as set out below:

Unit 1 takes place at the end of the course and is overseen by an external Assessor. The assessment is in four parts:

- Intervention, Rescue and Emergency Action Plan - Practical pool assessment
- Theory Assessment
- First Aid
- CPR Assessment

## **Bespoke onsite training – let us come to you!**

If you have a minimum of 6 employees that require the same training, let us bring this to you. The training can be tailored to the specific needs of your business and work environment, with the day, time and location arranged to suit.

This option is time efficient and cost effective, eliminating the added expense of time and travel costs.

Our professionally qualified Trainers are experienced in delivering training across a wide range of industries ensuring the course content and examples are relevant.

All of our courses are accredited to a major awarding body and our Trainers are handpicked for their interactive and motivational skills as well as their extensive knowledge of the relevant field.

Within a 30 mile radius there will be no extra cost for travelling, exceeding this there is a charge of 55 pence plus VAT per mile and when necessary subsistence, i.e. reasonable accommodation and meals at cost.

**For further information or to book please contact our Training Team by filling in the enquiry form or call us on 01252 353 040.**