

National Pool Lifeguard Qualification

This qualification is an ideal starting point for a career in the leisure industry. On completion of this course, candidates will understand their roles in response and rescue. They will know and understand responsibilities, the importance of maintaining standards and the uniform and equipment requirements.

Topics Covered:

The National Pool Lifeguard Qualification & course is provided by RLSS UK, the content is split over 3 sections which include:

- The lifeguard and the law, swimming pool supervision
- Intervention and rescue and emergency action plans
- Cardiopulmonary resuscitation, AED and first aid

Learner pre-requisites

- Be 16+ years of age on the date of 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 of the pool unaided without using a ladder / steps where the pool design permits

Learner Equipment

- Photographic Identification (must be shown to the trainer on the first day of the course)
- A whistle
- Swimming costume
- Towel
- Shorts and t-shirt to be worn in the water
- Pen / pencil

All dates must be requested before booking due to limited availability



What's Included:

- Manual
- Exam paper
- NPLQ certificate (2 year duration)
- Fully qualified trainer and assessor