

National Pool Lifeguard Qualification Enrolment Form

IQLUK



Candidate Details			
Title:		Name:	
Address:			
Post Code:		Date of Birth:	
Telephone:		Email:	
Emergency Contact Details			
Name:		Telephone:	

Course Prerequisites – All learners must meet the following criteria before starting the course (please tick)	✓
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 (3.35 metres)	
Climb out of the pool unaided without using a ladder / steps where the pool design permits	

Specialist Learning Requirements	Yes	No
Do you have any specialist learning requirements?		
Do you have a disability / medical condition? *please note a good level of vision and hearing is required for this course		
If you have answered yes to either of the above, please provide further details below on how we can assist with your learning:		

Declaration			
I declare that all of the information I have provided on this enrolment form is true and accurate. I understand that if I have failed to declare any specialist learning requirements at this stage, this may impact my ability to successfully pass the assessment and gain the qualification.			
Learner Signature:		Date:	
Parent/Guardian Signature (if under 18):		Date:	

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Course Information

Course Overview:

The internationally recognised Royal Lifesaving Society (RLSS UK) National Pool Lifeguard Qualification (NPLQ) is not only a qualification that will train you to become a Pool Lifeguard but can also be a stepping stone into a career within the leisure industry. In order to perform lifeguard duties, candidates must be physically fit, have good vision and hearing, be mentally alert and self disciplined*. The course will be delivered using a variety of methods including:

- PowerPoint Presentations
- Flip Chart Exercises
- Guided Group Discussions
- Guided Group Activities
- Practical Demonstrations and Training

The NPLQ certificate is valid for 2 years from the date of successful completion of the course.

Topics Covered:

The NPLQ covers all elements of Pool Rescue Techniques, Lifeguard Theory, First Aid and CPR. The course is physically demanding and will include swimming to set times, lifting casualties and diving to the deepest part of the pool. Approved prior learning can be applied upon proof of certification, please ask your trainer for further details.

For full details on the courses content and to view IQL UK policies, please visit

<https://www.rlssdirect.co.uk/policies-and-marketing/>

You are required to bring the following items to the course:

- 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

Some of the days may include water work on more than one occasion and candidates may prefer to bring two sets of towels, shorts and t-shirts.

Course Assessment:

The NPLQ course syllabus and practical skills are continually assessed by the course trainer and a suitable level competence must be achieved to be put forward for a final independent assessment. The assessment will include a multiple choice paper, practical demonstrations of water rescue skills, CPR and First Aid.

If you have any questions prior to the start of the course, please feel free to contact your course trainer using the details below.

Name:	Katie	Telephone:	02086579313	Email:	croydonhighsportsclub@cry.gdst.net
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Additional Information

Course dates: Monday 23rd, Tuesday 24th, Wednesday 25th, Thursday 26th, and Friday 27th October 2023; 9am-5pm.

Cost is £285 payable by card over the phone (020 8657 9313) or at sports club reception. The course is non-refundable.