

National Pool Lifeguard Qualification

Enrolment Form – Croydon High Sports Club



Candidate Details			
Title:		Name:	
Date of Birth:		Telephone:	
Email:			
Emergency Contact Details			
Name:		Telephone:	
Before starting this course, if you aren't already a member of the RLSS UK, you need to set up a RLSS UK account, go to rlssuk.tahdah.me/account/registernew select 'No' and follow the instructions. For further support you can use the guide here.			
Society Number	3		
Gender (please tick one)	Male: <input type="checkbox"/>	Female: <input type="checkbox"/>	Gender Neutral: <input type="checkbox"/> Prefer not to say: <input type="checkbox"/>

HOW RLSS UK USE YOUR DATA

By completing this form, you agree to RLSS UK and its limited company RLSS UK Enterprises Limited processing and storing your personal data for the purpose of fulfilling our contract to provide you with your award or qualification. We promise your personal data will only be used by RLSS UK, RLSS UK Shop and RLSS UK Qualifications UK Limited. We will keep your data safe and will never share it with other organisations without your permission. For full details of how we process and store your data please refer to our Privacy Policy that can be found at <https://www.rlss.org.uk/privacy-policy>.

Course Prerequisites – All candidates 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 100m continuously on 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		
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.			
Candidate Signature:		Date:	
Parent/Guardian Signature (if under 18):		Date:	
Course Information – to be retained by the candidate			

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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 requires a minimum of 36 hours training and requires **100% attendance**. The course will be delivered using a variety of methods including:

- PowerPoint Presentations
- Flip Chart Exercises
- Guided Group Discussions and 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 RLSS UK policies, please visit:

<https://www.rlss.org.uk/policies>

Equipment Required:

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 written theory questions and 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:	Rachel Doyle	Telephone:	020 8657 9313	Email:	croydonhighsportsclub@cry.gdst.net
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Additional Information

Course Dates: Monday 13th, Tuesday 14th, Wednesday 15th, Thursday 16th, Friday 17th July 2026; 9am – 5pm
Price: £295; Payable by debit/credit card or Bank Transfer. Email croydonhighsportsclub@cry.gdst.net for details