

## NATIONAL POOL LIFEGUARD QUALIFICATION 7<sup>th</sup> EDITION

The National Pool Lifeguard Qualification (NPLQ) is widely accepted by swimming pools both in the UK and Ireland and has full accreditation from the Qualifications and Curriculum Authority. It also has widespread international recognition, significantly through the International Life Saving Federation.

The course will be assessed by external assessors and all successful students will receive a certificate as recognised by RLSS UK and the Health and Safety Executive (HSE). This certificate is valid for a period of 2 years. Students must be a minimum of 16 years of age at the time they start the course.

Our RLSS UK Pool Lifeguard Trainer Assessors, who conduct the course and the external Trainer Assessors who assess the course have qualifications that are acceptable to the Health and Safety Executive (HSE) and whose registration is acceptable to the Royal Lifesaving Society (RLSS).

All individuals will be provided with a comprehensive training manual that is an essential resource for all Lifeguards. It includes all of the required First Aid information and rescue skills to accompany the course.

During this course, candidates will learn the following modules:

### Unit 1 – The Principles of Lifesaving and Swimming Pool Supervision

- Element 1 - The Principles of Pool Lifeguarding
- Element 2 - Water Rescue Skills
- Element 3 - Cardio Pulmonary Resuscitation (CPR)
- Element 4 - First Aid at Work

### Unit 2 – The Application of Supervision and Rescue in a Swimming Pool

- Element 5 - The Lifeguard, the Law, Regulations and Codes of Practice
- Element 6 - The Swimming Pool and the Role of the Lifeguard
- Element 7 - Normal Operating Procedures (NOP)
- Element 8 - Emergency Action Plans (EAP)
- Element 9 - Provision and Use of Play Equipment in Swimming Pools
- Element 10 - Diving and Jumping in Swimming Pools
- Element 11 - Flumes, Waterslides and other Water Features in Swimming Pools