

## **RLSS UK National Pool Lifeguard Qualification (NPLQ)**



The RLSS UK National Pool Lifeguard Qualification (NPLQ) is the most awarded lifeguard qualification in the United Kingdom and Ireland that complies with the industry guidance contained within the HSE publication 'Managing Health and Safety in Swimming Pools' Generally, the NPLQ is a recruitment requirement for a number of jobs from Pool Lifeguard to Centre Manager. On successful completion of the course you will be fully qualified to work as a Pool Lifeguard.

The NPLQ course duration is 36 hours with an optional bolt on element of Automated External Defibrillation which is 1.5 hours.

The course comprises of physical training and theoretical classroom work, followed by a practical in-water and out-of-water assessment on pool rescue, first aid, CPR and lifesaving skills.

The qualification is internationally recognised and is incorporated on the Qualifications Framework at Level 2. The NPLQ is valid for 2 years from the date of issue and a further 20 hours of ongoing training and competency assessment must be completed before a lifeguard can renew their qualification prior to the expiry of their existing award.

### Pre Requisites

- ⑤ Be 16 years of age at the time of taking the NPLQ assessment;
- ⑤ Be able to meet the following basic fitness criteria:-
- ⑤ Jump / dive into deep water
- ⑤ Swim 50 metres in less than 60 seconds
- ⑤ Swim 100 metres continuously on front and back in deep water.
- ⑤ Tread water for 30 seconds
- ⑤ Surface dive to the floor of the pool
- ⑤ Climb out unaided without ladder / steps and where the pool design permits

### Content

Training and assessment for the NPLQ is in three sections and all must be successfully passed to attain the NPLQ.

### Assessment

Assessment for the NPLQ takes place at the conclusion of a training course for a minimum of 36 hours for new candidates. It determines your knowledge and understanding of the principles of working as a pool lifeguard. The assessment will also determine your ability to apply the skills and knowledge in a work-related environment as they would apply in a swimming pool. Your ability is assessed in a range of lifeguarding skills which enable you to deal with common emergency situations in pools.

The Unit 1 assessment is in four parts:

- ⑤ Practical pool assessment
- ⑤ Theory assessment

⑤ First aid assessment

⑤ CPR assessment

## **Renewal**

Renewal candidates may renew their qualification only within the period of validity of their existing qualification as stated on the insignia. Candidates must meet the following on-going training criteria before being submitted for a renewal assessment:

⑤ Provide written evidence of having completed a minimum 20 hours lifesaving, CPR, first aid and competency assessment in conjunction with the undertaking of lifeguard duties within the period of validity of the qualification

⑤ Hold a current full National Pool Lifeguard Qualification (NPLQ)

⑤ Have access to a copy of "The Lifeguard", available from Lifesavers Direct.

⑤ Where lifeguards undertake their activities as part of a club or other voluntary group, the same criteria must be applied in order to ensure a consistent standards within the constraints of their reduced responsibilities.