



National Pool Lifeguard Qualification Course Information Sheet

Description

This is the most widely recognised lifeguard qualification available in the UK and can only be delivered through Approved Training Centres (ATCs).

The NPLQ is on the QCF as a Level 2 Certificate called IQL Level 2 Award in Pool Lifeguarding, Intervention, Supervision and Rescue (QCF)

The award qualifies you to provide lifeguard cover in a pool environment during programmed and non-programmed activities.

Syllabus

The qualification has 4 units. The first 3 are compulsory with the 4th unit being optional:

- 1 The Lifeguard and The Law - Swimming Pool Supervision and Operation
- 2 Cardiopulmonary Resuscitation - CPR and First Aid
- 3 Intervention, Rescue and Implementing Emergency Action Plans
- 4 Safe Use of Automated External Defibrillation - AED Equipment

Pre-requisites

- Candidates must be at least 16 years of age at the conclusion of the course.
- Complete a pre-course swim test
 - Jump or dive into deep water
 - 50 metres swim in under 1 minute
 - 100 metres continuous swim on front and back
 - Tread water for 30 seconds
 - Reach the bottom of the deepest part of the pool
 - Climb out of the pool unassisted

Duration

- A minimum of 36 hours including assessment, which is usually spread over 5 days. There is though flexibility to accommodate specific group requirements.
- An additional 1½ hours is required to include training and assessment of unit 4 - Safe use of automated external defibrillation.

Assessment

- This qualification is assessed by trainers ongoing assessment
- Final independent assessment of both theoretical knowledge and practical skills of units 1-3.
- Trainer assessment of unit 4



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Certification

- A National Pool Lifeguard Qualification valid for 24 months will be issued to the candidate on successful completion of all the assessment criteria. The certificate will be issued with the official QCF title - Level 2 Award in Pool Lifeguarding, Intervention, Supervision and Rescue (QCF)
- The certificate will contain endorsements for
 - depth achieved on deep water recovery
 - use of spine board
 - use of AED

For further information and course details contact:

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