

# National Pool Lifeguard Qualification

## Enrolment Form

IQL UK



### Course Information – to be retained by the candidate

#### 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 IQL UK policies, please visit

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

#### Integrated Qualifications:

Qualification: AED (Automated External Defibrillator)

Extra hours: 1.5

#### 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:

Telephone:

Email:

### Additional Information

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### New Forest District Council Terms and conditions

This course is recommended for those wishing to work on poolside as a Lifeguard. You must be 16 years on the day of the assessment to attend the course. It is valid for two years and can be retaken with 20 hours re training time.

- ANY MEDICAL PROBLEM OR DISABILITY MUST BE DECLARED TO THE COURSE TUTOR BEFORE THE COURSE STARTS. **If candidates require reasonable adjustments for the written assessment, these must be declared on this form. These can be discussed with the trainer at the start of the course.**
- Candidates must be reasonably fit, good eyesight and hearing
- Course times will be communicated to the candidate the week before the course start date and may be subject to re-arrangement throughout the course.
- Extra theory/water sessions may be added if required
- All swimming is carried out in shorts and t-shirt. Shorts must be above the knee, t-shirts must be short sleeved and moderately loose fitting (no rash vests)
- Any body piercing or jewellery must be removed or made safe before each water session
- Diving below 1.5 meters can damage ears. If you think you may have a problem with diving then you must obtain permission from your Doctor before you dive into the pool
- No diving into depths of less than 1.8 meters
- Failure of any part of the assessment will result in loss of assessment fee. Reassessments will be paid for by the candidate.
- The course is non-refundable. We may offer a transfer onto another course, for medical reasons only, at the discretion of the manager.
- Students must attend all sessions
- Any student requiring learning support should contact their tutor
- Students must follow health and safety instructions given by all centre staff
- Speak to the course tutor regarding any appeal/complaint related to the course
- Goggles can be worn during the training but not the assessment
- In some instances a first aid certificate is available; speak to the course tutor if you would like more information
- Completing and passing the course through NFDC does not entitle you to a contract of employment with the council. Please ask your tutor for any vacancies that might be available. Normal recruitment guidelines apply.

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

### HOW RLSS UK USE YOUR DATA

By completing this form, you agree to RLSS UK and its two limited companies RLSS UK Enterprises Limited (trading as RLSS Direct) and IQL UK 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 Direct and IQL 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

[rlss.org.uk/privacy](http://rlss.org.uk/privacy).

NFDC will only use your data for the purposes of the course and it will be kept safe at all times. Please ensure when booking onto the course you have read and signed our privacy statement. A copy of this can be found on the New Forest Health and Leisure website. <http://newforest.gov.uk/healthandleisure/CHttpHandler.ashx?id=36237&p=0>

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 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 inc. any reasonable adjustments required for assessment (proof required):**

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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:	