

IQL Level 2 Certificate in Swimming Pool Supervision & Rescue (NPLQ) - Pool Lifeguard Course

COURSE TITLE **IQL Level 2 Certificate in Swimming Pool Supervision & Rescue (NPLQ) - Pool Lifeguard Course**

NATIONAL POOL LIFEGUARD COURSE (NPLQ)

The National Pool Lifeguard Qualification (NPLQ) is the most widely recognised lifeguard qualification in the UK & Ireland and 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.

PRE-REQUISITES TO BECOME A POOL LIFEGUARD

To enrol on NPLQ course you must be able to do the following:

- **Swim 50m in less than 1 minute**
- **Swim 100m continuously on your front then 100m on your back**
- **Tread water in deep water for more than 30 seconds**
- **Surface dive to the deepest part of the pool**
- **Climb out of the pool unaided**

NB. Candidates should also be fluent in conversational English and be at least 16 years old.

NPLQ (POOL LIFEGUARD) COURSE CONTENT

The course covers practical life-guarding skills, theory, basic first aid and resuscitation. Training and assessment is in two units:

- **Unit 1 The Principles of Lifesaving and Swimming Pool Supervision**
- **Unit 2 The Application of Supervision and Rescue in a Swimming Pool**

Assessment for Unit 1 takes place at the conclusion of a training course, minimum 31 hours for new candidates. It determines a candidate's knowledge and understanding of the principles of working as a pool lifeguard and of his or her ability in a range of lifesaving skills, as they relate to rescue, in a range of common emergency situations that could occur in any pool.

Unit 2 is continuously assessed over a course, minimum 7 hours further training. It determines the candidate's ability to apply the **Unit 1** skills and knowledge in a work related environment as they would apply in a swimming pool.

The National Pool Lifeguard Qualification (NPLQ) is awarded upon successful completion of both units

NPLQ COURSE STRUCTURE

NPLQ is an intensive course, delivered over 6 days, usually Monday – Saturday, 8.00am – 5.00pm Your days will be a mixture of practical and theoretical sessions. Assessment will be on the last day of the course via a practical and verbal exam.

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Whatever your First Aid training requirement, there is a degree of flexibility within most programmes to accommodate it.

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