

NATIONAL POOL LIFEGUARD QUALIFICATION



ROYAL
LIFE SAVING
SOCIETY UK



RLSS UK National Pool Lifeguard Qualification

The NPLQ covers all elements of Pool Rescue Techniques, Lifeguarding 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 swimming pool. Training and assessment for the NPLQ is in three sections and all must be successfully passed to attain the qualification. Automated External Defibrillator Certificate (AED) (Additional 1.5 hours training)

A course will be run at Faversham Pools The NPLQ course is a minimum of 36 hours long

Dates: 1st April 2018 to 6th April 2018

Cost: £260.00

Every candidate attending a NPLQ course must be 16-years-old at the time of taking the NPLQ final assessment and be able to:

Jump / dive into deep water

Swim 50 metres in less 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 unaided without ladder / steps and where the pool design permits

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