

National Pool Lifeguard Qualification Enrolment Form

IQLUK



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

Course Prerequisites – All learners 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:		

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.			
Learner Signature:		Date:	
Parent/Guardian Signature (if under 18):		Date:	

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Course Information

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. The NPLQ + AED + First Aid at Work (FAW) course requires a minimum of 39.5 hours (5 days) training and requires **100% attendance**. In order to perform lifeguard duties candidates must be physically fit, have good vision and hearing, be mentally alert and self disciplined*. The course will be delivered using a variety of methods including:

- PowerPoint Presentations
- Flip Chart Exercises
- Guided Group Discussions
- Guided Group Activities
- Practical Demonstrations and Training

The NPLQ and AED certificate is valid for 2 years from the date of successful completion of the course. The First Aid at Work (FAW) certificate is valid for 3 years from the date of successful completion of the course.

Topics Covered:

The NPLQ+AED+FAW covers all elements of Pool Rescue Techniques, Lifeguard Theory, First Aid, CPR and Automated External Defibrillator (AED). The course also includes the First Aid at Work certificate. 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 www.rlss.org.uk

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 is assessed by an independent assessor upon completion of training. The assessment will include verbal question and answer sessions, practical demonstrations of water rescue skills, CPR, First Aid and AED.

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:	Adam Byard	Telephone:	0737 549 9946	Email:	adam@asb-training.com
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Additional Information

Course running from Tuesday 6th August – Saturday 11th August 2018 at Ashfield Comprehensive School (Nottingham). The course times are 08:00 – 17:30 each day. Lunch will not be provided so please ensure you bring a packed lunch with you each day. Refreshments will be provided.