

HELLO!



ACTIVE NATION

## National Pool Lifeguard Qualification Do YOU want to become a LIFEGUARD?

The Quays 'Eddie Read' Swimming & Diving Complex  
27 Harbour Parade, Southampton, SO15 1BA

**18<sup>th</sup> – 23<sup>rd</sup> February 2014**

If successful, the **NPLQ full course** (see days/times below) qualifies the candidate for 2 years, after which it can be revalidated if sufficient training hours have been logged.

The **NPLQ revalidation** allows lifeguards who have logged sufficient training hours to refresh their qualification for a further 2 years by taking just the examination.

### Course days/times

The course will commence Tuesday 18<sup>th</sup> – 23<sup>rd</sup> February 2014. The course time will be 8.30am - 5.30pm Tuesday to Sunday, usually with Saturday off. The exam will be anytime between 5 – 8pm Sunday (The exact time to be confirmed by the trainer during the week).

Maximum of twelve spaces per course.

**Full NPLQ:** £230.00 includes VAT, booking fee, + refreshments  
**Revalidation:** £70 (assessment only)

Now also available...

**Automated External Defibrillator training: £50**

Please note that tea/coffee, and cold drinks will be provided throughout the day, however lunch will not be provided.

Active Nation UK Limited  
The Quays Swimming & Diving Complex  
27 Harbour Parade, Southampton, SO15 1BA

Telephone  
+44 (0)23 8072 0900

Website  
[www.activenation.org.uk](http://www.activenation.org.uk)

JUMP  
PLAY!  
FLEX!  
ENJOY!  
DIVE!  
SWEAT!  
SPLASH!  
SWIM!  
RUN!

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## What will you need to do to get the NPLQ?

Every candidate, prior to commencement of training for the **NPLQ** must:

Be 16 years of age;

**Be able to meet the following basic fitness criteria:-**

- jump / dive into deep water
- swim 50 meters in less than 60 seconds
- swim 100 meters 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

## Training and assessment for the NPLQ is in two units:

### Unit 1 – The Principles of Lifesaving and Swimming Pool Supervision

Assessment for Unit 1 takes place at the conclusion of a training course for a minimum of 31 hours for new candidates. It determines your knowledge and understanding of the principles of working as a pool lifeguard. Your ability is assessed in a range of lifesaving skills which enable you to deal with common emergency situations in pools.

Unit 1 comprises four elements:-

The principles of pool lifeguarding;  
Water rescue skills, including times swim rescues, conscious and unconscious casualties;  
CPR skills on adult, child and infant;  
First Aid, where you will demonstrate knowledge of selected first aid conditions and advising on poolside treatment.

### Unit 2 – The Application of Supervision and Rescue in a Swimming Pool

Unit 2 is continually assessed over a minimum 7 hours training. It determines your ability to apply the Unit 1 skills and knowledge in a work-related environment as they would apply in a swimming pool.

## Reservations and further details

Please email [paul.johnson@activenation.org.uk](mailto:paul.johnson@activenation.org.uk) or call our reception team on 023 8072 0900

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