

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

**26<sup>th</sup> August – 31<sup>st</sup> August 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 26<sup>th</sup> August – Sunday 31<sup>st</sup> August 2014. The course times 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  
First come, first serve

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

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 at least 16 years of age;

Be able to meet the following basic fitness criteria as a minimum:-

- 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 3 units:

These units combined provide 36 contact training hours (not including breaks).  
100% attendance is required.

### Section 1 – The Lifeguard, Swimming Pool and Supervision

- The Lifeguard and The Law
- Swimming Pool, Hazards and Control Measures
- Swimming Pool Supervision

### Section 2 – Intervention, Rescue and Emergency Action Plan

- Intervention and Rescue
- Rescue of a Casualty with a Suspected Spinal Injury
- Emergency Action Plan

### Section 3 – Cardiopulmonary Resuscitation, AED and First Aid

- Cardiopulmonary Resuscitation (CPR)
- Automated External Defibrillation (AED) – if applicable
- First Aid

## 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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