

National Pool Lifeguard Qualification (NPLQ)

Course	Day	Date	Time
	Monday	28 May 2012	0900-1830
	Tuesday	29 May 2012	0900-1830
	Wednesday	30 May 2012	0900-1830
	Thursday	31 May 2012	0900-1830
	Friday	1 June 2012	0900-1830

THIS COURSE IS NOW AVAILABLE TO BOOK [ONLINE](#)

Course Fee

External Candidates: £245
 Leeds Met Student/Staff: £230

Course Fee – Renewal

External Candidates: £150
 Leeds Met Student/Staff: £140

Minimum Age: 16

Who is it for/Course Pre-requisites

This is the first step for those who wish to obtain the National Pool Lifeguard Qualification unit 18.2 and lifeguard at an indoor or outdoor pool. Ideal for those wishing to work in Leisure Centres or on Summer Camps. You must be able to demonstrate that you are:

- Fit & healthy
- Able to jump or dive into the pool in the deep water
- Able to swim continuously for 100m on your front & 100m on your back
- Able to swim 50m in under 60 seconds
- Able to tread water in deep water for 30 seconds

- Able to surface dive to the deepest part of the pool
- Able to climb in & out of a pool unaided (without the use of steps)
- Submerge & touch the bottom of the pool with hands (feet first touch not acceptable)
- Complete 50m breaststroke legs only using a kickboard
- Breath-hold for 20 seconds floating face down in the water



carnegie
coach education

Course Aims

To allow a successful candidate to undertake responsible lifeguarding duties in both a professional/voluntary atmosphere

Course Content

Unit 1

- Element 1 – The principles of pool lifeguarding
- Element 2 – Water Rescue Skills
- Element 3 – Cardiopulmonary Resuscitation
- Element 4 – First Aid at Work

Unit 2

- Element 5 – The Lifeguard, the Law and Codes of Practice
- Element 6 – The Swimming Pool and the Role of the Lifeguard
- Element 7 – Normal Operating Plans
- Element 8 – Emergency Action Plans
- Element 9 – Provision and use of Play Equipment
- Element 10 – Diving & Jumping in Swimming Pools
- Element 11 – Fumes, Waterslides & other Water Features in Pools

Course Exam/Certificate

In order to gain an NPLQ certificate which is valid for 2 years, you must:

- Attend all course hours and successfully complete both the theory and practical assessments
- Successfully complete the on courses assessments for Unit 2

Course Duration

42 hours

Course Venue

Carnegie Sports Centre, Headingley Campus, Leeds, LS6 3QQ

THIS COURSE IS NOW AVAILABLE TO BOOK [ONLINE](#)