

**NATIONAL POOL LIFEGUARD
QUALIFICATION**



**ROYAL
LIFE SAVING
SOCIETY UK**



RLSS UK National Pool Lifeguard Qualification

(9th Generation)

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National Pool Lifeguard Qualification (NPLQ)^{9th Generation}

→ IQL Level 2 🕒 40 hours 📄 2 years validity

What is NPLQ?

The IQL Level 2 NPLQ covers all elements of Pool Rescue Techniques, Lifeguarding Theory, First Aid and CPR.

Benefits

- Excellent starting point for a career in the leisure industry
- Opportunity for career progression, as most leisure managers start off as Pool Lifeguards
- Varied working hours
- Work within a team
- The NPLQ is recognised around the world, so potential to work and travel
- Great way for students to fund studies
- Learn essential life skills, including First Aid and CPR

Pre-requisites

- 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

Sections / Optional Elements

Sections

- The Lifeguard and the Law, Swimming Pool Supervision
- Intervention and Rescue and Emergency Action Plans
- Cardiopulmonary Resuscitation, AED and First Aid

Optional Elements

- Emergency First Aid at Work
- First Aid at Work
- Automated External Defibrillation – AED
- Basic Life Support and the Management of Anaphylaxis

[https://www.rlss.org.uk/
national-pool-lifeguard-qualification](https://www.rlss.org.uk/national-pool-lifeguard-qualification)

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