



# SWIMMING POOL EMERGENCY RESCUE AWARD



The Swimming Pool Emergency Rescue Award is designed for individuals responsible for responding to an emergency occurring within a swimming pool, either to perform a rescue or assist the lifeguard team. The Swimming Pool Emergency Rescue Award is not intended to replace a lifeguard qualification like the National Pool Lifeguard Qualification (NPLQ). The NPLQ includes more detailed training and content to directly prepare someone to supervise a swim session.

## WHO IS THIS COURSE FOR?

The Swimming Pool Emergency Rescue Award is open to anyone that is 16-years-of-age or older (at the beginning of the course) and able to:

- Swim on front and back
- Be able to surface dive to the deepest part of the pool and climb out without help and without using steps or ladders (where venue design permits)

To perform duties, candidates must be physically fit, have good vision, have good hearing and be mentally alert.

All candidates must present suitable identification to the trainer.

## WHAT DOES IT INVOLVE?

The Swimming Pool Emergency Rescue Award is 12-hours and can be delivered in two days.

Candidates must pass a formal assessment, where they demonstrate the skill and knowledge learned through a practical assessment.

There are 3 three sections, and a candidate must complete the course in full along with successful assessment to attain the qualification.

Section One – The Emergency Rescuer Role, Pool Safety Operating Procedures and Safety Information.

Section Two – Responding to an Emergency and the Emergency Action Plan

Section Three – CPR, First Aid and AED

## NEXT STEPS...

Upon qualifying, the Swimming Pool Emergency Rescue Award is valid for two years. To renew, candidates must redo the training and assessment.

The next steps is for you to consider is completing a lifeguard qualification such as National Pool Lifeguard Qualification (NPLQ), you can find information on these at [www.rlss.org.uk/our-qualifications-and-awards](http://www.rlss.org.uk/our-qualifications-and-awards)

## HOW MUCH DOES IT COST?

The Swimming Pool Emergency Rescue Award will usually cost between £100 and £200 (depending on the venue).

Current Regulated First Aid at Work and/or Emergency First Aid at Work holders could discuss exemptions from sections of this course with their trainer.

To find a local ER-Pool course, please visit [www.rlss.org.uk/find-a-course](http://www.rlss.org.uk/find-a-course) or get in contact at [info@rlss.org.uk](mailto:info@rlss.org.uk) / 0300 323 0096.

**FOR MORE INFORMATION OR TO BOOK, VISIT [WWW.RLSS.ORG.UK](http://WWW.RLSS.ORG.UK).**