



FACT Sheet

NATIONAL POOL LIFEQUARD QUALIFICATION (NPLQ)



The NPLQ is the most awarded lifeguard qualification in the UK and Ireland and is also internationally recognised. More than 40,000 lifeguards qualify with a RLSS UK National Pool Lifeguard Qualification (NPLQ) every year, and there are currently more than 75,000 pool lifeguards qualified in the NPLQ. RLSS UK is regulated by Ofqual, Qualifications Wales and CCEA in Northern Ireland.

WHO IS THIS COURSE FOR?

Anyone who is 16-years-of-age or older at the time of taking the National Pool Lifeguard Qualification (NPLQ) final assessment, and able to:

- Jump or 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 of a pool unaided without using a ladder or steps (where the pool design permits)

Lifeguarding doesn't discriminate against age, religion, race, gender identity, socio-economic status or sexual orientation. Lifeguards are representative of wider society and the lifeguard workplace is welcoming and inclusive. To perform lifeguard duties, candidates must be physically fit, have good vision, good hearing and be mentally alert. All candidates must present suitable identification to the Trainer and Assessor.

NEXT STEPS...

There is the option to obtain additional qualifications during an NPLQ course such as First Aid at Work, Emergency First Aid at Work, Anaphylaxis Management and Automated External Defibrillation (AED).

Current NPLQ holders can use recognised prior learning from their NPLQ and attend a one-day RPL Open Water Lifeguard (OWL) qualification course, which will include an assessment by an OWL Assessor, and if successful they will be awarded an OWL qualification valid for 2 years. There's also the National Pool Supervisor Qualification (NPSQ) and then the National Pool Management Qualification (NPMQ), or opportunity to become a Trainer Assessor and then a National Trainer Assessor.

WHAT DOES IT INVOLVE?

The NPLQ course requires a minimum of 36 hours of training and 100% attendance. Courses usually run on consecutive days, midweek from 9:00 am until 5:30 pm. Some venues may vary days and hold the end assessment on a weekend.

The NPLQ covers all elements of Pool Rescue Techniques, Lifeguarding Theory, First Aid and CPR. The course includes swimming to set times, lifting casualties and diving to the deepest part of the swimming pool. Upon completion of training, the NPLQ is assessed by an independent assessor.

The assessment will include multiple-choice question papers, practical demonstrations of water rescue skills, CPR and First Aid.

Upon qualifying, the NPLQ certificate is valid for two years from the date of successful completion.

HOW MUCH DOES IT COST?

The NPLQ course will usually cost between £200 and £300 including assessment fees. The cost varies depending on the venue and location.

To find a local NPLQ course, visit www.rlss.org.uk/find-a-course or contact the RLSS UK Customer Services team on 0300 323 0096 / info@rlss.org.uk

For more information visit www.rlss.org.uk/nplq

FOR MORE INFORMATION OR TO BOOK VISIT WWW.RLSS.ORG.UK