**National Pool Lifeguard Qualification with AED**

**at**

**The Sir Ben Ainslie Sports Centre – Truro School**

The RLSS UK National Pool Lifeguard Qualification (NPLQ) is the most awarded lifeguard qualification in the United Kingdom and Ireland and is also internationally recognised. The NPLQ is an excellent starting point for anyone looking for a career in the leisure industry.

The **NPLQ course** is a minimum of 36 hours long followed by a practical assessment on **pool lifeguard** theory, pool rescue, first aid and CPR. There is also the option to obtain additional qualifications during an NPLQ course including Automated External Defibrillation Certificate (**AED**) (Additional 1.5 hours training)

**Lifeguard Course Pre-Requisites**

Every candidate attending a NPLQ course must be 16-years-old at the time of taking the NPLQ final assessment and be able to:

* 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

The NPLQ covers all elements of **Pool Rescue Techniques**, **Lifeguarding Theory**, First Aid and CPR. The course can be physically demanding and will include swimming to set times, lifting casualties and diving to the deepest part of the **swimming pool**. Training and assessment for the NPLQ is in three sections and all must be successfully passed to attain the **qualification.**

**Section 1 – The Lifeguard and the Law, Swimming Pool Supervision**
*Element 1 – The Lifeguard and the Law
Element 2 – Swimming Pool, Hazards and Control Measures
Element 3 – Swimming Pool Supervision*

**Section 2 – Intervention and Rescue and Emergency Action Plans**
*Element 1 – Intervention and Rescue
Element 2 – Rescue of a Casualty with a Suspected Spinal Injury
Element 3 – Emergency Action Plan*

**Section 3 – Cardiopulmonary Resuscitation, AED and First Aid**
*Element 1 – Cardiopulmonary Resuscitation (CPR)
Element 2 – First Aid
Element 3 – Automated External Defibrillation (AED)*

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Please **initial** to confirm that you meet the criteria to attend the course:

|  |  |
| --- | --- |
| I am 16 years of age or more on the date of assessment. |  |
| I am able to jump / dive into deep water. |  |
| I am able to swim 50 meters in less than 60 seconds |  |
| I am able to swim 100 meters continuously on my front and back in deep water. |  |
| I am able to tread water for 30 seconds. |  |
| I am able to surface dive to the deepest part of the pool (1.8m). |  |
| I am able to climb out of the pool unaided and without ladders/steps. |  |

**Course Fees**

Candidate fees for the course are **£260**; a **£50** deposit is required to guarantee a place with the remaining **£210** payable the week before the course commences. Payment can be made over the phone or in person at the Sir Ben Ainslie Sports Centre – cheques may be posted.

The fees cover:

* All training materials including ‘The Lifeguard’ manual
* Independent assessment
* RLSS Certification
* Instructor fees

**What do I need to bring with me for the course?**

* Swimwear
* Goggle (permitted for training but NOT for the assessment)
* T-Shirt and Shorts for swimming in
* Towel(s)
* Lunch / Snacks / Drinks as required
* A willingness to learn and become part of a team

Any candidates that fail to meet the assessment criteria under the assessment conditions have 28 days to re-train and re-sit and failed sections of the NPLQ (additional assessment fee of £20 will be required).

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**Registration form**

**Dates / Times**

25th October – 30th October 2021: 08:30-17:30

**Assessment:** 30th October 2021: 8:30 AM Start (approx. 3-4 hours)

**Venue:**

**Sir Ben Ainslie Sports Centre**

Truro School

Trennick Lane

Truro TR1 1TH

01872 246050

Name: …………………………………………………………………………………………………..

Address: …………………………………………………………………………………………………..

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Post Code: ………………………………………. Tel. Home: ………………………………………….

Tel. Mobile: ………………………………………. Tel. Work: ………………………………………….

Email Address: …………………………………………………………………………………………………...

D.O.B: ………………………………………

Emergency Contact Name: ………………………………………………………………………………..

Emergency Contact Number: ………………………………………………………………………………..

Please inform us of any medical conditions, learning difficulties or disabilities you have:

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Attending a training course or assessment during COVID-19 It is important for candidates enrolling on training courses and assessments to understand that no PPE or other protective measures can provide 100% protection from infection with, or transmission of, COVID-19. Whilst the awarding organisation (RLSS UK and IQL UK) have provided guidance to training provider to mitigate risk so far as reasonably practicable, there will still be an element of risk involved in attending the training course and assessment. The training course contains practical skills where PPE (including face masks) is required, it is your responsibility to follow the Trainer and Assessor instructions and wear the required PPE. There are some skills where PPE is not suitable and other measures have been put in place.

**Equipment required**

In addition to equipment required for the training course/assessment, you will also be requested to make the following arrangements to help manage the risks associated with COVID-19: • Bring pens and note paper you can use throughout the training and assessment • Wear swimwear under your clothes for sessions in the water • Bring food and drink to be consumed

**COVID-19 Checklist**

It is important that candidates attending training course/assessments do not increase the risk of a spread of COVID-19. Please complete the below checklist by reading each statement and confirming if you agree.

|  |  |
| --- | --- |
| **All candidates must meet the following criteria before starting the course (please tick)**  | **Agree****insert X** |
| I do not have/will not attend if I have a high temperature (you feel hot to touch on your chest or back - you do not need to measure your temperature) |  |
| I do not have/will not attend if I have a new, continuous cough (coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours) |  |
| I do not have/will not attend if I have loss or change to my sense of smell or taste (you cannot smell or taste anything, or things smell or taste different to normal) |  |
| I will not attend if I am having to self-isolate due to coming into contact with someone with COVID-19 symptoms |  |
| I will not attend if someone from my household had COVID-19 symptoms or is having to self-isolate |  |

**Declaration**

|  |
| --- |
| **I declare that all of the information I have provided on this enrolment form (during COVID-19) is true and accurate. I understand that there are levels of risk of contracting COVID-19 by attending this training course/assessment.**  |
| **Candidate Signature:** |  | **Date:** |  |
| **Parent/Guardian Signature (if under 18):** |  | **Date:** |  |

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**Terms and Conditions**

* To gain the National Pool Lifeguard Qualification 100% attendance is required; failure to attend 100% of the course makes the candidate ineligible for the final assessment and no refunds will be given in this instance.
* By undertaking this course, I agree to abide by the general rules and conditions for the use of the venue, I confirm that I meet all of the course requirements that I undertake elements of this course at my own risk.
* No refunds can be given to those candidates cancelling within 10 days of the course commencing.
* Please note that Truro School reserves the right to amend or cancel the course without notice. In the event of a course cancellation, full refunds will be issued or places offered on subsequent courses.
* Should you have any cause for concern during your course then please ask for a copy of the Truro School complaints and appeals procedure and/or the RLSS complaints and appeals procedure.

I (*print name*) …………………………………………. understand and agree with the terms and conditions as listed above as well as understand the requirements and information provided within this information pack and sign to state that the information I have given about myself is true to the best of my knowledge.

Signed: ………………………………………………. Date: …………………….