



## Course Prerequisites – All candidates must meet the following criteria before starting the course:

- Be 16+ years of age on the date of assessment.
- Jump / dive into deep water
- Swim 50 metres in no more than 60 seconds
- Swim 100 metres continuously on front and 100m continuously on back
- In deep water, tread water for 30 seconds
- Surface dive to the floor of the pool (**our deepest is 3.8m**)
- Climb out of the pool unaided without using a ladder / steps where the pool design permits

**^Please note we offer a free swim test for anyone who is unsure if they can achieve the above prerequisites^ (T.A. availability permitting)**

## Course Overview:

The internationally recognised Royal Lifesaving Society (RLSS UK) National Pool Lifeguard Qualification (NPLQ) is not only a qualification that will train you to become a Pool Lifeguard but can also be a steppingstone into a career within the leisure industry. In order to perform lifeguard duties, candidates must be physically fit, have good vision and hearing, and be mentally alert and self-disciplined. The course requires a minimum of 36 hours training (increasing to 40 hours with bolt-ons like AED & FAW) and requires 100% attendance. The course will be delivered using a variety of methods including:

- PowerPoint Presentations
- Flip Chart Exercises
- Guided Group Discussions and Activities
- Practical Demonstrations and Training

The NPLQ certificate is valid for 2 years from the date of successful completion of the course.

## New to the Generation 10

NPLQ Gen 10 will be worth 8 UCAS Tariff points from 2024, so any individuals applying in 2024 will be able to include their current NPLQ within their application and gain 8 UCAS tariff points.

## Topics Covered:

The NPLQ covers all elements of Pool Rescue Techniques, Lifeguard Theory, First Aid and CPR. The course is physically demanding and will include swimming to set times, lifting casualties and diving to the deepest part of the pool. Approved prior learning can be applied upon proof of certification, please ask your trainer for further details.

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