



### National Pool Lifeguard Qualification

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.

**Dates:**

*February 12<sup>th</sup> – 17<sup>th</sup>*

*April 1<sup>st</sup> – 6<sup>th</sup>*

*July 1<sup>st</sup> – 6<sup>th</sup>*

*July 29<sup>th</sup> – August 3<sup>rd</sup>*

*October 14<sup>th</sup> – 19<sup>th</sup>*

### Emergency First Aid at Work (may include Emergency Paediatric First Aid)

Level 3 Emergency First Aid at Work qualification is a one-day course and includes theoretical classroom work and a practical assessment on CPR and first aid, enabling a first-aider to give emergency first aid to someone who is injured or becomes ill while at work. The course is suitable for all industries and enables employers to meet HSE requirements. On completion, candidates receive an RLSS UK Qualifications Level 3 Emergency First Aid at Work Qualification. Emergency First Aid at Work is endorsed by CIMSPA and the First Aid Awarding Organisation Forum.

**Dates:**

*February 5<sup>th</sup>*

*March 4<sup>th</sup>*

*April 14<sup>th</sup>*

*April 29<sup>th</sup>*

*May 20<sup>th</sup>*

*June 3<sup>rd</sup>*

*July 1<sup>st</sup>*

*August 13<sup>th</sup> (course full)*

*October 28<sup>th</sup>*

*December 9<sup>th</sup>*

### First Aid at Work (incl. Paediatric First Aid)

Level 3 First Aid at Work Qualification is a three-day course and covers a wide range of CPR and first aid skills, and equips the first-aider to recognise, assess and manage a range of situations, specific injuries and illnesses. The course is suitable for all industries and enables employers to meet HSE requirements. On completion, candidates receive an RLSS UK Qualifications Level 3 First Aid at Work Qualification. First Aid at Work is endorsed by CIMSPA and the First Aid Awarding Organisation Forum.

**Dates:**

*January 29<sup>th</sup>-31<sup>st</sup>*

*April 29<sup>th</sup> - May 1<sup>st</sup>*

*July 1<sup>st</sup> – 3<sup>rd</sup>*

*December 9<sup>th</sup> – 11<sup>th</sup>*