

# National Pool Lifeguard Qualification (RLSS)



The RLSS National Pool Lifeguard Qualification is the most popular lifeguarding qualification in the UK. It is internationally recognised and regulated by Ofqual. This qualification is great for people wanting to start a career in the leisure industry.



**36 contact learning  
hours minimum  
(usually over 5-6 days)**

## Who should attend?

A person that would like to become a pool lifeguard to work within the leisure industry.

## Lifeguard Course Pre-Requisites

Every candidate attending a NPLQ course must be 16-years old at the time of taking the 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

## What will they learn?

Candidates attending the NPLQ will learn essential life skills, including First Aid and CPR.

## Assessment

Assessment for the NPLQ takes place at the end of the course and typically takes 2-3hrs. The assessment is split into three sections:

- Practical pool assessment
- Theory Assessment – verbal question and answer session with the assessor
- Practical First Aid & CPR assessment

## Course content

The NPLQ covers all elements of **Pool Rescue Techniques, Lifeguarding 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 **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)

## Certificate

An RLSS certificate and wallet card valid for 2 years, is issued on successful completion of assessment.

## Approved Prior Learning

In some circumstances, candidates may be able to show evidence of prior achievement to exempt themselves from some sections of the course. Exemptions may apply to holders of the following awards and qualifications (guided learning time credits are shown in brackets):

- Practical First Aid & CPR assessment
- Current RLSS UK National Beach Lifeguard Qualification (NBLQ) [12 hours]
- Current Approved First Aid at Work Certificate or Occupational First Aid Certificate [9 hours]
- Current STA NARS [PL] Qualification [9 hours]

Where candidates wish to claim a training exemption, they must provide the course trainer with original qualifications prior to the start of the course.

A maximum of 12 hours accreditation for prior learning may be claimed.