

Course Overview



NPLQ National Pool Lifeguard Qualification

The National Pool Lifeguard Qualification is the most widely recognised lifeguard qualification in the UK & Ireland and is a requirement for most lifeguarding jobs in the country.

Candidates must meet the following criteria as prerequisites:

- Must be 16 years of age at the date of assessment

Be able to meet the following criteria:

- Jump/dive into deep water
- Swim 50 metres in no more than 60 seconds
- Swim 100 metres continuously on front
- Swim 100 metres continuously on 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

Course Delivery Sessions

You must attend 100% of classroom, online classroom sessions and practical sessions as well as submit all homework and coursework on time for marking to complete the course successfully.

Course Dates can be found on the website and for course timings please request at info@tritontraining.co.uk.

**Please note that timings and delivery method may change due to the ongoing covid-19 pandemic. Any changes will be communicated to the learners in good time.*

On the NPLQ course you will cover the following subjects:

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



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Section 3 – Cardiopulmonary Resuscitation, AED and First Aid

Element 1 – Cardiopulmonary Resuscitation (CPR)

Element 2 – First Aid

Element 3 – Automated External Defibrillation (AED)

Practical Sessions

Practical Sessions for this course will take place within the course hours outlined for your chosen course, but it is recommended that you allocate some of your own time to practice. You will need to ensure that you have suitable swimwear and shorts and t-shirt to train in during the course.

The techniques and skills you will need to successfully fulfil the requirements of the NPLQ are in Section 2 and will be discussed and described during theory sessions and physically taught in the pool environment during practical sessions.

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

About the assessment

Assessment for the NPLQ takes place at the end of the course and is assessed by an external Assessor. It determines your knowledge and understanding of the principles of working as a pool lifeguard and assesses your ability to apply the skills and knowledge in a work-related environment.

The assessment is split into three sections:

- Practical pool assessment
- Theory Assessment for all 3 sections
- Practical First Aid & CPR assessment

