

Course Overview



OWL

Open Water Lifeguard Qualification

The Open Water Lifeguard (OWL) Qualification was developed by the Royal Life Saving Society UK (RLSS UK) to address the role of open water lifeguards and the needs of open water operators. As the open water industry continues to grow, the RLSS UK have endeavoured to respond to change through the ongoing development of this qualification. The OWL qualification can be used to supervise and provide rescue cover for planned, organised and risk assessed activities in still, non-tidal water.

Candidates must meet the following criteria as prerequisites:

Every candidate attending an OWL course must:

- Be 16-years-old or over at the time of assessment
- Be competent and confident in open-water
- Be able to submerge under the water confidently
- Before the course, candidates must be able to swim at least 400 metres in a pool/ open water swimming continuously on their front and show urgency.

Current National Pool Lifeguard Qualification (NPLQ) holders can use RPL* from their NPLQ and attend a one-day RPL OWL qualification course, which will include an assessment by an OWL Assessor if successful they will be awarded an OWL qualification valid for 2 years.

RPL New candidates: 7hrs + Assessment

*Recognition of Prior Learning (RPL) is the process of recognising a candidate's previous achievement towards part of a qualification.

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.

On the OWL course you will cover the following subjects:

The OWL enables candidates with no previous lifeguard experience to become qualified. By attaining this qualification candidates will have been assessed as competent to provide supervision and rescue cover for planned, organised and risk-assessed activities in open water still, non-tidal.

The Open Water Lifeguard Qualification, delivered over three days, is valid for two years and is independently assessed. The candidate manual and trainer resources help the Open Water Lifeguard Trainer Assessor deliver through the three sections:

For issues regarding any of our policies please contact our directors via email info@tritontraining.co.uk

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Section 1 - The Open Water Lifeguard, environment, hazards and supervision

Section 2 - Responding to an emergency and taking action

Section 3 - CPR and First Aid

New candidates: 18hrs + Assessment

Renewal candidates: 10hrs + Assessment

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 OWL are in Section 2 and will be discussed and described during theory sessions and physically taught in the pool environment during practical sessions.

About the assessment

Assessment for the OWL 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 lifeguard and assesses your ability to apply the skills and knowledge in a work-related environment.

The assessment is split into three sections:

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

