

# NPLQ Level 2 Award in Pool Lifeguard, Intervention, Supervision and Rescue



2 day  
course



RLSSS  
regulated



Certificate  
valid for 2 years

## Be Prepared

### Benefits

- Excellent starting point for a career in the leisure industry
- Opportunity for career progression, as most leisure managers start off as Pool Lifeguards
- Varied working hours
- Work within a team
- The NPLQ is recognised around the world, so potential to work and travel
- Great way for students to fund studies
- Learn essential life skills, including First Aid and CPR

### Lifeguard Course Pre-Requisites

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

- Unit 1 - Swimming Pool Safety Operation and Supervision unit  
number **J/617/0924** credit value = 2
- Unit 2 - Pool Lifeguard Emergency Rescue Skills **L/617/0925** credit value = 1
- Unit 3 - First aid, illness and Injury Management in a Pool Environment **R/617/0926** credit value = 2

*Note. the minimum number of credits required to achieve a 'pass' = 5 credits*

## NPLQ Generation 9 accredited details with Ofqual and Specification

The National Pool Lifeguard Qualification (NPLQ) is the marketing name for this qualification – its 'accredited title' as listed with Ofqual is: **IQL Level 2 Award in Pool Lifeguarding, Intervention, Supervision and Rescue** qualification number **603/3309/1**

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