

## **SUPPLEMENTARY INFORMATION**

This exciting opportunity gives suitable candidates the opportunity they possibly had never previously considered or had only ever wondered about. With training included as part of the post you **can** now give this serious consideration! You don't have to be the best swimmer in the world but you do have to be at a suitable standard – you may well be already! Having good people skills, concentration levels and safety awareness are key to this role so if you think you have those skills then you're already half way there. Interested? – then read on for more detailed information and you too can begin a new and exciting career in the leisure industry!

The qualification offers the candidate a wide and varied set of skills ranging from

Working as part of a team, water safety and accident prevention, supervisory skills, communication, use of rescue equipment, first aid, management of spinal injury and the ability to rescue a casualty on poolside, perform CPR and aftercare. You will also learn about employee and employer responsibilities, risks and hazards, alarm systems, safety operating procedures, the law and how it applies to the workplace.

### **NPLQ Overview:**

The RLSS UK National Pool Lifeguard Qualification (NPLQ) is the most awarded lifeguard qualification in the United Kingdom and Ireland that complies with the industry guidance contained within the HSE publication 'Managing Health and Safety in Swimming Pools' Generally, the NPLQ is a recruitment requirement for a number of jobs from Pool Lifeguard to Centre Manager. On successful completion of the course you will be fully qualified to work as a Pool Lifeguard.

The RLSS UK NPLQ is not just a qualification it can be a stepping stone into a career within the leisure industry.

The NPLQ and associated courses are administered by IQL UK Ltd, a trading subsidiary of the Royal Life Saving Society.

The qualification is internationally recognised and is incorporated on the Qualifications Framework at Level 2. The NPLQ course duration is 36 hours. The NPLQ is valid for 2 years from the date of issue. There is a further 20 hours of ongoing training which is delivered during mandatory monthly scheduled training sessions along with a competency assessment, which must be completed before a lifeguard, can renew their qualification prior to the expiry of their existing award.

The course comprises of physical training and theoretical classroom work, followed by a practical in-water and out-of-water assessment on pool rescue, first aid, CPR and lifesaving skills.

### **Pre Requisites:**

Every candidate, prior to commencement of training for the NPLQ must:

- Be 16 years of age at the time of taking the NPLQ assessment;
- Be able to meet the following basic fitness criteria:-
- Jump / dive into deep water
- Swim 50 metres (2 lengths) in less than 60 seconds
- Swim 100 metres (4 lengths) 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

**Timescales:**

Early to mid January 2024, to be confirmed.

**More Info:**

If you would like an informal chat to discuss any elements of the NPLQ qualification or the Lifeguard role please do not hesitate to contact Lisa Kirby our Training & Development Manager either by calling him directly on tel no – 01856 888735 or e-mail – [lisa.kirby@pickaquoy.com](mailto:lisa.kirby@pickaquoy.com) who will be more than happy to answer any queries.