

RLSS UK National Pool Lifeguard Qualification (NPLQ)

Information pack

Prerequisites

You must be able to meet the following criteria:

- Must be physically fit and a good strong swimmer
- Must be 16 years of age prior to assessment.
- Have good vision and hearing
- Jump/dive into deep water
- Swim 50 metres in 60 seconds or less (2 lengths of this pool)
- Swim continuously for 100 metres on front and 100 metres on back
- In deep water, tread water for 30 seconds
- Surface dive to the deepest part of the floor pool (2.1 metres of our pool)
- Climb out of the pool unaided without ladder/steps.

You need to be physically fit, have good vision and hearing, be mentally alert and self-disciplined. The course is physically demanding and will include swimming to set times, towing & lifting casualties and diving to the deepest part of the pool.

Overview of the course

The NPLQ is a 5-day course with the assessment on the 6th day. It comprises of both wet and dry sessions through physical training and theatrical class room work.

To be entered into the assessment on the 6th day candidates need to demonstrate during the course the practical skills and an understanding of the full syllabus of skills. This will be done through continual assessment by the trainer during the course.

On the first day of the course the candidate will be given an integrated training manual and work book. Each evening, candidates are required to read the training manual and complete the work book exercises to be put forward for the assessment.

Course Commitment

The NPLQ is an intensive professional qualification and is considerably more demanding than many candidates expect.

During the course you will be expected to learn a significant amount of theory as well as practical rescues, CPR and first aid skills over a short period of time. The training is fast-paced and candidates should expect to revise their training manual and complete workbook exercises outside of the daily course hours.

Attendance

100% attendance is required. Failure to meet the 100% attendance (e.g. missing an hour) will result in the candidate not being put forward for assessment.

Price

The cost of the Course is £285.00.

A £60.00 deposit is required to secure a place. Please note deposits are non-refundable.

Full payment must be received 5 weeks prior to the course start date. Please note once the course commences the course fee is non-refundable.

Refund Policy

Refunds can only be made in exceptional circumstances and are at the discretion of the Community Facilities & Centre Manager. If a candidate withdraws from the course within 7 days of the course start date, no refund will be given. Once the course starts, no refunds are applicable if a candidate chooses not to continue. Refunds, if applicable, will only be made to the debit/credit card used for the original transaction

Booking onto the course

There are **2 steps to complete to book onto the course**. (both steps are required to book onto the course)

Step 1 – *fill in and send enrolment forms via email*

Fill in and sign the Enrolment form on the next page. Please then scan the signed form and submit it via email to smillard@theroyal.school Please also bring your form on the first day of the course to hand in.

In your email, please provide a phone number for us to call you on for taking payment.

Step 2 – *Book onto the course via online system*

To book onto the course candidates are required to have a RLSS Tahdah account (its free). Once you have created this account, can you please supply the surname used to create the account and also the Candidate ID or Membership Number that was assigned when the account was created. To create your account please follow the instructions at <https://www.rlss.org.uk/your-account>

Course cancellation

In the event too few people attend the course, the centre reserves the right to cancel the course.

Course dates and times can be found on the bottom of the last page.

Jewellery

For safety reasons no jewellery (i.e. earrings, bracelets, chains, watches, etc.) is allowed during the water sessions.

Assessment Outcomes and Resits

Candidates who are unsuccessful in passing their assessment may apply for a resit within a **28-day window**. Any costs associated with a resit must be paid for by the candidate prior to the new assessment date.

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Enrolment Form



Candidate Details (BLOCK CAPITALS)																			
Title:		Name:																	
Date of Birth:	/	/		Telephone:															
Email:																			
Emergency Contact Details																			
Name:																			
Telephone:																			
Before starting this course, if you aren't already a member of the RLSS UK, you need to set up a RLSS UK account, go to rlssuk.tahdah.me/account/registernew select 'No' and follow the instructions. For further support you can use the guide here .																			
Society Number																			
Gender (please tick one)																			
	Male:	☐	Female:	☐	Intersex:	☐	Not Specified:	☐											

HOW RLSS UK USE YOUR DATA

RLSS UK, RLSS UK Enterprises Ltd (trading as RLSS UK Shop), and RLSS UK Qualifications collect and process your personal data to manage your enrolment, in line with UK GDPR and the DPA 2018. We collect personal details (name, contact details, date of birth, society number, gender, emergency contact) under UK GDPR Article 6(1)(b) to fulfil our contract with you to manage and supply your qualification. Health-related data (learning needs, disabilities, medical conditions) is processed under Article 6(1)(c) and Article 9(2)(g) to meet legal obligations, support equality, and provide reasonable adjustments, in line with the Equality Act 2010 and DPA 2018 Schedule 1. We only collect what is necessary and use it solely for enrolment and qualification purposes. Data is retained while your RLSS UK account is active, plus seven years for record-keeping. Data is not shared unless required or permitted by law. For more information, see our Privacy Policy at www.rlss.org.uk. By submitting this form, you confirm that you have read and understood our Privacy Policy.

How The Royal School LTS Centre use your data

Full details of how we use your data can be found at

<https://www.theroyalschoolswimming.co.uk/documents/GDPR.pdf>

No data is ever passed onto 3rd party marketing companies.

Course Prerequisites – All candidates must meet the following criteria before starting the course (please tick)	✓	
Be 16+ years of age on the date of assessment		
Jump / dive into deep water		
Swim 50 metres in no more than 60 seconds		
Swim 100 metres continuously on front and 100m continuously on back		
In deep water, tread water for 30 seconds		
Surface dive to the floor of the pool		
Climb out of the pool unaided without using a ladder / steps where the pool design permits		
Specialist Learning Requirements	Yes	No
Do you have any specialist learning requirements?		
Do you have a disability / medical condition? *please note a good level of vision and hearing is required for this course		
If you have answered yes to either of the above, please provide further details below on how we can assist with your learning. It is a candidate's responsibility to declare any requirements at this point so arrangements can be made. If you declare something at a later date, we may not be able to review the request.		

Declaration	
I declare that all of the information I have provided on this enrolment form is true and accurate. I understand that if I have failed to declare any specialist learning requirements at this stage, this may impact my ability to successfully pass the assessment and gain the qualification.	
Candidate Signature:	Date:
Parent/Guardian Signature (if under 18):	Date:

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Enrolment Form



Course Information – to be retained by the candidate

Course Overview:

The internationally recognised Royal Lifesaving Society (RLSS UK) National Pool Lifeguard Qualification (NPLQ) is not only a qualification that will train you to become a Pool Lifeguard but can also be a stepping stone into a career within the leisure industry. In order to perform lifeguard duties, candidates must be physically fit, have good vision and hearing, be mentally alert and self-disciplined. The course requires a minimum of 36 hours training and requires **100% attendance**. The course will be delivered using a variety of methods including:

- PowerPoint Presentations
- Flip Chart Exercises
- Guided Group Discussions and Activities
- Practical Demonstrations and Training

The NPLQ certificate is valid for 2 years from the date of successful completion of the course.

Topics Covered:

The NPLQ covers all elements of Pool Rescue Techniques, Lifeguard 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 pool. Approved prior learning can be applied upon proof of certification, please ask your trainer for further details. For full details on the courses content and to view RLSS UK policies, please visit: <https://www.rlss.org.uk/policies>

To uphold the highest standards, your ATC/P and/or training provider will have in place their own policies covering areas such as complaints, appeals, equality and diversity, reasonable adjustments or special considerations, malpractice or maladministration, and safeguarding (this list is not exhaustive). For full details please contact Kimberley Marsden (km@theroyal.school) the ATC/P Co-Ordinator.

Integrated Qualifications:

This course will include the PXB Bolt on

Equipment Required:

You are required to bring the following items to the course:

- Photographic Identification (must be shown to the trainer on the first day of the course)
- A whistle
- Swimming costume
- Towel
- Shorts and t-shirt to be worn in the water
- Pen / pencil

Some training days may include water work on more than one occasion and candidates may prefer to bring two sets of towels, shorts and t-shirts.

Course Assessment:

The NPLQ course syllabus and practical skills are continually assessed by the course trainer and a suitable level competence must be achieved to be put forward for a final independent assessment. The assessment will include written theory and verbal questions, practical demonstrations of water rescue skills and CPR & First Aid.

If you have any questions prior to the start of the course, please feel free to contact your course trainer using the details below.

Name:	Scott Millard	Email:	smillard@theroyal.school
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Additional Information

The course runs from Monday 26th October to Friday 30th October 2026 - 9:00am to between 6:00pm & 6:30pm each day. Assessment is on Sunday 1st November 2026 at 1:00pm

Each day please arrive 15 minutes early to be ready to start for 9:00am