National Pool Lifeguard Qualification (NPLQ) Enrolment Form

Candidate Details			
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	**3**		
Gender (please tick one)	Male: ☐ Female: ☐ Gender Neutral: ☐ Prefer not to say: ☐		

HOW RLSS UK USE YOUR DATA

By completing this form, you agree to RLSS UK and its limited company RLSS UK Enterprises Limited processing and storing your personal data for the purpose of fulfilling our contract to provide you with your award or qualification. We promise your personal data will only be used by RLSS UK, RLSS UK Shop and RLSS UK Qualifications UK Limited. We will keep your data safe and will never share it with other organisations without your permission. For full details of how we process and store your data please refer to our Privacy Policy that can be found at https://www.rlss.org.uk/privacy-policy.

Colchester City Council takes the management of personal data seriously and it does this in compliance with data protection laws. The information you supply will only be used to enable us to provide a service to you. We will never share personally identifiable information with third parties for promotional purposes, however, to deliver a service to you we may need to share your information with the relevant staff and RLSS Tutors. On completion of your course, we will keep your information on file for 7 years and after that it will be disposed of securely. For further information about how your data is used and stored, please go to www.colchester.gov.uk/privacy.

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.

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ROYAL LIFE SAVING SOCIETY UK

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:**	

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

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 day 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.

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Name:	Jack Tiffin	Telephone:	01206 282000	Email:	contact.leisureworld@colchester.gov.uk

Additional Information

The course will run on the following dates / times: Meet the Tutor at reception on Monday morning at 7.50am

Monday: 8.00 – 5.30 pm
Tuesday: 8.00 – 5.30 pm
Wednesday: 8.00 – 5.30 pm
Thursday: 8.00 – 5.30 pm
Friday: 8.00 – 5.30 pm
Sunday: 7.45 am to start 8.00 am
Exam Paper Times subject to change.