



CANDIDATE DETAILS (Please use BLOCK CAPITALS)		Title:		
Name:			Date of Birth:	
Address:				
Postcode:				
Telephone:		Email:		
Emergency contact name:		Relationship to candidate:		
Emergency contact number:				

COURSE PRE REQUISITES: All new candidates must meet the following criteria (please tick)	
Must be 16 years of age prior to assessment	<input type="checkbox"/>
Jump/dive into deep water	<input type="checkbox"/>
Swim 50 metres in no more than 60 seconds	<input type="checkbox"/>
Swim 100 metres continuously on front and back	<input type="checkbox"/>
In deep water, tread water for 30 seconds	<input type="checkbox"/>
Surface dive to the floor of the pool	<input type="checkbox"/>
Climb out unaided without ladder/steps and where the pool design permits	<input type="checkbox"/>

ADDITIONAL INFORMATION	
Do you have any specialist learning requirements?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Do you have a disability/ medical condition?	<input type="checkbox"/> Yes <input type="checkbox"/> No <small>Please note a good level of vision and hearing is required for this course; see course information overleaf for further details.</small>
If you answered yes to either of the above questions please provide further details on how we can assist with your learning:	

ADDITIONAL COURSE INFORMATION

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. The NPLQ requires a minimum of 36 hours (5 days) training and requires **100% attendance**. In order to perform lifeguard duties candidates must be physically fit, have good vision and hearing, be mentally alert and self-disciplined*. The course will be delivered using a variety of methods including:

- PowerPoint Presentations
- Flip Chart Exercises
- Guided Group Discussions
- Guided Group 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 IQL UK policies, please visit www.rlss.org.uk

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
- Note Pad / Pen and pencil

Some of the 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 verbal question and answer sessions, practical demonstrations of water rescue skills, CPR and 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.

Trainer:	Lynn Williamson	Telephone:	07753422259
Email:	Lynn.Williamson@colchester.gov.uk		



COURSE PAYMENT

The cost of this course is £295. Payment in full at time of booking. Once booked An applicant who withdraws from a course within 14 days Of the course commencing or withdrawing during the course is required to pay the full course fee.
 Applicants who withdraw 14 days or more, before the course commences will be required to pay a £50.00 cancellation fee.

Candidate Signature:		Date:	
Parent/Guardian Signature: (if under 18)		Date:	

Course Timetable

The course will run on the following dates / times:
Every morning meet at the Fit pool to start water work
 Monday : 8.00 – 5.15 pm Saturday : 8.00 – 1.00 pm
 Tuesday : 8.00 – 5.00 pm Sunday : 8.45 am Exam
 Wednesday : 8.00 – 5.00 pm
 Thursday : 8.00 – 3.00 pm
 Friday : 8.00 – 4.00 pm

Colchester Leisure World 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, in order 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.