

## Further Information

If you have a question that hasn't been answered here please contact us at the centre using the details below.

Call 053 9424849

Email [forestpark@coralleisure.ie](mailto:forestpark@coralleisure.ie)

Web [www.coralleisure.ie/forestpark](http://www.coralleisure.ie/forestpark)

[www.facebook.com/forestparklc](http://www.facebook.com/forestparklc)

[www.youtube.com/forestparklc](http://www.youtube.com/forestparklc)

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# Next NPLQ Courses Spring 2012



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The Royal Life Saving Society UK



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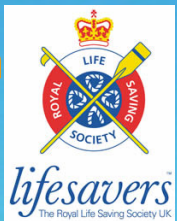
*Your Local Eco Friendly Leisure Centre*

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National Pool Lifeguard Qualification

Frequently Asked Questions



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The Royal Life Saving Society UK

# RLSS National Pool Lifeguard Qualification

## Frequently Asked Questions

### **What is the National Pool Lifeguard Qualification?**

The NPLQ is an internationally recognised professional qualification designed by the Royal Life Saving Society (RLSS) to ensure pool lifeguards and operators are equipped to deal with almost any water emergency.

Upon successful completion the NPLQ will provide you with the skills necessary to work in the leisure industry and possibly open the door to a career as a professional lifeguard.

### **What is the minimum age to take part in a course?**

Candidates must be at least 16 years old on the first day of the NPLQ course.

### **How long is the qualification valid?**

The NPLQ is valid for two years from the date of assessment.

### **Who will be running the course?**

Forest Park Leisure Centre is an RLSS Accredited Training Centre and the courses will be run by fully qualified RLSS NPLQ Trainer / Assessors and assessed by external assessors as per RLSS guidelines.

### **Can I work as a Beach Lifeguard with this qualification?**

No, this course will not qualify you to work as a Beach Lifeguard, however the RLSS does run National Beach Lifeguard Qualification courses. Check their website for more information regarding the NBLQ.

### **What level of swimming ability is required?**

Candidates must have a good swimming ability and as such all candidates will be required to undertake a swim test prior to acceptance on a course.

### **How long is the course?**

NPLQ course at Forest Park Leisure Centre will include both Unit 1 and Unit 2 of the NPLQ syllabus and as such will be run over 40 hours plus an assessment.

### **What do I need to bring?**

You will need swim gear and a t-shirt. Candidates will more than likely be in the water at least twice a day. Goggles may only be worn for training sessions and not for the assessment. Candidates are not permitted to wear jewellery during the course.

### **Can I get a refund if I fail the course or cancel?**

Refunds will not be provided for cancellations or for failing to meet the required standard by the external course assessor. However, re-assessments can be arranged with the external assessor at an extra cost to the candidate.

### **I cannot attend every day of the course, is this be a problem?**

100% attendance is required on the course, no exceptions.

### **What does the theory section involve?**

The theory section involves introducing candidates to the procedures and legalities of poolside and the swimming pool environment. This involves operating procedures, zoning and scanning of the pool, risk assessments, the plant room and the purpose and responsibilities of a lifeguard.

### **What does the practical section involve?**

The practical section involves using lifesaving equipment, rescues, spinal injuries, towing casualties and removing casualties from the pool.

### **What does the first aid section involve?**

The first aid section will give you a thorough understanding of first aid for a leisure centre environment. This includes health related illnesses, breaks and dislocations, strains and sprains and completing both primary and secondary surveys. The first aid section of the course is very thorough but unfortunately does not qualify people to a first aid at work standard.

### **What does the CPR section involve?**

CPR stands for Cardiovascular Pulmonary Resuscitation and the section involves learning how to do effective CPR on an adult casualty, a child casualty and an infant casualty.

### **Does the qualification allow you to use a spinal board?**

Yes. All NPLQ courses run at Forest Park Leisure Centre will qualify candidates to use a spinal board.

### **What does the test at the end of the course involve?**

The test at the end of the course lasts for around 3-4 hours and involves being tested on all four areas of the NPLQ syllabus. The hardest parts of the test are the spinal work and CPR work as these are probably the worst situations that you may need to deal with if you were to work as a lifeguard. However you will need to demonstrate a good knowledge of each area to pass.

### **The answer to my question is not here!**

If you need further information or wish to book a place on a NPLQ course contact the leisure centre on 053 94 24849. We are also on Facebook, Twitter, YouTube and at [www.coralleisure.ie/forestpark](http://www.coralleisure.ie/forestpark). You can also find out more information about the NPLQ at the official website of the Institute of Qualified Lifeguards at [www.iql.org.uk/nplq.html](http://www.iql.org.uk/nplq.html)