

have **YOU** got
what **it** takes?



pureTraining

ROYAL
LIFE SAVING
SOCIETY UK



National Pool Lifeguard Qualification Summer 2025!

Bro Ddyfi Leisure Centre | Machynlleth | Powys | SY20 8ER

5 DAY COURSE THIS AUGUST [9am - 5pm]

18th - 22nd August [Assessment 23rd August 2025]

Course fee £285+VAT | visit pureTraining.co.uk



Download your info pack today!
visit pureTraining.co.uk or call 0845 619 2774



Become a...

National Pool Lifeguard

Introduction

Congratulations on taking the first step in becoming a National Pool Lifeguard. The National Pool Lifeguard Qualification (NPLQ) from The Royal Lifesaving Society (RLSS) is the UK's most widely certificated Lifeguarding Award. The qualification is accepted in swimming pools throughout the UK and also abroad, and is a great starting point for those looking to forge a career in the Sport and Leisure Industries.

Training with us is interactive and fun! Our trainers use the latest presentation aids and video clips to bring the role of the lifeguard to life. A mixture of classroom & workshop based activities incorporate games, discussions and practical sessions develop candidates skills in CPR, first aid, and water rescue.

A full colour training manual is provided, and advanced candidates will look to spend time at home reading this during the course.

Qualifications

The NPLQ covers the following elements:

- The Lifeguard, Swimming Pool, & Supervision
- Intervention, Rescue & Emergency Action
- Cardio Pulmonary Resuscitation, & First Aid

Additional elements also available include:

- Automated External Defibrillator (AED)
- Rescue Board
- Pool Extraction Board (PXB)
- Emergency First Aid at Work (EFAW) Qualification

Not all modules are included at all venues / on all courses so please check before booking.

The course is 37.5 hours in duration and normally runs over 3 weekends, or intensively Monday - Friday.

Validity

The NPLQ is valid for 2 years from the date of assessment. Candidates may renew their award providing they have completed 20 hours of on-going training within the 2 years. First Aid Qualifications included within the award are valid for 3 years. Renewal of an Emergency First Aid at Work qualification requires completion of a 1 day training course.



Your questions answered...

You will need to be able to...

- ✓ Attend all training sessions of the course
- ✓ Jump & dive into deep water
- ✓ Climb out of the pool without the use of steps
- ✓ Swim 100m on both front & back without stopping
- ✓ Swim 50m of any stroke within 60 seconds
- ✓ Give & receive verbal instructions effectively & clearly



Can I wear goggles in the water?
Yes, but only during training, not during the assessment.

What does the assessment involve?

Assessments are carried out by an independent assessor at the end of the course. You will be tested on your practical rescue, CPR and First Aid skills. You will also be required to complete a written multiple-choice question paper.

What other skills will I need?

You will also need to be able to tread water, be comfortable under water, and be able to reach the bottom of the deepest part of the pool...

How old do you have to be to be trained as a lifeguard?

You may commence a course of training, aged 15 years, however you must be at least 16 before you can take the assessment.

If I don't pass the initial assessment, can I take it again?

Yes - it is possible although this will incur an additional re-assessment fee. All elements of the assessment must be successfully completed within a 28 day period.

How good a swimmer do I need to be?

We advise that before the course you can swim 100m on your front back and be able to swim 50m of any stroke within 60 seconds.

Will I need to be able to reach the bottom of the pool?

Yes - You will need to retrieve a manikin from a depth of up to 2m. We therefore advise that if you have, or have recently had an ear infection, please seek medical advice prior to participating in the course.

Can I wear glasses or contact lenses in the water?

To avoid injury, the wearing of glasses in the water by candidates during swimming sessions or assessments is not recommended. Care of glasses is the responsibility of the candidate. They may be passed to the Assessor or another person before entering the water. Contact lenses may be worn at the discretion of the candidate. If you are unsure, seek advice from your optician.

Can I wear Jewellery?

Lifeguarding activities involve physical handling and moving of people. You should remove any jewellery which may cause injury to you or a casualty. If wearing such items, even if covered by tape or clothing, candidates must accept full responsibility for any damage or injury caused by such items. A Trainer or Assessor has the discretion not to conduct training or assessments on this basis.



Take the first step to becoming a Lifeguard! Sign up today!

pureTraining

Yes! Please reserve me a place on the NPLQ course running at:

Venue: Bro Ddyfi Leisure Centre, Machynlleth

Start Date: 18/08/25

Your details:

Title:

Name:

Date of Birth:

Phone:

Email:

Emergency contact details:

Name:

Phone:

Additional Information:

Please note any medical conditions /additional needs you feel the trainer should be aware of:

Course Pre-Requisites - Candidates must have the following abilities before starting the course: (Please tick to confirm)

- Jump and dive into deep water
- Surface dive to the bottom of the pool
- In deep water, tread water for 30 seconds
- Give and receive verbal instructions clearly
- Be 16 yrs or older on the date of assessment
- Swim 50 metres of any stroke in no more than 60 seconds
- Climb out of the pool unaided without using a ladder or steps
- Swim 100 metres continuously on your front and on your back

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(s). I understand that deposits are non-refundable and that bookings cancelled less than 14 days prior to the course start date may be liable for the full course fee. I consent to my data being used in accordance with the privacy and data protection policies outlined below.

Signed:

Date:

Parent/ Guardian signature if under 18:

Signed:

Date:

How we use your data: By completing this form, you agree to RLSS UK and its subsidiaries processing and storing your personal data for the purpose of fulfilling our contract to provide you with your qualification. Your personal data will only be used by RLSS UK, RLSS Direct, IQL UK Limited and pureTraining. 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 rlss.org.uk/privacy and pureTraining.co.uk/policies



Train with us!

You'll be in good company...

pureTraining is an energetic company providing swimming pool rescue training to an amazing group of customers all over the UK!



book online at pureTraining.co.uk!



to view our next course dates visit
pureTraining.co.uk