

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: <input type="checkbox"/>	Female: <input type="checkbox"/>	Gender Neutral: <input type="checkbox"/> Prefer not to say: <input type="checkbox"/>

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>.

HOW SOUTHERN SWIMMING POOL BOARD (SSPB) ATC 10013071 WILL USE YOUR DATA

We comply with the requirements of the Data Protection Act 2018 (IOM) in dealing with your personal data. For full details of our processes and your rights, please view our Privacy and Data Protection Policy at reception, or request a copy by emailing: opsmanager@southernswimmingpool.im. We will share your information with RLSS UK in order for you to gain this qualification. Your training records will be kept securely at SSPB ATC 10013071 for 7 years in line with the IQL documentation policy.

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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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>

Integrated Qualifications:

Qualification: Automated External Defibrillation (AED)

Extra hours: 1.5 hours training and assessment

Certification: AED 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 the course organiser using the details below.

Name:	Matthew Meechan	Telephone:	01624 823930 (Ext. 3)	Email:	opsmanager@southernswimmingpool.im
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Additional Information

Course Timetable:

Monday 07/04/25	9am – 5pm
Tuesday 08/04/25	9am – 5pm
Wednesday 09/04/25	9am – 5pm
Thursday 10/04/25	9am – 5pm
Friday 11/04/25	9am – 5pm
Saturday 12/04/25	1pm – 5pm Assessment

All the above dates will include water work, and potentially on more than one occasion. Candidates may prefer to bring to sets of towels, shorts, shirts.

Candidates must attend 100% of the course.

How to enrol

Print off and fill out the enrolment form complete with signed declaration (Parent/Guardian signature required if under 18), and drop it off to:

Matthew Meechan
Southern Swimming Pool
Arbory Road
Castletown, IOM
IM9 1HA

Or

Email completed form to: opsmanager@southernswimmingpool.im

Payment – Course cost £295

A £50 non-refundable deposit will be taken at enrolment to be paid by card or bank transfer (BACS).

The remaining balance (£245) must be paid via card, BACS or invoice by 4th April 2025

Bank Details:

Reference: NPLQ25 'Your Surname'
Account name: Southern Swimming Pool Board
Account number: 35169605
Sort code: 55-91-04
Bank: Isle of Man Bank