



# Course Choice Information – NPLQ Lifeguard Course

## Course Information & Content

The National Pool Lifeguard Qualification (NPLQ) covers all elements of Pool Rescue Techniques, Lifeguarding 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 swimming pool. Training and assessment for the NPLQ is in three sections and all must be successfully passed to attain the qualification. This qualification will allow you to apply for a job as a Lifeguard anywhere in the UK and many other places across the world (Camp America recruit Lifeguards with NPLQ's).

Every candidate attending a NPLQ course must be 16-years-old **at the time of taking the NPLQ final assessment (January/February 2022)** and be able to:

- Jump / dive into deep water (Surface dive in a training pool)
- Swim 50 metres in less than 60 seconds
- Swim 100 metres continuously on front and back in deep water
- Tread water for 30 seconds
- Surface dive to the floor of the pool
- Climb out unaided without ladder/steps and where the pool design permits

(There will be some time at the start of the course focusing on fitness to help you meet these conditions)

## Assessment

- **Section 1 – The Lifeguard and the Law, Swimming Pool Supervision (Written Assessment)**  
Element 1 – The Lifeguard and the Law  
Element 2 – Swimming Pool, Hazards and Control Measures  
Element 3 – Swimming Pool Supervision
- **Section 2 – Intervention and Rescue and Emergency Action Plans (Written and Practical Assessment)**  
Element 1 – Intervention and Rescue  
Element 2 – Rescue of a Casualty with a Suspected Spinal Injury  
Element 3 – Emergency Action Plan
- **Section 3 – Cardiopulmonary Resuscitation, AED and First Aid (Written and Practical Assessment)**  
Element 1 – Cardiopulmonary Resuscitation (CPR)  
Element 2 – First Aid  
Element 3 – Automated External Defibrillation (AED)

## Homework

Written tasks and deadlines are given regularly through the session with a focus on project completion.

## Progression

University or Further Education | Employment

## Career Options

Dancer | Diver | Footballer | Golf Professional | Health and Fitness Instructor | Lifeguard or Pool Attendant | Motorsports Person | Outdoor Pursuits Instructor or Leader | Physiotherapist | Physiotherapy Assistant | Sports and Exercise - Psychologist | Sport and Exercise Scientist | Sports Coach or Instructor | Sports Development Officer | Sports Engineering | Sports or Leisure Centre Assistant | Sports | Leisure Centre Manager | Sports Therapist | Stunt Performer | Teacher – Physical Education | Track and Field Athlete

[More Information - SQA](#)

