

N.P.L.Q COURSE **CONTENT**

The National pool lifeguard course consists of four sections:

LIFEGUARD THEORY

The basic knowledge requirements of a lifeguard including The Role of a Lifeguard, Pool Safety Operating Procedures, Hazard Identification, Supervision skills and Methods of communication

C.P.R – BASIC LIFE SUPPORT

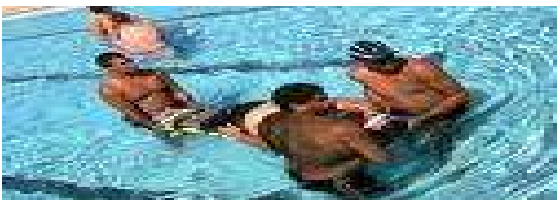
You will learn up to date C.P.R (Cardio Pulmonary Resuscitation) techniques for use on Adults, Children and Babies.

FIRST AID

Learn about all different injuries and medical conditions, what signs and symptoms to look for and what first aid treatment needs to be given.

POOL RESCUE

Learn how to prevent incidents from occurring and how to perform rescues and life saving techniques in the water.



Please return your completed booking form with cheque payment, made payable to The City of London, to the address below or alternatively you can book in person at the centre or by telephone.

PLEASE NOTE: PAYMENT MUST BE MADE AT TIME OF BOOKING. PLACES **WILL NOT** BE RESERVED WITHOUT FULL PAYMENT

**GOLDEN LANE LEISURE CENTRE
GOLDEN LANE ESTATE
FANN STREET
LONDON
EC1Y 0SH
020 7250 1464**

info-gllc@cityoflondon.gov.uk
www.cityoflondon.gov.uk/gllc

Please telephone or email for general enquiries.



LIFEGUARD

NPLQ Pool Lifeguard Course

**Golden Lane
Leisure Centre**



**Tuesday 1st June—
Sunday 6th June 2010
Unit 1 and Unit 2**

NAME OF PUPIL: _____

AGE: _____

DOB: _____

ADDRESS: _____

POST CODE: _____

TEL. NO: _____

Email Address: _____

EXPIRY DATE IF RENEWING: _____

COURSE CODE **NPLQ**

MEDICAL CONDITIONS: YES / NO

E.G. Asthma, diabetes, epilepsy etc

IF YES, PLEASE STATE: _____

PARENT'S/ GUARDIAN SIGNATURE:

(If under 18 years)

OFFICE USE ONLY:

DATE: _____

PAYMENT: Cash Cheque Card

PAYMENT RECORDED: Yes No

ENTERED ON FLEX: Yes No

PROCESSED BY: _____

NPLQ COURSE

Tuesday— Sunday

9am - 6pm

Unit 1 and Unit 2

Cost:

£165

Plus £20 payable directly to the assessor on the day of assessment

A FANTASTIC OPPORTUNITY TO LEARN LIFE SAVING SKILLS AND FIRST AID

Please note prior to commencement of training for the NPLQ you must:

Be 16 years of age;

Be able to meet the following basic fitness criteria:-

- jump / dive into deep water

- swim 50 metres in less than 60 seconds

- swim 100 metres continuously on front and back

in deep water, tread water for 30 seconds

- tread water for 30 seconds

- surface dive to the floor of the pool

- climb out of the pool unaided

Dear Candidate,

I write to confirm your place on the RLSS National Pool Lifeguard Qualification Course at Golden Lane Leisure Centre.

The course will commence on Monday 1st June 2010

The course starts promptly.

Please ensure you bring a pen and note pad, your swimming kit (including T-shirt , shorts and towel) each day.

If you have any queries, please contact me prior to the course on 0207 250 1464 or via email at denise.davy@cityoflondon.gov.uk

Yours sincerely,

**Denise Davy
Facilities Supervisor/ NPLQ Trainer**