

# National Pool Lifeguard Qualification (NPLQ) Course Information

## Course Dates:

Our NPLQ courses normally run from Monday through to Friday (5 days), with the external examination being held on the Friday evening.

## Course Times:

Course times will normally be 9.00am - 6.15pm each day, Monday to Friday, (this will include 75 minutes break each day), with the exam starting at 5.00pm on the Friday evening and lasting approximately 2½ hours – 3hours.

## Attendance Requirements:

100% attendance for the course is required for candidates.

## Course Content:

There are three basic elements:

1. The lifeguard and the law
2. The swimming pool, hazards and control measures
3. Swimming pool supervision

The course comprises of physical training and theoretical classroom work. You will be trained to carry out CPR, first-aid practices and given sufficient training to competently manage a range of poolside emergencies.

Throughout the course you will be continuously assessed by the trainer. The final exam will be a practical and theoretical examination to test your understanding & competency, carried out by an external examiner at the end of the course.

## Pre-requisites:

Before joining the course you will need to be able to complete the following:

- Jump or dive into the pool in deep water
- Swim 50 metres in 1 minute or less
- Swim 100 metres continuously on your front and then on your back
- Tread water for a minimum of 30 seconds in deep water
- Dive down to the deepest point of the pool (Poolside Manor 1.93m)
- Climb out of the pool with out the aid of steps or a ladder

## Cost of the Course:

The cost of the course is £249.00 (research has shown this to be an average fee for this type of course, and in some cases considerably cheaper). This covers the course materials, tuition and examination fees.

This can be booked with a non-refundable deposit of £100 at the time of booking and the remainder to be paid no later than 14 days before the start of the course. Payment can be made either in person at Poolside Manor or over the phone using a credit/debit card.

## Where is Poolside Manor?

We are located in Finchley Central, and close to Finchley Central underground station and other public transport links. There is Car parking on site

Our full address is

**Poolside Manor  
Lyndhurst Gardens  
Finchley  
London  
N3 1TD**

[Click here to find us in Google Maps](#)

## How many places are there?

We are limited to twelve candidates for each course that we run, so if you are interested in signing up we do recommend booking as early as possible. The deadline for bookings is normally 14 days before the start of the course.

## Want to Know More?

If you have any further questions, or want to book your place on the course, please feel free to contact us.

*Best regards,*

**Ben Thomas**

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## Poolside Manor Ltd.

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**POOL LIFEGUARD**  
course information



**lifesavers**  
The Royal Life Saving Society UK



## Benefits of becoming a Pool Lifeguard:

Here at POOLSIDE MANOR we think that there are lots of great reasons why you'd want to become a lifeguard and we guess you must think it's a pretty good idea too, which is why you are reading this...

### Six great reasons to gain a National Pool Lifeguard Qualification (NPLQ)



1. First and foremost you can achieve great job satisfaction from knowing you are performing an important public service. Lifeguards are trained to deal with almost any water emergency, you will without doubt make people feel confident, happier and safer just by being on poolside and you could potentially save a life.
2. The opportunity to get fit. Not only do you need a good level of fitness to gain your qualification, but if you do gain employment as a lifeguard you'll also be encouraged to maintain it. You may even be entitled to free use of the facilities at the centre where you work to help you do this.
3. You get to work within a team of friendly like minded people, so there's plenty of opportunity to increase your social circle.
4. The hours are flexible and perfect for those of you who need to fit your studies into your busy days.
5. Being a lifeguard can offer a good foundation to a career within the leisure industry, many managers and senior staff began their careers on the poolside.
6. And finally, but still very importantly, you will gain life saving and first aid skills that will be useful to both you and others for the rest of your life. Student's UCAS applications can be boosted by the skills they develop and the qualifications and experience gained in doing so.

The NPLQ course duration is a minimum 36 hours and comprises of physical training and theoretical classroom work, you will be trained to carry out CPR, First aid and given sufficient training to competently manage a range of poolside emergencies.

At the end of the course you will have a practical and theoretical examination to test your understanding, carried out by an external examiner.

If you are interested in enrolling for this course, please book early as spaces are limited. If you have any further questions, please feel free to contact us.

POOLSIDE MANOR is an approved training centre certified by the Institute of Qualified Lifeguards.

