



## **IQL Level 2 Certificate in Swimming Pool Supervision & Rescue (NPLQ)**

### **Description**

This qualification is the most widely recognised lifeguard qualification in the UK & Ireland and is a recruitment requirement for a number of jobs from Pool Lifeguard to Centre Manager. On successful completion of the course you will be fully qualified to work as a Pool Lifeguard

### **Pre-Requisite**

To enrol on this course you must be 16 yrs of age and able to do the following:

- Swim 50m in less than 1 minute
- Swim 100m continuously on your front then 100m on your back
- Tread water in deep water for more than 30 seconds
- Surface dive to the deepest part of the pool
- Climb out of the pool unaided

NB. Candidates should also be fluent in conversational English and be at least 16 years old at the start of the course.

### **Syllabus**

The course covers practical life-guarding skills, theory, basic first aid and resuscitation. Training and assessment is in two units:

- Unit 1 - The Principles of Lifesaving and Swimming Pool Supervision
- Unit 2 - The Application of Supervision and Rescue in a Swimming Pool

### **Duration**

It is an intense course, delivered over 6 days, usually Monday – Saturday, 8.00am – 5.00pm and is a combination of practical and theoretical sessions. Assessment will be on the last day of the course via a practical and verbal examination.

### **Certification**

Assessment for the Unit 1 takes place at the conclusion of a training course, minimum 31 hours for new candidates. It determines a candidate's knowledge and understanding of the principles of working as a Pool Lifeguard and of his or her ability in a range of lifesaving skills, as they relate to rescue, in a range of common emergency situations that could occur in any pool.

Unit 2 is continuously assessed over the course plus a minimum of 7 hours further training. It determines the candidate's ability to apply Unit 1 skills and knowledge in a work related environment as they would apply in a swimming pool.

The National Pool Lifeguard Qualification (NPLQ) is awarded upon successful completion of both units.

### **Numbers**

A maximum of 12 students can be accommodated on this course.

**JAGS SPORTS CLUB**  
**TEL: 0208 613 6500**  
**E: [cdm@jagssportsclub.co.uk](mailto:cdm@jagssportsclub.co.uk)**  
**[www.jagssportsclub.co.uk](http://www.jagssportsclub.co.uk)**



**APPLICATION FORM**

**IQL Level 2 Certificate in Swimming  
Pool Supervision & Rescue (NPLQ)**

**Course Dates:**

**Candidate Details**

Surname:..... Forename:.....  
Address:.....  
Postcode:..... Date of Birth:.....(Min 16yrs)  
Tel:..... Mobile:.....  
Email:.....

**Medical Information**

Please state and give details of any known medical conditions:  
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**Payment Details**

The total cost of the course: £250.00  
Payment by cheque: Please make cheque payable to "JAGS Sports Club"  
By phone: Call JAGS Sports Club reception 0208 613 6501 – Payment can be made by debit / visa / mastercard.  
No refunds can be given if notification of cancellation is less than 24 hours.

**PLEASE COMPLETE AND RETURN THIS FORM TO  
JAGS Sports Club, Red Post Hill, London SE24 9JN**