

Train with the best! Be the best!

NATIONAL POOL LIFEGUARD QUALIFICATION

In association with Glasgow Sport

Application Form

There are loads of great reasons to become a lifeguard...

 1	First and foremost you would be providing an amazing public service and could potentially save a life.
 2	Being a lifeguard offers a fantastic foundation to a career in the leisure industry.
 3	The opportunity to get fit and stay fit, with regular monthly training.
 4	You get to work with a team of like minded people, so there's plenty of opportunity to increase your social circle!
 5	The hours are flexible and perfect for those of you who need to fit studying into your busy days.
 6	Lastly but still very importantly, you will gain a skill that will come in handy for the rest of your life.



What will you need to do to get on the course?

Every candidate must attend a pool test and meet the following criteria:

- Be 16 years of age by the day of assessment.
- Jump / dive into deep water.
- Swim 50 metres in less than 60 seconds.
- Swim 100 metres on front and 100 metres on back continuously.
- Tread water for 30 seconds.
- Surface dive to the floor of the pool.
- Climb out of pool unaided without ladder or steps and where the pool design permits.
- Complete a medical questionnaire.

So what's involved in the NPLQ?

A 36 hour course, plus an additional 1.5 hours for AED and 100% attendance is required.

The course will include the following;

- The Lifeguard, Swimming Pools and Supervision
- Intervention, Rescue and Emergency Action Plan
- Cardiopulmonary Resuscitation, AED and First Aid

Ending in a practical assessment where you will demonstrate all the skills and knowledge you have learned.

Course Fees

Candidate fees for the award are £230 with a £30 non refundable deposit payable on completion of a successful pool test. The remaining £200 is payable prior to the course commencing.

The fee includes:

- A copy of RLSS UK publication *The Lifeguard*.
- Course materials.
- Tuition and assessment fees.
- Award certificate.
- Administration fees.
- T shirt.
- Tea, coffee and water will be available.

Any candidates who fail a section of the assessment shall be given the opportunity to retrain and re-sit that section within 28 days.

The full balance must be paid prior to the course commencing.

100% attendance required. Failure to attend any parts of the course makes candidates ineligible for final assessment. (No refund will be given in this instance).

7 days notice must be given to cancel this course otherwise no refund will be given.



National Pool Lifeguard Application Form

To book a space on an available course fill in this form and return it to reception of your chosen venue or email it to nplq@glasgowlife.org.uk A deposit of £30 is required to secure your place. This can be paid in cash or cheque (cheques made payable to Glasgow Life) at reception at the time of the pre-course pool test.

ILA funding is accepted a copy of your acceptance letter should be shown.

The Trainer will then contact you to arrange a pool test with you.

If you have any queries regarding the course please phone the relevant facility:-

Glasgow Club Bellahouston
0141 276 0767
Bellahouston.LF@glasgowlife.org.uk

Glasgow Club Drumchapel Pool
0141 276 1515
Drumchapel.LF@glasgowlife.org.uk

Easterhouse Pool at the Bridge
0141 276 9696
EasterhousePool@glasgowlife.org.uk

Glasgow Club Gorbals
0141 276 1490
Gorbals.LF@glasgowlife.org.uk

Scotstoun Sports Campus
0141 959 4000
scotstoun.lf@glasgowlife.org.uk

Glasgow Club Springburn
0141 276 1690
Springburn.LF@glasgowlife.org.uk

Tollcross International Swimming Centre
0141 276 0801
Tollcross.LF@glasgowlife.org.uk

Glasgow Club Whitehill Pool
0141 276 0823
Whitehill.LF@glasgowlife.org.uk

Your details

Name _____ Telephone _____

D.O.B _____ Male Female Mobile _____

Address _____ E-mail _____

_____ Supporting organisation (if any) _____

Postcode _____ _____

Invoicing address _____

Postcode _____

Do you have any specialist learning requirements?

Yes No

Do you have a disability/ medical condition?

Yes No

Please note a good level of vision and hearing is required for this course

If you answered yes to either of the above, please provide further details below on how we can assist with your learning:

Data protection Act

The information you provide will be processed and treated with confidentiality according to the Data Protection Act (1998) and will only be used by Glasgow Life for monitoring the delivery of the programme.

We may wish to contact you in the future for evaluation purposes. If you wish to opt out of any further contact, please tick the box provided

Terms and conditions

- By undertaking this course, I agree to abide by the general rules and conditions for the use of the venue, I confirm that I meet all of the course requirements that I undertake elements of this course at my own risk.
- Please note that Glasgow Life reserves the right to amend or cancel the course without notice. In the event of a course cancellation, full refunds will be issued or places offered on subsequent courses.
- Should you have any cause for concern during your course then please ask for a copy of our complaints and appeals procedure.

Applicants Signature _____ Date _____