



Dear All

St Albans School Sports Centre will be running its National Pool Lifeguard Qualification + integrated First Aid at Work (NPLQ + FAAW) over this summer and we would like to invite interested students or external candidates to apply to join the course. This year we are also able to include a first aid at work qualification and AED certificates as part of the course so successful candidates will receive 3 certificates that are nationally and internationally recognised.

The course will be running from Monday 10th July and will finish with the assessment on Saturday 15th July. As this is a nationally recognised qualification each candidate must complete a minimum of 38 hours of training time and therefore each day will be a minimum of 8.45am to 5pm with a shorter day on the assessment day.

### **About the NPLQ**

The RLSS UK National Pool Lifeguard Qualification (NPLQ) is the most awarded lifeguard qualification in the United Kingdom and Ireland. The NPLQ course duration is a minimum of 38 hours and course content covers: The Lifeguard, Swimming Pool and Supervision. Intervention, Rescue and Emergency Action Plan. Cardiopulmonary Resuscitation, AED and First Aid.

### **All Candidates must be 16 or Over on the start date of the course to be eligible.**

The maximum amount of places on the course is **12**. Each candidate will need to complete a pre-course evaluation test to check that they have at least a basic level of physical and water fitness. Before starting the training course they must be able to achieve the following minimum swimming standards:

- Jump or dive into the pool in deep water
- Swim 50m in one minute or less
- Swim 100m continuously on their front and then on their back
- Tread water in deep water for 30 secs
- Surface dive in the deepest part of the pool
- Climb out of the pool unaided without using the steps or a ladder

Places will also be prioritised for those students who wish to be a lifeguard for Partnership on Friday afternoons and those who are looking paid employment by the sports centre for evening and weekend shifts. We will also accept external candidates but priority will be given to current students or those joining us in September.

Please note that regular monthly ongoing training is required over the next 2-year period to ensure the lifeguards skills are kept current and so the lifeguard has a minimum of 20 hours training so they can renew their qualification after 2 years with just a one-day exam.

The cost of the course is £250 for St. Albans School Students and £290 for any external candidates.

If you are keen to attend the course, please contact me using the details below, or drop into the Sports Centre, and I will provide an application pack. Alternatively, if require more information, I will happily talk through the course and its requirements with you.

If you are unable to make the dates of this course, I can give you a list of other centres in which you can attend on different dates over the summer and become qualified.

Applications forms need to be returned to me by Friday 23<sup>rd</sup> June at the latest with a cheque made payable to Abbey Gateway Enterprises for the full cost of the course. As there are only 12 spaces you need to book early.

Yours sincerely

Scott Siery  
Sports Centre Manager

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