

## To apply

I am interested in the NPLQ Course and I would like to take part in the pre-swim test. Please complete and return to Thurso Swimming Pool Reception Desk.

Name in Full -

Address in Full-

Telephone Details Home -  
Mobile -

Date of Birth -

Email -

Data Protection – the information you have supplied will be used for the purpose(s) for which you have provided it. High Life Highland will also use it to plan improvements and to meet our obligations in delivering services on behalf of The Highland Council. This data will be maintained in accordance with the Data Protection Act 1998 and will not be passed on or sold to any other organisation without your prior approval, unless there is a legal requirement to do so.

High Life Highland would like to send you information about our own products and services and the benefits of being a High Life member by post, telephone, email and SMS. If you agree to being contacted in this way, please tick the relevant boxes.

Post ☐ Phone ☐ Email ☐ SMS ☐

Declaration: I agree to the use of my personal data as detailed above

# Save

RLSS UK is a charity, governing body and lead provider of training and education in lifesaving, lifeguarding, water safety and life support skills in the UK



Safeguarding lives in, on and near water

Office use only (date received) -



## National Pool Lifeguard Qualification

## 8th Edition

## 1 April 2014 - 31 March 2015



ROYAL  
LIFE SAVING  
SOCIETY UK

Contact : Thurso Swimming Pool, Millbank Road, Thurso. KW14 8PS.  
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Website: [www.highlifehighland.com](http://www.highlifehighland.com)  
Facebook: Search for us —Thurso Swimming Pool

 Find us on  
Facebook

By joining us on Facebook you can keep up to date with new activities and special offers!

High Life Highland is a company limited by guarantee registered in Scotland No. SC407011 and is a registered Scottish charity No. SC042593.

## Introduction

The Course is broken down into 3 sections:

- Section one—The Lifeguard, Swimming Pool and Supervision
- Section two—Intervention, Rescue and Emergency Action Plan
- Section three—Cardiopulmonary Resuscitation, AED and First Aid



## Course Cost

£197.00 which must be paid before day one of the Course



## Assessment

There will be a practical exam at the end of the Course

The cost of Assessment is included in the Course fee

## Candidates must provide

1. Swimwear
2. Clothes for use in the water—T shirt and Shorts
3. Energy and enthusiasm!

## Swimming Ability

A Lifeguard must be fit and healthy and be able to complete the following basic fitness standard as a minimum:

- Jump or dive into the pool in deep water (where available)
- Swim 50 metres in 1 minute or less
- Swim 100 metres continuously on the front and then on back
- Tread water in deep water for 30 seconds
- Surface dive to the deepest part of the pool
- Climb out of the pool unaided, without using the steps or a ladder

Candidates must be at least 16 years of age prior to commencement of the course

100% attendance required to complete 36 hours (not including breaks) plus an additional 1.5 hours for AED

Pass continuous assessment by the trainer throughout the course to be eligible for the end-of-course assessment

Assessment completed by an external independent assessor sampling elements across the whole syllabus

Certificate issued valid for 24 months from the date of assessment

Applications will be received on a 'first come, first served basis'

No experience is required

## Cancellation Fees and Refunds

No refunds can be given. In the unlikely event of High Life Highland cancelling a Course, candidates will receive a full refund