

# **Lifeguard Training**

**Cost: Free**

## **COURSE DESCRIPTION:**

The National Pool Lifeguard Qualification (NPLQ) covers all elements of Pool Rescue Techniques, Lifeguarding Theory, First Aid and CPR. The course is physically demanding and will include swimming to set times, lifting casualties and diving into the deepest part of the swimming pool. Training and assessment for the NPLQ is in three sections and all must be successfully passed to attain the qualification.

### **Section 1 – The Lifeguard and the Law, Swimming Pool Supervision**

Element 1 – The Lifeguard and the Law

Element 2 – Swimming Pool, Hazards and Control Measures

Element 3 – Swimming Pool Supervision

### **Section 2 – Intervention and Rescue and Emergency Action Plans**

Element 1 – Intervention and Rescue

Element 2 – Rescue of a Casualty with a Suspected Spinal Injury

Element 3 – Emergency Action Plan

### **Section 3 – Cardiopulmonary Resuscitation, AED and First Aid**

Element 1 – Cardiopulmonary Resuscitation (CPR)

Element 2 – First Aid

Element 3 – Automated External Defibrillation (AED)

## **COURSE PRE-QUALIFICATIONS:**

Every candidate attending the course must be 16 years old at the time of taking the final assessment and be able to:

- Jump / dive into deep water
- Swim 50 metres in less than 60 seconds
- Swim 100 metres continuously on front and back in deep water
- Tread water for 30 seconds
- Surface dive to the floor of the pool
- Climb out unaided without ladder / steps and where the pool design permits
- Up to date First Aid certification (internationally recognized) is desired. For those that have it, the course will be 4 days in duration vs. 6 days. These 2 additional days will be utilized to receive the First Aid certification.

Assessment will take place at the end of the course. It will determine your knowledge and understanding of the principles of working as a pool lifeguard and assess your ability to apply the skills and knowledge in a work-related environment. Upon qualifying with the NPLQ, the certificate is valid for two years from the date of successful completion.

If interested in becoming a lifeguard and working for the JFC Swimming Pool, please forward fully completed information sheet to MSgt Kirby at [bajame.kirby@jfcbs.nato.int](mailto:bajame.kirby@jfcbs.nato.int).

Closing date for all submissions is 18 January 2019.