

The aim of this course is to attain a nationally recognised qualification in swimming pool life guarding and to learn a comprehensive range of life guarding skills that are essential for employment in the leisure industry.

The NPLQ course consists of 2 units:

- Unit 1 - The Principles of Lifesaving & swimming pool supervision
- Unit 2 – The application of supervision & rescue in a swimming pool

**Pre-requisites**

- Must be at least 16 by the start of the course.
- Jump / dive into deep water
- Tread water for 30 seconds
- Swim a minimum of 100 metres on their back and front continuously
- Swim 50 metres in 60 seconds
- Dive to a depth of 2 metres
- Swim efficient breast-stroke and have some knowledge of sidestroke.
- Climb out of the pool unaided without using the ladder / steps

**Further information & terms**

1. On the day of the exam candidates will need to bring a friend to act as a casualty. The casualty must be able to swim in deep water.
2. The course requires 100% attendance. Refunds are not available during the course. Please see below for our cancellation policy:
  - 4 weeks notice – No cancellation fee
  - 3 weeks notice – 25% of the course fee is retained by S.O.S T&D.
  - 2 weeks notice – 50% of the course fee is retained by S.O.S T&D.
  - 1 weeks notice – 75% of the course fee is retained by S.O.S T&D.
  - Less than 24 hours notice – 100% of the course fee is retained by S.O.S T&D.
3. If a candidate is to fail any part of the National Pool Lifeguard course they will have to pay a fee to be re-assessed (our tutors will not put anyone forward to do an assessment if they believe they cannot pass).
4. The times of the course will be approximately 8.00am – 6.00pm. Evening courses will run from approximately 6.00pm – 9.00pm.
5. All information provided in your application must be current and correct to the best of your knowledge at the time of applying.
6. SOS Training & Development reserves the right to amend course information as and when necessary.
7. SOS Training & Development reserves the right to cancel courses that have not got a sufficient number of students enrolled.
8. Candidates that recommend a friend who books onto the same course will be entitled to a £15 discount of their course fee.

**Payment:**

- Cheques should be made payable to ‘SOS Training & Development’.
- We can also accept Postal Orders made payable to ‘SOS Training & Development’.
- Please do not send cash in the post
- BACS payments.

Fees are:  
**£165 per person**

Upcoming courses	
Dates	Venue
Monday 13 <sup>th</sup> – Friday 17 <sup>th</sup> February '12	Hurstpierpoint College, Hassocks
Tuesday 10 <sup>th</sup> – Saturday 14 <sup>th</sup> April '12	Hurstpierpoint College, Hassocks
Wednesday 6 <sup>th</sup> – Sunday 10 <sup>th</sup> June '12	Hurstpierpoint College, Hassocks
Monday 23 <sup>rd</sup> – Friday 27 <sup>th</sup> July '12	Hurstpierpoint College, Hassocks

For further information please contact us at  
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