



ROYAL
LIFE SAVING
SOCIETY UK

NATIONAL POOL LIFEGUARD QUALIFICATION

www.rlss.org.uk

the lifeguard

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 36 hours and course content covers: The Lifeguard, Swimming Pool and Supervision. Intervention, Rescue and Emergency Action Plan. Cardiopulmonary Resuscitation, AED and First Aid.



Course Dates:

For further information: (application form)

Course Cost:

Guarding Lives Saving Lives