



National Pool Lifeguard Qualification training courses for everyone at Repton School

**These courses are run by
Repton School Enterprises Ltd
The Business Centre, 1 High Street,
Repton, Derbyshire DE65 6GD**



Tel : 01283 559322 E-mail: enterprise@repton.org.uk

Repton Enterprises is a wholly owned subsidiary of Repton School

LIFEGUARDING COURSES 2011

BOOKING FORM

Please complete in full and send, with payment, to : Repton School Sports Complex, Willington Road, Repton, Derbyshire DE65 6FH

PARENT / GUARDIAN DETAILS (if student is under 18)

Family Name _____ Forename _____

Please circle : Mr / Mrs / Miss / Other _____

Legal Relationship to Student _____

Home Address _____

_____ Post Code _____

Home Tel : _____ Mob Tel : _____

E-mail _____

Please confirm if happy for correspondence to be e-mailed Yes / No

STUDENT DETAILS (if 18 or over, please complete contact details above)

Family Name _____ Forename _____

Date of Birth _____ Gender Male / Female

School (if applicable) _____

DECLARATION

I / we have read the Terms and Conditions on page 4 of this leaflet, fully understand them and agree to abide by them.

I enclose a cheque for £ 50 / £210 as deposit / full sum for:-

Lifeguarding course 1st—6th August

Cheques should be payable to Repton School Enterprises Ltd.

Signature _____

Name (in caps) _____ Date _____

Repton Enterprises Ltd will run two pool lifeguarding courses at Repton this year. Courses, leading to the Royal Life Saving Society's National Pool Lifeguard Qualification (NPLQ) are open to anyone satisfying the age and standard criteria. Each course can take a limited number of students so early application is recommended.

Train to become a pool lifeguard. Gain the qualification which will enable you to earn a living through your hobby by working as a pool lifeguard.

- during your gap year—anywhere in the world
- during term-time fitting around your studies
- during school or university holidays
- a great introduction to a career in the leisure industry
- a crucial service to the public

.....and in doing so you will be gaining a skill which could help you anywhere, anytime throughout the rest of your life!

The course enables students to learn the theory and practice of lifeguarding—with the exam at the end giving you the chance to complete and gain this valuable qualification within a week

Qualifying age and swim standard

In order to take this course you must be:-

- At least 16 years old at the start of the course
- A competent swimmer who must be able to:-
 - Jump/dive into deep water
 - Swim 50m 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

Course Dates

Monday 1st Aug—Friday 5th Aug followed by the exam on Saturday 6th Aug

Training days 0830—1700 hrs. Exam 0930—1400 hrs

Course Content

Training and assessment for the NPLQ is in two units:

Unit 1 – The Principles of Lifesaving and Swimming Pool Supervision

Unit 1 determines your knowledge and understanding of the principles of working as a pool lifeguard. Your ability is assessed in a range of lifesaving skills which enable you to deal with common emergency situations in pools. It comprises four elements:-

- The principles of pool lifeguarding;
- Water rescue skills, including timed swim rescues, conscious and unconscious casualties;
- CPR skills on adults, children and infants;
- First Aid, where you will demonstrate a knowledge of selected first aid conditions and advising on poolside treatment.



Unit 2 – The Application of Supervision and Rescue in a Swimming Pool

Unit 2 determines your ability to apply the Unit 1 skills and knowledge in a work-related environment as they would apply in a swimming pool.

The **National Pool Lifeguard Qualification (NPLQ)** is awarded upon successful completion of both units. It is widely accepted by swimming pools both in the UK and Ireland with over 37,000 qualifications awarded per annum. The National Pool Lifeguard Qualification also has full accreditation from the Qualifications and Curriculum Authority.

LIMITED PLACES AVAILABLE!

Places will be offered on a “first come, first served” basis

Cost : £210 per person inclusive of exam fee

TERMS AND CONDITIONS FOR ALL COURSES

- 1. Payment of either a deposit of £50, or the full sum, should accompany the booking form—you will be advised immediately if the course is fully booked and, where possible, offered an alternative. If no alternative is available, your payment will be returned in full.*
- 2. Where a deposit has been paid to secure the booking, the balance is due no later than 28 days before course start date*
- 3. Cancellation of your booking within 10 working days of the course start date will result in the loss of your fee.*
- 4. The student may be excluded from the course if, in our opinion, his/her presence is detrimental to the happiness or well being of other students, in which case no refund will be given.*
- 5. RSE Ltd accepts no responsibility for injury or damage to persons or property.*
- 6. If RSE Ltd has to cancel the course we will reimburse any monies you have paid.*
- 7. An emergency contact number must be provided for all students under 18 before the course starts to ensure we are able to handle any emergencies involving a minor.*
- 8. Payment is regarded as acceptance of these terms and conditions.*