National Pool Lifeguard Qualification (NPLQ) Enrolment Form

Candidate Details			
Title:		**Name:**	
Date of Birth:		**Telephone:**	
Email:			
Emergency Contact Details			
Name:		**Telephone:**	
Before starting this course, if you aren't already a member of the RLSS UK, you need to set up a RLSS UK account, go to rlssuk.tahdah.me/account/registernew select 'No' and follow the instructions. For further support you can use the guide here.			
Society Number	**3**		
Gender (please tick one)	Male: ☐ Female: ☐ Intersex: ☐ Not Specified: ☐		

HOW RLSS UK USE YOUR DATA

RLSS UK, RLSS UK Enterprises Ltd (trading as RLSS UK Shop), and RLSS UK Qualifications collect and process your personal data to manage your enrolment, in line with UK GDPR and the DPA 2018. We collect personal details (name, contact details, date of birth, society number, gender, emergency contact) under UK GDPR Article 6(1)(b) to fulfil our contract with you to manage and supply your qualification. Health-related data (learning needs, disabilities, medical conditions) is processed under Article 6(1)(c) and Article 9(2)(g) to meet legal obligations, support equality, and provide reasonable adjustments, in line with the Equality Act 2010 and DPA 2018 Schedule 1. We only collect what is necessary and use it solely for enrolment and qualification purposes. Data is retained while your RLSS UK account is active, plus seven years for record-keeping. Data is not shared unless required or permitted by law. For more information, see our Privacy Policy at www.rlss.org.uk. By submitting this form, you confirm that you have read and understood our Privacy Policy.

HOW SYLVESTRIAN LEISURE CENTRE USES YOUR DATA

Information held by Sylvestrian Enterprises complies with the Data Protection Act 1998 and the new General Data Protection Regulation from 25th May 2018. From time to time, Sylvestrian Leisure Centre needs to send you important information about your bookings or the operations of the Centre. If you are happy to receive updates about your bookings, then you do not have to do anything. If not, you can set your preference on our website. Sometimes, we would like to send emails about new services that may be of interest to you: If you are happy to receive news about new services at the Centre, you do not have to do anything. If not, you can set your preference on our website. Sylvestrian Leisure Centre will not offer your email address or contact details to any third parties.

Course Prerequisites – All candidates must meet the following criteria before starting the course (please tick)	✓
Be 16+ years of age on the date of assessment	☐
Jump / dive into deep water	☐
Swim 50 metres in no more than 60 seconds	☐
Swim 100 metres continuously on front and 100m continuously on back	☐
In deep water, tread water for 30 seconds	☐
Surface dive to the floor of the pool	☐
Climb out of the pool unaided without using a ladder / steps where the pool design permits	☐

Specialist Learning Requirements	Yes	No
Do you have any specialist learning requirements?	☐	☐
Do you have a disability / medical condition? *please note a good level of vision and hearing is required for this course	☐	☐

If you have answered yes to either of the above, please provide further details below on how we can assist with your learning. It is a candidate's responsibility to declare any requirements at this point so arrangements can be made. If you declare something at a later date, we may not be able to review the request.

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Declaration			
I declare that all of the information I have provided on this enrolment form is true and accurate. I understand that if I have failed to declare any specialist learning requirements at this stage, this may impact my ability to successfully pass the assessment and gain the qualification.			
Candidate Signature:		**Date:**	
Parent/Guardian Signature (if under 18):		**Date:**	

Course Information – to be retained by the candidate

Course Overview:
The internationally recognised Royal Lifesaving Society (RLSS UK) National Pool Lifeguard Qualification (NPLQ) is not only a qualification that will train you to become a Pool Lifeguard but can also be a stepping stone into a career within the leisure industry. In order to perform lifeguard duties, candidates must be physically fit, have good vision and hearing, be mentally alert and self-disciplined. The course requires a minimum of 36 hours training and requires **100% attendance**. The course will be delivered using a variety of methods including:

- PowerPoint Presentations
- Flip Chart Exercises
- Guided Group Discussions and Activities
- Practical Demonstrations and Training

The NPLQ certificate is valid for 2 years from the date of successful completion of the course.

Topics Covered:
The NPLQ covers all elements of Pool Rescue Techniques, Lifeguard Theory, First Aid and CPR. The course is physically demanding and will include swimming to set times, lifting casualties and diving to the deepest part of the pool. Approved prior learning can be applied upon proof of certification, please ask your trainer for further details. For full details on the courses content and to view RLSS UK policies, please visit: https://www.rlss.org.uk/policies

To uphold the highest standards, your ATC/P and/or training provider will have in place their own policies covering areas such as complaints, appeals, equality and diversity, reasonable adjustments or special considerations, malpractice or maladministration, and safeguarding (this list is not exhaustive). For full details please contact Tmorl@forest.org.uk.

Integrated Qualifications:
Qualification: Level 2 Award in Automated External Defibrillator
Extra hours: 1.5 hours

Equipment Required:
You are required to bring the following items to the course:

- Photographic Identification (must be shown to the trainer on the first day of the course)
- A whistle
- Swimming costume
- Towel
- Shorts and t-shirt to be worn in the water
- Pen / pencil

Some training days may include water work on more than one occasion and candidates may prefer to bring two sets of towels, shorts and t-shirts.

Course Assessment:
The NPLQ course syllabus and practical skills are continually assessed by the course trainer and a suitable level competence must be achieved to be put forward for a final independent assessment. The assessment will include written theory and verbal questions, practical demonstrations of water rescue skills and CPR & First Aid.

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If you have any questions prior to the start of the course, please feel free to contact your course organiser using the details below.

Name:	**Tom Morl**	**Telephone:**	**02085096614**	**Email:**	**Tmorl@forest.org.uk**

Additional Information

Course Dates: Monday 5th April 2027 to Friday 9th April 2027
Course Times: 09:00 – 17:00 approx. each day
Course Cost: £290.00 (including £50.00 non-refundable deposit when booking)
Address: Sylvestrian Leisure Centre, Forest School, College Place, Snaresbrook, London, E17 3PY