# National Pool Lifeguard Qualification

## Enrolment Form

### Candidate Details

<table>
<thead>
<tr>
<th>Title:</th>
<th>Name:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Post Code:</th>
<th>Date of Birth:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Telephone:</td>
<td>Email:</td>
</tr>
</tbody>
</table>

### Emergency Contact Details

<table>
<thead>
<tr>
<th>Name:</th>
<th>Telephone:</th>
</tr>
</thead>
</table>

## Course Prerequisites – All learners must meet the following criteria before starting the course (please tick)

- Be 16+ years of age on the date of the assessment
- Jump/dive into deep water
- Swim 50 metres in no more than 60 seconds (demonstrating a recognised stroke)
- Swim 100 metres continuously on front and back
- In deep water, tread water for 30 seconds
- Surface dive to the floor of the pool (12 foot 6 inches) without hearing/ear problems
- Swim 50 metres breaststroke on the back (leg-kick only)
- Climb out of the pool unaided without using a ladder/steps where the pool design permits

### Specialist Learning Requirements

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Do you have any specialist learning requirements?</td>
<td></td>
</tr>
<tr>
<td>Do you have a disability/medical condition? *please note a good level of vision and hearing is required for this course</td>
<td></td>
</tr>
</tbody>
</table>

If you have answered yes to either of the above, please provide further details below on how we can assist with your learning:

## 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. **Passing this course is not an offer of employment.**

<table>
<thead>
<tr>
<th>Learner Signature:</th>
<th>Date:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Parent/Guardian Signature (if under 18):</td>
<td>Date:</td>
</tr>
</tbody>
</table>

*HSE Managing Health and Safety in Swimming Pools (HSG179) Paragraph 148*
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. The NPLQ requires **100% attendance**. In order to perform lifeguard duties candidates must be physically fit, have good vision and hearing, be mentally alert and self-disciplined*. Please visit any Calderdale Leisure Facility to book onto the course.

**Payment in full is due following the successful completion of the water assessment to secure your place which is allocated on a first come, first served basis.**

The course will be delivered using a variety of methods including:

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

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

**Topics Covered:**

The NPLQ+AED covers all elements of Pool Rescue Techniques, Lifeguard Theory, First Aid, CPR and Automated External Defibrillator (AED). The course is physically demanding and will include swimming to set times, lifting casualties and diving to the deepest part of the pool.

For full details on the courses content and to view IQL UK policies, please visit [www.rlss.org.uk](http://www.rlss.org.uk)

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

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

*Some of the 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 course syllabus and practical skills are continually assessed by the course trainer and a suitable level of competence must be achieved to be put forward for a final independent assessment. The assessment will include verbal question and answer sessions, practical demonstrations of water rescue skills, CPR and First Aid.

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

**Name:** Martin Bradbury  
**Email:** martin.bradbury@calderdale.gov.uk  
**Tel:** 01422 343106

**Additional Information**

We will contact you regarding an initial assessment 2-4 weeks before the course, where you will have to demonstrate the course prerequisites.

The course dates are: 14-21 April, 28 July – 4 August and 27 October to 3 November 2019  
(please highlight preferred course).

Venues and times will be confirmed upon successful completion of the water assessment.
Calderdale Council is registered with the information Commissioners Office (ICO) under the provisions of the Data Protection Act 1998. The Council takes its responsibilities under the Act very seriously.

The information provided by you is collected purely for the purposes of providing you with a Lifeguard Course at one of our Centres (Brighouse Pool and Fitness Centre, Halifax Pool, Sowerby Bridge Pool and Fitness Centre, Todmorden Sports Centre).

We need to collect this information in order to maintain an accurate record of your name, date of birth, contact details, eligibility for any discounts as well as details of any transactions and bookings relating to your course. Questions on Health and Emergency contact are optional and are for the safeguarding whilst in our care. Please ensure you read the Terms and Conditions regarding your course carefully.

Completion of this form/sharing your information with us constitutes explicit consent from you for us to process your data for this purpose. Details of all financial transactions made must be recorded accurately for compliance with HM Revenue and Customs regulations on financial accounting. In the event of a debt occurring we may share your contact information with the Council’s debt recovery agents.

You may withdraw this consent at any time by writing to Gary Byrnes, Sports Service Manager at North Bridge Leisure Centre, North Bridge Street, Halifax, HX3 6TE or by email to Gary.Byrnes@calderdale.gov.uk. In addition you have the right to see what information is held about you, to have inaccurate information corrected, to have information removed from our system unless we are required by law or a statutory purpose to keep it and the right to complain to the Data Protection Officer if you feel that your data has not been handled in accordance with the law.

The Council’s Data Protection Officer is Tracie Robinson and can be contacted at information_management@calderdale.gov.uk

Your name, contact details, eligibility, transactions, bookings and any safeguarding information are recorded electronically on our system to maintain up to date records and all paper application forms securely destroyed. This information will be kept for a maximum of 7 years or until such time as the data is reviewed by us or removed at your request.