



Safety

Being safe and ensuring the safety of others is paramount

Before you begin the course please read the policies that are available to you on the course portal. On the morning of the first day, you will be given a tour of the facilities and all the necessary fire, health and safety procedures will be explained. If you are unsure at any time, please just ask.

It is usual that Friday afternoon is used for assessment. Candidates will need a volunteer to act as 'body'. The volunteer can be shared between candidates. If you can help out with providing someone, please let us know!



Special Considerations

Our tutors are very experienced and they are skilled in adapting the learning environment to suit a particular learning style. Please let us know in advance if you feel that you will need special consideration. We have a separate leaflet detailing support for learners with additional needs such as dyslexia, processing issues, English as an additional language or physical disabilities. The assessment for the NPLQ consists of a practical in the pool and a verbal theory. There is no written examination. Your course tutor will support and guide you so that you have the best opportunity to succeed.

Welcome to Aqua Zone!

A guide to what to expect from your course...



**National Pool
Lifeguard
Qualification**

Contact:
Isobel/Jezz Rutt
0788-553485



NPLQ course – a life skill

Thank you for choosing Aqua Zone to study your NPLQ course. We are an independent centre that is RLSS and ASA approved to hold swimming teaching qualifications and NPLQ courses. We believe we can offer a more personalised approach compared to some of the larger venues. During the course you will usually have sole access to the pool to practise your skills as well as a dedicated schoolroom for the theory work.

Now that you have committed to the course, it is vital that if you are unsure or apprehensive about any aspect, you contact us or the course tutor. We are here to help and guide you along the journey of becoming a pool lifeguard. No matter how small the enquiry might seem,

please just ask! We have provided some answers to frequently asked questions and you will be directed to the course portal on the website which has all our detailed policies which you will be able to access for peace of mind and professional development.

Many of our candidates are local to Cheltenham and you are more than welcome to arrange a time to observe our swim school and 'get a feel' for what is involved. Please contact: admin@aquazoneswim.co.uk. Following your completion of the course we will guide you on to the next step.

As soon as you've registered and paid you'll have access to our policy portal to give you a head start!

Q&A

How long does the course last?

Each course is unique and depends on the numbers of learners and any specific needs. The NPLQ course is intensive and lasts 5 days – usually Monday to Friday.

What do I need to bring?

Writing equipment, swimming costume, towel, flip-flops, change of clothing (joggers etc). The application form has a checklist and a link to some resources. You will need to bring lunch. We also supply light refreshments and water throughout the course.

Is parking on site available?

Yes and it's free too! We can recommend hotels if needed.