



RLSS UK National Pool Lifeguard Qualification (NPLQ)

The UK and Ireland's most awarded pool lifeguard qualification, and internationally recognised.

The NPLQ teaches candidates Pool Rescue Techniques, Lifeguarding Theory, First Aid and CPR in engaging and interactive training sessions.

Course details:

- **Venue:**
- **Dates:**
- **Cost:**
- **How to book:**

For more information about
the course, visit www.rlss.org.uk/nplq