



Lifeguard training

Become an NPLQ qualified lifeguard at Wotton Pool in 2024!

We are seeking to recruit lifeguards to supervise at the pool. The first step in that process is getting the NPLQ qualification. Wotton Pool Ltd. will be running a (36 hour) lifeguarding course in April.

In 2024 the pay rate will be over £10/hr plus 12% holiday pay

If you are interested and wish to apply please email info@wottonpool.co.uk

Questions

When is the course?

The course will take place in April 2024, with the assessment at the end of the course. The course will include operational training for the procedures at Wotton Pool. It will be split between practical sessions and classroom training over computer conferencing. The assessment will take place at the end of the course. Planned dates and times will be announced once arrangements are finalised and they will be during the school Easter holidays

How long does an NPLQ course last?

You must have done 36 hours of accredited training. 100% attendance is required in order to take the examination. This will be a combination of theory and practical sessions.

How old do I need to be to do an NPLQ course?

All candidates must be at least 16 years old on the day of the assessment.

If I apply am I guaranteed a place?

That depends on you, and on how many other people apply. There will be some tests and an interview before we accept you onto the course to make sure that we think you can pass, and to prioritise applicants. We will give preference to candidates from Wotton, Kingswood, Hillesley and Tresham Council districts.

Do I need to be confident in the water / do I need to be able to swim?

Yes. For obvious reasons you do need to be fairly confident in the water and able to swim at least 200 metres. In the tests you will be swimming in a T-shirt. There will be certain elements of the course that involve swimming underneath the water. For example rescuing a casualty from the bottom of the pool. Again this can be practiced a lot whilst on the course. You will be expected to effect a rescue without wearing goggles.

How fast do I need to be able to swim?

The examination includes two timed swims. Test one is to reach a conscious casualty who is 20 metres away and tow them 20 metres in under 65 seconds. Test two involves reaching an unconscious casualty who is 20 metres away and towing them 10 metres before correctly landing them on the side of the pool in under 45 seconds.

What does the theory section involve?

The theory section involves introducing candidates to the procedures and legalities of poolside and the swimming pool environment. This involves operating procedures, zoning and scanning of the pool, risk assessments, the plant room and the purpose and responsibilities of a lifeguard.

What does the practical section involve?

The practical section involves using lifesaving equipment, dry and wet rescues, spinal injuries, towing casualties, removing casualties from the pool and releases and escapes.

What does the first aid section involve?

The first aid section will give you a thorough understanding of first aid at all accidents that you may have to deal with if you were to work as a lifeguard. This includes health related illnesses, breaks and dislocations, strains and sprains and completing both primary and secondary surveys. Also you will learn how to do effective CPR on an adult casualty, a child casualty and a baby casualty. The course includes training on the use of defibrillation equipment

What does the test at the end of the course involve?

The test at the end of the course last for around 3 - 4 hours and involves being tested on all four areas. The hardest parts of the test are the spinal work and CPR work as these are probably the worst situations that you may need to deal with if you were to work as a lifeguard. However you will need to demonstrate a good knowledge of each area to pass. But relax, during the course you will be very well prepared for this test.

How much does the course cost?

We have decided to hold the cost of the course down to £150 This is very much lower than commercial training rates for this course

Do I need the NPLQ qualification to work at a swimming pool?

Yes. Virtually all public swimming pools in the UK require lifeguards to hold a valid NPLQ.

If I pass the exam what happens next?

Any pool that you want to work at, including Wotton, will want you do a site specific induction – something that makes sure that you know those things that are specific to that pool including any special requirements or emergency procedures. That normally takes around 2 hours. After that, you will be expected to shadow an experienced lifeguard for up to 3 sessions, and then you will be able to apply for paid work.

Am I guaranteed to get work at Wotton Pool after successfully completing the course?

Nothing can be guaranteed, but where possible we do try and give successful candidates the chance to apply for slots at the pool

Does the qualification expire?

Yes. The qualification is valid for 2 years and can be renewed if at least 20 hours of training has taken place by the time it expires.

Do you offer that refresher training?

Yes. During the season when the pool is open we will run training once a month on Saturday mornings (the second Saturday in each month 8:00 -10:00 am). We expect you to attend this regular training so that we know that you are still up to date with your qualifications and are fit to work.

How many places are there on the course?

The maximum number we can accept is 12 people.