

**RLSS UK  
LIFEGUARD**

# RLSS UK National Pool Lifeguard Qualification

**5 to 10 August 2024 | 08:00 to 17:00**

**£250**

Every candidate attending a NPLQ course must be 16-years-old or above at the time of taking the NPLQ final assessment and be able to:

Jump/dive into deep water

Swim 50 metres in less than 60 seconds

Swim 100 metres continuously on front and back in deep water

Tread water for 30 seconds

Surface dive to the floor of the pool

Climb out unaided without ladder/steps and where the pool design permits

## **Interested?**

To book your place email

**Charlotte Davies on**

**[daviesc@mountkelly.com](mailto:daviesc@mountkelly.com)**