



National Pool Lifeguard Qualification (NPLQ) – FAQs

1. Who can take the NPLQ course?

Individuals aged **16 years and over** who meet the required **swim and physical fitness standards**.

2. What are the swim requirements?

You must be able to:

- Jump or dive into deep water
- Swim **50 metres in under 60 seconds**
- Swim **100 metres continuously**
- Tread water for **30 seconds**
- Perform a **surface dive**
- Climb out of the pool **unaided**

3. Do I have to pass a swim test?

Yes. A **swim test is conducted at the start of the course** to ensure you meet the necessary swimming and fitness standards.

4. What happens if I don't pass?

Support and guidance are provided to help you succeed.

- If you do not pass the **initial swim test**, you may be able to retake it after additional practice
- For **final assessments**, if unsuccessful, you may be offered the opportunity to retake specific sections of the course

5. How long is the course?

The course is approximately **42 hours**, usually delivered over **5–6 days**.

6. Are there any course materials or equipment I need to bring?

You should bring:

- Swimwear
- T-shirt and shorts for pool sessions
- Pen and paper
- Enough food and drink for the day

⚠ Please note: Goggles or glasses are not permitted during the final water assessment.



7. How long is the qualification valid?

The NPLQ qualification is valid for **2 years**.

To remain qualified, you must complete **regular refresher training and assessments**.

8. Can I work as a lifeguard after gaining this qualification?

Yes. The NPLQ is the **industry-standard qualification** required to work as a professional **pool lifeguard in the UK** and is widely recognised overseas.

It can also act as a **stepping stone to roles** such as Duty Manager or Trainer/Assessor.

9. How do I book a place on the course?

Course dates are advertised on our website [Pool Lifeguard | Beckett Sport | Leeds Beckett University](#) and social media platforms. **Early booking is recommended** due to limited availability.