



NATIONAL VOCATIONAL BEACH LIFEGUARD QUALIFICATION (NVBLQ)



RLSS UK has teamed up with Surf Life Saving Association (SLSA) Wales to offer the NVBLQ - a national standard for beach lifeguarding. The National Water Safety Forum and the Royal National Lifeboat Institution (RNLI) also endorse the NVBLQ. On completion, candidates will have the skills and knowledge to protect the public at the beach.

WHO IS THIS COURSE FOR?

The NVBLQ course is open to anyone who is 16-years-of-age or older (at the time of taking the final assessment) and able to:

- Surface dive to a depth of 1.5m
- Tread water for two minutes
- Climb out of deep water unaided and without steps
- Be competent at swimming in the sea
- Be able to swim at least 200m in a pool (of recommended length 25m, but no less than 20m) in five minutes or less

To perform lifeguard duties, candidates must: be physically fit, have good vision, have good hearing and be mentally alert.

All candidates must present suitable identification to the Trainer and Assessor.

WHAT DOES IT INVOLVE?

The NVBLQ course requires a minimum of 40 hours of training followed by a practical assessment.

The course covers: all elements of beach lifeguard theory, cardiopulmonary resuscitation (CPR), first aid, pool skills and open water skills and is physically demanding and will include swimming to set times and lifting.

There are four modules, and a candidate must pass all four to attain the qualification.

Module 1 – Beach Lifeguarding – Knowledge & Understanding

Module 2 – Life Support and First Aid

Module 3 – Ocean Skills

Module 4 – Pool Skills

We recommend that lifeguards engage in continuous training to ensure they are ready for duty and renewal.

NEXT STEPS...

Upon qualifying, the NVBLQ certificate is valid for two years.

The next step for current NVBLQ holders is to become a RLSS UK Trainer Assessor (TA) and NVBLQ Specialism TA, delivering NVBLQ courses throughout the UK. You could also go on to upskill and become a Pool to Pond Instructor, Lifesaving Instructor, Rookie Lifeguard Instructor or Water Smart Instructor.

For more information visit www.rlss.org.uk/become-a-trainer-assessor.

HOW MUCH DOES IT COST?

The NVBLQ course will usually cost between £250 and £300, including assessment fees depending on the venue.

Current RLSS UK National Pool Lifeguard Qualification (NPLQ), Life Support 3 and First Aid at Work Certificate or Occupational First Aid Certificate holders could discuss exemptions from sections of this course with their trainer.

To find a local NPLQ course, visit www.rlss.org.uk/find-a-course or get in contact at info@rlss.org.uk / 0300 323 0096.

FOR MORE INFORMATION OR TO BOOK, VISIT WWW.RLSS.ORG.UK.