

Thank you for your interest in our Lifeguard course (NPLQ).

It costs **£180** for University of London students or **£225** for members of the public, inclusive of books and exam fees.

The course will run from approximately 8am - 5pm each day.

The NPLQ is the most widely accepted lifeguard qualification in the UK and Ireland.

Every candidate, prior to commencement of a National Pool Lifeguard Qualification course, must:

- be 16 years of age prior to commencing a course of training
- be able to meet the following basic fitness criteria:
  - 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 at least 30 seconds
  - surface dive to the floor of the pool
  - Climb out unaided without ladder/steps and where the pool design permits.

If you wish to enrol on the course, please complete and return the booking form with payment to me at the address below. As there is only limited availability, I recommend you return the form and payment as soon as possible.

Thank you

Mitchell Drage  
Energybase Manager  
0207 664 2040

Energybase  
University of London Union  
Malet St  
London  
WC1E 7HY



RLSS National pool lifeguard Qualification  
Course booking form

Name Of Candidate		Date of birth	
Contact Address			
Telephone		Telephone evening	
Email Address			
Course Title	National pool lifeguard Qualification (NPLQ)		
Course Dates			
Course Times	8am – 5pm (approx)		
Assessment Date	Last Saturday of the course week.		

**Payment Details**

I enclose a cheque for the sum of ..... made payable to the University of London Union.

Or

Please take payment from my visa/MasterCard/debit card\*

Card number.....

Start date.....Expiry date ..... Issue number.....

Security no.....

Or

Please invoice

Employers name.....

Employers address .....

.....

Purchase order number .....

Signed on behalf of employer.....

Name and position .....

(\*please delete as appropriate)

Once payment has been processed the fee for the course is non-refundable.

Candidate signature .....

Date.....

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Office use only

Payment received Date.....

Confirmation letter sent Date.....

Information given Date.....

Energy Base, University of London Union, Malet Street, London, WC1E 7HY

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