

Lists of major courses and their details

NPLQ (National Pool Lifeguard Qualification).....	p.1
RPL OWL (Recognition of Prior Learning Open Water Lifeguard Qualification).....	p.1
EFAW/ FAW (Emergency First-Aid at Work/ First-Aid At Work).....	p.2
Lifesaving Instructor.....	p.3

Course	NPLQ
Nature	Dry & Wet (4 Days of training and 1 Day of assessments)
Topics	Section 1 – The Lifeguard and the Law, Swimming Pool Supervision Elements: The Lifeguard and the Law, Swimming Pool, Hazards and Control Measures and Swimming Pool Supervision Section 2 – Intervention and Rescue and Emergency Action Plans Elements: Intervention and Rescue, Rescue of a Casualty with a Suspected Spinal Injury and Emergency Action Plan Section 3 – Cardiopulmonary Resuscitation, AED and First Aid Elements: Cardiopulmonary Resuscitation (CPR), First Aid and Automated External Defibrillation (AED)
Validity	2 years ** Current NPLQ holders are able to access online NPLQ trainings ** https://www.rlss.org.uk/news/free-online-ongoing-training-for-nplq-holders
Web Link	https://www.rlss.org.uk/national-pool-lifeguard-qualification

Course	RPL OWL *NPLQ current holders are eligible for this course*
Nature	Wet (1 Day of training and assessments)
Topics	Section 1 - The Open Water Lifeguard, environment, hazards and supervision Section 2 - Responding to an emergency and taking action
Validity	2 years
Web Link	https://www.rlss.org.uk/open-water-lifeguard-qualifications

Course	EFAW
Nature	Dry (1 Day of training and assessments)
Topics	<p>Understanding the role and responsibilities of a first aider</p> <p>How to assess an incident</p> <p>How to recognise and assist a casualty who is choking</p> <p>How to manage</p> <ul style="list-style-type: none"> - an unresponsive casualty who is not breathing normally - a casualty who is in shock - a casualty with a minor injury - an unresponsive casualty who is breathing normally - a casualty with external bleeding
Validity	3 years
Web Link	https://www.rlss.org.uk/emergency-first-aid-at-work

Course	FAW
Nature	Dry (3 Days of training and assessments)
Topics	<p>ALL topics in EFAW and</p> <p>How to conduct a secondary survey</p> <p>How to provide first aid to a casualty with suspected major illness</p> <p>How to administer first aid to</p> <ul style="list-style-type: none"> - a casualty with burns and scalds - a casualty with injuries to bones, muscles and joints - a casualty with an eye injury - a casualty with suspected head and spinal injuries - a casualty with sudden poisoning - a casualty with suspected chest injuries - a casualty with anaphylaxis
Validity	3 years
Web Link	https://www.rlss.org.uk/first-aid-at-work

Course	Lifesaving Instructor
Nature	Dry & Wet (14 hours of training and assessments for getting a qualification of 2-year probationary status)
Qualified In structor can	<ul style="list-style-type: none"> - Sign S&S award for the club members - Run and teach S&S and Life Support courses - Assess S&S and Life Support courses
Web Link	https://www.rlss.org.uk/become-a-lifesaving-instructor-or-tutor

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