



Lifeguarding qualification for Year 11 pupils eligible for the HAF programme

08 May 2024

Action for schools: Please share this information and attached flyer with your year 11 pupils.

We are aware that the pupils who are eligible for this offer will soon be taking their examinations, so we are asking schools to share this information before they finish their year 11 education with you.

As part of our Summer HAF, we are offering **year 11 pupils who are eligible for the HAF Programme** (in receipt of benefits related free school meals) the opportunity to complete the **National Pool Lifeguard Qualification (NPLQ)** which will enable them to apply for work as a lifeguard in the future.

Date and time

The qualification will be offered at Northolt Leisure Centre, on 19 - 23 August with the assessment taking place on Saturday 7 September 2024.

Applicant criteria

Applicants will need to meet the following criteria:

- All applicants need to be over 16 years old on the day of assessment (7 September).
- Swim 50m in less than 1 minute.
- Swim 100m continuously on your front then 100m on your back.
- Tread water in deep water for more than 30 seconds.
- Surface dive to the deepest part of the pool.
- Climb out of the pool unaided.

Find out more

Eligible pupils who are interested in finding out more or who want to book a place can email: elizabethrice@everyoneactive.com. We will then be in touch after their exams.

We appreciate your support with getting this opportunity out to eligible pupils.



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[HAF NPLQ Course Summer 2024.pdf \(pdf\)](#)

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- [Neutral](#)
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Contacts

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