



Sport & Leisure

Training courses 2025

National Pool Lifeguard Qualification

The NPLQ covers all elements of Pool Rescue Techniques, Lifeguard Theory, First Aid and CPR. The course is physically demanding and will include swimming to set times, lifting casualties and diving to the deepest part of the pool. Approved prior learning can be applied upon proof of certification.

Dates:

February 10th – 15th

April 7th - 12th

June 30th – July 5th

August 4th – 9th

October 13th – 18th

Emergency First Aid at Work (may include Emergency Paediatric First Aid)

Level 3 Emergency First Aid at Work qualification is a one-day course and includes theoretical classroom work and a practical assessment on CPR and first aid, enabling a first-aider to give emergency first aid to someone who is injured or becomes ill while at work. The course is suitable for all industries and enables employers to meet HSE requirements. On completion, candidates receive an RLSS UK Qualifications Level 3 Emergency First Aid at Work Qualification. Emergency First Aid at Work is endorsed by CIMSPA and the First Aid Awarding Organisation Forum.

Dates:

January 13th

January 27th

February 17th

March 10th

March 31st

April 7th

April 28th

July 7th

September 1st

October 6th

First Aid at Work (incl. Paediatric First Aid)

Level 3 First Aid at Work Qualification is a three-day course and covers a wide range of CPR and first aid skills, and equips the first-aider to recognise, assess and manage a range of situations, specific injuries and illnesses. The course is suitable for all industries and enables employers to meet HSE requirements. On completion, candidates receive an RLSS UK Qualifications Level 3 First Aid at Work Qualification. First Aid at Work is endorsed by CIMSPA and the First Aid Awarding Organisation Forum.

Dates:

January 27th-29th

March 31st-April 2nd

July 7th-9th

October 6th-8th

For further information contact Darren McGregor – Training & Development Officer

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