



NPLQ Courses Swimmer Assessment

Swimmers wishing to participate in National Pool Lifeguard Qualification course will need to complete a swimming assessment:

Swimmers Name: _____

Criteria	✓/✗	Comments
100m swim on front		
100m swim on back		
50m swim in under 1 minute		
Tread water for 30 seconds		
Submerge to deepest part of the pool		
Climb out of the pool unassisted		
Additional comments		

Recommendation following assessment:

Accepted for NPLQ _____

Or

NPTS Stage _____

(indicate which group)

Assessed by: _____ Date: _____

Please return form to Rita Shah on completion of assessment