

STA Award in Pool Lifeguarding

Frequently Asked Questions



What are the pre-requisites for the Pool Lifeguard qualification?

The pre-requisites are:

- Be 16 years old, or older, at point of assessment
- Be able to jump into deep water
- Be able to swim 50 metres in under 1 minute
- Be able to swim 100 metres on the front and 100 metres on the back without stopping
- Be able to tread water for 30 seconds in deep water
- Be able to surface dive and recover an object from the deepest part of the pool
- Be able to climb out of the pool unaided without the use of steps or ladders.

How long is the qualification valid for?

The STA Award in Pool Lifeguarding is valid for 3 years.

How do I revalidate the qualification?

In order to revalidate you will need to;

- Hold an in-date STA Pool Lifeguard qualification
- Have your own STA Pool Lifeguard resource manual
- Have a minimum of 24 training hours within the last 36 months covering the complete pool lifeguard syllabus
- Complete the learner portfolio
- Have an STA lifesaving tutor review all of the above before undertaking the external practical assessment and theory multi-choice assessment paper.

How many hours is the new course?

The new course is 37 contact hours which can be delivered over 5 days but can also be delivered over a period of weeks, with the minimum of each training session being 2 hours. The total qualification time is 41 hours, these additional 4 hours comprise of time taken to complete homework, manuals reading and revision preparation.

Once completing the STA Lifeguarding qualification, will I automatically receive a First Aid at Work certificate as well?

No, the STA Award in Pool Lifeguarding includes the First Aid at Work syllabus but as it is a separate qualification, your Approved Training Centre would need to register the First Aid at Work qualification as well for you to gain the additional certificate.

How many hours of ongoing training are lifeguards now expected to do over a 3-year period?

STA require lifeguards to complete 24 hours ongoing training over the 3 year period in order to be eligible to be entered straight into a revalidation assessment.

Instead of monthly training, does this new flexible approach mean we can schedule ongoing training to suit our needs, whether that be bi-monthly, quarterly etc.?

Yes, HSG 179 no longer stipulates that lifeguard training has to be conducted every month, therefore employers can now pre-plan in advance and organise at times that suit the needs of the leisure facility - this might be bi-monthly or even quarterly over the 3-year period.

Have you specified the content for the ongoing training?

Over the 3-year period lifeguards must cover the qualification syllabus, however, it is down to the employer to set which topics are covered when. This new flexible approach also allows employers to tailor the training to suit their facility procedures and requirements.

Who can deliver the ongoing training?

A competent person can deliver the ongoing training.

“A competent person is someone who has sufficient training and experience or knowledge and other qualities that allow them to assist you properly. The level of competence required will depend on the complexity of the situation and the particular help you need.”

<http://www.hse.gov.uk/involvement/competentperson.htm>

What is new / different with the qualification syllabus as compared to the previous qualification?

We have created an all-inclusive course syllabus that reflects the true role of a modern lifeguard. New aspects include chapters on customer service and the role of a lifeguard in adding to a customer's experience. There are also new and expanded chapters on casualty recognition, incident management, facility maintenance and drowning detection systems as well as the normal pool rescue skills, basic life support and first aid which you would expect.

If I have lifeguards that are due to revalidate their current (old) STA Pool Lifeguard qualification, can they upskill and use staff training hours towards the new qualification assessment?

Yes, they will need to;

- Hold an in-date STA Pool Lifeguard qualification
- Have their own STA Pool Lifeguard resource manual
- Have a minimum of 24 training hours covering the complete pool lifeguard syllabus
- Complete the learner portfolio
- Have an STA lifesaving tutor review all of the above before undertaking taking the external practical assessment and theory multi-choice assessment paper.

I am an STA Tutor, how do I get access to the new Pool Lifeguarding resources?

You will need to complete the online Lifesaving Tutor Up-skill programme,

<https://www.safetytrainingawards.co.uk/online-learning/up-skill-programmes/lifesaving-tutor-up-skill/>.

Once completed we will allocate them to your STA Online tutor resource area.

How much is the new pre-printed book format resource manual?

Please see <https://www.safetytrainingawards.co.uk/resources/course-pricing/> for confirmed costs.

I hold a CIMSPA endorsed pool lifeguard qualification. How can I gain the STA Pool Lifeguarding qualification?

You need a minimum of 25 training hours, covering the complete STA pool lifeguarding syllabus before an STA Lifesaving Tutor will test your skills and organise an assessment. You will need to be registered as a new learner. If you are looking to attend an STA pool lifeguarding course, then you can apply for RPL and it may be possible for you to reduce the contact hours of the course.

My pool lifeguard qualification has expired. How can I regain my pool lifeguarding qualification?

If you have training hours which cover the whole pool lifeguard syllabus and your qualification has expired within 1 calendar month, you may complete an assessment. You will need to be registered as a new learner and contact your ATC for more information.

If you have no training hours or your qualification expired over 1 calendar month ago, you will need to complete a new pool lifeguarding course.

I am currently a trainer for RLSS/IQL, how do I become a STA lifesaving tutor?

You will need to attend the one-day Lifesaving Tutor conversion course. The pre-requisites for this are:-

- Be 19 years of age or older
- Hold current membership of STA
- Hold a Pool Lifeguard or Pool Emergency Responder qualification or acceptable equivalent
- Hold a regulated Level 3 First Aid at Work qualification or acceptable equivalent if wishing to apply for the FAW suite
- Hold the RLSS Trainer / Assessor status. You must be a fully qualified tutor with RLSS to attend this conversion course
- Have occupational experience. This must be submitted via C.V of evidence which must include a minimum of 2 pool lifeguard courses delivered and a minimum of 2 pool lifeguard assessments conducted.

**** Learners must gain the Level 3 Award in Education and Training within 24 months of the course start date. Please note if you wish to deliver / assess any of the First Aid suite of qualifications, you must hold the Level 3 Award in Education and Training. ****

How much is the Lifesaving Tutor conversion course?

£50.00 per person.

How long is the Lifesaving Tutor conversion course and is it all theory based?

The Lifesaving Tutor conversion course is a one-day course, running from approximately 9:00am to 5:00pm, the course is theory based and you will be required to deliver a presentation on a topic we provide upon booking on to the course.

On completion of the conversion course, can I simply register and deliver an STA Lifesaving course?

Upon successful completion of the Lifesaving Tutor conversion course and once results have been processed by STA (up to 28 days) you will need to:-

- Be linked with an Approved Training Centre
- Be successfully moderated assessing your first assessment.