



## Qualification Specification

# STA Level 2 Award for Safety Award for Teachers

**This qualification is regulated by Ofqual (England), Qualification Wales (Wales) and CCEA (Northern Ireland)**

## STA Level 2 Award for Safety Award for Teachers

Qualification Number: 610/0225/2

QW Number: C00/4651/9

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### Unit Structure

This qualification consists of 1 mandatory unit

Unit Title	Code	Unit Level	GLH
Lifesaving Skills for Teachers	H/650/0973	2	6

GLH = Guided learning hours

### Total Qualification Time 6 hours

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### Qualification Delivery

The recommended contact hours for this qualification are 6 hours, which includes direct teaching and assessing but excludes breaks.

The course may be delivered over 1 day, but can also be delivered over a period of weeks, with the minimum of each training session being 2 hours.

Tutors may be permitted to have 16 learners to 1 tutor however, if the ratio is greater than 12 learners then an additional 2 hours must be completed, one hour wet-side and one dry-side.

## Introduction

The STA Award for Safety Award for Teachers qualification is aimed at swimming teachers of all disciplines, aquatic instructors and poolside helpers to provide lifesaving cover during structured sessions. It enables the holder to initiate the Emergency Action Plan, respond to an emergency and support the casualty to prevent the situation from worsening until further assistance arrives.

## Qualification Objective

The STA Award for Safety Award for Teachers qualification is designed to train learners in pool rescue and CPR techniques in order to deal with poolside emergencies in accordance with the *National Occupational Standards and Managing Health and Safety in Swimming Pools and British Standard BS EN 15288 Part 2, Safety*.

## Target Learners

This qualification is for learners who may teach or assist swimming lessons and aquatic activities including school swimming lessons. It is also a great stepping stone into the world of lifesaving, as you can take this course at 14 years old.

## Progression

The STA Award for Safety Award for Teachers qualification is a stand alone qualification. The next step would be to become an STA Pool Emergency Responder or STA Pool Lifeguard and further an STA Lifesaving Tutor.

Often swimming teachers will progress their career within the leisure industry by qualifying as a teacher in another discipline like aqua aerobics or coaching or becoming a pool lifeguard, gym instructor, or duty manager at pools that range from a single pool up to a large leisure type pool.

## Industry Standards

Health and Safety Executives document ' Managing Health and Safety in Swimming Pools'

*British Standard BS EN 15288 Part 2, Safety Requirements for Operations  
Safe Supervision  
Resuscitation Council Guidelines*

## Entry Requirements

- Be 14 years of age or older
- Be able to swim 25 metres (learners who cannot swim 25 metres must be capable of wading, and effecting a rescue, in a pool with a depth no greater than chest height)
- Be able to surface dive and recover an object from the deepest part of the pool.

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## Special Considerations and Reasonable Adjustments

For further information on these, please refer to the policies section on the Safety Training Awards website:

<https://www.safetytrainingawards.co.uk/policies/>

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## Awarding Organisation Policies

A full list of awarding organisation policies are available on our website: <https://www.safetytrainingawards.co.uk>

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## Any Other Requirements / Revalidation Requirements

This qualification is valid for a period of 2 years. The learner needs to revalidate the qualification by attending a Safety Award for Teachers course.

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## Assessment Format

Pass / Fail

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## Assessment Methods

This qualification is assessed through practical demonstrations of CPR and pool rescue skills and completion of a theory multiple-choice assessment paper.

All practical elements must be completed and performed independently by the learner without prompting by the tutor.

The multiple-choice assessment paper is to be completed independently by each learner and completed in exam conditions, with the tutor or other approved person, acting as the invigilator.

All learning outcomes and assessment criteria in the units must be achieved in order for the learner to be deemed competent in order to pass the qualification.

## Tutor / Assessor Requirements

All tutors / assessors must have the skills, knowledge and experience to be able to teach and demonstrate the subject.

Each tutor / assessor must be approved by Safety Training Awards and provide evidence of:

1. Holding a minimum of STA Safety Award for Teachers (or acceptable equivalents)
2. Holding a formal level 3 (or higher) tutoring and assessing qualification
3. Maintaining their technical competence within the subject area and provide evidence of continuing professional development (CPD).

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## IQA Requirements

Internal Quality Assurers (IQAs) of this qualification must have knowledge and competency in lifesaving as well as knowledge and competency in internal quality assurance.

An IQA must hold:

1. Minimum of STA Safety Award for Teachers (or acceptable equivalent)
2. A Level 4 Internal Quality Assurance qualification or be working towards one
3. Attend any mandatory standardisation when required.

Note: IQAs cannot quality assure a course for which they were a learner, the tutor and / or assessor.

## Resource Requirements

Course resources:

- STA Safety Award for Teachers resource manual – Each learner is required to have their own copy of the resource manual to keep during and after the course, in order to have access to the theoretical knowledge of the qualification.

Poolside equipment including:

- Buoyant aids at a ratio of 1:4
- Rescue poles at a ratio of 1:4
- Throw ropes at a ratio of 1:4
- Throw bags at a ratio of 1:4

Basic Life Support manikins including:

- Adult manikins at a ratio of 1:4
- Child manikins at a ratio of 1:4
- Infant manikins at a ratio of 1:4
- Resuscitation pocket masks at a ratio of 1:4
- Manikin wipes or other disinfection method
- AED Training units at a ratio of 1:4

Recommended requirements:

- Choking training device (e.g choking vest / choking manikin)
- Corresponding STA Powerpoint presentation
- Dry wipe board or flipchart
- Laptop & projector
- TV or other display method

Venue:

- Room size: Adequate space for all learners on the course to undertake theory and practical work
- Seats: One per learner
- Access to a suitable swimming facility
- Writing surfaces: Adequate for each learner to take notes
- Toilets: Separate facilities for male and female learners
- Ventilation: Should be adequate
- Lighting: Should be suitable for reading, combining a mixture of natural and artificial light
- Heating: Should maintain a 'short sleeve' environment, minimum temperature 16°C
- Access/exits: Should be safe, well lit and cater for people with special needs
- Floor coverings: Should be carpeted or mats / blankets provided for use during practical sessions
- Cleanliness: Maintain a clean, tidy and hygienic environment
- Noise: Consider whether there is noise that may distract learners from training.

## Equipment Service and Maintenance

Ensure all electrical equipment is in safe working order, serviced and maintained in line with statutory requirements, such as Portable Appliance Test (PAT) and Provision and Use of Work Equipment Regulations (PUWER).

Follow manufacturers guidance on regular in-service and ongoing maintenance requirements for all course equipment.

Sufficient procedures must be in place to ensure hygiene during the use of resuscitation manikins and other training equipment.

It is important to be aware of the trip hazards associated with electrical cables and reduce such risks.

## Unit Specification

<b>Unit Title</b>		Lifesaving Skills for Teachers	
<b>Learning Outcomes</b>		<b>Assessment Criteria</b>	
1. Understand the Pool Safety Operating Procedures	1.1 1.2	Identify topics covered within the Normal Operating Plan Identify topics covered within the Emergency Action Plan	
2. Understand basic first aid procedures relevant to injuries in an aquatic environment	2.1 2.2 2.3 2.4 2.5 2.6 2.7 2.8	Identify how to administer first aid to a casualty with a small cut Identify how to administer first aid to a casualty with a nosebleed Identify how to administer first aid to a casualty suffering an asthma attack Identify how to administer first aid to a casualty with cramp Identify how to administer first aid to a casualty suffering a minor bump to the head Identify how to administer first aid to a casualty suffering from hyperventilation Identify how to administer first aid to a casualty who is choking Identify how to administer first aid to a casualty suffering from shock	
3. Be able to administer first aid to an unresponsive casualty	3.1 3.2 3.3 3.4 3.5 3.6 3.7 3.8	Conduct a primary survey Demonstrate adult sudden collapse cardio pulmonary resuscitation using a manikin including safe use of an AED Demonstrate cardio pulmonary resuscitation for an adult swimmer who has drowned using a manikin Demonstrate paediatric cardio pulmonary resuscitation on a child manikin Demonstrate paediatric cardio pulmonary resuscitation on an infant manikin Demonstrate on a simulated unconscious casualty turning from prone to supine Demonstrate the action for regurgitation on a simulated unconscious casualty Demonstrate the recovery position on a simulated unconscious casualty	
4. Be able to perform basic rescue skills	4.1 4.2 4.3 4.4 4.5 4.6 4.7 4.8 4.9	Demonstrate from poolside a reach rescue Demonstrate from poolside a throwing rescue Demonstrate a wade rescue in standing depth Demonstrate a water based rescue in the deepest part of the pool using a buoyant rescue aid Demonstrate retrieval of a submersible manikin from the deepest part of the pool Demonstrate simulated rescue breaths in the water Demonstrate removal of a casualty from the water Demonstrate a shallow water rescue for a swimmer with a suspected spinal injury Demonstrate incident management during a simulated emergency situation	