



Qualification Specification

STA Level 2 Award for Pool Lifeguard



This qualification is regulated by Ofqual (England)

STA Level 2 Award for Pool Lifeguard

Qualification Number: 600/2965/1

Unit Structure

This qualification consists of 3 mandatory units

Unit Title	Code	Credit Value	Unit Level	GLH
Understand how to prepare and maintain a healthy and safe pool environment	D/503/4045	1	2	8
Understand how to supervise pool activities	H/503/4046	1	2	8
Carry out pool lifeguard emergency and first aid procedures	M/503/6916	3	2	21

This qualification contains 1 optional unit

Unit Title	Code	Credit Value	Unit Level	GLH
Backboard application within leisure facilities	L/615/4417	1	2	6

GLH = Guided learning hours

Total Qualification Time 44 Hours

Qualification Delivery

The recommended contact hours for this qualifications is 43 hours, which includes direct teaching and assessing but excludes breaks.

The course may 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 ratio for this qualification is a maximum of 12 learners to 1 tutor.

Introduction

The STA Pool Lifeguard qualification has been designed to give learners the knowledge, understanding and skills that are needed to provide constant poolside supervision of a swimming pool and working within the leisure industry.

Qualification Objective

The STA Pool Lifeguard qualification is designed to train learners pool rescue, CPR techniques, first aid and dealing with poolside emergencies in accordance with the National Occupational Standards and sections 140 - 185 of *Managing Health and Safety in Swimming Pools* and *British Standard BS EN 15288 Part 2, Safety Requirements for Operations*.

Employers may use STA's Pool Lifeguard qualification to meet their health and safety responsibilities in the above publications.

Target Learners

Learners need to be of the age of 16 years old at the point of the assessment.

The learner who wants to work as a lifeguard in a swimming pool or leisure Centre.

Further guidance may be taken from the Health and Safety Executives document 'Managing Health and Safety in Swimming Pools'.

Progression

The STA Pool Lifeguard qualification is a stand alone qualification. Experienced lifeguards may wish to become a Lifesaving Tutor where they can train other lifeguards and share their experience while working as a lifeguard.

Many people who currently work in the leisure industry will have started working as a lifeguard and progress onto other fields including gym instructor, swimming instructor or duty manager at pools that range from a single pool to a large leisure type pool.

Additional qualifications you may wish to take could include, Emergency First Aid at Work, First Aid at Work, Pool Plant Operations, the Award and Certificate in Swimming Teaching.

Industry Standards

- National Occupational Standards C28
 - HSE publication Managing Health and Safety in Swimming Pools (HSG 179)
 - British Standard BS EN 15288 Part 2, Safety Requirements for Operations
 - Resuscitation Council Guidelines 2015
-

Entry Requirements

- Be 16 years or above on the assessment day of the course
 - Swim 100 metres on the front and 100 metres on the back without stopping
 - Swim 50 metres in under 1 minute
 - Surface dive and recover an object from the deepest part of the pool
-

Special Considerations and Reasonable Adjustments Policies

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

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

Awarding Organisation Policies

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

Any Other Requirements / Revalidation Requirements

This qualification is valid for a period of 2 years. To maintain the qualification learners will need to have a minimum of 24 training hours before taking an external assessment.

Training hours may be gained by attending ongoing training and competency assessment from their workplace or attend an STA pool lifeguard course as training evidence.

Assessment Format

Pass / Fail

Assessment Methods

This qualification is assessed by the course tutor and an external assessor. Learners must complete portfolios, practical demonstrations, a written examination paper and be assessed by an STA Lifesaving Tutor who has no involvement with the training.

Portfolios and the written examination paper are to be completed independently by each learner, with the tutor or other approved person, acting as the invigilator. Any incorrect worksheet answers will be checked orally by the assessor, through the use of supplementary questioning.

Assessors must assess no more than 4 learners at any one time. An assessor may not assess for the same course tutor on more than three consecutive occasions.

Please refer to the STA Lifesaving Tutor Assessment Guidance document for the detailed assessment process.

Tutor / Assessor Requirements

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

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

1. Minimum of STA Level 2 Award for Safety Award for Teachers (or acceptable equivalent)
2. Hold a formal tutoring and assessing qualification
3. Maintaining their technical competence within the subject area and provide evidence of continuing professional development (CPD).

IQA Requirements

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

An IQA must hold:

1. Minimum of STA Level 2 Award for Safety Award for Teachers (or acceptable equivalent)
2. attend a STA/IQA training day or hold a recognised internal quality assurance.

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

Resource Requirements

Each learner will receive an STA Pool Rescuer manual and a pool lifeguard portfolio. During the course learners will complete the worksheets as part of the course evidence.

Pool side equipment including :

- Torpedo buoys 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
- Submersible manikin

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 mask at a ratio of 1:4
- Bandages at a ratio of 1:1
- Manikin wipes or other disinfection method

Recommended requirements:

- Corresponding STA powerpoint presentation
- Dry wipe board or flipchart
- First aid kit
- Laptop & projector
- TV or other display method

Resource Requirements (continued)

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 'shirt 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), 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.