Qualification Specification

STA Level 2 Award in Pool Lifeguarding

CIMSPA Endorsed | **Professional Standards**

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STA Level 2 Award in Pool Lifeguarding

Qualification Number: 603/4276/6

Unit Structure

This qualification consists of 4 mandatory units.

Unit Title	Code	Unit Level	GLH
Understand the Role of a Pool Lifeguard	Y/617/5111	2	4
Understanding the Health and Safety Requirements for a Swimming Pool Environment	D/617/5112	2	4
Understanding and Practical Application of First Aid and Basic Life Support Skills	H/617/5113	3	20
Understand and Practical Application of Pool Rescue Skills	K/617/5114	2	9

GLH = Guided learning hours

Total Qualification Time: 41 Hours

Qualification Delivery

The recommended contact hours for this qualification is 37 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 Lifeguarding 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 Lifeguarding qualification is designed to train learners in pool rescue, CPR techniques, first aid and dealing with poolside emergencies in accordance with National Occupational Standards, Managing Health and Safety in Swimming Pools, British Standard BS EN 15288 Part 2 Safety Requirements for Operations, and the CIMSPA Employer Led Professional Standards – Pool Lifeguard.

Target Learners

Learners who would like to work as a lifeguard in a swimming pool or leisure centre in a pool supervision capacity.

Learners need to be 16 years old at the point of assessment and meet the pre-course requirements listed under entry requirements.

Progression

The STA Award in Pool Lifeguarding qualification is a standalone 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.

Learners may also wish to teach other swimmers and may use their pool lifeguard knowledge to become a junior lifeguard instructor or junior medic.

Many learners who currently work in the leisure industry will have started working as a lifeguard and progressed 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 learners may wish to take could include, Emergency First Aid at Work, First Aid at Work, Pool Plant Operations, Junior Lifeguard Instructor, Junior Medic Instructor, the STA Award and Certificate in Teaching Swimming.

Industry Standards

- CIMSPA Employer Led Professional Standards – Pool Lifeguard
- National Occupational Standards C28
- HSE publication `Managing Health and Safety in Swimming Pools (HSG 179)
- British Standards BS EN 15288 Part 2, Safety Requirements for Operations
- Resuscitation Council UK Guidelines.

Entry Requirements

- Be 16 years, or older, at the 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.

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

Revalidation Requirements

This qualification is valid for a period of 36 months after the date of assessment, to revalidate the qualification learners will need to:

- Hold an in-date STA Pool Lifeguarding qualification
- Have their 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.

The assessment must be completed by an STA lifesaving assessor who has not been involved with any part of the training.

Assessment Format

Pass / Fail

Assessment Methods

This qualification is tutor assessed through revision sheets and practical demonstrations of CPR, pool rescue skills and first aid skills. There is a theory multiple-choice assessment paper on the final day of the course. In addition to this, there is an external assessment on the final day of the course on;

- Practical demonstration of CPR on an adult casualty, drowning casualty, child casualty and infant casualty
- Practical demonstration of pool rescue skills.

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

The multiple-choice assessment paper is to be completed independently by each learner. The multiple-choice assessment paper must be 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 and / or pass the qualification.

Assessors must be external to the course and have had no involvement with the training. Assessors must assess no more than 6 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 Pool Lifeguarding Assessment Strategy for the detailed assessment process.

Tutor / Assessor Requirements

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

Each tutor / assessor must be approved by Safety Training Awards, holding STA Lifesaving Tutor status and provide evidence of:

1. Holding a minimum of STA Level 2 Safety Award for Teachers (or acceptable equivalent)
2. Hold a formal tutoring and assessing qualification
3. Maintain 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:

1. Hold a minimum of STA Level 2 Award for Safety for Teachers (or acceptable equivalent)
2. Attend an 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

Course resources:
- STA Pool Lifeguard 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 must include:
- Torpedo buoy at a ratio of 1:4
- Rescue poles 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 masks at a ratio of 1:4
- Bandages and slings or the STA first aid training pack at a ratio of 1:1
- 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 and appropriate marker pens
- Laptop
- TV, projector 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), 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 wires.

Unit Specification

Unit Title	Understanding the Role of a Pool Lifeguard	
Learning Outcomes	**Assessment Criteria**	
1. Understand the roles and responsibilities of a pool lifeguard	1.1 1.2 1.3	List the roles and responsibilities of a pool lifeguard List the qualities of an effective pool lifeguard Describe why professional conduct is important for the role of a pool lifeguard
2. Understand a pool lifeguard's role within the customer experience	2.1	Describe how a pool lifeguard can impact on the customer experience
3. Understand how to use equipment effectively	3.1 3.2 3.3	Identity types of pool rescue equipment Identify personal protective equipment Describe how to safely set up equipment
4. Understand how technology can assist a pool lifeguard's role	4.1 4.2	Describe the benefits of how technology can assist a pool lifeguard's role Describe the limitations of technology
5. Understand how to supervise the aquatic environment	5.1 5.2 5.3 5.4	Describe supervision strategies used by a pool lifeguard Describe the different scanning methods Recognise how early intervention is important to prevent incidents Identify communication methods used by a pool lifeguard
6. Know how to maintain the aquatic environment	6.1 6.2	Identify the cleaning equipment required to maintain the aquatic environment Identify considerations when using cleaning equipment

Unit Specification

Unit Title	Understand the Health and Safety Requirements for a Swimming Pool Environment	
Learning Outcomes	**Assessment Criteria**	
1. Know the legislation requirements for a pool lifeguard	1.1	Identify legislation relevant to a pool lifeguard
	1.2	Identify sector guidance relevant to a pool lifeguard
	1.3	Identify the responsibilities of the employer under the Health and Safety at Work Act
	1.4	Identify the responsibilities of the employee under the Health and Safety at Work Act
2. Know the policies relevant for a pool lifeguard	2.1	Identify topics covered within the Normal Operating Plan
	2.2	Identify topics covered within the Emergency Action Plan
	2.3	Identify policies relevant for a pool lifeguard
3. Understand swimming pool activities	3.1	Identify activities which can be undertaken in a swimming pool
	3.2	Explain the supervision changes for different activities
4. Know how to identify hazards in a swimming pool environment	4.1	Identify hazards relating to: • Physical environment • Activity • People • Aquatic operations
	4.2	Identify control measures that apply to: • Physical environment • Activity • People • Aquatic operations
5. Know the principles of a risk assessment	5.1	Identify the principles of a risk assessment

Unit Specification

Unit Title	Understand the Practical Application of First Aid and Basic Life Support
Learning Outcomes	**Assessment Criteria**
1. Understand the role and responsibilities of a lifeguard when administering first aid	1.1 Identify the roles and responsibilities of a lifeguard when administering first aid 1.2 Describe how to minimise the risk of infection 1.3 Describe the importance of gaining consent 1.4 Identify the principles of an accident report form
2. Understand the principles of managing incidents and emergency situations	2.1 Identify the priorities of casualty management 2.2 Explain the importance of monitoring a casualty
3. Know the principles of basic life support	3.1 Identify the elements in the chain of survival 3.2 Identify problems which can occur during cardio pulmonary resuscitation
4. Be able to administer cardio pulmonary resuscitation	4.1 Conduct a primary survey 4.2 Demonstrate summoning appropriate assistance 4.3 Demonstrate cardio pulmonary resuscitation of an adult casualty who has suddenly collapsed 4.4 Demonstrate cardio pulmonary resuscitation of an adult swimmer who has drowned 4.5 Demonstrate cardio pulmonary resuscitation on a child manikin 4.6 Demonstrate cardio pulmonary resuscitation on an infant 4.7 Demonstrate cardio pulmonary resuscitation with the use of a pocket mask 4.8 Demonstrate performing rescue breaths on a casualty with a suspected spinal cord injury 4.9 Demonstrate cardio pulmonary resuscitation with assistance
5. Know how to safely use an automated external defibrillator	5.1 Identify safety considerations when using an automated external defibrillator
6. Be able to use an automated external defibrillator	6.1 Demonstrate the use of an automated external defibrillator
7. Be able to administer first aid for an unconscious casualty	7.1 Demonstrate on a simulated unconscious casualty turning from prone to supine 7.2 Demonstrate a secondary survey on a simulated unconscious casualty 7.3 Demonstrate action for regurgitation on a simulated unconscious casualty 7.4 Demonstrate the recovery position on a simulated unconscious casualty 7.5 Demonstrate how to monitor a casualty 7.6 Demonstrate how to administer first aid to a casualty who has fainted
8. Understand how to recognise a casualty who is choking	8.1 Describe how to recognise a casualty who is choking
9. Be able to administer first aid to a choking casualty	9.1 Demonstrate administering first aid to an adult and child casualty who is choking 9.2 Demonstrate administering first aid to an infant casualty who is choking
10. Understand how to administer first aid to a casualty with breathing difficulties	10.1 Describe how to administer first aid to a casualty suffering from an asthma attack 10.2 Describe how to administer first aid to a casualty suffering from hyperventilation
11. Be able to administer first aid to a casualty who is bleeding	11.1 Demonstrate administering first aid to a casualty with a minor bleed 11.2 Demonstrate administering first aid to a casualty with a severe external bleed 11.3 Demonstrate administering first aid to a casualty suffering from shock

12.	Be able to administer first aid to a casualty with suspected injuries to bone, muscle and joints	12.1	Demonstrate administering first aid to a casualty suffering from a suspected: • Fracture • Dislocation • Sprain and strain • Cramp
13.	Understand how to administer first aid to a casualty with suspected head injury	13.1	Describe how to administer first aid to a casualty suffering from a suspected: • Skull fracture • Concussion • Compression
14.	Be able to administer first aid to a casualty with facial injuries	14.1	Demonstrate administering first aid to a casualty with a: • Eye injury • Nose bleed
15.	Understand how to administer first aid to a casualty with sudden poisoning	15.1 15.2 15.3	Identify the routes that poisons can take to enter the body Describe how to administer first aid to a casualty affected by sudden poisoning Identify sources of information for treating those affected by sudden poisoning
16.	Be able to administer first aid to a casualty with a suspected major illness	16.1 16.2	Demonstrate how to administer first aid to a casualty suffering from a suspected: • Heart attack • Stroke • Epileptic seizure • Diabetic emergency Demonstrate how to manage an epileptic seizure in the water
17.	Understand how to administer first aid to a casualty with a suspected heat and cold related illness	17.1 17.2	Describe how to administer first aid to a casualty suffering from a burn or scald Describe how to administer first aid to a casualty suffering from suspected: • Hypothermia • Heat exhaustion • Heat stroke
18.	Know how spinal cord injuries occur within a swimming environment	18.1 18.2	Identify possible causes of a spinal cord injury in a swimming environment Identify the recognition features of a spinal cord injury

Unit Specification

Unit Title	Understanding and Practical Application of Pool Rescue Skills	
Learning Outcomes	**Assessment Criteria**	
1. Know the different types of casualties	1.1	Recognise the characteristics of the following casualties: • Non-swimmer • Weak swimmer • Injured swimmer • Unconscious casualty
2. Be able to demonstrate personal swimming ability	2.1 2.2 2.3 2.4 2.5 2.6 2.7	Demonstrate jumping into deep water Demonstrate swimming 50m within 60 seconds Demonstrate swimming 100m continuously on front Demonstrate swimming 100m continuously on back Demonstrate treading water for 30 seconds in deep water Demonstrate surface diving to the deepest part of the pool Demonstrate climbing out of the pool unaided without the use of steps or ladders
3. Be able to perform rescue skills	3.1 3.2 3.3 3.4 3.5 3.6 3.7	Demonstrate from poolside a reach rescue Demonstrate from poolside a throwing rescue Demonstrate a wade rescue in standing depth Demonstrate how to rescue a casualty when no equipment is available 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
4. Be able to respond to and manage an emergency situation	4.1 4.2 4.3	Conduct a scene survey Demonstrate the ability to swim 20m to a casualty in 20 seconds and then tow the casualty for 20 metres Demonstrate incident management during a simulated emergency situation
5. Be able to perform spinal cord injury rescues	5.1 5.2 5.3	Demonstrate a shallow water rescue for a swimmer with a suspected spinal injury Demonstrate a deep-water rescue for a swimmer with a suspected spinal cord injury Demonstrate removal of a swimmer with a suspected spinal cord injury from the pool