

Support for Providing Safe and Socially Distanced Training and Assessing for lifesaving qualifications



Version 20.2

This is a live document and will be updated whenever new evidence or guidance is announced.

It is essential that the Government guidance is adhered to at all times and if anything changes, the Government guidance will supersede any guidance documents provided by ourselves.

Things to think about before training / or assessment commences

- An approved training centre (ATC) must risk assess their training delivery and mitigate all risks of the possible spread of COVID-19
- The venue must be assessed and the maximum class size determined prior to organising the course, which will be determined by the size of the room / pool. Part of the decision for maximum learner numbers will also be determined by ensuring each learner is seated approximately 2 metres apart. Class sizes may need to be reduced to ensure social distancing can be maintained
- An ATC will need to think about “pinch points” and whether there is the ability to have a separate entry and exit point into a venue
- An ATC must ensure appropriate handwashing facilities and / or alcohol hand sanitisers (ideally 70% alcohol) are available for use as learners enter and exit the training room and throughout their time in the training room
- An ATC must have a process in place to communicate with their clients and potential learners regarding when not to attend a course. It should be made clear that no-one should attend a course if they, or a member of their household, have or have had symptoms of COVID-19 in the past 14 days. The symptoms of COVID-19 are a fever, a new cough or the loss of smell and / or taste
- An ATC can recommend to their learners that they use the Government’s test and trace system if they develop COVID-19 symptoms
- An ATC must have adequate resources in order to be able to run the training / course whilst being able to maintain social distancing and hygiene requirements. Resources to think about are as follows:
 - Gloves
 - CPR face shields / pocket masks – one per learner (remove the one way-valve from pocket masks)
 - Sufficient manikin lungs, airways and valves
 - Sufficient supply of bandages and slings for each learner to use for activities – ideally one per learner
 - Sufficient supply of disinfectant / alcohol wipes to be able to clean the equipment between use
 - Sufficient number of manikins (adult, child and infant) – ideally one per learner
 - Manikin faces – each individual learner could be provided with a manikin face
 - Face masks for each individual learner
 - Torpedo Buoys
 - Submersible manikin
 - Reach poles
 - Throw bags
 - Asking learners to provide their own pen and note paper or the ATC supplying enough for each individual learner

When training and assessment commences

- When learners arrive, prevent any learner who has symptoms of COVID-19 from entering the training venue
- A non-contact temperature thermometer can be used to check a learner's symptoms
- Check that no learner is in a situation where they should be self-isolating (e.g. a family member has had symptoms, or the learner should be shielding as they are in an at-risk group). Exclude from the course as necessary
- A learner must be asked to leave the training course if they develop symptoms of COVID-19 during training. If this happens, all other learners must follow Government guidance and go into isolation to prevent the spread of the disease
- Give learners information on the following manikin infection and prevention control measures and ask them to follow them carefully:
 - Frequently replaced lungs / airways / valves
 - One-way valves which stop air coming back out of the manikin mouth and direct expired air out of the back of the head via a filter
 - Alcohol / sanitising wipes to be used between learners, with an emphasis on scrubbing
 - Between learners, use alcohol / sanitising wipes on the manikin face and also wipe the forehead and chest where hands were placed (to prevent hand to surface / surface to hand contamination). More than one wipe may be required. Allow the sanitiser / alcohol to dry naturally before the next learner uses the manikin
- Before and after each practical session, ask learners to sanitise or wash their hands.

Adjustments to be made when training and assessing practical elements within the swimming pool



Detailed in the table below are adjustments that need to be made when training and / or assessing the skills within STA's suite of lifesaving qualifications.

Where a skill is not listed, there are no adjustments to be made.

Skill	Qualification	Casualty type	PPE	Adjustments for training during COVID-19	Adjustments for assessments during COVID-19
Casualty Rescue - Shallow Water (Reaching, Throwing and Wading)	PL, PER and SAT	Another learner or same household casualty		Learner should be able to demonstrate the skill whilst maintaining current distancing guidance from the casualty.	As per training and the learner will need to include a description of how they will support the casualty and recover from the water to ensure the assessor is confident that the learner has the knowledge and skills contained within the assessment requirements.
Management of an epileptic seizure in water	PL	Same household casualty or no casualty		As this skill requires close contact, it is strongly recommended that this skill is performed with a member of the same household as the learner. If this is not possible, learners should demonstrate the skill without physical contact and with a description.	As per training and the learner will need to include a professional discussion on how they will support the casualty and recover from the water to ensure the assessor is confident that the learner has the knowledge and skill contained within the assessment requirements.

Rescue of non-swimmer, weak or tired swimmer, injured or unconscious	PER	Another learner or same household casualty		Torpedo buoy must be used. Casualty must be facing away from the learner. The unconscious casualty will not be included.	As per training
Rescue of a casualty when no equipment available	PER	Same household casualty or no casualty		As this skill requires close contact, it is strongly recommended that this skill is performed with a member of the same household as the learner. If this is not possible, learners should demonstrate the skill without physical contact and with a description.	As per training and the learner will need to include a professional discussion on how they will support the casualty and recover from the water to ensure the assessor is confident that the learner has the knowledge and skill contained within the assessment requirements.
Fitness Test – Timed swim with conscious casualty	PL	Another learner		Torpedo buoy must be used. Casualty must be facing away from the learner and the torpedo buoy used at full reach to maintain current distancing guidance.	As per training
Deep Water Recovery (recovering a casualty, turning a	PL, PER and SAT	Another learner or same household casualty and submersible	All involved to wear a face mask	Tutors will need to pause throughout at various intervals to enforce safety and exchange casualties / manikins. A submersible manikin / Ruth Lee manikin should be used for	As per training

casualty from face down, extended arm tow, assisted lift)		manikin or a Ruth Lee manikin		the recovery of the casualty, turning from face down to face up, extended arm tow and simulated rescue breathing. For the lift out and treatment on the side of the pool, all involved must apply PPE.	
Spinal Injury – Deep Water (Vice Grip)	PL	Same household casualty or submersible manikin		As this skill requires close contact, it is strongly recommended that this skill is performed with a member of the same household as the casualty. If this is not possible, learners can perform the skill with a submersible manikin (part fill the submersible manikin with water so it is semi-buoyant). Training only - Learners can practice positioning the arms and hands dry side using a CPR manikin. Skills can progress further, to a shallow area of the pool where the learner can practice on a submersible manikin.	As per training
Spinal Injury – Shallow Water (head splint)	PL, PER and SAT	Another learner or same household	Rescuer to wear a face mask	If a learner within the group is being used for this skill, the rescuers face must remain dry and they must wear PPE.	As per training

		casualty or Ruth Lee manikin			
Spinal Injury – Stabilisation	PL and PER	Other learners or Ruth Lee manikin	All learners to wear a face mask	<p>As other learners within the group will be required for this skill, all learners must remain dry from the neck up and wear PPE.</p> <p>A Ruth Lee manikin can be used as the casualty, PPE will still be required by all learners as they will be in close contact.</p>	As per training
Spinal Injury – Recovery of a casualty using horizontal lift	PL and PER	Other learners or Ruth Lee manikin	All learners to wear a face mask	<p>As other learners within the group will be required for this skill, learners must remain dry from the neck up and wear PPE.</p> <p>Even if a full-bodied manikin is used, PPE will still be required by all learners as they will be in close contact.</p>	As per training
*Incident Management	PL	Other learners		Scenarios to be set that can maintain social distancing whilst still allowing for a minor distraction and a major incident.	As per training

Source: IQL UK / RLSS UK Guidance for Delivering and Assessing Awards and Qualification During COVID-19 Version 1.0 June 2020

*Some examples of scenarios that could be used for incident management are:

Type	Description of the incident
Distraction	Swimmer pretends to dive into shallow water
Distraction	Swimmer in arm bands crawls up to the deep end
Distraction	Swimmer asks questions about opening times
Distraction	Swimmer has a complaint
Distraction	Parent leaves an under 8
Distraction	Swimmer has a nose bleed
Main Incident	Swimmer slips in the showers
Main Incident	Two swimmers collide causing head injury
Main Incident	Two swimmers have a fight
Main Incident	Under 8 wandering around on their own
Main Incident	Fire alarm goes off

Adjustments to be made when training and assessing CPR and First Aid practical elements



Detailed in the table below are adjustments that need to be made when training and / or assessing CPR and first aid skills within STA's suite of lifesaving qualifications.

Where a skill is not listed, there are no adjustments to be made.

Skill	Qualification	Casualty type	PPE	Adjustments for training during COVID-19	Adjustments for assessments during COVID-19
CPR	All qualifications	CPR manikins	Face shields Pocket masks	<p>The skill of providing rescue breaths must still be included in CPR training and assessment.</p> <p>Tutors should ensure that learners are fully aware of the Resuscitation Council UK guidance on performing real life CPR during the COVID-19 pandemic and the protective measures that should be taken.</p> <p>https://www.resus.org.uk/media/statements/resuscitation-council-uk-statements-on-covid-19-coronavirus-cpr-and-resuscitation/covid-community/</p>	As per training
CPR – More than one rescuer	PL and AED	CPR manikins	Pocket masks	<p>Learners should work opposite each other, on separate manikins following current social distancing guidance. Individual pocket masks must be issued.</p> <p>Learners should not share a manikin during this skill.</p>	As per training and a professional discussion to ensure the assessor is confident that the learner has the knowledge and skills contained within the

					assessment requirements.
CPR – Casualty with suspected upper spinal cord injury	PL, PER, SAT and FAW	CPR manikins		When practising this skill, learners should work opposite each other, on separate manikins following current social distancing guidance. Learners should not share a manikin during this skill.	As per training and a professional discussion to ensure the assessor is confident that the learner has the knowledge and skills contained within the assessment requirements.
Spinal log roll	PER	Other learners or Ruth Lee manikin (or equivalent)	All learners to wear a face mask	As other learners within the group will be required for this skill, PPE must be worn unless using simulation on a Ruth Lee manikin	As per training and a professional discussion to ensure the assessor is confident that the learner has the knowledge and skills contained within the assessment requirements.
Choking	PL, PER and all first aid	CPR manikins		Learners should sanitise hands before and after demonstration. The learner should demonstrate back blows and the correct hand positioning for abdominal thrusts on a manikin. Wipe down any shared equipment between learners. (A choking vest can be used; however it must be applied over the manikin). No simulation should take place on a learner.	As per training

Recovery position	PL, PER, SAT, AED, Anaphylaxis and all first aid	Another learner or same household casualty	Casualty (if a learner) and the learner to wear face mask and gloves (if gloves are not available, ensure hands are washed before and after task)		
Wounds and bleeding and shock	PL, PER, EFAW, EPFA	Another learner or same household casualty	Casualty (if a learner) and the learner to wear face mask and gloves (if gloves are not available, ensure hands are washed before and after task)	The learner can demonstrate applying a bandage to themselves – a leg wound for example, followed by placing themselves in the appropriate position to treat shock. Alternatively, a head wound on a manikin can be simulated or if a Ruth Lee manikin (or equivalent) is available, this can be used to apply a bandage. If ATCs have simulation aids such as arms and / or legs, these can be used to demonstrate applying a dressing.	As per training and a professional discussion can follow to ensure the tutor is confident that the learner's knowledge and skills meet the assessment requirements.
Head to toe (secondary) survey	PL, FAW, PFA	Another learner or same household casualty or a Ruth Lee manikin	Casualty (if a learner) and the learner to wear face mask and gloves (if gloves are not available, ensure hands are washed before and after task)	The secondary survey should be performed on a conscious casualty. The casualty and the learner should maintain 2 metres physical distancing and the learner should perform the head to toe assessment verbally, speaking with the casualty to ascertain if there are any identifiable injuries. Alternatively, if a Ruth Lee manikin (or equivalent) is available, the learner can perform the head to toe survey on the manikin.	As per training

Support and elevation sling	PL, FAW, PFA	Another learner or same household casualty	Casualty (if a learner) and the learner to wear face mask and gloves (if gloves are not available, ensure hands are washed before and after task)		
Suspected head injury	PL, FAW and PFA	Manikin			A professional discussion should follow to ensure the assessor is confident that the learner has the knowledge and skills contained within the assessment criteria
Treatment of Anaphylaxis – using a training device	Anaphylaxis, PFA	The learner themselves		Each training adrenaline auto-injector (Jext, EpiPen, Emerade) should be discussed and demonstrated using the learner’s own thigh. Any training devices which are shared must be thoroughly cleaned (and allowed to dry) before its next use).	As per training
Injury to bones, muscles and joints	PL, PER, FAW and PFA	Another learner or same household casualty	Casualty (if a learner) and the learner to wear face mask and gloves (if gloves are not available, ensure hands are		

			washed before and after task)		
Turning a casualty face up and action for vomit	All qualifications	Another learner or same household casualty	Casualty (if a learner) and the learner to wear face mask and gloves (if gloves are not available, ensure hands are washed before and after task)		

Source: IQL UK / RLSS UK Guidance for Delivering and Assessing Awards and Qualification During COVID-19 Version 1.0 June 2020

Cleaning of equipment

As a range of equipment is required when training and assessing lifesaving and first aid qualifications, the following guidance will help you to determine what the requirements are.

For manikins, click on the below link from Laerdal regarding hygiene and cleaning procedures for CPR manikins

<https://laerdal.force.com/HelpCenter/s/article/Hygiene-and-cleaning-procedures-for-CPR-manikins>

For pool equipment, follow the manufacturers guidelines for cleaning. If the equipment has been shared between learners, make sure it has been cleaned before, in between use and when the session has finished.

For tables and chairs within the classroom environment, make sure they have all been cleaned and disinfected prior to the session starting and are then cleaned after all the learners have left.

Delivering the multiple-choice assessment paper (MCQ)

The MCQ papers are to be delivered in the classroom, following the current assessment strategy for the qualification being delivered and assessed.

Quality Assurance

During this current time, centres have the ability to deliver the theory elements of a course via a digital platform such as Skype, Zoom, GoTo Meeting to name a few. Please ensure that registers of attendance are kept along with any correspondence such as emails and telephone calls to demonstrate how the learner has been communicated with and supported throughout the duration of the course.

Internal Quality Assurance activities must still take place according to your sampling document.

Any documentation can be requested by your External Quality Assurance when they perform the scheduled visit so please ensure you have detailed logs of the courses run via a digital platform.

Health Questionnaire

Please [click here](#) for a sample health questionnaire which can be used prior to training commencing.

Return to Duty Competency Assessment Skills Sheets

Please click on the following links to access the Return to Duty Competency Assessment Skills Sheets for [Pool Lifeguarding](#), [Pool Emergency Responder](#) and [Safety Award for Teachers](#) qualifications.

They can also be accessed via STA Online in the Tutor Resources section.

Acknowledgements

We would like to thank RLSS UK and IQL UK for providing us with information from their document "Guidance for Delivering and Assessing Awards and Qualifications During COVID-19 Version 1.0 June 2020".

We would also like to point you to a Sample Risk Assessment within their documentation on pages 25 – 32 which will help when developing and writing a risk assessment for training and assessing purposes.

Version Control

As this is a live working document, it will get updated when required in line with latest advice / information from the government as well as industry experts.



Keep an eye on this page for all tracked changes.

Version	Changes Made	Date of Changes
20.2	<ul style="list-style-type: none">• Addition of link to Safety Award for Teachers 'Return to Duty Competency Assessment Skills Sheet'	1 st July 2020
20.1 (Original Publication)	<ul style="list-style-type: none">• N/A	18 th June 2020