

Support for Providing Safe and Socially Distanced Training and Assessing for Aquatic Qualifications



Version 20.1

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. This will mean producing detailed risk assessments
- The venue must be risk assessed and the maximum number of learners attending a course 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. If 2 metres social distancing cannot be maintained, 1+ metre with mitigations must take place. Learner numbers 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 / swimming pool and throughout their time in the training room / swimming pool
- 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. Please click on the link to the Government’s test and trace system <https://www.gov.uk/guidance/nhs-test-and-trace-how-it-works>
- 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:
 - Asking learners to provide their own pen and note paper or the ATC supplying enough for each individual learner
 - Swimming equipment such as:
 - Dive rings

- Armbands
- Float discs
- Floats
- Noodles
- Pull-buoys
- Kickboards
- Fins
- Diving blocks
- Toys
- Watering cans
- Rafts

When training and assessment commences

- When learners arrive, prevent any learner who has symptoms of COVID-19 from entering the training venue
- 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 immediately 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 and are advised to use the Test and Trace system
- Before and after each practical session, ask learners to sanitise or wash their hands
- Think about minimising the length of time learners and assessors need to be at the training venue. Does feedback need to be given immediately to learners i.e. if a learner has failed the assessment or can feedback be given to learners via a digital platform afterwards.

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 aquatic qualifications.

| Skill | Qualification | Adjustments for training during COVID-19 | Adjustments for assessments during COVID-19 |
|--------------------------------------|----------------------------------|--|---|
| Teaching to participants in the pool | Certificate in Teaching Swimming | <p>During the course, all learners must deliver a minimum of five 30 minute advanced lessons (improvers and advanced participants). Four lessons must have a minimum of 4 participants and one lesson must have a minimum of 5 participants (the participants cannot be the learners on the course).</p> <p>Ensure social distancing requirements can be adhered to.</p> | No adjustments required to assessment process - on the final day of the course, learners are assessed by an external assessor delivering a 30 minute lesson to a group of 4 advanced participants. |
| Teaching participants in the pool | Award in Teaching Swimming | <p>During the course, all learners must deliver a 30 minute lesson to include the following types of participant (the participants cannot be the learners on the course):</p> <ul style="list-style-type: none"> • Non swimmer lesson • Beginner lesson • Improver lesson <p>Also provide a lesson supervising and directing an assistant. When using an assistant, the assistant should assist from the poolside</p> | No adjustments required to assessment process - on the final day of the course learners are assessed by an external assessor delivering a 30 minute lesson to a group of 4 participants of either a non-swimmer, beginner or improver ability. |

| | | | |
|-----------------------------------|--------------------------|--|---|
| | | <p>along with the learner to enable social distancing requirements to be adhered to.</p> <p>Different types of equipment to support participants in the water should be used or use someone from the same household to provide support.</p> <p>If the centres risk assessment demonstrates there is greater risk from teaching from the side rather than in the water, the Government guidance of social distancing 1+ metre plus mitigation must be adopted which could include side-to-side working (rather than face-to-face)</p> | |
| Teaching participants in the pool | People with Disabilities | <p>Due to the nature of this qualification and the support holds and training exercises that take place to ensure a full learner experience, the decision has been taken to allow the theory elements to be taught via a virtual platform, however, the practical elements and assessment cannot take place until 1st October 2020 at the earliest.</p> | No assessment to take place until 1 st October 2020 at the earliest |
| Teaching participants in the pool | Baby and Pre-school | <p>Learners must teach a variety of ages between 3 months and 4 years.</p> <p>Learners should teach from the poolside to enable social distancing requirements to be adhered to.</p> <p>If the risk assessment demonstrates there is greater risk from teaching from the side rather than in the water, the Government guidance of social distancing 1+ metre plus mitigation must be adopted which could include side-to-side working (rather than face-to-face)</p> <p>Different types of equipment to support participants in the water should be used or use someone from the same household to provide support.</p> | On the final day of the course learners are assessed by an external assessor delivering a 15-minute lesson to a class of 2 adult / child pairs. |

| | | | |
|--|---|--|---|
| <p>Teaching participants in the pool</p> | <p>Diploma in Baby and Pre-school (Tutor assessed practical sessions)</p> | <p>Learners should teach a variety of ages, birth to 5 years, and abilities throughout the practical teaching sessions.</p> <p>Learners should teach from the poolside to enable social distancing requirements to be adhered to.</p> <p>If the risk assessment demonstrates there is greater risk from teaching from the side rather than in the water, the Government guidance of social distancing 1+ metre plus mitigation must be adopted which could include side-to-side working (rather than face-to-face)</p> | <p>A video of practical teaching can be submitted to the tutor / assessor following the STA's Digital Recording Policy and completing the checklist to ensure all required elements have been covered during the recording.</p> |
|--|---|--|---|



Cleaning of Equipment

As there may be a need to use more equipment during training and assessment to provide additional support to participants if the learner is teaching from the poolside, the sanitising of this equipment must be considered.

If participants can bring their own equipment, this would be ideal. If you have sufficient resources, you could have two or three sets of equipment that could be used on a rotating basis. If these options are not possible, equipment can be provided but should be sanitised before, in between and after use, ready for the next participant to use.

The equipment can be cleaned by rinsing it in the pool. If the equipment cannot be sanitised by rinsing in the pool, it should be appropriately cleaned between activities.

Please refer to the manufacturers cleaning guidelines for the equipment that is being used and the Government guidance on cleaning in non-healthcare settings (link below).

https://www.gov.uk/government/publications/covid-19-decontamination-in-non-healthcare-settings?utm_source=fa84e918-3fbe-4bf7-908e-2dd1ae492508&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate

Delivering the multiple-choice assessment paper (MCQ)

The MCQ assessment papers for the STA Level 2 Award in Aquatic Teaching – Baby and Pre-school 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, Go to 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 and prior to their practical day(s) and assessment.

Internal Quality Assurance activities must still take place according to your sampling document. It may be useful to update your IQA sampling documentation on Synergy to reflect adaptations you've made, including risk assessments and the use of digital platforms.

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.