Qualification Specification

STA Level 3 Award for Pool Lifeguards

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STA Level 3 Award for Pool Lifeguards

Qualification Number: 610/6202/9

QW Number: C00/5248/8

Unit Structure

This qualification consists of 5 mandatory units and 1 optional unit.

Unit Title	Code	Unit Level	GLH
Mandatory Units			
Health and Safety in Swimming Pools	D / 651 / 7261	2	2
Maximising the Customer Experience in Swimming Pools	F / 651 / 7262	2	1
Adult and Paediatric Emergency First Aid in the Workplace	D / 651 / 6399	3	7
Recognition and Management of Adult and Paediatric Illness and Injury in the Workplace	L / 651 / 6400	3	15
Pool Lifeguard Knowledge, Skills and Behaviours	H / 651 / 7263	3	10
Optional Unit			
Backboard Application	J / 651 / 7264	3	1

GLH = Guided learning hours

Total Qualification Time: 46 Hours

Qualification Delivery

The recommended contact hours for this qualification is 35 hours / 36 hours with additional optional unit, 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 course can be delivered:

- Fully face-to-face (35 hours / 36 hours with additional optional unit)
- Via blended learning using a combination of distance learning through STA Pool Lifeguard online programme or live remote tutor-led online sessions (up to 9 hours), and face-to-face delivery (minimum 26 hours / 27 hours with additional optional unit).

Note: Unit 5: Pool Lifeguard Knowledge, Skills and Behaviours and the Optional Unit: Backboard Application must be delivered fully face-to-face.

Note: Distance learning must be completed prior to the face-to-face element and all assessments must take place face-to-face.

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

Introduction

Being a pool lifeguard is a fantastic role for those looking for a rewarding, active, and challenging profession. Training provides essential lifesaving, first aid, and transitional knowledge and skills making it a fantastic career choice whether it be short-term, long-term, or a steppingstone onto other careers.

A pool lifeguard can be an employee, a contractor, or a volunteer. Working hours can often fit around lifestyles with options of full-time, part-time, and casual hours, as well as morning, daytime, evening, and weekend shifts, providing work-life balance, or to work alongside studying commitments.

Countless employment opportunities are available within public leisure centres and private pool operators who are on the search for qualified and motivated pool lifeguards.

The agreed industry pre-requisite to become a pool lifeguard is for learners to have achieved a CIMSPA endorsed educational product that fully meets the CIMSPA Professional Standard: Lifeguard. STA Level 3 Award for Pool Lifeguards qualification fully meets this professional standard and is therefore an agreed industry accepted qualification for pool lifeguards to hold in order to gain employment anywhere in the UK.

Qualification Objective

STA Level 3 Award for Pool Lifeguards aims to provide learners with the knowledge and practical competences required to be able to safely provide constant poolside supervision for structured and unstructured swimming pool activities, as well as be able to deal with a range of emergency situations in a swimming pool environment including rescues, basic life support, first aid and incident management.

Target Learners

STA Level 3 Award for Pool Lifeguards is suitable for learners who act as a pool lifeguard at work or in voluntary and community activities, or for personal interest and development.

Entry Requirements

- Be 16 years of age or older at time of assessment
- Be able to perform practical demonstrations on the floor
- Be able to jump and dive 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 a submersible adult manikin from the deepest part of the pool
- Be able to climb out of the pool unaided without the use of steps or ladders.

There are no previous qualifications or experience required, however it is advisable that learners have a minimum of level 1 in literacy and numeracy or equivalent.

A level of personal fitness is necessary due to the demands of the pool lifeguard role which learners will need to demonstrate during the course.

Qualification Validity Period / Requirements

This qualification is valid for a period of 3 years. Learners need to retake the qualification before the certificate expiry date to remain qualified.

To maintain occupational competency, STA strongly recommends pool lifeguards participate in ongoing training and competency assessment (OTCA) covering pool lifeguard theory, first aid, CPR, pool skills and site-specific training.

Providing a learner's STA Level 3 Award for Pool Lifeguards certificate has not expired by more than 1 calendar month (e.g. expired on 5th, started course on or before 4th of the following month), the learner may be considered for a revalidation assessment. Employers should be aware that if a pool lifeguard's certificate expires, they may not be deemed as competent to perform their duties until they have retaken the qualification under the HSE.

In order to revalidate or convert to STA Level 3 Award for Pool Lifeguards qualification, learners must:

- Provide evidence of an in-date Level 3 Award for Pool Lifeguards qualification (or acceptable equivalent)
- Have a minimum of 24 hours of OTCA within the last 3 years, covering the complete STA Level 3 Award for Pool Lifeguards syllabus
- Have the latest version of the STA Pool Lifeguard Resource Manual to keep
- Have an STA Lifesaving Tutor review all of the above before undertaking the external practical assessment and theory multiple-choice question assessment paper.

Progression

STA Level 3 Award for Pool Lifeguards holders may wish to develop knowledge and skills further by completing additional CPDs.

Experienced pool lifeguards may wish to become an STA Junior Lifeguard Instructor or an STA Lifesaving Tutor / Assessor to pass on the knowledge and skills they have acquired through training to others.

Alternatively, learners may wish to complete additional STA qualifications such as manual handling, fire marshal, swimming teaching and pool plant, to support a career in the leisure industry.

As STA's qualifications are recognised internationally, STA pool lifeguards also have the option to travel with their career, opening endless opportunities to explore and work at the same time.

Assessment Format

Pass / Fail

Assessment Methods

STA Level 3 Award for Pool Lifeguards is tutor assessed through practical demonstrations of basic life support, first aid and pool rescue skills.

On the final day of the course, there is an end of course theory multiple-choice question assessment and a final end of course practical assessment assessed by an external assessor.

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

The multiple-choice assessment paper is to be completed independently by learners under exam conditions, with the tutor or other approved person, acting as the invigilator. Learners must achieve a minimum mark or higher to successfully pass the multiple-choice theory assessment paper.

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.

The skills within the course and during the assessments must be performed in line with the most current version of the STA Pool Lifeguard resource manual.

Tutors should refer to the STA Pool Lifeguard assessment strategy document for detailed guidance on the assessment process.

Re-assessment

If a learner is unsuccessful in the course assessment, the learner is only required to re-sit the required assessment element, for example, if a learner fails the practical, they are only required to re-sit the practical element.

The re-sit of an assessment must be completed within 6 weeks from the start date of the course. All re-takes must be registered with Safety Training Awards.

Due to the type of qualification being a license to practice competency-based qualification, we can only permit 1 assessment re-sit. If a learner has been unsuccessful following a re-sit, the learner must undertake another full course of instruction.

Reasonable Adjustments and Special Considerations

Safety Training Awards is committed to ensuring individuals with additional needs, disabilities, temporary illness or injury, or other adverse circumstance outside their control, are not unfairly disadvantaged when undertaking qualifications or assessments. For further information, please refer to the policies section on the Safety Training Awards website: https://www.safetytrainingawards.co.uk/policies/

Recognition of Prior Learning

Recognition of prior learning (RPL) may be applied for depending on a learner's qualification. Should RPL be applied, learners must complete all assessment requirements. For further information, 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

Industry Standards

- CIMSPA Professional Standard: Lifeguard
- National Occupational Standards: SKAC28 Maintain the Safety of the Pool Environment and its Users
- HSE: Health and Safety in Swimming Pools (HSG179)
- BS EN 15288 Part 2: Swimming Pools for Public Use – Safety Requirements for Operation
- Health and Safety (First Aid) Regulations 1981 and The Health and Safety (First-Aid) Regulations (Northern Ireland) 1982
- First aid at work: The Health and Safety (First Aid) Regulations 1981: Guidance on Regulations (L74)
- First Aid Awarding Organisation Forum Delivery Standards and Assessment Principles
- Resuscitation Council (UK) Guidelines
- Department for Education: Early Years Foundation Stage (EYFS) Statutory Frameworks for Childminders and for Group and School-based Providers
- Health and Social Care Board (NI)
- Childminding and Day Care for children Under Age 12 Minimum Standards
- Welsh Government: National Minimum Standards for Regulated Childcare for children up to the age of 12 years.

Tutor / Assessor Requirements

Tutors / assessors must have the skills, knowledge, experience and competency to be able to tutor / assess the subject.

Tutors / assessors must be approved by Safety Training Awards and provide evidence of:

1. Holding STA Award for Safety Award for Teachers (or acceptable equivalent)
2. Holding STA Level 3 Award in Education and Training (or acceptable equivalent as detailed in Appendix 1)
3. Maintaining occupational competency by providing evidence of continuing professional development (CPD).

IQA Requirements

Internal quality assurers (IQAs) must have the skills, knowledge, experience and competency to be able to quality assure the subject.

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

1. Holding STA Award for Safety Award for Teachers (or acceptable equivalent)
2. Holding STA Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice (or acceptable equivalent as detailed in Appendix 2), or have completed STA Internal Quality Assurance CPD.

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

Minimum Course Resource Requirements

- STA Pool Lifeguard resource manuals – 1 per learner to keep
- Torpedo buoy - minimum 1 : 4 learners
- Rescue poles - minimum 1 : 4 learners
- Throw bags - minimum 1 : 4 learners
- Adult submersible manikin
- Backboard where required
- Adult resuscitation manikins – minimum 1 : 4 learners
- Child resuscitation manikins – minimum 1 : 4 learners
- Infant resuscitation manikins – minimum 1 : 4 learners
- AED trainer – minimum 1 : 4 learners. Where fewer AED trainers are provided, contact hours should be adjusted accordingly to ensure learners are not disadvantaged
- Sufficient procedures must be in place to ensure hygiene during the use of resuscitation manikins and other training equipment
- Resuscitation pocket masks and face shields
- Disposable gloves
- Sufficient clean bandages, dressings, triangular bandages and other items commonly found in a first aid kit must be available to facilitate training and assessment
- Choking training device
- Adrenaline auto-injector training device
- Tourniquet and wound packing training aids where required
- Sufficient audio-visual (AV) equipment and training aids should be available to facilitate learning using varying teaching methods
- All equipment must be cleaned, serviced and maintained in line with manufacturers instructions and relevant legislation / industry guidance
- The venue must meet acceptable health and safety standards and be conducive to learning, with sufficient size, floor surfaces, seating, writing surfaces, toilet facilities, ventilation, lighting, heating, access, exits, cleanliness, absence of distracting noise
- In order to fulfil the practical requirements of this qualification, access to an appropriate swimming pool is required on each day of the course. The swimming pool must be able to accommodate learners being able to perform all practical skills stated within the qualification assessment criteria in a safe manner as per the qualification assessment strategy.

Appendix 1

Acceptable Tutoring / Assessing Qualifications

Current qualifications (available for new tutors / assessors to undertake):	Tutor	Assess*
Level 3 Award in Education and Training	✓	✓
Level 4 Certificate in Education and Training	✓	✓
Level 5 Diploma in Education and Training	✓	✓
Level 3 Award in Teaching and Assessing in First Aid Qualifications (RQF)	✓	✓
Cert Ed / PGCE / B Ed / M Ed	✓	✓
SVQ 3 Learning and Development SCQF Level 8	✓	✓
SVQ 4 Learning and Development SCQF Level 9	✓	✓
TQFE (Teaching Qualification for Further Education)	✓	✓
Planning and Delivering Learning Sessions to Groups SCQF Level 6 (SQA Unit)	✓	✓
SCQF Level 6 Award in Planning and Delivering Learning Sessions to Groups (SQA Accredited)	✓	✓
L&D Unit 6 Manage Learning and Development in Groups SCQF Level 8 (SQA Accredited)	✓	
L&D Unit 7 Facilitate Individual Learning and Development SCQF Level 8 (SQA Accredited)	✓	
L&D Unit 8 Engage and Support Learners in the Learning and Development Process SCQF Level 8 (SQA Accredited)	✓	
Carry Out the Assessment Process SCQF Level 7 (SQA Unit)		✓
Level 3 Award in Assessing Competence in the Work Environment		✓
Level 3 Award in Assessing Vocationally Related Achievement		✓
Level 3 Award in Understanding the Principles and Practices of Assessment		✓
Level 3 Certificate in Assessing Vocational Achievement		✓
L&D Unit 9DI Assess Workplace Competence Using Direct and Indirect Methods SCQF Level 8 (SQA Accredited)		✓
L&D Unit 9D Assess Workplace Competence Using Direct Methods SCQF Level 7 (SQA Accredited)		✓

Other acceptable qualifications:	Tutor	Assess*
CTLLS / DTLLS	✓	✓
PTLLS with unit 'Principles and Practice of Assessment' (12 credits)	✓	✓
Further and Adult Education Teacher's Certificate	✓	✓
IHCD Instructional Methods	✓	✓
IHCD Instructor Certificate	✓	✓
English National Board 998	✓	✓
Nursing mentorship qualifications	✓	✓
NOCN Tutor Assessor Award	✓	✓
S / NVQ level 3 in training and development	✓	
S / NVQ level 4 in training and development	✓	✓
PDA Developing Teaching Practice in Scotland's Colleges SCQF Level 9 (SQA Qualification)	✓	✓
PDA Teaching Practice in Scotland's Colleges SCQF Level 9 (SQA Qualification)	✓	
PTLLS (6 credits)	✓	
Regulated Qualifications based on the Learning and Development NOS 7 Facilitate Individual Learning and Development or NOS 6 Manage Learning and Development in Groups	✓	
Training Group A22, B22, C21, C23, C24	✓	
Learning and Teaching – Assessment and Quality Standards SCQF Level 9 (SQA Unit)		✓
A1 Assess Candidates Using a Range of Methods or D33 Assess Candidates Using Differing Sources of Evidence		✓
Conduct the Assessment Process SCQF Level 7 (SQA Unit)		✓
A2 Assess Candidate Performance through Observation or D32 Assess Candidate Performance		✓
Regulated Qualifications based on the Learning and Development NOS 9 Assess Learner Achievement		✓

Appendix 2

Acceptable Internal Quality Assurance Qualifications

L&D Unit 11 Internally Monitor and Maintain the Quality of Workplace Assessment SCQF Level 8 (SQA Accredited)
Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice
Level 4 Certificate in Leading the Internal Quality Assurance of Assessment Processes and Practice
Conduct the Internal Verification Process SCQF Level 8 (SQA Unit)
Regulated Qualifications based on the Learning and Development NOS 11 Internally Monitor and Maintain the Quality of Assessment
V1 Conduct Internal Quality Assurance of the Assessment Process or D34 Internally Verify the Assessment Process
Internally Verify the Assessment Process SCQF Level 8 (SQA Unit)

Unit Specification

Unit 1	Health and Safety in Swimming Pools
Learning Outcomes	**Assessment Criteria**
1. Understand the legislation, guidance and organisational policies and procedures relevant to a pool lifeguard	1.1 Identify legislation relevant to a pool lifeguard 1.2 Identify employer and employee responsibilities in relation to health and safety in swimming pools 1.3 Identify sector guidance relevant to swimming pools 1.4 Identify swimming pool organisational policies and procedures
2. Understand the principles and practices of risk management in swimming pools	2.1 Identify hazards relating to: • Physical environment • Activity • People • Aquatic operations 2.2 Identify control measures relating to: • Physical environment • Activity • People • Aquatic operations 2.3 Explain the importance of recording and reporting
3. Understand Pool Safety Operating Procedures (PSOP)	3.1 Identify topics covered within the Normal Operating Plan (NOP) 3.2 Identify topics covered within the Emergency Action Plan (EAP)
4. Understand safe systems of work	4.1 Describe how to safely assemble, dismantle and store equipment 4.2 Explain the importance of cleaning duties 4.3 Identify personal protective equipment (PPE) requirements 4.4 Identify the different types of waste and how to dispose of it

Unit Specification

Unit 2	Maximising the Customer Experience in Swimming Pools
Learning Outcomes	**Assessment Criteria**
1. Understand how to maximise the customer experience in a swimming pool environment	1.1 Demonstrate a professional and approachable manner 1.2 Describe how to positively impact on the customer experience 1.3 Explain the importance of gathering feedback to meet customer expectations 1.4 Demonstrate different methods and styles of communication to suit a range of customers and situations

Unit Specification

Unit 3	Adult and Paediatric Emergency First Aid in the Workplace
Learning Outcomes:	**Assessment Criteria:**
1. Understand the role and responsibilities of a first aider	1.1 Identify the role and responsibilities of a first aider 1.2 Identify how to minimise the risk of infection to self and others 1.3 Identify the need for consent to provide first aid 1.4 Differentiate between a child and an infant for the purposes of first aid treatment
2. Be able to assess an emergency situation safely	2.1 Conduct a scene survey 2.2 Conduct a primary survey on: • An adult • A child • An infant 2.3 Summon appropriate assistance when necessary
3. Be able to provide first aid to an unresponsive casualty who is breathing normally	3.1 Identify when to place a casualty into the recovery position 3.2 Demonstrate how to place: • An adult / child into the recovery position • An infant into the recovery position 3.3 Demonstrate continual monitoring of breathing whilst the casualty is in the recovery position
4. Be able to provide first aid to an unresponsive casualty who is not breathing normally	4.1 Identify when to administer Cardiopulmonary Resuscitation (CPR) 4.2 Identify considerations when administering CPR and using an automated external defibrillator 4.3 Demonstrate CPR including AED for adult sudden collapse using an adult manikin 4.4 Demonstrate CPR including AED using a child manikin 4.5 Demonstrate CPR including AED using an infant manikin
5. Be able to provide first aid to a casualty who is choking	5.1 Identify when a casualty is choking 5.2 Demonstrate how to administer first aid to: • An adult / child who is choking • An infant who is choking
6. Know how to provide first aid to a casualty who is experiencing a seizure	6.1 Identify how to administer first aid to a casualty who is experiencing a seizure
7. Know how to provide first aid to a casualty who is suffering from shock	7.1 Recognise when a casualty is suffering from shock 7.2 Identify how to administer first aid to a casualty who is suffering from shock
8. Be able to provide first aid to a casualty with external bleeding	8.1 Identify whether external bleeding is life-threatening 8.2 Demonstrate how to administer first aid to a casualty with external bleeding
9. Know how to provide first aid to a casualty with minor injuries	9.1 Identify how to administer first aid to a casualty with: • Small cuts • Grazes • Bumps and bruises • Small splinters • Nosebleeds • Bites and stings 9.2 Identify how to administer first aid to a casualty with minor burns and scalds

Unit Specification

Unit 4	Recognition and Management of Adult and Paediatric Illness and Injury in the Workplace	
Learning Outcomes:	**Assessment Criteria:**	
1. Be able to provide first aid to a casualty with suspected injuries to bones, muscles and joints	1.1	Recognise a suspected: • Fracture or dislocation • Sprain or strain • Cramp
	1.2	Identify how to administer first aid for a casualty with suspected: • Fracture or dislocation • Sprain or strain • Cramp
	1.3	Demonstrate how to apply: • A support sling • An elevated sling
2. Be able to provide first aid to a casualty with suspected head and spinal injuries	2.1	Recognise a suspected: • Head injury • Spinal injury
	2.2	Identify how to administer first aid for a suspected head injury
	2.3	Demonstrate how to administer first aid for a casualty with a suspected spinal injury
3. Know how to provide first aid to a casualty with injuries affecting the eyes, ears and nose	3.1	Identify how to administer first aid for a casualty with an eye injury involving: • Dust • Chemicals • Embedded objects
	3.2	Identify how to administer first aid for a casualty with a foreign body in the: • Eye • Ear • Nose
4. Know how to provide first aid to a casualty with a suspected acute medical condition or sudden illness	4.1	Recognise suspected: • Asthma attack • Heart attack • Stroke • Diabetic hypoglycaemic emergency • Allergic reaction • Meningitis • Febrile convulsions
	4.2	Identify how to administer first aid to a casualty suffering from: • Asthma attack • Heart attack • Stroke • Diabetic hypoglycaemic emergency • Allergic reaction • Meningitis • Febrile convulsions
5. Be able to provide first aid to a casualty with anaphylaxis	5.1	Recognise suspected anaphylaxis
	5.2	Identify how to administer first aid for a casualty with suspected anaphylaxis
	5.3	Demonstrate the use of a 'training device' adrenaline auto-injector
6. Know how to provide first aid to a casualty with suspected poisoning	6.1	Identify how poisonous substances can enter the body
	6.2	Identify how to administer first aid to a casualty with suspected sudden poisoning
7. Know how to provide first aid to a casualty with burns and scalds	7.1	Identify how to recognise the severity of burns and scalds
	7.2	Identify how to administer first aid for burns involving: • Dry / wet heat • Chemicals • Electricity • Radiation (sunburn)

Unit 4	Recognition and Management of Adult and Paediatric Illness and Injury in the Workplace	
Learning Outcomes:	**Assessment Criteria:**	
8. Know how to provide first aid to a casualty with suspected chest injuries	8.1	Identify how to administer first aid for suspected: • Fractured ribs • Penetrating chest injury
9. Be able to conduct a secondary survey	9.1 9.2	Identify the information to be collected when gathering a casualty history Demonstrate how to conduct a head-to-toe survey
10. Know how to provide first aid to a casualty who is experiencing extremes of body temperature	10.1 10.2	Recognise when a casualty is suffering from: • Extreme cold • extreme heat Identify how to administer first aid for a casualty who is suffering from: • Extreme cold • Extreme heat
11. Know how to provide first aid to a casualty who has sustained an electric shock	11.1 11.2	Identify how to safely manage an incident involving electricity Identify how to administer first aid for a casualty who has suffered an electric shock

Unit Specification

Unit 5	Pool Lifeguard Knowledge, Skills and Behaviours	
Learning Outcomes	**Assessment Criteria**	
1. Understand the role and responsibilities of a pool lifeguard	1.1	Identify the role and responsibilities of a pool lifeguard
2. Understand how to supervise swimming pools	2.1	Explain requirements for pool lifeguard supervision, positions, numbers and rotations
	2.2	Identify how to supervise different swimming pool environments, activities, features and users
	2.3	Identify factors which could affect effective pool lifeguard supervision
	2.4	Describe the principle uses of swimming pool supervision technology
3. Demonstrate pool lifeguard technical skills	3.1	Demonstrate the following water-based skills: • Jump and dive into deep water • Swim 50m in under 1 minute • Swim 100m continuously on the front • Swim 100m continuously on the back • Tread water for 30 seconds in deep water • Surface dive and recover a submersible adult manikin from the deepest part of the pool • Climb out of the pool unaided without the use of steps or ladders
	3.2	Recognise the characteristics of different types of casualties: • Non-swimmer • Weak swimmer • Injured swimmer • Unconscious casualty
	3.3	Demonstrate a land-based talking rescue of a conscious casualty
	3.4	Demonstrate a land-based reach rescue of a conscious casualty
	3.5	Demonstrate a land-based throw rescue of a conscious casualty
	3.6	Demonstrate a wade rescue of a conscious casualty in standing depth water
	3.7	Demonstrate a non-contact tow casualty rescue
	3.8	Demonstrate a contact tow casualty rescue
	3.9	Identify how to administer first aid for a casualty who is suffering from: • Fainting • Hyperventilation • Dehydration • Cold water shock
	3.10	Demonstrate how to rescue and administer first aid to a casualty who is experiencing a seizure in the water
	3.11	Demonstrate unconscious casualty rescue from the bottom of the deepest part of the pool. To include: • Head first / feet first surface dive • Retrieval of an adult submersible manikin from the bottom of the pool • Unconscious casualty turn at the surface • Tow to poolside • Support at poolside • Simulated rescue breaths • Team lift
	3.12	Demonstrate CPR including AED for a drowning adult using an adult manikin
	3.13	Demonstrate shallow-water spinal management of a conscious casualty. To include: • Head splint turn • Team support and stabilisation of the casualty
	3.14	Demonstrate deep-water spinal management of a conscious casualty. To include: • Vice grip turn and trawl • Team support and stabilisation of the casualty

Unit 5	Pool Lifeguard Knowledge, Skills and Behaviours
Learning Outcomes	**Assessment Criteria**
3. Demonstrate pool lifeguard technical skills	3.15 Demonstrate extraction of a casualty with a suspected spinal cord injury using a horizontal team lift 3.16 Demonstrate action for vomit on a casualty with a suspected spinal cord injury 3.17 Demonstrate CPR including AED for a casualty with a suspected spinal cord injury using an adult manikin 3.18 Demonstrate the principles of effective pool supervision, prevention, intervention and emergency situation management 3.19 Demonstrate effective communication with pool users and colleagues 3.20 Demonstrate the ability to identify a casualty, swim 20m to them and tow the casualty for 20m within 65 seconds

Unit Specification

Optional Unit	Backboard Application
Learning Outcomes	**Assessment Criteria**
1. Be able to safely manage a casualty with a suspected spinal cord injury using a backboard	1.1 Demonstrate preparing a backboard 1.2 Demonstrate applying a backboard 1.3 Demonstrate correct application of the head restraint system 1.4 Demonstrate correct application of the strapping system 1.5 Demonstrate extrication of a casualty on a backboard onto poolside 1.6 Demonstrate aftercare for a casualty on a backboard 1.7 Demonstrate managing regurgitation for a casualty on a backboard 1.8 Demonstrate clear communication, teamwork, speed, and smoothness of movement 1.9 Demonstrate stabilisation, application and extrication working as a 2-rescuer team 1.10 Demonstrate stabilisation, application and extrication working as a 3-rescuer team 1.11 Demonstrate stabilisation, application and extrication working as a 4-rescuer team