STA SWIMMING TEACHER AT SCQF LEVEL 7

QUALIFICATION SPECIFICATION

SAFETY TRAINING AWARDS
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CIMSPA® Endorsed | Professional Standards

STA Swimming Teacher at SCQF Level 7 Qualification Specification

This qualification is accredited by Qualifications Scotland Accreditation

STA Swimming Teacher at SCQF Level 7

Qualification Number: R950 04

Accredited from: 01/04/2026
Accredited to: 01/04/2031

Unit Structure

This qualification consists of 2 mandatory units.

Unit Title	Code	SCQF Unit Level	SCQF Credit Value
Planning, Delivering and Evaluating Swimming Lessons	UW93 04	7	6
Safe Swimming Teaching Practice, Industry Legislation and Best Practice	UW94 04	7	2

Notional Learning Hours: 79

Qualification Delivery

The recommended contact hours for this qualification are 52 hours, which includes direct teaching and assessing but excludes breaks. The course may be run over 7 days, depending on the number of learners, delivery method and course facilities including pool. The course may also be delivered over a period of weeks, with the minimum of each training session being 2 hours.

The course can be delivered by:

- Fully face-to-face, 52 hours including theory and practical teaching
- Via blended learning, 32 hours / 4 days when using the STA Swimming Teacher online programmes.

Note: All practical teaching and assessments must take place face-to-face.

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

Introduction

Swimming teachers are able to seek employment in a wide variety of leisure facilities including private swim schools, health clubs and school swimming pools through to large local authority leisure centres. A swimming teacher will be able to:

- Introduce, develop and refine all aquatic skills across all three ability groups
- Introduce, develop and refine all four swimming strokes across all three ability groups
- Plan and prepare a series of lessons and individual lessons across all three ability groups
- Evaluate their own performance as well as participant performance identifying areas of future development
- Provide participants with opportunities to experience and develop aquatics skills across a range of aquatics pathways
- Adapt swimming lessons to meet the range of participants needs and environment they are working within
- Work with other staff within the swimming teaching environment
- Provide high levels of customer care and engagement and will assist with any customer feedback.

Qualification Objective

The STA Swimming Teacher qualification gives learners the knowledge, understanding and skills to be able to plan, deliver and evaluate safe, fun, progressive and inclusive lessons to adult and child learn to swim participants. Within a positive learning environment, learners will be able teach the essential swimming skills, strokes and water safety, appropriate to the participant's needs across all ability groups.

Target Learners

This qualification is for learners who wish to work with children and adults, helping them to develop, both as swimmers and individuals in the aquatic environment. No experience of working with children or teaching swimming lessons is required prior to undertaking this qualification.

This qualification could appeal to parents looking for a career that fits in around their childcare commitments and / or those interested in pursuing a career in the leisure industry. It could also appeal to those already employed within a leisure environment who are looking to progress their career or those who are already working as a baby and pre-school swimming teacher who wish to expand their scope of practice.

Progression

Experienced swimming teachers may wish to take on a mentoring role within the workplace, become responsible for co-ordinating or managing the learn to swim programme or share their knowledge and experience with the next generation of swimming teachers by becoming an aquatic tutor.

Alternatively, learners may wish to expand their teaching portfolio to teach disabled participants and / or baby and pre-school swimming lessons.

Industry Standards

- CIMSPA Professional Standard: Swimming Teacher
- STA Swimming Teacher Code of Practice
- HSE: Health and Safety in Swimming Pools (HSG179)
- Safe Supervision of Programmed Swimming Lessons and Training Sessions in Swimming Pools.

This qualification has been endorsed against the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) Professional Standard: Swimming Teacher. Upon successful completion learners are eligible for CIMSPA Practitioner Professional Status.

CIMSPA maintain the professional standard for a Swimming Teacher. The professional standard outlines the role and scope of a Swimming Teacher and the essential knowledge and skills that are needed to meet the sectors minimum standards for deployment.

Entry Requirements

- Be 16 years of age or older at time of assessment.

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.

Reasonable Adjustment and Special Consideration Policies

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/

Awarding Organisation Policies

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

Assessment Format

Pass / Fail

Assessment Methods

The STA Swimming Teacher qualification is tutor assessed through the completion of a lesson plans, lesson evaluation forms and practical teaching. In addition to this there is a final end of course theory multiple-choice question assessment paper.

On successful completion of the STA Swimming Teacher qualification learners will have completed and been assessed on:

- Developing three lesson plans covering non-swimmers, beginners and improver participants
- Developing a lesson evaluation form including personal action plan
- A minimum of six planned 30-minute lessons, 3 hours in total, covering all ability groups, strokes and skills.

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

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

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 and pass the course.

Tutors should refer to the STA Swimming Teacher 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 assessment 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.

Tutor / Assessor Requirements

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

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

1. Holding the STA Swimming Teacher or STA Certificate in Teaching Swimming (or acceptable equivalent)
2. Holding STA Level 3 Award in Education and Training, or acceptable equivalent)
3. Maintaining occupational competency by providing evidence of continuing professional development (CPD).

IQA Requirements

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

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

1. Holding STA Swimming Teacher or STA Certificate in Teaching Swimming (or acceptable equivalent)
2. Holding STA Level 3 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.

In order to undertake a quality assurance observation, IQAs must also hold STA Aquatic Tutor status.

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

Resource Requirements

- STA Swimming Teacher 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.
- A range of learn to swim swimming teaching equipment for example;
  - Toys, floating and submersible
  - Play rafts
  - Woggles
  - Floats
- In order to fulfil the practical requirements of this qualification, access to an appropriate swimming facility is required. The facility should meet the required temperature and depth requirements for teaching participants
- Access to sufficient participants of the correct ability across all ability groups during the practical sessions
- 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.

Unit 1: Planning, Delivering and Evaluating Swimming Lessons

Title:	Planning, Delivering and Evaluating Swimming Lessons	
Objective:	The objective of this unit is to equip learners with the knowledge, behaviours and practical skills required to effectively plan, deliver, and evaluate safe, fun, progressive and inclusive swimming lessons appropriate to the participants needs. Upon completion of this unit, learners will be able to develop tailored lesson plans, confidently deliver swimming lessons to individuals and groups, and evaluate the effectiveness of their lessons to support continuous improvement in both teaching practice and participant outcomes.	
Learning Outcomes	**Assessment Criteria** The learner can:	
1. Understand the role and responsibilities of a swimming teacher	1.1 1.2 1.3 1.4	Identify the roles and responsibilities of a swimming teacher Identify the roles and responsibilities of other staff within the swimming teaching environment Identify professional boundaries of a swimming teacher Identify learning and development opportunities for a swimming teacher
2. Understand methods of communication	2.1 2.2 2.3 2.4	Describe different methods of communication Identify possible barriers to communication Demonstrate effective communication during swimming lesson delivery Demonstrate effective verbal and non-verbal communication skills
3. Be able to plan swimming lessons	3.1 3.2	Describe the importance of planning Produce a range of individual lesson plans: • Non-swimmer lesson plan • Beginner lesson plan • Improver lesson plan
4. Understand swimming teaching methods and management	4.1 4.2 4.3 4.4 4.5 4.6	Explain ways to manage swimming lessons Describe inclusive teaching strategies Identify different participant needs within swimming lessons Identify adaptations to ensure participants' needs are met Explain how to assess and progress participants Explain factors that can impact participants' progression and regression
5. Be able to teach and develop the four strokes and essential swimming skills	5.1 5.2 5.3 5.4	Demonstrate analysis of the strokes and determine fault/s across all four strokes Demonstrate analysis of the essential swimming skills and determine fault/s for each skill Demonstrate teaching progressive and corrective practices for the four strokes Demonstrate teaching progressive and corrective practices for all essential swimming skills

Learning Outcomes	Assessment Criteria The learner can:	
6. Be able to deliver safe, progressive and inclusive swimming lessons appropriate to the participants needs	6.1 6.2 6.3 6.4 6.5 6.6 6.7 6.8 6.9 6.10 6.11 6.12	Prepare for the delivery of safe swimming lessons Demonstrate safe teaching practice from the poolside and in the water Demonstrate safe methods of manual support Demonstrate effective time management Demonstrate effective lesson management Apply adaptations to essential swimming skills and strokes appropriate to the participants needs Demonstrate effective feedback skills Demonstrate a professional manner as a swimming teacher Demonstrate teamwork skills Perform accurate demonstrations Demonstrate the safe use of swimming equipment Demonstrate appropriate action to deal with identified hazards based on the level of risk
7. Be able to evaluate swimming lessons	7.1 7.2	Evaluate teaching performance following the delivery of lessons Develop a personal action plan

Unit 2: Safe Teaching Swimming Practice, Industry Legislation and Best Practice

Title:	Safe Swimming Teaching Practice, Industry Legislation and Best Practice	
Objective:	The objective of this unit is to enable learners to understand and apply the essential principles of safe swimming teaching in accordance with current industry legislation and recognised best practice guidelines. Learners will gain knowledge of the impact their role has upon customer service and retention, legal responsibilities, and health and safety legislation relevant to aquatic environments. By the end of this unit, learners will be able to implement safe teaching practices, ensure compliance with industry standards, and create a supportive and risk-aware learning environment for all participants.	
Learning Outcomes	**Assessment Criteria** The learner can:	
1. Understand the legislation requirements for a swimming teacher	1.1 1.2 1.3 1.4 1.5	Identify the policies and procedures relevant to a swimming teacher Identify how to comply with legal and regulatory requirements relevant to a swimming teacher Identify the legislation regarding record keeping and how to keep records securely Identify what records need to be kept Identify components of pool safety operating procedures relevant to a swimming teacher
2. Understand the sector guidance relevant for a swimming teacher	2.1 2.2	Identify the sector bodies and guidance relevant to a swimming teacher Explain advantages and disadvantages of different types of equipment used for swimming lessons
3. Understand how to identify hazards and deal with risks	3.1 3.2	Identify hazards relating to swimming lessons Describe how to mitigate against swimming lesson hazards
4. Understand a swimming teacher's role within customer service	4.1 4.2 4.3 4.4 4.5 4.6	Identify a range of swimming-related programmes and services Describe participant pathways Describe the importance of participant retention Describe how swimming teachers can positively affect participant retention Describe the importance of reporting feedback Describe a swimming teacher's role in providing high levels of customer care and engagement

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