



NaRS Pool Attendant

Aim

The STA Certificate – NaRS Pool Attendant, [NaRS (PA)] is designed to train pool attendants in pool rescue, CPR techniques, first aid and to be competent to deal with poolside emergencies in accordance with section 193 of “Managing Health and Safety in Swimming Pools”.

Pre-requisites

- The candidate must be 16 years of age or older;
- Satisfactory complete the following units:
 - ◊ Unit 1—Aquatic Rescue Foundation;
 - ◊ Unit 2—The Pool Attendant.

Validity of Award

24 Months.

Length of Course

14 hours contact time (this includes the Aquatic Rescue Foundation Unit).

Course Information

The specification for the qualification is:

Theory Section

- Complete worksheets to demonstrate a clear understanding of the pool safety operating procedures and how they relate to pool attending covering the following topics:
 - ◊ The role and duties of a pool attendant;
 - ◊ The legislative background;
 - ◊ The swimming pool;
 - ◊ Pool safety operating procedures;
 - ◊ First Aid;
 - ◊ Resuscitation.
- Complete ARFU Element multiple-choice papers, the NaRS Unit 2 multiple-choice paper;
- Complete a 25 question multiple-choice examination paper with questions covering the above topics.

Rescue Section

With minimum additional clothing of a T Shirt and Shorts or Skirt. demonstrate the ability to carry out the following safely and effectively:

- One of the following:
 - ◊ Using a reaching aid, rescue a casualty in difficulty 2 metres from the poolside, or;
 - ◊ Using a poolside rescue aid (rope, throw bag, torpedo buoy, lifebelt etc), rescue a casualty in difficulty 5 metres from the poolside, or;
 - ◊ Using a reaching aid wade 5 metres to rescue a non-swimmer just out of their depth and assist them out of the pool.
- One of the following:
 - ◊ Cover 5 metres in the deepest part of the pool to reach a weak swimmer in difficulty and perform a 5 metre contact tow to safety, or;
 - ◊ Cover 5 metres in the deepest part of the pool to reach an injured swimmer and perform a 5 metre tow to safety.

- Cover 5 metres to recover a simulated body from the bottom of the deepest part of the pool (using a submersible dummy or manikin). On reaching the surface exchange the simulated body for a live simulated unresponsive casualty, tow to the side, start resuscitation simulating 5 rescue breaths and, with assistance land and place in the recovery position;
- Cover 5 metres to a prone casualty with a suspected spinal injury, turn the casualty who is breathing, take to safety and support the casualty with the aid of assistance; equipment may be used to aid supporting the casualty;
- Acting as pool attendant, individually, or as part of a team, respond, rescue and provide aftercare of a casualty from a previously unknown simulated emergency situation. At the completion of the test give reasons for your actions.

Resuscitation Section

- Using a live simulated unconscious casualty demonstrate:
 - ◊ Turning a casualty from prone to supine;
 - ◊ Opening the airway, and checking for signs of breathing;
 - ◊ The action for vomiting;
 - ◊ The recovery position and aftercare.
- Using a suitable manikin demonstrate neutral alignment and the jaw thrust manoeuvre for a casualty with a suspected spinal injury;
- One of the following:
 - ◊ Using a facemask on a suitable manikin, demonstrate cardio-pulmonary resuscitation for a drowning casualty for 3 minutes including changing rescuers;
 - ◊ Using a suitable adult manikin, demonstrate cardio-pulmonary resuscitation for a cardiac arrested casualty for 3 minutes including changing rescuers;
- One of the following:
 - ◊ Demonstrate CPR for 3 minutes on a child manikin including changing rescuers;
 - ◊ Demonstrate CPR for 3 minutes on a baby manikin including changing rescuers.

(Face shields or facemasks may be used)

Assessment

The qualification is assessed as set out below; candidates must satisfy all of the following:

- Completion of the Portfolio to the satisfaction of the course tutor (Foundation and NaRS PA);
- Complete the Worksheets to the satisfaction of the tutor and examiner (Foundation and NaRS PA);
- Completing 4, 10 question multiple-choice examination papers during the course; each question is worth 1 mark. The pass mark is 7 per paper;
- Complete a 25 multiple-choice question paper (pass mark 18);
- Continual assessment by the tutor;
- Demonstrating the ability to carry out various defined rescue activities in a safe manner;
- Demonstrating CPR and the preparatory actions and aftercare.

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