



NaRS Pool Lifeguard

Aim

The STA Certificate – NaRS Pool Lifeguard, [NaRS (PL)] is designed to train lifeguards in pool rescue, CPR techniques, first aid and to be competent to deal with poolside emergencies in accordance with sections 140 – 185 of “Managing Health and Safety in Swimming Pools”.

Pre-requisites

- The candidate must be 16 years of age or older;
- Be able to swim 100 metres on their front and 100 metres on their back;
- Be able to swim 50 metres in 1 minute;
- Be able to surface dive and recover an object from the deepest part of the pool.

Validity of Award

24 Months.

Length of Course

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

Course Information

The specification for the qualification is:

Theory Section

- Complete the 5 enclosed worksheets to demonstrate a clear understanding of the pool safety operating procedures and how they relate to pool supervision covering the following topics:
 - ◇ The role and duties of a lifeguard;
 - ◇ The legislative background;
 - ◇ The swimming pool and specialist water features;
 - ◇ Pool safety operating procedures;
 - ◇ First Aid;
 - ◇ Resuscitation.
- Satisfactorily completed 5 course MCQ's.
- Complete a 30 question, multi-choice, examination paper (pass mark 22) 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;
 - ◇ Using a poolside rescue aid (rope, throw bag, torpedo buoy, lifebelt etc), rescue a casualty in difficulty 8 metres from the poolside;
 - ◇ Using a rescue aid wade 5 metres to rescue a non-swimmer just out of their depth and assist them out of the pool.

- Swim 20 metres to a weak swimmer in difficulty and perform a 20 metre contact tow to safety and assist them out of the pool and provide aftercare. (The casualty should be of the equivalent weight and size to the rescuer). There is a time limit of 20 seconds to cover the first 20 metres;
- Swim 5 metres to a casualty and tow 10 metres demonstrating a tow suitable for one of the following:
 - ◊ A non-swimmer;
 - ◊ An injured swimmer.
- Swim 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;
- Swim 5 metres to a prone casualty in shallow water with a suspected spinal injury, turn the casualty who is breathing, take to safety, and support the casualty with the aid of assistance;
- Swim 5 metres to a prone casualty in deep water with a suspected spinal injury, turn the casualty who is breathing, take to safety, and support the casualty with the aid of assistance;
- Acting as a lifeguard, individually, or as part of a team, initiate the appropriate procedures, prevent and/or rescue and provide aftercare of 2 possible casualties from a previously unknown simulated emergency situation.

Resuscitation Section

- Demonstrate using a live simulated unconscious casualty (not a manikin) turning a casualty;
- Demonstrate using a live simulated unconscious casualty (not a manikin) checking the airway;
- Demonstrate using a live simulated unconscious casualty (not a manikin) the action for vomiting;
- Demonstrate using a live simulated unconscious casualty (not a manikin) the Secondary Survey;
- Demonstrate using a live simulated unconscious casualty (not a manikin) the recovery position and after-care;
- Demonstrate using a live simulated unconscious casualty (not a manikin) the action for vomiting for a suspected spinal injury;
- Demonstrate using a suitable manikin (moveable jaw) obtaining an airway on a suspected spinal injury casualty;
- 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[PL]);
- Complete the Worksheets to the satisfaction of the tutor and examiner (Foundation and NaRS[PL]);
- Completing 5, 10 question multiple-choice examination papers during the course; each question is worth 1 mark;
- Complete a 30 multiple-choice question paper (pass mark 22);
- 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.

**For details on courses running in your area please visit
www.sta.co.uk or contact the course department.**