

STA and ASA Comparison of Swimming Teaching Qualifications

Teacher Qualifications	Qualification Overview	Minimum Age	Total Hours	Pre requisite Requirements	Average course cost	Teaching in the Water Up to Goldfish 3 STA Up to Stage 4 ASA
STA Level 2 Award in Swimming Teaching	<p>Holders of the STA Level 2 Award in Swimming Teaching can teach up to 10 beginners. They may deliver the STANley Series of awards and also the Octopus and Goldfish Series of STA's International Learn to Swim Programme.</p> <p>Holders of the STA Level 2 Award in Swimming Teaching may also act as an assistant swimming teacher and may teach larger classes or advanced skills under the direct supervision of a swimming teacher qualified to certificate level.</p>	16	55 Hours 28 contact hours 6 Hours Lifesaving	<ul style="list-style-type: none"> Be a Member of the STA Hold a Lifesaving Award Hold a Safeguarding Award 	£250 £60 Lifesaving	Up to 2 with no lifeguard cover Up to 6 with lifeguard cover
STA Level 2 Certificate in Swimming Teaching	Holders of the STA Level 2 Certificate in Swimming Teaching can teach, without supervision, learners of all levels.	17	135 Hours 28 contact hours 6 Hours Lifesaving	<ul style="list-style-type: none"> Be a Member of the STA Hold the STA Award in Swimming Teaching or acceptable equivalent Hold a Lifesaving Award Hold a Safeguarding Award 	£250 £60 Lifesaving	Up to 2 with no lifeguard cover Up to 6 with lifeguard cover
Sports UKCC- ASA Aquatics Level 1	Holders of an ASA Level 1 Certificate are qualified to teach/coach in a support role only. They will be able to actively support a more senior qualified or licensed teacher/coach at any level, in the delivery of a pre-prepared session.	16	73 Hours	None Recommended to complete Sports coach UK safeguarding course.	£390	1 to 1 with lifeguard cover under direct supervision of a qualified Level 2
Sports UKCC- ASA Aquatics Level 2 (Units 1-5)	Holders of an ASA Level 2 Certificate are qualified to work on their own without supervision (other than lifeguarding cover). The ASA Level 2 Certificate will provide and equip them, with the skills, knowledge, tools and techniques to effectively plan, prepare, deliver, monitor and evaluate teacher/coaching sessions.	17	143 Hours	<ul style="list-style-type: none"> Hold the ASA Level 1 Recommended to complete Sports coach UK safeguarding course.	£700	1 to 2 with lifeguard cover under direct supervision of a qualified Level 2



Teacher Qualifications	Teaching from Poolside		Competitive Dives	Competitive Turns	Ofqual Units	Total Credits
	Up to Goldfish 3 STA Up to Stage 4 ASA	Up to Platinum STA Up to Stage 10 ASA				
STA Level 2 Award in Swimming Teaching	1 - 10 learners	1 - 20 under direct supervision of a STA Certificate or ASA Level 2 teacher	No	No	<ul style="list-style-type: none"> Understanding the Elementary Scientific Principles Relevant to Swimming Planning, Preparing and Teaching Swimming Understanding the Principles of Safe and Equitable Coaching Practice Swimming Pool Rescue Skills 	6
STA Level 2 Certificate in Swimming Teaching	1 - 12 learners	1 - 20 learners	Yes 1 - 20 learners	Yes 1 - 20 learners	<ul style="list-style-type: none"> Teaching Swimming, Lifesaving and Survival Techniques Understanding How to Develop Participants through Coaching Sport Understanding the fundamentals of Coaching Sport <p>The Certificate also includes the 4 units from the STA Level 2 Award.</p>	17
Sports UKCC- ASA Aquatics Level 1	As an assistant only under direct supervision of a qualified Level 2	No As an assistant only under direct supervision of a qualified Level 2	No Plunge dive only under direct supervision of a qualified Level 2	No	<ul style="list-style-type: none"> Understanding the fundamentals of coaching sport Understand the principles of planning coaching activities in sport Understand the principles of conducting coaching activities in sport Understand the principles of evaluating coaching activities in sport Planning teaching activities in aquatics Conducting teaching activities in aquatics Evaluating teaching activities in aquatics 	8
Sports UKCC- ASA Aquatics Level 2 (Units 1-5)	1 to 12 learners	1 to 20 learners	No Plunge dive only	No	<ul style="list-style-type: none"> Understanding the Fundamentals of Coaching Sport Understanding How to Develop Participants through Coaching Sport Understanding the Principles of Safe and Equitable Coaching Practice Understand the fundamentals of child development in aquatics Plan a series of aquatic teaching sessions Prepare the aquatic teaching environment Deliver a series of aquatic teaching sessions Monitor and evaluate aquatic teaching sessions 	17

