

Comparisons Between STA and RLSS

Prices as of July 2013

Course	Registration Fee	Revalidation Fee
STA Pool Lifeguard	£40	£20
RLSS NPLQ	£53	£19

There are additional costs for tutoring and examining the courses.

Table of Comparison

STA Pool Lifeguard (34 hours)	RLSS NPLQ (36 hours)
Lifeguard Theory	
Complete 3 worksheets, 3 x 10 multiple choice question papers and a final 30 question multiple choice question paper (including lifeguarding theory, first aid and CPR)	Answer 21 oral questions
Pool Section	
i) Using a reaching aid, rescue a casualty 2m from poolside, or ii) Using a rescue aid, rescue a casualty 8m from poolside, or iii) Using a rescue aid wade 5m to rescue a non-swimmer iv) Water based rescue using a buoyant rescue aid and tow 10 metres for one of the following: <ol style="list-style-type: none"> Drowning An injured swimmer Unconscious Multiple casualties 	Practical rescue – reaching, throwing and wading up to 8m
Swim 5m to a casualty and tow 10m demonstrating a tow suitable for one of the following: <ol style="list-style-type: none"> Drowning An injured swimmer Unconscious Multiple casualties 	Contact rescue – deep water – 5m, assessor choice from three tows – hip support, shoulder support or arm support
Deep water recovery. Rescue a submersible manikin from deepest part, exchange for live casualty, tow to side, start resuscitation and recover an unconscious casualty onto land, show the action for vomit and place in recovery position.	Deep water recovery. Rescue a submersible manikin from deepest part and recover an unconscious casualty & either perform rescue breathing in water or rescue casualty onto land, demonstrate rescue breathing on land, action for vomit, place in recovery position.
Timed swim rescue	
Timed 20m swim, 20 seconds allowed, 20m contact	Conscious casualty – 20m swim and tow, using a

tow of a weak swimmer	torpedo buoy where available, 65 seconds
	Unconscious casualty – 20m swim, 10m tow, 45 seconds to point of support or in standing depth
Spinal cord injury management	
Swim 5m to prone casualty with suspected spinal injury, turn, take to safety and support: A casualty in deep water *Additional Unit - Backboard Application with the use of Rigid Cervical Collars in Leisure Facilities - Pool Environment, covers Cervical Collars, Backboards and Head Restraints If there is no backboard, a horizontal lift will be performed	SCIM Deep water rescue – swim 5-8m, apply vice grip, trawl 10m At least one candidate will land using a rescue board, a horizontal lift or support in water. Log roll to be performed once casualty on side
Wade 5 metres to a prone casualty with suspected spinal injury, turn, take to safety and support: A casualty in shallow water	Shallow water rescue – using Head Splint technique, stabilise in water
*Where a backboard is present on site, the additional unit must be registered	
Emergency situation	
Acting as a lifeguard prevent and/or rescue 2 possible casualties from an unknown simulated emergency situation	
Cardiopulmonary Resuscitation	
Adult manikin, 1 & 2 person CPR on either sudden collapse or drowning for 3 mins using pocket masks	Demonstrate adult person CPR for 2 mins Demonstrate adult 2-person CPR
CPR for 3 mins on a child manikin or a baby manikin	Demonstrate single person child or infant CPR for 2 mins
Obtain an airway on a suspected spinal, with assistance	Adult Rescue Breathing with suspected upper spinal cord injury
Action for vomiting for a suspected spinal, with assistance	
Turning from prone to supine, primary survey and secondary survey, recovery position and aftercare	
CPR Theory	
Covered in worksheets, course multiple choice papers and final 30 question multiple choice paper	Answer 6 oral questions
First Aid	
Additional EFAW unit can be registered	Demonstrate the emergency management of an injured casualty: Casualty examination – full examination of a conscious and Either Manage wounds and bleeding – Or Management of fractures
Covered in worksheets, course multiple choice papers and final 30 question multiple choice paper	Demonstrate a knowledge and understanding of a range of first aid conditions- answer 6 oral questions

Additional Units

STA has three additional units that can be registered onto a Pool Lifeguard Course. These are:

Additional Units	Duration	Additional Cost
STA Award for Pool Lifeguard with STA Emergency First Aid at Work	34 hours	£6.00 per candidate
Backboard Application with the use of Rigid Cervical Collars in Leisure Facilities	Additional 8 hours (making a 42 hour course)	N/A
STA First Aid at Work	Additional 6 hours (making a 40 hour course)	£6.00 per candidate

CPR and AED Unit can be added to the RLSS NPLQ for an additional 1 and a half hours.