



Junior Lifeguard CPD

Aim

Depending on the pre-requisite qualifications held this CPD provides individuals with the knowledge and skills required to Instruct the Junior Lifeguard Programme and the Special Missions* or to act as an assistant to a qualified Junior Lifeguard Instructor.

Pre-requisites to become a Junior Lifeguard Instructor:

- Be 16 years of age or older
- Hold either the:
 - STA Certificate in Swimming Teaching
 - STA Award in Swimming Teaching
 - STA School Teachers Foundation Certificate
 - ASA Level 2 Certificate in Teaching Aquatics.

Holders of the following qualifications are able to attend the Junior Lifeguard CPD to gain registration as an Assistant Junior Lifeguard Instructor:

- STA Student Teacher Certificate
- ASA Level 1 Award in Teaching Aquatics
- STA Award for Pool Lifeguard (or acceptable equivalent)
- SLSA Beach Lifeguard (or acceptable equivalent).

Validity of Award

This CPD does not expire.

CPD Value

1 CPD Point

Length of Course

Approximately 6 hours contact time.

Course Information

The **Junior Lifeguard CPD** covers:

- An overview of the Junior Lifeguard Programme and the Special Missions
- Overview of the resources available to support delivery
- Principles of risk assessment applied to Junior Lifeguard activities and equipment
- CPD requirements for Special Missions
- Practical delivery of first aid skills
- Practical delivery of pool practical skills, including rescue tube, boogie board, fin swimming and water polo.

Assessment

Candidates are expected to participate fully in theoretical and practical elements of the course and will be observed and assessed by the Tutor continuously throughout the day.

Resources

Upon completion candidates will have access to all the materials to enable them to deliver the **Junior Lifeguard Awards**. Resources will be available via the Junior Lifeguard Resource Area on online.sta.co.uk.