



Qualification Specification

STA Pool Responder

This qualification is regulated by Ofqual (England) and Qualifications Wales

STA Level 2 Award for Pool Responder

Qualification Number: 600/2400/8

Credit Value: 2 Credits

Unit Structure

This qualification consists of 1 mandatory unit

Unit Title	Code	Credit Value	Unit Level	GLH
Carry out pool emergency and first aid procedures	H/503/6816	2	2	14

This qualification contains 4 optional units

Unit Title	Code	Credit Value	Unit Level	GLH
Emergency First Aid at Work	D/504/6101	1	2	10
Recognition and management of illnesses and injuries in the workplace	F/504/4518	3	2	16
Basic Life Support and Using an Automated External Defibrillator	L/506/8532	1	2	5
Basic Life Support and Management of Anaphylaxis	F/506/8530	1	2	5

Total Qualification Time

14 Hours

Qualification Wales

STA Dyfarniad Lefel 2 ar gyfer Ymatebwr mewn Pwll Nofio /
STA Level 2 Award For Pool Responder

QW Designation No:

C00/0369/4

Introduction:

The course is traditionally delivered over 2 days with the constant assessment throughout the course.

The Pool Responder course includes all of the skills that someone who's duties include responding to a poolside emergency or support a lifeguard team.

This is not designed to be a lifeguard qualification but is designed to assist operators of small shallow 'hotel' type pools in meeting their legal responsibilities and for anyone who may assist a lifeguard team.

For further details on this qualification please call us on 01922 645 097.

Qualification Objective:

The STA Pool Responder qualification is designed to train candidates in pool rescue, CPR techniques and first aid competencies in order to deal with poolside emergencies in accordance with the National Occupational Standards and the HSE publication *Managing Health and Safety in Swimming Pools* and British Standard BS EN 15288 Part 2, *Safety Requirements for Operations*.

Target Learners

Anyone over the age of 16 years who's duties include responding to a poolside emergency including fitness, hotel type pools that are traditionally smaller than a regular pool, 1.5m deep and below 170 square meter. Further guidance may be taken from Health and Safety Executives document 'Managing Health and Safety in Swimming Pools' Precautions where constant poolside supervision is not provided generally targeted as they don't meet the Health and Safety guidance 179 requirements of hiring a lifeguard.

Anyone who need to support a lifeguard team may also take the Pool Responder course.

Progression

The STA Pool Responder qualification is a stand alone qualification. Next step you can take would be to become an STA Pool Lifeguard and progress onto an STA Lifesaving Tutor.

Often Pool Responders will progress their career within the leisure industry by becoming a pool lifeguard, gym instructor, swimming instructor or duty manager at pools that range from a single pool up to a large leisure type pool.

Industry Standards

National Occupational Standards

HSE *publication Managing Health and Safety in Swimming Pools* (HSG 179)

British Standard BS EN 15288 Part 2, Safety Requirements for Operations

Entry Requirements

- Be 16 years of age or older
 - Be able to surface dive and recover an object from the deepest part of the pool
 - Swim 25 metres candidates who cannot swim 25 metres must be able to demonstrate the ability to wade, and effect a rescue in a pool with a depth no greater than chest depth
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Grading Format

Pass / Fail

Assessment Methods

Portfolio of Evidence, Practical Demonstration / Assignment,
Practical Examination

Tutor / Assessor Requirements

All Tutors must have the skills, knowledge and experience to be able to teach and demonstrate the subject.

Each Tutor must be approved by Safety Training Awards and provide evidence of:

1. Minimum of STA Pool Responder (or acceptable equivalent)
 2. Hold or working towards a formal tutoring and assessing qualification
 3. Tutors must maintain their technical competence within the subject area and provide evidence of continuing professional development (CPD).
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IQA Requirements

Internal Quality Assurers (IQAs) of this qualification must have knowledge and competency in Lifesaving as well as knowledge and competency in internal quality assurance.

An IQA must hold:

1. Minimum of STA Pool Responder (or acceptable equivalent)
2. Internal quality assurance qualification

Note: IQAs cannot quality assure a course for which they were the Tutor and/or Assessor.

The STA Pool Responder course tutors must be moderated at least every three years by a moderating tutor.

Resource Requirements

Each teacher STA Pool Responder manual which includes the worksheets needed as part of the course. During the course responders will complete the worksheets as part of the course evidence.

- First Aid Skills manual

Pool side equipment including :

- Torpedo Buoys
- Rescue Pole
- Throw Rope
- Throw Bag
- Submersible Manikin

Basic Life Support manikin including:

- Adult
- Child
- Infant

Venue:

- Room size: Adequate space for all learners on the course to undertake theory and practical work
- Seats: One per learner
- Writing surfaces: Adequate for each learner to take notes
- Toilets: Separate facilities for male and female learners
- Ventilation: Should be adequate
- Lighting: Should be suitable for reading, combining a mixture of natural and artificial light
- Heating: Should maintain a 'shirt sleeve' environment, minimum temperature 16°C
- Access/exits: Should be safe, well lit and cater for people with special needs
- Floor coverings: Should be carpeted or mats / blankets provided for use during practical sessions
- Cleanliness: Maintain a clean, tidy and hygienic environment
- Noise: Consider whether there is noise that may distract candidates from training
- Electrical items: When projectors and other electrical equipment are used, the equipment must be checked to ensure it is in safe working order. It is important to be aware of trip hazards associated with electric cables in order to reduce such risks.

Unit Specification

Unit Title		Carry out pool emergency and first aid procedures
Unit Aim		Pool Responders must be able to understand their role within an emergency procedure, how to recognize and treat a variety of first aid conditions in a swimming pool and the surrounding area.
Learning Outcomes		Assessment Criteria
1. Understand the Pool Safety Operating Procedures	1.1 1.2	Describe the areas covered by a Normal Operating Procedure Describe the areas covered by an Emergency Action Plan
2. Understand the roles and responsibilities of a pool responder and first aider	2.1 2.2 2.3 2.4	Identify the role and responsibilities of a pool responder and a first aider Describe how to minimise the risk of infection Identify commonly available pool rescue equipment and describe how to use it safely Identify commonly available first aid equipment and describe how use it safely
3. Know how to assess an incident	3.1 3.2 3.3	Describe how to manage an incident Describe how to perform a primary survey Describe when and how to call for help
4. Know how to administer basic life support in a swimming pool environment	4.1 4.2 4.3	State the 'chain of survival' Outline adult basic life support Outline basic life support for paediatric and drowning casualties
5. Be able to perform a rescue using suitable rescue equipment	5.1 5.2	Demonstrate handling a simulated unconscious casualty for the following procedures: <ul style="list-style-type: none"> • Turning from prone to supine • Primary survey • Action to vomit • Secondary survey • Recovery position Action for vomit on a casualty with a suspected spinal injury
6. Be able to manage an unresponsive casualty who is not breathing normally	6.1 6.2 6.3 6.4	Demonstrate basic life support on adult, child and baby manikins Demonstrate basic life support with the use of a pocket mask Demonstrate obtaining an airway on a suspected spinal injury Demonstrate simulated resuscitation in the water
7. Know how to and be able to assist a casualty who is choking	7.1 7.2	Describe how to identify a casualty with a partially and completely blocked airway obstruction Demonstrate how to treat choking on an adult, child and baby manikin
8. Understand basic first aid procedures	8.1 8.2 8.3	Give the aims of first aid Describe the management of: <ul style="list-style-type: none"> • Common breathing problems • Bleeding and shock • Bone and supporting tissue injuries • Spinal injuries • Epilepsy Describe the management of minor injuries: <ul style="list-style-type: none"> • Small cuts, grazes and bruises • Minor burns and scalds • Small splinters
9. Be able to manage a casualty who is wounded and bleeding	9.1 9.2	Demonstrate how to treat a simulated casualty suffering from shock Demonstrate how to control severe external bleeding
10. Be able to perform basic rescue skills	10.1 10.2 10.3 10.4 10.5	Perform reaching and throwing rescues from poolside Perform a wading rescue in standing depth Perform a water based rescue from the deepest part of the pool using a buoyant rescue aid Demonstrate retrieving a submersible manikin from the pool floor Demonstrate the rescue of a suspected spinal injury casualty

11. Know how to respond to a pool emergency situation	11.1 11.2 11.3 11.4	Describe how to assess the nature of an emergency Describe the qualified assistance required for the emergency Describe the right course of action to meet the needs of the following emergencies: <ul style="list-style-type: none"> • Drowning • Injured casualties • Unconscious casualties • Multiple casualties Describe how to deal with bystanders
12. Understand the differences in dealing with different kinds of casualties	12.1	Describe the potential differences when dealing with the following types of casualty: <ul style="list-style-type: none"> • Adult • Children • Casualties with disabilities • Casualties with medical conditions
13. Be able to respond to a simulated pool emergency situation	13.1	Demonstrate a safe, prompt and effective response to the following emergencies: <ul style="list-style-type: none"> • Drowning • Injured casualties • Unconscious casualties • Multiple casualties
14. Understand recording, reporting and analysing pool emergency and first aid situations	14.1 14.2 14.3	Describe how to complete an incident report form Describe why reporting and analysing emergency situations are important Identify relevant legislation that requires reporting and recording

Unit Specification

Unit Title	Emergency First Aid in the Workplace
Unit Aim	The aim of the Emergency First Aid at Work qualification is to enable a candidate to be able to act as an appointed person to take charge of the first aid arrangements, including looking after the equipment and facilities and calling the Emergency Medical Services when required.
Learning Outcomes	Assessment Criteria
1. Understand the role and responsibilities of a first aider	1.1 Identify the role and responsibilities of a first aider 1.2 Describe how to minimise the risk of infection to self and others 1.3 Identify the need for establishing consent to provide first aid 1.4 Complete an accident report form 1.5 Identify the first aid equipment that should be available in a workplace 1.6 Describe the safe use of first aid equipment
2. Be able to manage an unresponsive casualty who is breathing normally	2.1 Conduct a scene survey 2.2 Conduct a primary survey of a casualty 2.3 Give examples of when to call for help
3. Be able to manage an unresponsive casualty who is breathing normally	3.1 Assess a casualty's level of consciousness 3.2 Open a casualty's airway and check breathing 3.3 Explain why it is important to place an unconscious casualty into the recovery position 3.4 Place an unresponsive casualty in the recovery position 3.5 Manage a casualty who is in seizure
4. Be able to manage an unresponsive casualty who is not breathing normally	4.1 Recognise the need to commence Cardio Pulmonary Resuscitation 4.2 Demonstrate Cardio Pulmonary Resuscitation using a manikin
5. Be able to recognise and assist a casualty who is choking	5.1 Describe how to identify a casualty with a: <ul style="list-style-type: none"> Partially blocked airway Completely blocked airway
6. Be able to manage a casualty with external bleeding	6.1 Identify the types of external bleeding 6.2 Control external bleeding
7. Be able to manage a casualty who is in shock	7.1 Recognise shock 7.2 Administer first aid to a casualty who is in shock
8. Be able to manage a casualty with a minor injury	8.1 Administer first aid to a casualty with small cuts, grazed and bruises 8.2 Administer first aid to a casualty with minor burns and scalds 8.3 Administer first aid to a casualty with small splinters

Unit Specification

Unit Title	Recognition and Management of Illness and Injury in the Workplace
Unit Aim	The aim of this unit is to prepare learners by giving them the required skills and knowledge to deal with a range of first aid situations.
Learning Outcomes	Assessment Criteria
1. Be able to conduct a secondary survey	1.1 Identify the information to be collected when gathering a casualty history 1.2 Conduct a head to toe survey
2. Be able to administer first aid to a casualty with injuries to bones, muscles and joints	2.1 Recognise suspected; <ul style="list-style-type: none"> • Fractures • Dislocations • Sprains and strains 2.2 Administer first aid for; <ul style="list-style-type: none"> • Fractures • Dislocations • Sprains and strains
3. Be able to administer first aid to a casualty with suspected head and spinal injuries	3.1 Recognise suspected; <ul style="list-style-type: none"> • Concussion • Skull fracture • Cerebral compression • Spinal injury 3.2 Administer first aid for suspected; <ul style="list-style-type: none"> • Concussion • Skull fracture • Cerebral compression • Spinal injury
4. Be able to administer first aid to a casualty with suspected chest injuries	4.1 Recognise the different types of chest injury 4.2 Administer first aid for a chest injury
5. Be able to administer first aid to a casualty with burns and scalds	5.1 Recognise the factors that affect the severity of burns and scalds 5.2 Administer first aid for burns involving; <ul style="list-style-type: none"> • Dry heat • Wet heat • Electricity • Chemicals
6. Be able to administer first aid to a casualty with an eye injury	6.1 Give examples of coming eye injuries 6.2 Administer first aid for eye injuries involving; <ul style="list-style-type: none"> • Dust • Chemicals • Embedded objects
7. Be able to administer first aid to a casualty with sudden poisoning	7.1 Identify the routes that poisoning can take to enter the body 7.2 Administer immediate first aid to a casualty affected by sudden poisoning 7.3 Identify sources of information for treating those affected by sudden poisoning
8. Be able to administer first aid to a casualty with anaphylaxis	8.1 Identify common triggers for anaphylaxis 8.2 Recognise anaphylaxis 8.3 Administer immediate first aid for a casualty suffering from anaphylaxis
9. Be able to provide First Aid to a casualty with suspected major illness	9.1 Recognise major illnesses including; <ul style="list-style-type: none"> • Heart attack • Stroke • Epilepsy • Asthma • Diabetes Administering first aid to a casualty suffering from major illnesses including; <ul style="list-style-type: none"> • Heart attack • Stroke • Epilepsy • Asthma • Diabetes

Unit Specification

Unit Title	Basic Life Support and Using an Automated External Defibrillator
Unit Aim	Unit aims to train candidates in the effective administration of cardiopulmonary resuscitation. As well as train candidates in the effective usage of an AED as both a team leader and a single operator for a casualty with no shock indicated, a casualty with shock indicated, and an unknown scenario
Learning Outcomes	Assessment Criteria
1. Be able to manage an unresponsive casualty who is breathing normally	1.1 Assess the scene for danger 1.2 Assess a casualty's level of consciousness 1.3 Demonstrate how to open a casualty's airway and check for breathing 1.4 Demonstrate how to place an unresponsive casualty in the recovery position
2. Be able to manage an unresponsive casualty who is not breathing normally	2.1 Recognise the need to commence Cardiopulmonary Resuscitation (CPR) 2.2 Perform Cardiopulmonary Resuscitation using a manikin
3. Know how to safely use an automated external defibrillator	3.1 Identify safety considerations when using an automated external defibrillator (AED) 3.2 List differences in the procedure when using an automated external defibrillator on a child
4. Be able to safely use an automated external defibrillator	4.1 Demonstrate the correct placement of AED electrode pads on a manikin 4.2 Follow AED voice prompts accurately 4.3 Demonstrate how to combine the use of an automated external defibrillator with minimal interruptions in Cardiopulmonary Resuscitation using a manikin 4.4 Demonstrate the safe delivery of AED shock 4.5 State the procedures if the casualty shows signs of life and starts to breathe normally 4.6 Identify the information required when handing over the casualty

Unit Specification

Unit Title	Basic Life Support and Management of Anaphylaxis	
Unit Aims	The aim of this unit is to prepare learners with the knowledge and practical competencies needed to deliver CPR and manage anaphylaxis	
Learning Outcomes	Assessment Criteria	
1. Be able to manage an unresponsive casualty who is breathing normally	1.1 1.2 1.3 1.4	Assess the scene for danger Assess a casualty's level of consciousness Open a casualty's airway and check breathing Place an unresponsive casualty in the recovery position
2. Be able to manage an unresponsive casualty who is not breathing normally	2.1 2.2	Recognise the need to commence Cardio Pulmonary Resuscitation Demonstrate Cardio Pulmonary Resuscitation using a manikin
3. Know how to recognise a casualty with anaphylaxis	3.1 3.2 3.3	Identify the common triggers for anaphylaxis Recognise signs and symptoms of anaphylaxis Identify the possible life-threatening features of an anaphylactic reaction
4. Be able to manage a casualty with anaphylaxis	4.1 4.2 4.3 4.4 4.5	Administer treatment to a casualty suffering from anaphylaxis; including: <ul style="list-style-type: none"> • Summoning appropriate assistance • Casualty positioning Prepare appropriate medication for administration during anaphylaxis treatment Identify key features of various adrenaline auto-injectors Demonstrate the safe use of an adrenaline auto-injector using training device Safe disposal of sharps