



Qualification Specification

Pool Lifeguard



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

STA Level 2 Award for Pool Lifeguard

Qualification Number: 600/2965/1

Credit Value: 5 Credits

Unit Structure

This qualification consists of 3 mandatory units

Unit Title	Code	Credit Value	Unit Level	GLH
Understand how to prepare and maintain a healthy and safe pool environment	D/503/4045	1	2	10
Understand how to supervise pool activities	H/503/4046	1	2	10
Carry out pool lifeguard emergency and first aid procedures	M/503/6916	3	2	24

This qualification contains 5 optional units

Unit Title	Code	Credit Value	Unit Level	GLH
Backboard application within leisure facilities	L/615/4417	1	2	6
Emergency First Aid in the Workplace	A/504/4517	1	2	8
Recognition and management of illnesses and injuries in the workplace	F/504/4518	2	3	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

74 Hours

QW Designation No:

STA Dyfarniad Lefel 2 ar gyfer Achubwyr mewn Pwll Nofio / STA Level 2 for Pool Lifeguard

QW Designation No:

C00/0380/4

Introduction:

The Pool Lifeguard course includes all of the skills that a lifeguard will need to provide constant supervision of a swimming pool. The course includes pool rescue, CPR, first aid practical techniques and theory knowledge.

The course is traditionally delivered over 1 week with a minimum course length of 34 hours plus a 2 hour assessment on the last day of the course.

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

Qualification Objective:

The STA Pool Lifeguard qualification is designed to train lifeguards in pool rescue, CPR techniques, first aid and dealing with poolside emergencies in accordance with the National Occupational Standards and sections 140 - 185 of *Managing Health and Safety in Swimming Pools* and *British Standard BS EN 15288 Part 2, Safety Requirements for Operations*.

Employers may use our Pool Lifeguard qualification to meet their health and safety responsibilities in the above publications.

Target Learners

16 years old and above who want to work as a lifeguard in a swimming pool or leisure centre.

Progression

The STA Pool Lifeguard qualification is a stand alone qualification. Next step you can take would be to become a Lifesaving Tutor where you will be able to train other lifeguards and share your experience lifeguards have gained whilst working on poolside.

Becoming a lifeguard is traditionally where someone would start their career in the leisure industry. Often lifeguards will progress their career within the leisure industry by becoming a gym instructor, swimming instructor or duty manager at pools that range from a single pool up to a large leisure type pool.

Most of the pool managers will have started their life working in the leisure industry as a lifeguard.

Industry Standards

- Health and Safety Executives document 'Managing Health and Safety in Swimming Pools.'
 - British Standard BS EN 15288 Part 2, Safety Requirements for Operations
 - National Occupational Standards C28
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Entry Requirements

- To attend the Pool Lifeguard course, you must be 16 years or older and:
 - Swim 100 metres on the front and 100 metres on the back without stopping
 - Swim 50 metres in under 1 minute
 - Surface dive and recover an object from the deepest part of the pool
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Special Considerations and Reasonable Adjustments Policies

STA have put measures in place for learners requiring additional support whilst undertaking STA courses.

For further information on these, please refer to the resources section on www.sta.co.uk; STA Special Considerations Policy <https://www.sta.co.uk/resources/policies/special-consideration-policy/>, STA Reasonable Adjustments Policy <https://www.sta.co.uk/resources/policies/reasonable-adjustments-policy/>

Grading Format

Pass / Fail

Assessment Methods

The course tutor will evaluate a Pool Lifeguards skills throughout the course to ensure competence in all of the skills and help to complete a portfolio of evidence, including worksheets and an end of course written examination paper. At the end of the course the external assessors will assess everyone on the course to ensure they have maintained their skills.

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 Lifeguard (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 Pool Lifeguard as well as knowledge and competency in internal quality assurance.

An IQA must hold:

1. Minimum of STA Pool Lifeguard (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 Lifeguard course tutors must be moderated at least every three years by a moderating tutor.

Resource Requirements

Each learner will receive an STA Pool Rescuer manual and a pool lifeguard portfolio which includes the worksheets needed as part of the course. During the course learners will complete the worksheets as part of the course evidence.

Pool side equipment including :

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

Basic Life Support manikin including:

- Adult manikins at a ratio of 1:4
- Child manikins at a ratio of 1:4
- Infant manikins at a ratio of 1:4

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	Understand how to prepare and maintain a healthy and safe pool environment
Unit Aim	Lifeguards must be able to understand their role in preparing and maintaining a safe pool environment for others.
Learning Outcomes	Assessment Criteria
1. Know how to prepare and maintain a health and safe pool environment	1.1 Identify the types of hazards which may occur and how to look for and provide the proper response 1.2 Describe the rules, regulations and bye-laws covering the pool including Health and Safety At Work Act and Health and Safety Executive's "Managing Health and Safety in Swimming Pools" 1.3 Identify the types of emergency equipment required, where it is kept and how it is properly maintained 1.4 Outline the checks required for each type of pool environment 1.5 Outline which records need to be kept and how to complete them 1.6 Describe how to check the water quality and other safety checks of the pool and its facilities 1.7 Deal with any hazards quickly and following legal requirements 1.8 Identify an admissions policy 1.9 Describe how to give customers any information and help that they may need
2. Know how to supervise pool activities	2.1 Describe the types of advice and assistance which each of the different types of customer may require and the most appropriate way of providing it. 2.2 Outline the normal operating procedures for the pool 2.3 Identify staffing levels for different types of activities and what to do if these are not adequate 2.4 Describe the types of hazards which may occur and how to look for them and provide the proper response 2.5 Outline the principles of water safety and accident prevention 2.6 Outline the role of the lifeguard 2.7 Describe how the pool is zoned for effective supervision 2.8 Outline the effect of the pool environment on safety 2.9 Outline when and how to communicate with customers
3. Know how to carry out pool emergency procedures	3.1 Describe the Emergency Action Plan for the pool and facility 3.2 Describe the difference in dealing with different kinds of customers 3.3 Outline how to identify and assess the nature of an emergency situation 3.4 Describe the right course of action to meet the needs of each kind of emergency situation 3.5 Describe the importance of responding calmly and promptly and providing reassurance to all those involved 3.6 Describe the nature and type of qualified assistance required for each of the types of emergency situation 3.7 Outline the importance of identifying the possible cause of the emergency 3.8 Outline the importance of reporting any difficulties which occurred in implementing the emergency procedures
4. Be able to supervise pool activities	4.1 Observe activities carefully and continuously in the pool area they are supervising 4.2 Supervise and educate their customers to use the pool safely 4.3 Identify and deal with potential hazards promptly and in line with the pool safety operating procedures 4.4 Communicate effectively with their customers and colleagues when necessary 4.5 Follow the normal operating procedures at all times

Unit Specification

Unit Title	Understanding how to supervise pool activities
Unit Aim	Lifeguards will be able to understand different types of swimming pool, the different activities that may go on in the pool and how to supervise them safely.
Learning Outcomes	Assessment Criteria
1. Know how to observe activities carefully and continuously while supervising the pool	1.1 Describe the supervision skills required when dealing with the following activities: <ul style="list-style-type: none"> • Leisure Swimming • Lane Swimming • Diving and jumping • Organised games • Sub-aqua • Canoeing • Teaching of Swimming 1.2 Describe positioning for different activities in the following types of pool: <ul style="list-style-type: none"> • Conventional pools • Leisure pools • Diving pools
2. Know how to give customers information and help	2.1 Describe why customer care is so important
3. Understand the need to educate customers on how to use the pool safely	3.1 Describe how customers can be educated 3.2 Describe how educating customers makes for a safer pool environment 3.3 Outline when it is appropriate to be communicating with customers
4. Know how to identify and deal with any potential hazards promptly and safely while the pool is in use	4.1 Identify and assess any hazards 4.2 Describe what to do in the event of the following: <ul style="list-style-type: none"> • Inadequate adult supervision of children • Unacceptable customer behaviour • Failure of equipment • Poor water quality • Physical hazards
5. Know how to communicate effectively with customers and colleagues.	5.1 Describe the different forms of communication to include: <ul style="list-style-type: none"> • Speech • Hand Signals • Whistles • Alarm systems • Public address • Radio 5.2 Describe how communication differs with the following types of customers: <ul style="list-style-type: none"> • Adults • Children • Customers with particular needs

Unit Specification

Unit Title	Carry out pool lifeguard emergency and first aid procedures
Unit Aim	Lifeguards 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 Pool Safety Operating Procedures	1.1 Describe the areas covered by a Normal Operating Plan 1.2 Describe the areas covered by an Emergency Action Plan
2. Understand the role and responsibilities of a pool lifeguard and a first aider	2.1 Describe the role and responsibilities of a pool lifeguard and a first aider 2.2 Describe how to minimise the risk of infection 2.3 Describe commonly available pool rescue equipment and how to use it safely 2.4 Describe commonly available first aid equipment and how to use it safely
3. Understand basic first aid procedures relevant to injuries in an aquatic environment	3.1 Give the aims of first aid 3.2 Describe incident management & clarify what forms need to be completed for regulation purposes 3.3 Describe the management of: <ul style="list-style-type: none"> • Common breathing problems • Bleeding and shock • Bone and supporting tissue injuries • Spinal injuries • Epilepsy
4. Know how to administer basic life support	4.1 Describe the 'chain of survival' 4.2 Describe adult basic life support, with and without assistance 4.3 Describe basic life support for paediatric and drowning casualties with and without assistance
5. Be able to administer basic life support	5.1 Demonstrate handling a simulated unconscious casualty for the following procedures: <ul style="list-style-type: none"> • Turning from prone to supine • Primary survey • Secondary survey • Action for vomit • Recovery position 5.2 Demonstrate basic life support on adult, child and baby manikins with and without assistance 5.3 Demonstrate basic life support with the use of a pocket mask 5.4 Demonstrate obtaining an airway on a manikin with a suspected spinal injury 5.5 Demonstrate performing the action for vomit on a simulated suspected spinal injury casualty 5.6 Demonstrate performing simulated basic life support on a simulated unconscious non-breathing casualty in water
6. Know how to respond to a pool emergency situation	6.1 Describe how to assess the nature of an emergency 6.2 Describe the qualified assistance required for the emergency 6.3 Describe the right course of action to meet the needs of the following emergencies: <ul style="list-style-type: none"> • Drowning • Injured casualty • Unconscious casualty • Multiple casualties 6.4 Describe how to deal with bystanders
7. Demonstrate personal fitness	7.1 Demonstrate the ability to swim 100 metres on front and 100 metres on back without stopping 7.2 Demonstrate the ability to swim 50 metres in 60 seconds 7.3 Demonstrate the ability to swim 20 metres to a casualty in 20 seconds and then tow the casualty for 20 metres

<p>8. Be able to perform rescue skills</p>	<p>8.1 Demonstrate, from the poolside, reaching and throwing rescues</p> <p>8.2 Demonstrate a wading rescue in standing depth</p> <p>8.3 Demonstrate rescues over a distance of 10 metres in deep water using a buoyant rescue aid to meet the needs of the following casualties:</p> <ul style="list-style-type: none"> • Drowning • Injured casualty • Unconscious casualty • Multiple casualties <p>8.4 Demonstrate contact tows over a distance of 10 metres in a deep water to meet the needs of the following casualties:</p> <ul style="list-style-type: none"> • Drowning • Injured casualty • Unconscious casualty • Multiple casualties <p>8.5 Demonstrate retrieving a submersible manikin from the deepest part of the pool floor</p> <p>8.6 Demonstrate in shallow water the rescue of a simulated suspected spinal injury casualty</p> <p>8.7 Demonstrate starting in deep water the rescue of a simulated suspected spinal injury casualty</p>
<p>9. Understand the differences in dealing with different kinds of casualty</p>	<p>9.1 Demonstrate the potential differences when dealing with the following types of casualty:</p> <ul style="list-style-type: none"> • Adults • Children • Casualties with disabilities • Casualties with medical conditions
<p>10. Be able to respond to a simulated pool emergency situation</p>	<p>10.1 Perform a safe, prompt and effective response to the following emergencies:</p> <ul style="list-style-type: none"> • Drowning • Injured casualty • Unconscious casualty • Multiple casualties

Unit Specification

Unit Title	Backboard application within leisure facilities
Unit Aim	Lifeguards will be able understand how the spine is made up, how to identify a suspected spinal cord injury and extract a casualty from the water using a backboard.
Learning Outcomes	Assessment Criteria
1. Understand the anatomy of the spine	1.1 Describe the axial skeleton 1.2 Describe the 5 groups of vertebrae and the number of bones in each group
2. Understand the mechanics of a suspected spinal injury	2.1 Describe the possible signs and symptoms of a suspected spinal cord injury 2.2 Describe how a suspected spinal injury can occur
3. Understand how to immobilise a suspected spinal casualty to a backboard	3.1 Describe the water based application of a backboard including head immobilisation and strapping
4. Understand how to extricate a casualty on a backboard from the water and provide after-care	4.1 Describe how to extricate an immobilised casualty with a suspected spinal injury on a backboard from the water 4.2 Describe the after-care required for a suspected spinal injury casualty
5. Be able to apply a backboard	5.1 Demonstrate as part of a team the water based application of a backboard on a simulated casualty with a suspected spinal injury to include board application, head immobilisation and strapping
6. Be able to extricate a casualty on a backboard from the water	6.1 Demonstrate as part of a team the extrication of a simulated, immobilised casualty with a suspected spinal injury on a backboard from the water,
7. Be able to provide casualty care	7.1 Demonstrate how to perform a log roll with a simulated vomiting casualty with a suspected spinal injury who is immobilised on a backboard 7.2 Demonstrate the technique required to provide after-care to a simulated casualty with a suspected spinal injury,

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 assess an incident	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; • Fractures • Dislocations • Sprains and strains 2.2 Administer first aid for; • 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; • Concussion • Skull fracture • Cerebral compression • Spinal injury 3.2 Administer first aid for suspected; • 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: • 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 common eye injuries 6.2 Administer first aid for eye injuries involving: • 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
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: • Heart attack • Stroke • Epilepsy • Asthma • Diabetes Administering first aid to a casualty suffering from major illnesses including: • 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