

STA International Pool Lifeguard

Course Overview and Assessment



Introduction

This unregulated course trains learners in pool rescue skills, CPR techniques, first aid and dealing with poolside emergencies.

This course is aimed at people who would like to become a pool lifeguard. Learners must be able to swim competently and be able to surface dive down to the bottom of the deepest part of the pool floor.

In order to attend the course, learners must:

- Be 16 years old at the time of the assessment
- Be able to swim 100 metres on their front and 100 metres on their back competently
- Be able to surface dive down to the deepest part of the pool floor.

On successful completion of the course, learners will be issued with a STA International Pool Lifeguard Certificate.

This course is valid for 3 years. STA recommend International Pool Lifeguards attend regular training to keep their skills and knowledge in date. In order to revalidate their certificate International Pool Lifeguards will need to attend a new course* before the 3-year expiry date.

*Please note, if International Pool Lifeguards have completed ongoing training hours, they can attend a shorter course.

Course Overview

The course can be delivered over a period of weeks or over consecutive days. The recommended delivery hours are 35 hours / 5 days, this does not include breaks.

There is a maximum of 12 learners to 1 tutor.

Learners are required to undertake CPR and First Aid techniques as well as pool rescue skills throughout the course. Therefore, access to a swimming pool with lifesaving equipment is essential as well as resuscitation manikins.

Equipment requirements

- STA International Pool Lifeguard E-Manual. Each learner is required to have their own copy of the manual
- A swimming pool with lifesaving equipment including a submersible manikin
- Resuscitation manikins:
 - Adult manikins at a ratio of 1:4
 - Child and infant manikins at a ratio of 1:4
 - Resuscitation pocket masks
 - AED Training unit.

- First aid equipment:
 - Bandages and slings or the STA first aid training pack at a ratio of 1:1.
- STA International Pool Lifeguard PowerPoint and supporting resources.

On successful completion of the course

Learners will:
Be able to perform cardiopulmonary resuscitation for an adult sudden collapse casualty, drowning casualty, child and infant casualty
Be able to perform first aid for an unconscious breathing casualty including the recovery position and aftercare
Be able to administer first aid for a range of conditions / injuries including choking, bleeding, burns, muscle and bone injuries as well as medical conditions
Be able to perform poolside rescue skills
Be able to perform in water rescue skills including retrieval of a submersible manikin from the deepest part of the pool and team lift out
Be able to perform suspected spinal cord injury rescues in deep and shallow water
Be able to respond to and manage an emergency situation
Understand the role of a pool lifeguard
Understand how to supervise the aquatic environment
Understand how to use equipment effectively

Assessment Information

In order to pass the course, learners will be assessed on their theoretical knowledge, CPR skills, first aid skills and pool rescue skills.

This course is assessed by the course tutor.

Theoretical Assessment

Learners must correctly answer 7 out of 10 verbal questions. Tutors will have a set list of questions, the 10-question list must be selected at random. Each learner should be given a different set of questions where possible.

Practical Assessment

Throughout the course learners will undertake practical CPR, first aid and pool rescue activities before undertaking the final assessment to determine their competency.

Learners are required to undertake a CPR assessment and pool rescue skills assessment on the final day of the course. Learners must complete the assessment activities without prompting or guidance from the tutor and all procedures must be completed in line with the STA International Pool Lifeguard manual in order for the learner to be deemed competent.

CPR assessment

Learners must individually demonstrate effective CPR on an adult sudden collapse or drowning casualty and on either a child or infant casualty. Learners must follow all stated procedures and perform CPR for at least 2 mins in order to be deemed competent and pass the assessment.

Pool assessment

During the final pool assessment learners must individually demonstrate the ability to perform:

- A casualty rescue
- Deep water recovery of a submersible manikin, exchange for a live simulated casualty and safe removal of the casualty onto poolside
- Shallow and deep-water spinal cord injury recover and team removal from the pool
- A pool incident management scenario.

Whilst undertaking the pool assessment, learners must wear appropriate swim wear as well as shorts and a short-sleeved t-shirt. Learners are permitted to act as casualties for each other during the practical session and assessment.

Re-assessment

If a learner is unsuccessful in the end of course assessment, then the learner is only required to re-sit the required element i.e. if a learner fails the verbal questions, they are only required to re-take the verbal questions.

Please note, if a learner fails the verbal questions, the re-take verbal questions must be a new set. Learners are not permitted to re-take their original question set.

The re-take of the verbal questions or a practical assessment must be completed within six weeks from the failure date. All retakes must be registered and pay the retake fee.