

# STA International Lifesaving Course for Swimming Teachers

## Course Overview and Assessment



### Introduction

This unregulated course trains learners to act as a rescuer who have completed training in pool rescue skills and CPR techniques. Learners should be deemed competent in dealing with poolside emergencies.

This course is aimed at learners who are looking to become swimming teachers or who are assisting within the swimming lesson environment.

In order to attend the course, learners must:

- Be 14 years old at the time of the assessment
- Be able to swim 25 metres (learners who cannot swim 25 metres must be able to demonstrate the ability to wade, and affect a rescue, in a pool no greater than chest depth)
- Be able to recover a submersible manikin from the pool floor.

On successful completion of the course, learners will be issued with an STA International Lifesaving Course for Swimming Teachers certificate.

This course is valid for 2 years. STA recommend attending regular training sessions to keep their skills and knowledge in date.

In order to revalidate another 6-hour course will need to be attended before the 2-year expiry date.

### Course Overview

The recommended course delivery is 6 hours, this does not include breaks. The course can be delivered over 1 day but can also be delivered over a period of weeks, with the minimum of each training session being 2 hours.

There is a maximum of 16 learners to 1 tutor. However, if the ratio is greater than 12 learners then an additional 2 hours must be completed, 1 hour wet-side and 1 hour dry-side.

Learners are required to undertake CPR 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.

## Resource and Equipment Requirements

Course resources:

- STA International Lifesaving Course for Swimming Teachers resource e-manual – Each learner is required to have their own copy of the resource manual to have access to theoretical and practical knowledge of the course.

Pool side equipment including:

- Buoyant aids at a ratio of 1:4
- Rescue poles at a ratio of 1:4
- Throw ropes at a ratio of 1:4
- Throw bags at a ratio of 1:4.

Basic Life Support manikins 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
- Resuscitation pocket masks at a ratio of 1:4
- Manikin wipes or other disinfection method.

Recommended requirements:

- Corresponding STA PowerPoint presentation
- Drywipe board or flipchart
- Laptop and projector
- TV or other display method.

## On successful completion of the course

### Learners will:

Be able to turn an unconscious casualty from prone to supine

Be able to perform the action for vomit and place the casualty in the recovery position and provide aftercare

Be able to perform cardiopulmonary resuscitation for an adult sudden collapse casualty, drowning casualty, child and infant casualty

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 rescue and stabilisation in shallow water

## Assessment Information

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

This course is tutor assessed.

### 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 and pool rescue activities to determine their competency by the tutor.

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 Lifesaving Course for Swimming Teachers e-manual in order for the learner to be deemed competent.

### CPR Assessment

Learners must individually demonstrate effective CPR on an adult sudden collapse casualty, adult drowning casualty and a child and infant casualty. Learners must follow all stated procedures and perform CPR for at least 2 minutes 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:

- Resuscitation of casualty in the water
- A reaching rescue
- A throw rescue
- A wade in rescue standing depth
- Retrieval of a submersible manikin from the deepest part of the pool, exchange for a live simulated casualty and safe removal of the casualty onto poolside
- Rescue in shallow water of a suspected spinal cord injury and stabilisation.

Whilst undertaking the pool assessment, learners must wear appropriate swim wear (swimming costume or trunks) 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.