

STA Public Open Water Emergency Response (POWER)



Course Overview and Assessment

Introduction

This unregulated course provides learners with practical awareness and confidence in an open water environment to recognise emergencies, assess risks, and take safe, effective action until professional help arrives.

Note: It is not a lifeguard / lifesaving qualification and does not train participants to enter the water or undertake specialist rescues.

This course is aimed at anyone who wants to increase awareness to help create safer waterfront communities where confidence, calm decision-making and early intervention can contribute to saving lives.

In order to attend the course, learners must:

- Have the physical, cognitive, mental, and social readiness to take part
- Be able to perform practical demonstrations on the floor.

On successful completion of the course, learners will be issued with a STA Public Open Water Emergency Response (POWER) Certificate.

The certificate does not expire; however, it is recommended learners undertake annual refresher training during to maintain their skills and keep up to date with any changes to procedures.

Course Overview

The recommended delivery hours are 2 hours; this does not include breaks. The course can be delivered in a single session or over a period of weeks / consecutive days.

There is a maximum of 16 learners to 1 tutor.

Learners are required to undertake CPR and land-based rescue techniques throughout the course. Therefore, access to a suitable venue with appropriate equipment is essential.

Equipment requirements

- A suitable venue to demonstrate practical skills
- Adult resuscitation manikins – minimum 1 : 4 learners
- AED trainer – minimum 1 : 4 learners
- Resuscitation pocket masks and face shields
- Lifesaving equipment e.g. throw bags / lifebuoys – minimum 1 : 4 learners. If dedicated rescue equipment is not available, suitable objects from the surrounding environment, such as a rope or empty plastic bottle may also be used, provided they do not place the rescuer or casualty at risk.

On successful completion of the course

Learners will:

Understand and apply the Water Safety Code

Understand cold water shock and float to live

Be able to recognise a casualty

Be able to perform a talking and throw rescue

Be able to perform cardiopulmonary resuscitation for a drowning adult casualty

Assessment Information

In order to pass the course, learners will be assessed on their CPR, AED and practical open water emergency response skills.

This course is assessed by the course tutor.

Practical Assessment

Throughout the course learners will undertake practical CPR, AED and open water emergency response activities to determine their competency. Learners must complete the assessment activities without prompting or guidance from the tutor and all procedures must be completed in line with the STA Public Open Water Emergency Response (POWER) Course Guidance document in order for the learner to be deemed competent.

CPR assessment

Learners must individually demonstrate effective CPR on an adult drowning casualty including the use of an AED. Learners must follow all stated procedures and perform CPR for at least 2 minutes in order to be deemed competent and pass the assessment.

Talking and throw rescue assessment

Learners must individually demonstrate a talking and throw rescue to a casualty. This can be completed as a land-based activity if location restrictions apply.

Re-assessment

If a learner is unsuccessful at the end of the course, the learner will need to complete the course again in full at another time.