

Introduction

Aim

The STA Award in Pool Lifeguarding is designed to train learners in pool rescue, CPR techniques, first aid and dealing with poolside emergencies in accordance with National Occupational Standards, Managing Health and Safety in Swimming Pools, British Standard BS EN 15288 Part 2 Safety Requirements for Operations, and the CIMSPA Employer Led Professional Standards – Pool Lifeguard.

Assessment Information

This qualification is tutor assessed through a multiple-choice assessment paper, revision sheets and practical demonstration of CPR, pool rescue skills and first aid skills.

In addition to this, there is an external assessment on the final day of the course on;

- Practical demonstration of CPR on an adult casualty, drowning casualty, child casualty and infant casualty
- Practical demonstration of pool rescue skills including;
 - Reach, throw or wade rescue
 - Lifeguard fitness
 - Unconscious casualty turn and team lift out
 - Shallow water spinal recovery and team lift out
 - Shallow and deep-water spinal recovery
 - Simulated incident.

All practical elements must be completed and performed independently by the learner without prompting by the tutor and / or assessor.

Revision sheets and the multiple-choice assessment paper are to be completed independently by each learner. The revision sheets will be reviewed by the course tutor during the course and any incorrect answers will be checked orally by the tutor, through the use of supplementary questioning.

The multiple-choice assessment paper must be completed in exam conditions, with the tutor or other approved person, acting as the invigilator. Learners must achieve a minimum mark or higher to successfully pass the multi-choice assessment paper.

All learning outcomes and assessment criteria in the units must be achieved in order for the learner to be deemed competent and pass the qualification.

