

Pool Lifeguard

The 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*.

Available Regulators

Ofqual

Qualification Number: 600/2965/1

Title: STA Level 2 Award for Pool Lifeguard (QCF)

Credit Value: 5 Credits

SQA

Qualification Number: R244 04

Title: STA Professional Award for Pool Lifeguard at SCQF Level 7

Credit Value: 5 Credits

Pre-Requisites

Be 16 years of age or older

Be able to swim 100 metres on the front and 100 metres on the back without stopping

Be able to swim 50 metres in under 1 minute

Be able to surface dive and recover an object from the deepest part of the pool

Validity of Award

This qualification is valid for 2 years.

Length of Course

44 Notional Guided Learning Hours:

34 Recommended Guided Learning Hours

10 Non-Contact Guided Learning Hours

Course Information

This qualification covers:

Knowing how to prepare and maintain a healthy and safe pool environment

Knowing how to carry out pool emergency procedures and basic rescue skills

Knowing how to observe activities carefully and continuously while supervising the pool

Knowing how to give customers information and help

Understanding the need to educate customers on how to use the pool safely

Knowing how to identify and deal with any potential hazards promptly and safely while the pool is in use

Giving information and help with effective communication with customers and colleagues

Understanding the Pool Safety Operating Procedures

Understanding the roles and responsibilities of a pool responder and first aider

Understanding basic first aid procedures for injuries sustained in an aquatic environment

Knowing how to respond to a pool emergency situation and administer basic life support

Understanding the differences when dealing with various kinds of casualties

Being able to respond to simulated pool emergencies

Understanding the importance of recording, reporting and analysing pool emergency and first aid situations

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Pool Lifeguard – *continued*

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Understand How to Prepare and Maintain a Healthy and Safe Pool Environment

Understand How to Supervise Pool Activities

Carry Out Pool Lifeguard Emergency and First Aid Procedures

Additional Units

This qualification can be registered with the following additional units:

First Aid at Work

Emergency First Aid at Work

Backboard

CPR and AED

CPR and Anaphylaxis

Assessment Criteria

Complete a portfolio and worksheet questions to the satisfaction of the course tutor

Demonstrate the ability to carry out rescue activities in a safe, effective and prompt manner

Demonstrate CPR on a sudden collapse, cardiac, baby or child casualty in a safe, prompt and effective manner

Demonstrate the management of an unconscious casualty, including primary survey and recovery position, in a safe, prompt and effective manner

Complete a 30 question multiple-choice paper with a unit pass mark of 22/30