



STA NARS POOL ATTENDANT

Target Audience:

This course is aimed at members of staff who need to obtain Lifeguarding skills for the smaller pool with minimal staff and restricted usage, complying with the requirements of paragraph 193 of “Managing Health and Safety in Swimming Pools”.



Governing Body:

Swimming Teachers Association

Entry Requirements:

Candidates must:

- Be 16 years of age, or older, at the time of the examination
- Be swim fit and healthy
- Be able to swim 20 meters on their front
- Be able to swim 20 meters on their back
- Be able to reach the deepest part of the students own pool at the unit they are employed.
- All students need to do some simple course reading and answer the following questions in the manual provided, (NaRS Pool Attendant Manual).

Target Groups:

Members of staff at a swimming pool that are able to act as a pool attendant, trained in pool rescue, CPR techniques and aquatic first aid, competent to deal with poolside emergencies. In accordance with section 193 of “Managing Health and Safety in Swimming Pools”.

This award is not to be seen as a replacement for a Lifeguard Qualification. Please refer to your in-house risk assessment.

Course Details:

Number on Course:

4 minimum -12 Maximum.

Course Timings: 09.00 - 18.00.

Validation of Certification: 2 years.

Course Duration: 14 hours.

Site – Specific Training:

After completion of the NARS (PA) course and examination candidates will be qualified to act as a probationary pool responder. To become fully qualified, candidates must:

- Undertake induction and on – the – job training, under supervision in the site- specific procedures of the employer, in accordance with the regulations of the employer.
- Complete the site – specific worksheet to the satisfaction of the pool management in respect of every pool at which the pool attendant operates.
- Undertake ongoing training.

Course Materials Provided:

Swimming Teachers Association NARS “Pool Attendant Manual”.

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Course Content:

Theory Section: Complete worksheets to demonstrate a clear understanding of the pool safety operating procedures and how they relate to pool supervision covering the following topics:

- The role and duties of a pool attendant.
- The legislative background
- The swimming pool
- Pool safety operating procedures
- First Aid
- Resuscitation
- Rescue Section

With minimum additional clothing of a T shirt and Shorts or skirt, demonstrate the ability to carry out the following safely and effectively:

A, Either:

- Using a reaching aid, rescue a casualty in difficulty 2 meters from the poolside
- Using a poolside rescue aid (rope, throw bag, torpedo buoy, lifebelt etc), rescue a casualty in difficulty 5 meters from the poolside
- Using a rescue aid wade 5 meters to rescue a non-swimmer just out of their depth and assist them out of the pool.

B, Either:

- Cover 5 meters in the deepest part of the pool to reach a weak swimmer in difficulty and perform a 5 meter contact tow to safety
- Cover 5 meters in the deepest part of the pool to reach an injured swimmer and perform a 5 meter tow to safety.
- Cover 5 meters to recover a simulated body from the bottom of the deepest part of the pool (using a submersible dummy or manikin). On reaching the surface exchange the simulated body for a live simulated unresponsive casualty, tow to the side and, with assistance, land and place in the recovery position.
- Cover 5 meters to a prone casualty with a suspected spinal injury, turn the casualty who is breathing, take to safety and support the casualty with the aid of assistance; equipment may be used to aid supporting the casualty.
- Acting as a pool attendant, individually, or as

part of a team, respond, rescue and provide aftercare of a casualty from a previously unknown simulated emergency situation. At the completion of the test give reasons for your actions.

Resuscitation Section:

Using a live simulated unconscious casualty demonstrate:

- Turning a casualty from prone to supine
- Checking the airway, signs of breathing and signs of circulation
- the action for vomiting
- the recovery position and aftercare
- Using a suitable manikin demonstrate:
 - 2 minutes rescue breathing using a face mask on an adult manikin
 - Neutral alignment and the jaw thrust manoeuvre for a casualty with a suspected spinal injury.
 - Demonstrate CPR for 2 minutes each on:
 - An adult manikin
 - A child manikin
 - A baby manikin

Assessment:

The qualification is assessed as set out below; candidates must satisfy all of the following:

- Continual assessment by the tutor.
- Completion of the end of element multi – choice question paper, each question is worth 1 mark, with a 70% pass mark
- Completion of the portfolio to the satisfaction of the course tutor (Foundation and NARS – PA).
- Completion of the worksheets to the satisfaction of the Tutor and Examiner of Action Training.
- Completion of the 25 question, multiple – choice examination paper with questions on the resuscitation and aftercare of babies, children and adults, and on basic first aid (pass mark 18)
- Demonstrate the ability to carry out various defined rescue activities in a safe manner.
- Demonstrate CPR and the preparatory actions and aftercare.



Re Validation:

The pool attendant award is for acting as a responder whilst supervising a swimming pool. It is only valid at pools with a maximum water depth recorded on the face of the certificate.

Important:

Regular on – going training and practice is essential; the NARS record sheet and check sheet are provided to record regular training.