



STA NARS POOL LIFEGUARD AWARD

Target Audience:

This course is aimed at members of staff who need to obtain Lifeguarding skills to become a professional pool lifeguard, complying with the requirements of paragraphs 140 – 164 of “Managing Health and Safety in Swimming Pools”.



Governing Body:

Swimming Teachers Association

Course Details:

Number on Course: 4 Minimum, 12 Maximum.
 Course Times: 09.00 – 18.00.
 Validation of Certification: 2 years.
 Course Duration: 40 hours (5 days).

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 Lifeguard
- The legislative background
- The swimming pool
- Pool safety operating procedures
- First Aid
- Resuscitation
- Spinal Injuries
- Rescue Techniques
- Pool Features

Assessment:

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

- Completion of the Portfolio to the satisfaction of the course tutor.
- Complete the worksheets to the satisfaction of the tutor and examiner.
- Completing 5, 10 question multiple – choice examination papers during the course; each question is worth 1 mark.

The pass mark is 7 per paper
 Continual assessment by the tutor.

- Demonstrating the ability to carry out various defined rescue activities in a safe manner.
- Demonstrating CPR and the preparatory actions and aftercare.
- Important: Regular on – going training and practice is essential; the NARS record sheet and check sheet are provided to record regular training.

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 100 meters on their front
- Be able to swim 100 meters on their back
- Be able to swim 50 meters in 1 minute
- Be able to surface dive and recover an object from the deepest part of the pool.
- All students need to do some simple course reading and answer questions in the manual provided.