

## **STA Level 2 Certificate for the National Rescue** **Standard - Poolside Helper**

The STA Poolside Helper qualification aims to train poolside helpers and swimming teachers in pool rescue skills, CPR techniques, first aid and to be competent to deal with poolside emergencies.



### Pre-requisites

- ⑤ Be of 14 years of age
- ⑤ Complete the Aquatic Rescue Foundation unit of the Level 2 Certificate for the National Rescue Standard
- ⑤ Complete the The Pool Attendant unit of the Level 2 Certificate for the National Rescue Standard.
- ⑤ Be capable of swimming 25 metres (candidates who cannot swim 25 metres must be capable of wading, and effecting a rescue, in a pool with a depth no greater than chest height).

### Validity of Award

2 years.

### Length of Course

13 Recommended Guided Learning Hours.

### Course Information

The STA Poolside Helper qualification covers:

- ⑤ Demonstrating various simulated rescue scenarios safely and effectively whilst wearing minimal additional clothing
- ⑤ Demonstrating resuscitation on a live simulated casualty
- ⑤ Demonstrating neutral alignment and the jaw thrust manoeuvre for a casualty with a suspected spinal injury on a manikin
- ⑤ Demonstrating CPR for 3 minutes on either a drowning casualty or a cardiac arrested casualty
- ⑤ Demonstrating CPR for 3 minutes on either a baby or child manikin.

### Assessment

- ⑤ Complete a portfolio and worksheet questions to the satisfaction of the course tutor
- ⑤ Complete 4, 10 question multiple-choice papers with pass marks of 7/10.

This qualification requires revalidation every 2 years to update knowledge and demonstrate understanding