



Higher National Unit specification

General information

Unit title: Swimming Pool Lifeguard: Skills and Practice

Unit code: H4TM 34

Superclass: MC

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Version: 01

Unit purpose

The Unit is designed to provide the learner with knowledge and understanding of lifesaving and swimming pool supervision. On completion of the Unit the learner should be able to supervise a swimming pool, and perform basic pool rescue techniques.

Outcomes

On successful completion of the Unit the learner will be able to:

- 1 Explain the factors relating to the safe operation of swimming pools.
- 2 Demonstrate the techniques of lifesaving and swimming pool supervision.

Credit points and level

1 Higher National Unit credit at SCQF level 7: (8 SCQF credit points at SCQF level 7)

Recommended entry to the Unit

- ◆ HSE approved first aid award.
- ◆ Swimming ability that would allow the learner to swim 100 metres on their front, 100 metres on their back and a further 50 metres on their front in 60 seconds. Ability to surface dive and retrieve an object from the deepest part of the pool being used.
- ◆ A basic knowledge of human anatomy and physiology would advantageous to learners.
- ◆ Learners should possess good communication skills.

Higher National Unit specification: General information (cont)

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Core Skills

Opportunities to develop aspects of Core Skills are highlighted in the Support Notes for this Unit specification.

There is no automatic certification of Core Skills or Core Skill components in this Unit.

Context for delivery

If this Unit is delivered as part of a Group Award, it is recommended that it should be taught and assessed within the subject area of the Group Award to which it contributes.

This Unit has been designed as an optional Unit in the Group Award HNC/HND Fitness, Health and Exercise.

Learner competence in this Outcome should be assessed in the swimming pool setting including the use of a variety of simulated incidents to include: conscious casualties, unconscious casualties, spinal injury casualties, deep water, shallow water, injured casualty, group incident.

Checklists should be used to assess practical performance.

It is important for learners to be given ample opportunities to practically apply the Knowledge and Understanding retained from Outcome 1. Formative assessments for this Outcome can be used to highlight Knowledge and Understanding for individual elements however a summative assessment should be used to bring all elements together at the end of the Unit. Ultimately entry is at the discretion of the delivering centre.

Equality and inclusion

This Unit specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods or considering alternative evidence.

Further advice can be found on our website www.sqa.org.uk/assessmentarrangements

Higher National Unit specification: Statement of standards

Unit title: Swimming Pool Lifeguard: Skills and Practice

Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the Knowledge and/or Skills section must be taught and available for assessment. Learners should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Explain the factors relating to the safe operation of swimming pools.

Knowledge and/or Skills

Learners should gain sound knowledge of:

- ◆ Pool Safety Operating Procedures
- ◆ Bather behaviour, casualty recognition, and the principles of aquatic rescue
- ◆ Progressive rescue skills, rescue management and the use of poolside equipment
- ◆ Lifeguard and pool supervisory skills

Outcome 2

Demonstrate the techniques of lifesaving and swimming pool supervision.

Knowledge and/or Skills

- ◆ Use of varying rescue techniques in a range of situations
- ◆ Use of a range of swimming pool rescue equipment
- ◆ Teamwork and its application in a swimming pool environment
- ◆ Management of aquatic first aid situations
- ◆ Incident management

Higher National Unit specification: Statement of standards (cont)

Unit title: Swimming Pool Lifeguard: Skills and Practice

Evidence Requirements for this Unit

Learners will need to provide evidence to demonstrate their Knowledge and/or skills across all Outcomes by showing that they can:

Outcome 1

- ◆ Describe safe swimming pool working practices including the following elements: the role of the lifeguard, scanning, observation, teamwork, and zoning.
- ◆ Describe the hazards found in and around the swimming pool.
- ◆ Identify common rescue equipment commonly found in swimming pools and explain their use.
- ◆ Explain the importance of Pool Safety Operating Procedures (PSOP) including principles of a Normal Operating Plan (NOP) and an Emergency Action Plan (EAP) with regard to swimming pool operations.
- ◆ Explain the appropriate management of aquatic first aid requirements.

If a learner is in possession of a National Pool Lifeguard Qualification (from the RLSS) or the Award for Pool Lifeguard (from the STA) then they will gain APL for the whole of this learning Outcome.

It is strongly recommended that learners be assessed in line with National Standards provided by the Royal Life Saving Society and Swimming Teachers Association. Learners may be assessed using oral (STA) or multiple choice questions (RLSS) in line with both NGB awards.

Outcome 2

- ◆ Demonstrate appropriate rescue techniques in various situations common to the swimming pool environment.
- ◆ Demonstrate the correct use of a range of rescue equipment commonly found on the poolside.
- ◆ Demonstrate the appropriate management of a range of aquatic first aid situations.
- ◆ Demonstrate effective incident prevention and management techniques in a simulated incident.

If a learner is in possession of a National Pool Lifeguard Qualification (from the RLSS) or the Award for Pool Lifeguard (from the STA) then they will gain APL for the whole of this learning Outcome.

It is strongly recommended that learners be assessed in line with National Standards provided by the Royal Life Saving Society and Swimming Teachers Association.

Assessment of this Outcome should be practical and conducted in the swimming pool environment. Learner competence should be assessed using a variety of simulated incidents including: conscious casualties, unconscious casualties, spinal injury casualties in both deep water and shallow water, injured casualty; CPR including demonstrating hand-over of CPR to another first aider.

Higher National Unit specification: Statement of standards (cont)

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A timed swim and rescue should be included where the learner either completes A or B:

- A (i) Swims 20m to casualty in 20 seconds, then demonstrates an appropriate tow for 20m to safety.

and

- (ii) Enters water safely, swims 20m to casualty and demonstrates an appropriate tow for an unconscious casualty of 10m in 45 seconds.

or

- B Swims 20 m and demonstrates an appropriate tow for 20 m in a total time of no more than 65 seconds.

Checklists should be used to assess practical performance.

It is important for learners to be given ample opportunities to practically apply the knowledge and understanding retained from Learning Outcome 1. As in the last Outcome formative and summative assessment procedures should be utilised. Formative assessments for this learning Outcome can be used to highlight knowledge and understanding for individual elements, however a summative assessment should be used to bring all elements together near the end of the Unit.

The assessment should culminate in an examination of the learner's ability to respond to a variety of swimming pool incidents showing an application of theoretical knowledge and practical skills. This should include at least one occasion where the examiner sets up two scenarios that the learner should deal with appropriately. The learner should not be told what the scenarios would entail. One incident should be preventable, allowing the learner to show effective supervisory skills and the other should not be preventable, ie allowing the learner to show practical competence at dealing with an emergency.

This assessment should occur towards the end of the period of study to allow the learner to refine their technique through practice and the application of underpinning theoretical knowledge.



Higher National Unit Support Notes

Unit title: Swimming Pool Lifeguard: Skills and Practice

Unit Support Notes are offered as guidance and are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

Guidance on the content and context for this Unit

This Unit is intended to align with the national standards given by the Royal Lifesaving Society Lifesavers (RLSS), the Swim Teacher's Association (STA), and the Health and Safety Executive (HSE), and should be assessed in such a way as to maintain these standards. To reach the standard required by the assessment pieces in the given time a significant swimming ability is required as is additional practice and self-study.

It is essential that the learner be exposed to a full range of simulated incidents that are common in the swimming pool situation. In Outcome 2 part of the assessment should be a simulated incident where the learner does not know what will take place. This will allow scope for incident/accident prevention and management requiring decision-making, and the use of appropriate rescue techniques in line with RLSS/STA guidelines and assessment.

The content of this Unit will include underpinning Knowledge and Skills that the successful learner will require for its completion.

The learner should gain a sound Knowledge and Understanding of:

- ◆ Health and Safety within the swimming pool environment
- ◆ Incident prevention
- ◆ Incident management
- ◆ Spinal injury management
- ◆ Aquatic first aid principles
- ◆ Importance of teamwork
- ◆ Different swimming pool observation techniques

Guidance on approaches to delivery and assessment of this Unit

This Unit should be delivered in a practical pool context with associated theory sessions. The design of these sessions will allow a continuous monitoring of the learners progress leading to assessment events.

The format of assessment for this Unit will include written, oral and practical testing of the learners' ability, knowledge and understanding of the subject area.

Higher National Unit Support Notes (cont)

Unit title: Swimming Pool Lifeguard: Skills and Practice

If a learner is in possession of a National Pool Lifeguard Qualification (from the RLSS) or the Award for Pool Lifeguard (from the STA) then they will gain APL for the whole of this Unit.

It is recommended that learners be assessed in line with National Standards provided by the Royal Life Saving Society and Swimming Teachers Association.

Opportunities for e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or social software. Centres which wish to use e-assessment must ensure that the national standard is applied to all learner evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. The most up-to-date guidance on the use of e-assessment to support SQA's qualifications is available at www.sqa.org.uk/e-assessment

Opportunities for developing Core and other essential skills

All elements of the Core Skill of *Problem Solving*, that is, Planning and Organising, Critical Thinking, and Reviewing and Evaluating, could be developed and enhanced in the Unit as learners plan, undertake and evaluate the complex practical tasks required to provide evidence of competence.

There are many opportunities in which different ways to enhance skills in managing co-operative working with others can be explored. Centre designed self assessment skills checklists might support practice in developing a range of approaches to working with different clients or client groups. Learners will be required to demonstrate an empathic understanding of the needs of others in order to progress communication, while a significant level of verbal and non verbal communication skills will be needed.

Learners should be aware of how to:

- ◆ structure information effectively.
- ◆ adapt language, register and style.
- ◆ emphasise key issues.
- ◆ use effective verbal non-verbal communication techniques.
- ◆ use voice projection for impact to assure compliance and safety.
- ◆ respond to situations and incidents confidently.

History of changes to Unit

Version	Description of change	Date

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General information for learners

Unit title: Swimming Pool Lifeguard: Skills and Practice

This section will help you decide whether this is the Unit for you by explaining what the Unit is about, what you should know or be able to do before you start, what you will need to do during the Unit and opportunities for further learning and employment.

On completion of this Unit you should have the knowledge and skills required to deal effectively with a range of swimming pool situations and incidents.

During the course of this Unit you will learn what it takes to be a swimming pool lifeguard. You will learn about a vast array of subjects ranging from health and safety, to swimming pool operations, dealing with the public, and managing emergencies.

In addition to tuition you will be required to practice a variety of procedures and techniques in your own time. You will be required to work on your own and as part of an effective lifeguard team.

You will receive support and guidance that focus on your individual needs although a large amount of self study, together with individual and group practice, is essential to successfully complete this Unit. Tuition will be offered on a one-to-one basis, in small groups and in appropriate lifeguard team situations.

You will be required to ensure that:

- ◆ Your swimming is of the necessary standard to allow assessment to take place.
- ◆ Written evidence, covering all the associated assessments, is supplied on the due dates.

In **Outcome 1** you will be required to demonstrate an understanding of the principals involved in managing bather safety and in the provision of rescue facilities within a swimming pool.

In **Outcome 2** you will be required to demonstrate lifeguard rescue techniques in line with current national standards using skills and also applying Knowledge and Understanding gained from Outcome 1.

This Unit can be very rewarding and if completed in conjunction with a National Governing Body Award can lead to direct employment within the leisure industry.