

Teachers and assistants taking this test must have attended a training session that will include the following areas:

- Recognising a bather requiring assistance
- Using poolside rescue equipment appropriately and safely
- Entering the pool safely
- Assisting with the rescue and recovery of an unconscious casualty
- Assisting with the management of an unconscious casualty on the poolside
- Supporting the swimming teacher in a pool emergency
- Understanding the importance of pool procedures
- Taking control of a group and evacuating a pool safely in an emergency

To complete this training session candidates must show competence in the following areas:

1. Rescue a casualty needing assistance using pool rescue equipment
2. Assist a pupil to leave the water safely
3. Enter shallow water safely and assist with the recovery of an unconscious casualty on to the poolside (horizontal lift)
4. On the direction of the teacher in charge who is about to enter the water to recover an unconscious casualty, bring a simulated teaching session to an end, ensure the safety of all the bathers then assist to lift the unconscious casualty on to the poolside
5. Explain how to get assistance to the poolside in an emergency
6. Answer questions on pool operating procedures and their relevance to a teaching session
7. Assist a swimming teacher to turn a prone casualty supine (deep water pools only)
8. Place an unconscious casualty in the recovery position
9. Demonstrate rescue breathing and CPR on both child and adult manikins

A training session, including testing would normally last about 3 hours. It may be appropriate to split the training into a life support session and poolside session.

The test is valid for 2 years

The trainer will normally determine whether those attending the training sessions are competent or not. It is recommended that an external assessor will occasionally assess candidates for moderation purposes. Training and assessment may be conducted by any RLSS UK Trainer Assessor or STA NARS Teacher Examiner approved by Dudley LEA