



# NaRS Poolside Helper

## Aim

The STA Level 2 Certificate – NaRS Poolside Helper, [NaRS (PH)] is designed to train poolside helpers and swimming teachers in pool rescue skills, CPR techniques, first aid and to be competent to deal with poolside emergencies in accordance with section 165 of “Managing Health and Safety in Swimming Pools”.

## Pre-requisites

- The candidate must be 14 years of age or older;
- Satisfactory complete the following units;
  - ◇ Unit 1—Aquatic Rescue Foundation;
  - ◇ Unit 2—The Poolside Helper.
- Be able to swim 25 metres (candidates who can not swim 25 metres must be able to demonstrate the ability to wade, and effect a rescue, in a pool with a depth no greater than 1 metre).

## Validity of Award

24 Months.

## Length of Course

13 contact hours (this includes the Aquatic Rescue Foundation Unit).

## Course Information

The specification for the qualification is:

### *Theory Section*

- Complete worksheets to demonstrate a clear understanding of the pool safety operating procedures and how they relate to swimming teaching covering the following topics:
  - ◇ The legislative background;
  - ◇ The swimming pool;
  - ◇ Pool safety operating procedures;
  - ◇ First Aid;
  - ◇ Resuscitation.
- Complete the ARFU Element multiple-choice papers, and the NaRS Unit 2 multiple-choice paper.

### *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.

- Swim 25 metres on your front using a recognised stroke (candidates who can not swim 25 metres must be able to demonstrate the ability to wade, and effect a rescue in a pool with a depth no greater than 1 metre);
- Either:
  - ◇ Using a reaching aid, rescue a casualty in difficulty 2 metres from the poolside, or;
  - ◇ Using a poolside rescue aid (rope, throw bag, torpedo buoy, lifebelt etc), rescue a casualty in difficulty 8 metres from the poolside, or;
  - ◇ Using a rescue aid wade 5 metres to rescue a non-swimmer just out of their depth and assist them out of the pool;

- Either:
  - ◊ Cover 5 metres in the deepest part of the pool to reach a weak swimmer in difficulty and perform a 5 metre contact tow to safety, or;
  - ◊ Cover 5 metres in the deepest part of the pool to reach an injured swimmer and perform a 5 metre tow to safety.
- Cover 5 metres 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 live simulated unresponsive casualty, tow to the side start resuscitation simulating 5 rescue breaths and, with assistance land and place in the recovery position;
- Cover 5 metres in shallow water to reach a casualty with a suspected spinal injury. Take the casualty to safety and support with assistance; buoyancy aids may be used;
- While teaching a group of at least 4 pupils initiate the appropriate procedures, rescue and provide after-care of one of your pupils 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;
  - ◊ Opening the airway, and checking for signs of breathing;
  - ◊ The action for vomiting;
  - ◊ The recovery position and aftercare.
- Using a suitable manikin demonstrate neutral alignment and the jaw thrust manoeuvre for a casualty with a suspected spinal injury;
- Using a suitable adult manikin, demonstrate cardio-pulmonary resuscitation for a drowning casualty for 3 minutes including changing rescuers;
- Using a suitable adult manikin, demonstrate cardio-pulmonary resuscitation for a cardiac arrested casualty for 3 minutes including changing rescuers;
- Demonstrate CPR for 3 minutes on a child manikin including changing rescuers;
- Demonstrate CPR for 3 minutes on a baby manikin including changing rescuers. (Face shields or face masks may be used).

#### **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 (Foundation and NaRS[PH]);
- Completion of the Worksheets to the satisfaction of the Tutor and Examiner;
- Completing 4, 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;
- Demonstrate the ability to carry out various defined rescue activities in a safe manner;
- Demonstrate CPR and the preparatory actions and aftercare.

**For details on courses running in your area please visit  
[www.sta.co.uk](http://www.sta.co.uk) or contact the course department.**