



**Qualification Specification**

# **STA Level 2 Award for Open Water Safety**

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Version 22.1

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## This qualification is regulated by Ofqual (England)

### STA Level 2 Award for Open Water Safety

Qualification Number: 610/0674/9

#### Unit Structure

This qualification consists of 1 mandatory unit

Unit Title	Code	Unit Level	GLH
Open Water Rescue Skills	Y/650/1923	2	16

GLH = Guided learning hours

TQT = Total qualification time

#### Total Qualification Time 16 hours

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#### Qualification Delivery

The recommended contact hours for this qualification are 16 hours, which includes direct teaching and assessing but excludes breaks.

The course may be delivered over 2 days, but can also be delivered over a period of weeks, with the minimum of each training session being 2 hours.

The ratio for this qualification is a maximum of 12 learners to 1 tutor.

## Introduction

The STA Award for Open Water Safety qualification is aimed at open water swimming coaches and those who provide lifesaving cover during structured open water activity sessions. It enables the holder to initiate the Emergency Action Plan, respond to an emergency and support the casualty to prevent the situation from worsening until further assistance arrives.

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## Qualification Objective

The STA Award for Open Water Safety is designed to train learners in open water rescue and CPR techniques in order to deal with open water emergencies during structured sessions.

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## Target Learners

This qualification is for learners who may coach or assist open water swimming coaching sessions and activities, or assist with the outdoor safety provision of an open water venue.

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## Progression

The STA Award for Open Water Safety qualification is a stand alone qualification. Learners may progress into open water swimming coaching or swimming teaching.

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## Industry Standards

Royal Society for the Prevention of Accidents Safety at Inland Water Sites and Safety on Beaches document.  
Resuscitation Council Guidelines  
First Aid Awarding Organisation Forum Terms of Reference and Assessment Principles

## Entry Requirements

- Be 16 years old or over at the time of assessment
  - Be competent and confident in open water, e.g. swim continuously for 10 minutes
  - Be able to submerge / surface dive under the water confidently in open water.
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## Special Considerations and Reasonable Adjustments

For further information on these, please refer to the policies section on the Safety Training Awards website

<https://www.safetytrainingawards.co.uk/policies/>

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## Awarding Organisation Policies

A full list of awarding organisation policies are available on our website: <https://www.safetytrainingawards.co.uk/policies/>

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## Any Other Requirements / Revalidation Requirements

This qualification is valid for a period of 2 years. The learner needs to revalidate the qualification by attending a STA Award for Open Water Safety course.

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## Assessment Format

Pass / Fail

## Assessment Methods

This qualification is assessed through practical demonstrations of CPR and open water rescue skills and completion of a risk assessment and a 14 question theory multiple-choice assessment paper.

All practical rescue skills must be completed and performed in open water independently by the learner without prompting by the tutor.

The multiple-choice assessment paper is to be completed independently by each learner and completed in exam conditions, with the tutor or other approved person, acting as the invigilator.

All learning outcomes and assessment criteria in the units must be achieved in order for the learner to be deemed competent in order to pass the qualification.

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## Tutor / Assessor Requirements

Tutors must have the skills, knowledge and experience to be able to teach and demonstrate the subject.

Each tutor must be approved by Safety Training Awards and provide evidence of:

1. Holding a minimum of STA Award for Open Water Safety (or acceptable equivalents)
2. Holding a formal level 3 (or higher) tutoring and assessing qualification
3. Maintaining their technical competence within the subject area and provide evidence of continuing professional development (CPD).

## IQA Requirements

Internal Quality Assurers (IQAs) of this qualification must have knowledge and competency in open water rescue skills as well as knowledge and competency in internal quality assurance.

An IQA must hold:

1. Minimum of STA Award for Open Water Safety (or acceptable equivalent)
2. A Level 4 Internal Quality Assurance qualification (or acceptable equivalent)
3. Attend any mandatory standardisation when required.

Note: IQAs cannot quality assure a course for which they were a learner, the tutor and / or assessor.

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## Resource Requirements

Course resources:

- STA Open Water Safety resource manual – Each learner is required to have their own copy of the resource manual to have access to theoretical and practical knowledge of the qualification.

Equipment including:

- Torpedo buoys at a ratio of 1:4
- Rescue poles at a ratio of 1:4
- Throw ropes at a ratio of 1:4
- Throw bags at a ratio of 1:4
- Blankets.

Basic Life Support manikins including:

- Adult manikins at a ratio of 1:4
- Child manikins at a ratio of 1:4
- Infant manikins at a ratio of 1:4
- Resuscitation pocket masks at a ratio of 1:4
- Manikin wipes or other disinfection method
- AED Training units at a ratio of 1:4.

Recommended requirements:

- Corresponding STA powerpoint presentation
- Dry wipe board or flipchart
- First aid kit
- Laptop
- TV or other display method.

## Resource Requirements (continued)

Venue:

- Room size: Adequate space for all learners on the course to undertake theory and practical work
  - Seats: One per learner
  - Access to an open water swimming facility, with suitable safety cover in place
  - Writing surfaces: Adequate for each learner to take notes
  - Toilets: Separate facilities for male and female learners
  - Ventilation: Should be adequate
  - Lighting: Should be suitable for reading, combining a mixture of natural and artificial light
  - Heating: Should maintain a 'short sleeve' environment, minimum temperature 16°C
  - Access/exits: Should be safe, well lit and cater for all learners
  - Floor coverings: Should be carpeted or mats / blankets provided for use during practical sessions
  - Cleanliness: Maintain a clean, tidy and hygienic environment
  - Noise: Consider whether there is noise that may distract learners from training.
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## Equipment Service and Maintenance

Ensure all electrical equipment is in safe working order, serviced and maintained in line with statutory requirements, such as Portable Appliance Test (PAT), Provision and Use of Work Equipment Regulations (PUWER).

Follow manufacturers guidance on regular in-service and ongoing maintenance requirements for all course equipment.

Sufficient procedures must be in place to ensure hygiene during the use of resuscitation manikins and other training equipment.

It is important to be aware of the trip hazards associated with electrical cables and reduce such risks.

## Unit Specification

Unit Title	Open Water Rescue Skills	
Learning Outcomes	Assessment Criteria	
1. Understand the Open Water Venue Safety Operating Procedures	1.1 1.2	Identify topics covered within the Normal Operating Plan Identify topics covered within the Emergency Action Plan
2. Understand the associated risks and control measures with open water environments	2.1 2.2	Identify associated hazards within open water environments Conduct a risk assessment on an open water environment
3. Understand the effects of immersion in cold water	3.1	Identify how to recognise a swimmer suffering from: <ul style="list-style-type: none"> <li>• Cold water shock</li> <li>• Swim failure</li> <li>• Circum-rescue collapse</li> </ul>
4. Understand first aid procedures relevant to injuries in an open water environment	4.1 4.2 4.3 4.4 4.5 4.6 4.7 4.8 4.9 4.10	Identify how to administer first aid to a casualty with a cut Identify how to administer first aid to a casualty suffering from shock Identify how to administer first aid to a casualty suffering an asthma attack Identify how to administer first aid to a casualty with cramp Identify how to administer first aid to a casualty suffering a seizure Identify how to administer first aid to a casualty suffering from hyperventilation Identify how to administer first aid to a casualty who is choking Identify how to administer first aid to a casualty with a suspected: <ul style="list-style-type: none"> <li>• Fracture or dislocation</li> <li>• Sprain or strain</li> </ul> Identify how to administer first aid to a casualty suffering from: <ul style="list-style-type: none"> <li>• Extreme cold</li> <li>• Extreme heat</li> </ul> Identify how to administer first aid to a casualty suffering from: <ul style="list-style-type: none"> <li>• Insect stings</li> <li>• Marine stings</li> </ul>
5. Be able to administer first aid to an unresponsive casualty	5.1 5.2 5.3 5.4 5.5 5.6 5.7	Conduct a primary survey Demonstrate adult sudden collapse cardio pulmonary resuscitation using a manikin including safe use of an AED Demonstrate cardio pulmonary resuscitation for an adult swimmer who has drowned using a manikin Demonstrate paediatric cardio pulmonary resuscitation on a child and infant manikin Demonstrate on a simulated unconscious casualty turning from prone to supine Demonstrate the action for regurgitation on a simulated unconscious casualty Demonstrate the recovery position on a simulated unconscious casualty
6. Be able to perform basic open water rescue skills	6.1 6.2 6.3 6.4 6.5 6.6 6.7	Demonstrate using a land based rescue aid, rescuing a weak swimmer Demonstrate the ability to swim 50m to a casualty and then tow the casualty for 50 metres using a buoyant aid Demonstrate searching for a suddenly submerged casualty Demonstrate simulated rescue breaths in the water Demonstrate removal of a casualty from the water Perform a safe, prompt and effective response to a simulated emergency Demonstrate a shallow water rescue for a swimmer with a suspected spinal injury