



RLSS UK Emergency Response (Swimming Pools)

Employees and Candidates

Introduction Paragraph 193 of the HSE publication “Managing Health and Safety in Swimming Pools” states –

Whenever the pool is in use, a member of staff will need to be designated as “on call” to respond immediately to the alarm and deal with any emergency. It is essential that such staff are trained in pool rescue, CPR techniques and first aid.

The Emergency Response Pool qualification is designed to assist operators to meet these requirements.

“Constant poolside supervision by lifeguards provides the best assurance of pool user’s safety.”

‘MANAGING HEALTH AND SAFETY IN SWIMMING POOLS’, HSG 179.

the Emergency Response Pool programme (ER Pool) The ER-Pool is a responder qualification designed to train ancillary staff to respond to a swimming pool emergency once the alarm has been raised. ER Pool is designed for small pools no greater than 1.5m in depth such as health club or hotel pool.

About My Skills for Life Ltd (MSFL Ltd)

MSFL Ltd will provide you with your training, any support materials required, and will deliver the course at an appropriate training venue. We will also provide you with the end of course examination/evaluation and will distribute your examination results once processed by MSFL Ltd office

Our Mission Statement:

“Provide the best possible training and event cover ensuring we offer the most cost-effective support for our current and future clients and patients, whilst keeping our unique service as effective, informative and fun as possible but always professional and up to date”

Our Aim

Deliver quality, affordable, reliable and professional training courses and event cover to anyone who requires our expertise

Course Aim

The Emergency Response Programme is also designed to train ancillary staff to back up and support the lifeguard team (if available) and staff to respond to an emergency. To comply with the HSE publication ‘Managing Health and Safety in Swimming Pools’, pool operators are strongly recommended to refer to figure 3 on page 66, to determine if continuous or occasional poolside supervision is required.

Learning Outcomes

Candidates will be able to, by the end of the course

- Describe their roles in responding and rescue.
- Explain their responsibilities, the importance of maintaining standards, employer’s role and the uniform and equipment requirements.
- Demonstrate their knowledge about health and safety law and policies that relates to them and their role. They will also know about what they can expect from the environment.



- Explain the importance of working in a team, how to recognise casualties, ways to enter the pool, different types of rescue equipment and how to stay safe during a rescue.
- Demonstrate different types of rescues, rescue skills and how to get a casualty out of the water.
- Demonstrate how to manage a casualty with a spinal injury.
- Explain the swimming pool emergency action plan and their role as emergency responders for each part of it
- Describe the roles and responsibilities of first aiders and will be able to demonstrate how to assess an incident,
- Demonstrate how to manage an unconscious casualty who is breathing normally and will be able to demonstrate the treatment.
- Demonstrate how to manage an unresponsive casualty who is not breathing normally and a casualty who is choking and will be able to demonstrate the treatment for both.
- Demonstrate the treatment for a casualty who is bleeding.
- Recognise and treat a casualty who is suffering from shock and demonstrate the treatment.
- Recognise and treat a casualty who is suffering from a minor injury
- Demonstrate how to treat a child or infant who is not breathing and a casualty that has been removed from the water.
- Recognise and treat a casualty who is suffering from heart attack, asthma, hyperventilation, fractures, sprains and strains, cramp, fainting, diabetes and demonstrate the treatment.

Syllabus

The course is divided into three sections:

Section 1 – The emergency responder's role, Pool Safety Operating Procedures, types of pools & swimmer safety information

Section 2 – Responding to an emergency and the Emergency Action Plan

Section 3 – CPR and First Aid

Other Qualification that can be ran along side

Minimum hours for training and assessing the ER Pool course is 13 hours, additional qualifications will require additional hours (please contact us for these additional hours)

- ER Pool
- ER Pool and Emergency First Aid at Work (EFAW)
- ER Pool, EFAW and AED
- ER Pool with PXB
- ER Pool with EFAW, AED and PXB

Candidate Requirements To enter onto a course candidate must be able to:

- Swim a minimum of 25m on their front and back
- Surface dive to the deepest part of the pool; and climb out without help and without using steps or ladders (where venue design permits)

To gain the ER-Pool qualification candidates must:

- Be aged 16 or older at the beginning of the course
- Complete at least the minimum training hours for the course; and



- Successfully complete the course assessment Please note – it is not possible to extend the expiry date of the ER-Pool qualification. Candidates holding an ER Pool qualification which is due to expiry or has expired will be required to complete the ER Pool course and assessment.

Assessment Process

The Emergency Response Pool qualification is trainer assessed and the assessment should determine a learner's ability to act safely, promptly and effectively when responding to an emergency. All Assessment Criteria in the course must be achieved. Ongoing assessment (Summative assessment) may take place during the delivery of the qualification and does not need to be completed as a final assessment. It is however, a requirement for the learner to be aware that assessment is taking place. Where the courses is integrated with the Emergency First Aid at Work Qualification the learners must pass the full criteria outlined within the RLSS UK Guidance and Syllabus for First Aid trainer assessors.

Recognised Prior Learning (RPL)

Holders of a current First Aid at Work (FAW) certificate or the Emergency First Aid at Work (EFAW) certificate will be credited 6 hours towards the Emergency Response – Pool qualification.

If the ER Pool TA is a First Aid TA and wants to award Emergency First Aid at Work the course must be delivered within a 3-week period to meet the First Aid course criteria.

Certification

MSFL Ltd will post out to the client or the candidate depending on the sponsor. The certificate takes approximately one to two weeks to process.

Ofqual Accredited

No

Ofqual qualification reference

N/A

Suggested Progression

- RLSS Level 2 National Lifeguard Qualification (QCF)
- STA Level 2 Award for Pool Lifeguard (QCF)
- HABC Level 2 Award in Pool Lifeguarding (QCF)