

# Course Overview

## Swimming Pool Emergency Rescue Award (SPERA) 2 Day Course



### About the Course

The Swimming Pool Emergency Rescue Award Programme is a 2-day course for candidates to achieve a rescue award; it is designed for individuals that have a responsibility to respond to a swimming pool in the event of an emergency, either to perform a rescue or assist a lifeguard team.

The SPERA Pool Programme is not intended to be used in place of a lifeguard qualification, such as the National Pool Lifeguard Qualification (NPLQ). The NPLQ includes more detailed training and content, to prepare someone to directly supervise a swimming pool.

### Pre-Requisites

- Be able to swim a minimum of 25m on your front and back
- Be able to surface dive to the deepest part of the pool and climb out without help and without using steps or ladders (where venue design permits)
- Be aged 16 or older at the beginning of the course

### Recommended For

Any staff employed at a venue with a pool e.g.

- Receptionists
- Chefs
- Waiting staff
- Housekeeping
- Maintenance staff
- Duty Managers
- Gym staff

### Course Delivery Sessions

You must attend 100% of classroom, online classroom sessions and practical sessions as well as submit all homework and coursework on time for marking to complete the course successfully.

Course Dates can be found on the website and for course timings please request at [info@tritontraining.co.uk](mailto:info@tritontraining.co.uk).

*\*Please note that timings and delivery method may change due to operational changes. Any changes will be communicated to the learners in good time.*

### On the SPERA course you will cover the following subjects:

- Rescue a casualty in the event of being alerted to an emergency
- Recover a casualty to poolside
- Perform vital First Aid, including CPR and AED

For issues regarding any of our policies please contact our directors via [info@tritontraining.co.uk](mailto:info@tritontraining.co.uk)

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### Assessment

Swimming Pool Emergency Rescue Award is Trainer Assessed throughout the course and the assessment should determine a learner's ability to act safely, promptly and effectively when an emergency occurs at work and to deal with a casualty or pool rescue. All Assessment Criteria in the units must be achieved.

