

training today's professionals

- first aid
- teaching aquatics
- coaching swimming
- coaching diving
- lifeguard qualifications
- pool operators
- fitness instructors
- exercise referral
- leisure management



working in partnership



Stevenage
BOROUGH COUNCIL

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Welcome

The Ascent Training Centre is a unique centre based at Stevenage Swimming Centre which enables you to improve your skills or develop new ones. We offer a wide range of leisure-based courses as well as IOSH Managing Safely, ROSPA Manual Handling, and all the First Aid courses that are generic for any industry. All courses are designed to help you achieve a successful professional career within your chosen industry.

If you do not see a course of interest within this brochure please contact the Ascent Training Centre. We will be happy to discuss your training needs and create a bespoke training programme to accommodate your requirements.



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Emergency First Aid Course

A 6 hour course providing knowledge on how to act as an appointed person to take charge of the first aid arrangements, including looking after first aid equipment and facilities, and calling the Emergency Services when required.

The aim of this course is to give the necessary confidence to individuals in any organisation who are 'appointed' to take control of an incident or emergency situation and summon further medical assistance if needed.



Adrenaline Auto-Injection Course

The NaRS Adrenaline Auto-Injection Module is designed specifically for qualified First Aiders and Pool Rescuers to assist known clients that suffer from a history of anaphylactic reactions, and have been prescribed by a GP with their own Adrenaline Auto-Injector.

A 4 hours course providing knowledge to first aiders and pool side rescuers on how to deal with people with anaphylactic reactions using an Adrenaline Auto-Injector.



Paediatric First Aid at Work

This course is for delegates who are the designated first aiders within their working environment, where they work with children and who would carry out all responsibilities assigned to this role.

The duration of this course is 12 Hours, which is covered over 2 days. This qualification lasts for 3 years and is a HSE qualification.

Basic First Aid Course

This course is designed for adults who would like to learn basic first aid to enable you to treat your child, grandchild or partner to any injury they may sustain. It will also enable you to learn the basics to make a decision to whether you can treat them or buy time until professional help arrives. This course is a certificate of attendance.



First Aid at Work

Health and Safety Regulations require that employers must have suitably qualified people, equipment and facilities in place, in order to provide first aid to their employees who are injured or become ill while at work. This course is for delegates who are designated first aiders within their working environment, and who would carry out all responsibilities assigned to this role. This qualification is valid for three years.

A 18 hour course meeting the requirements for the purposes of the Health and Safety (First Aid) Regulations, 1981.

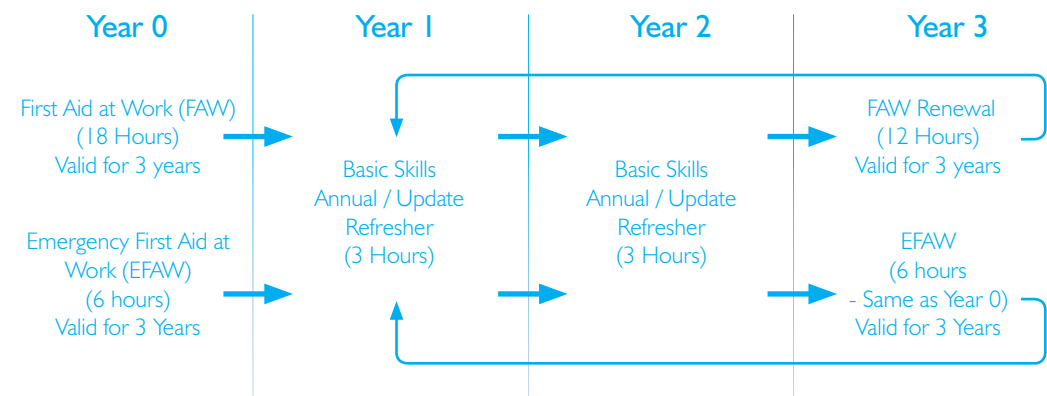
First Aid at Work Renewal

A 12 hour course meeting the requirements for the purposes of the Health and Safety (First Aid) Regulations 1981. As above.

First Aid Annual Update

The Health & Safety Executive (HSE) strongly recommends that it is good practice for first aiders to complete annual 'refresher' courses during any three year FAW / EFAW certificate period. It is important that employers ensure qualified first aiders attend these courses to maintain their basic skills and keep up to date with any changes to first aid procedures.

First Aid Needs Assessment



UKCC Level 1 Certificate for Teaching Aquatics

This is the first stage towards becoming a swimming teacher. Candidates will be given basic knowledge on all aspects of teaching. You will be expected to complete a logbook and teach small groups on poolside. When qualified you will be able to support a level 2 Teacher. You need to be a minimum age of 16 years to participate on this course.

UKCC Level 2 Certificate for Teaching Aquatics

The ASA Level 2 Aquatics is the 2nd stage of the teaching qualification structure. Units 1 - 3 are common core units related to all aquatics. Units 4 - 6 focus on teaching aquatics, covering a range of technical knowledge and practical skills. Once qualified the holder of the Level 2 will be fully equipped to teach swimming. You need to be a minimum age of 17 years and have already passed the Level 1 to participate on this course.



UKCC Level 2 Coaching Swimming

If you are interested in supporting the coaching programme in a competitive swimming environment, this certificate is suitable for you. Achievement of this certificate will qualify you to operate as a coach. It will provide you with generic "how to teach / coach" skills common to all disciplines, together with a specific focus on coaching swimming, technical knowledge and practical skills that will allow you to plan, deliver and evaluate a series of six consecutive sessions within the context of a macro cycle, prepared by a senior/licensed coach.

UKCC Level 1 Coaching Diving

If you are interested in supporting the coaching programme in a competitive diving environment, this certificate is suitable for you. Achievement of this certificate will qualify you to operate as a support coach. It will provide you with the generic "how to coach" skills common to all disciplines, together with a specific focus on coaching diving, technical knowledge and practical skills that will allow you to actively support a more senior qualified/licensed diving coach at any level in the delivery of a pre-prepared session. You will be expected to have an understanding of the sport and a basic understanding of appropriate corrections to common faults in all group 1-4 dives, posture, take-off and entry.





National Pool Lifeguard Qualification (NPLQ)

This course is now on its 8th Edition. It consists of the following sections:

Section 1: The Lifeguard, Swimming Pool and Supervision

- Element 1 - The Lifeguard and the Law
- Element 2 - Swimming Pool, Hazards and Control Measures
- Element 3 - Swimming Pool Supervision

Section 2: Intervention, Rescue and Emergency Action Plan

- Element 1 - Intervention and Rescue
- Element 2 - Rescue of a Casualty with a Suspected Spinal Injury
- Element 3 - Emergency Action Plan

Section 3: Cardiopulmonary Resuscitation, AED and First Aid

- Element 1 - Cardiopulmonary Resuscitation
- Element 2 - Automated External Defibrillation
- Element 3 - First Aid

The course is 37.5 hours long and is externally assessed. 100% attendance is required. It determines your knowledge and understanding of the principles of working as a pool lifeguard. Your ability is assessed in a range of lifesaving skills which enable you to deal with common emergency situations in a pool environment.

NPLQ Renewal

Candidates can sit an NPLQ exam to re-qualify if they have records of attending at least 20 hours training within the period of their qualification. The qualification has to still be within its date of expiry.

Rookie Instructor

To provide candidates who hold, or have held, an approved lifesaving or lifeguarding qualification or ASA Level 2 Teaching qualification, the knowledge, skills and ability to train and assess the RLSS UK Rookie Lifeguard programme to children aged 8 -14 years.



National Rescue Award for Swimming Teachers & Coaches

This qualification meets the needs of the modern swimming teacher or coach. This course combines the latest preventative and reactive lifesaving skills to ensure that swimmers undertake their activities in the safest environment possible. Whether you help out with the local swimming lessons or coach the GB squad, your number one priority must always be the safety of the swimmers in your charge.

This qualification will outline your responsibilities and the effective measures you need to take to minimise any incidents whilst teaching or coaching.

Renewal National Rescue Award for Swimming Teachers & Coaches

As above. This is a one day course for those swimming teachers or coaches that are renewing the qualification. Your current qualification still needs to be within its expiry date to renew.

Trainer Assessor NPLQ Course

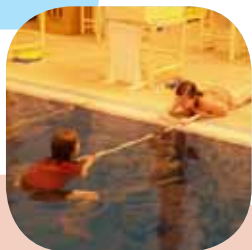
If you are wishing to take the next step in your lifeguard career and train the National Pool Lifeguard Qualification (NPLQ), you can become a Trainer Assessor.

As a minimum, you will need to be 18 years of age, be a member of the Royal Life Saving Society UK and hold a full National Pool Lifeguard Qualification (NPLQ).

Automated External Defibrillator (AED) - Emergency Responder

This course is for members of the public or staff within any industry who wish to learn how to perform basic life support and use an automated external defibrillator (AED). This will prepare existing first aiders to operate an AED.

A 4 hour course enabling those with proven prior knowledge and experience in primary life support to deliver the safe application of Automated External Defibrillation.





Managing Safely Certificate

Candidates are formally assessed by means of an examination at the end of the course, and a practical workplace-based assessment. By the end of this course successful delegates should be able to:

- Know what is meant by the terms 'hazard' and 'risk'.
- Evaluate risk using a structured risk assessment approach.
- Identify and implement appropriate workplace precautions for specific risks, or seek advice on workplace precautions.
- Be involved in preparing written risk assessments.
- Understand and have input into their organisation's health and safety policy and health and safety management system.
- Cooperate and communicate on health and safety matters.
- Ensure that their own work and that of the employees for whom they are responsible is carried out safely, i.e. without undue risk to themselves and others.
- Report relevant accidents and incidents.
- Identify methods of monitoring how safe their workplaces are.



Manual Handling

Manual Handling training provides the vital knowledge to help reduce the risks of injury in the workplace. Training can help to avoid back problems and less obvious injury to hands, arms and feet. Injuries are not always immediate and can occur over a long period of time. Training in Manual Handling can lead to less work days being lost, so saving money and reducing individual suffering.

On completion of this course delegates will understand:

- The hazards and risks associated with manual handling activities.
- The measures necessary to reduce the risks.
- The application of good posture and efficient movement principles in a range of scenarios.





Active, Healthy Living

The Active IQ Award in Active, Healthy Living is a 'life-skills' qualification at Level 1 on the National Qualifications Framework. It is equivalent to GCSE grade D to G.

The aim of the course is to explain the links between activity and better health, and demonstrate the opportunities within daily life to become more active .

Exercise Referral

The Active IQ Certificate in Exercise Referral is a vocationally related qualification (VRQ), at level 3 on the National Qualifications Framework.

This qualification is designed to provide candidates with the knowledge to ensure safe and effective exercise programming for clients with a number of medical conditions, and common reasons for referral onto a community-based exercise referral scheme.

Designing Pre and Post Natal

The Active IQ Award in Designing Pre and Post Natal Exercise Programmes is at level 3 on the Qualifications and Credit Framework.

The aim is to train learners to a professionally competent level, enabling them to design an individualised programme for pre and post natal clients.



Exercise for the Management of Lower Back Pain

The Active IQ Certificate in Exercise for the Management of Low Back Pain is at level 4 on the National Qualifications Framework.

The aim of the course is to train candidates to a professionally competent level, enabling them to prescribe, plan, conduct and review programmes to address the needs of patients/clients with low back pain.



Fitness Instruction (GYM)

The Active IQ Certificate in Fitness Instruction (GYM) is at level 2 on the Qualifications and Credit Framework. It also provides access onto the Register of Exercise Professionals (REPs) at level 2.

The aim of the course is to train learners to a professionally competent level, enabling them to prescribe, plan and deliver safe and effective exercise programmes within a gym or health club environment



Adapting Gym Instruction for Adolescents

The Active IQ Award in Adapting Gym Instruction for Adolescents is a vocationally related qualification (VRQ), at level 2 on the National Qualifications Framework.

This qualification is designed to provide students with the knowledge and skills required to be able to adapt gym instruction to accommodate adolescents, providing an understanding of the physiological and psychological issues they face and how they affect their ability to exercise.

Level 2 In Swimming Pool Operations

This qualification is designed to provide front line staff who work in a swimming pool environment with the skills and knowledge to:

- Test the pool water.
- Understand the factors that contribute to pool water quality.
- Explain to bathers what can affect pool water quality.
- Understand the importance of good hygiene and cleanliness in and around the swimming pool.



Level 3 in Swimming Pool Operations

This qualification provides the necessary underpinning knowledge to understand the requirements for efficient and safe pool plant operation in today's high tech swimming pool industry, and includes:

- The design and operation of swimming pool plant.
- How to maintain water that is in "balance" and is safe and pleasant to swim in.
- The principles of testing pool water and the remedial action required to restore ideal conditions
- The technical requirements for ensuring the safe and effective operation of the pool plant.



How to Book

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Free Swim & Gym

All customers based on a course at the Ascent Training Centre receive free swimming at Stevenage Swimming Centre and free use of the gym at Stevenage Arts & Leisure Centre.

Please speak to our Training Centre Administrator when booking your course for more information.



You can also follow the Ascent Training Centre on Facebook.

<http://www.facebook.com/ascenttrainingcentre>

