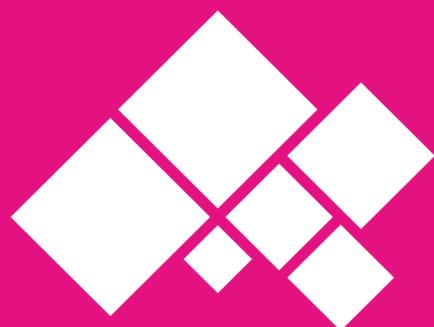




EXCEL YOURSELF AND YOUR TEAM



STA EXCEL



CIMSPA
Education Partner

Training
Provider



@STAexcel



staexcel

www.staexcel.co.uk



EXCEL YOURSELF AND YOUR TEAM

**LOOKING FOR AFFORDABLE, HIGH
QUALITY TRAINING?**

**LET STA EXCEL TAKE CARE OF THAT
FOR YOU.**

Get a free quotation or more information on training opportunities from our friendly team.

Visit www.staexcel.co.uk
Email info@staexcel.co.uk
or Call 01922 669440.

ABOUT US

STA Excel is an international training provider who offers qualifications endorsed and recognised by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). With a dedicated and passionate team of tutors, you will be sure to receive an engaging and informative learning experience.

Operating both nationally and internationally, STA Excel offers a convenient, supportive and flexible approach to training – whether you are an organisation looking for a single course to meet a skills gap or a multi-site organisation looking for a standardised annual training plan, STA Excel can help.

STA Excel delivers Safety Training Awards' portfolio of regulated vocational qualifications, and operates a stringent quality assurance model which ensures that courses not only tick the box for industry standards, but also provide learners with a positive learning experience.



STA EXCEL IS ALSO AN OFFICIAL CIMSPA TRAINING PROVIDER PARTNER IN SUPPORT OF THE GOVERNMENT'S £1.5M RETRAIN FUNDING, WHICH IS BEING MADE AVAILABLE TO RETOOL THE SPORT AND PHYSICAL WORKFORCE IN ENGLAND.



SWIMMING TEACHING

Are you an organisation or individual looking to deliver high quality swimming lessons?

Course facts:

- Regulated by Ofqual and Qualifications Wales, and accredited by SQA Accreditation in Scotland
- CIMSPA employer-led qualifications
- Internationally recognised
- Endorsed by STA, a UK National Governing Body for Swimming
- Teach independently with no prior level 1 qualification
- No experience required.



STA AWARD IN TEACHING SWIMMING

The STA Award in Teaching Swimming aims to produce teachers that can teach the essential swimming skills, water safety and all four key strokes to participants. They are able to plan, deliver, assess and evaluate lessons for adult and child participants.

Awarding Organisation: Safety Training Awards

Qualification Number: 603/3014/4

Training Format:

- Blended Learning or Face to Face
- Run over 5 days
- Validation: No Expire Date.

This qualification develops the vocational skills and technical knowledge of a qualified swimming teacher.



CIMSPA
Endorsed

**Professional
Standards**

STA CERTIFICATE IN TEACHING SWIMMING

The STA Certificate in Teaching Swimming qualification expands on the teacher's expertise to include competitive strokes, survival and rescue skills, diving, and competitive starts and turns – allowing teachers to deliver swimming lessons from non-swimmers through to advanced participants.

Awarding Organisation: Safety Training Awards

Qualification Number: 603/3015/6

Training Format:

- Blended Learning or Face to Face
- Runs over 4 days
- Validation: No Expire Date.



DISABILITY SWIMMING TEACHING

The STA Award in Aquatic Teaching – Disability Swimming qualification aims to train learners to teach aquatic activities to disabled individuals and groups. This qualification is for learners who wish to work with participants who have a disability in mainstream or disability swimming lessons and help them to develop, both as swimmers and individuals in the aquatic environment. This qualification could appeal to those already working as a swimming teacher.

Awarding Organisation: Safety Training Awards

Qualification Number: 610/2704/2

Training Format:

- Blended Learning or Face to Face
- Run over 3 days
- Validation: No Expire Date.



BABY AND PRE-SCHOOL AWARD

Begin a career in a rewarding role as a baby swimming teacher, introducing adult and child to the swimming pool through lessons packed full of experiential learning, fun and games. The STA Award in Aquatic Teaching – Baby and Pre-School Swimming may be undertaken by an individual aspiring to work specifically as a baby swimming teacher or offer a further development opportunity for already qualified swimming teachers.

Awarding Organisation: Safety Training Awards

Qualification Number: 603/5168/8

Training Format:

- Blended Learning or Face to Face
- Run over 3 days
- Validation: No Expire Date.



BABY AND PRE-SCHOOL DIPLOMA

The STA Level 3 Diploma in Aquatic Teaching – Baby and Pre-School offers progression for qualified baby swimming teachers looking to expand and develop technical knowledge, supported by the latest academic research and theories.

Awarding Organisation: Safety Training Awards

Qualification Number: 603/1020/0

Training Format:

- Blended Learning or Face to Face
- Post course work to be completed (9 months to complete)
- Runs over 4 days
- Validation: No Expire Date.



MERMAID AND MONO FIN SWIMMING

This qualification is for learners who wish to deliver mermaid and mono fin swimming sessions, to help develop a swimmers' abilities in an aquatic environment. To undertake this qualification learners will need to hold a Level 2 Award in Teaching Swimming or synchronised coaching qualification. This qualification could appeal to those already employed within a leisure environment or swim school who are looking to offer alternative aquatic experiences.

Awarding Organisation: Safety Training Awards

Qualification Number: 603/5318/1

Training Format:

- Blended Learning or Face to Face
- Runs over 1 day
- Validation: No Expire Date.



OPEN WATER SWIMMING COACHING

This qualification could appeal to open water swimmers, triathletes, swimming teachers, beach lifeguards or lake managers who have open water swimming experience and want to expand their open water knowledge or coaching portfolio and share their passion for open water swimming.

Awarding Organisation: Safety Training Awards

Qualification Number: 603/3012/0

Training Format:

- Blended Learning or Face to Face
- Runs over 3 days
- Validation: No Expire Date.

Created in partnership with the leading associations involved in open water swimming and the best in the industry.





FIRST AID

For those who are responsible for creating safe environments – whether this is in the home or in the workplace

Course facts:

- Regulated by Ofqual and Qualifications Wales, and accredited by SQA Accreditation in Scotland
- CIMSPA-endorsed
- Internationally recognised
- No experience required.

FIRST AID AT WORK

The STA Award in First Aid at Work qualification is a three-day course designed for those who may be required to manage and perform emergency first aid within the workplace. The First Aid at Work qualification is the most comprehensive of all our first aid qualifications, covering a wide range of skills which can be used within a workplace first aid situation.

Awarding Organisation: Safety Training Awards

Qualification Number: 603/2347/4

Training Format:

- Blended Learning or Face to Face
- Runs for 3 days
- Valid for a period of 3 years.



EMERGENCY FIRST AID AT WORK

The STA Award in Emergency First Aid at Work is a one-day course designed for those who may be required to perform basic emergency first aid within the workplace. The course is ideal for those that are required to hold a first aid qualification but do not require the more comprehensive First Aid at Work qualification.

Awarding Organisation: Safety Training Awards

Qualification Number: 603/2346/2

Training Format:

- Face to Face
- Runs for 1 day
- Valid for a period of 3 years.



PAEDIATRIC FIRST AID AWARD

The STA Award in Paediatric First Aid qualification is a two-day course designed for those who may be required to manage and perform emergency first aid within a childcare workplace setting. The Paediatric First Aid qualification is a comprehensive qualification covering a wide range of skills and procedures specific to child and infant casualties.

Awarding Organisation: Safety Training Awards

Qualification Number: 603/4156/7

Training Format:

- Blended Learning or Face to Face
- Runs for 2 days
- Valid for a period of 3 years.



EMERGENCY PAEDIATRIC FIRST AID AWARD

The STA Award in Emergency Paediatric First Aid qualification is a one-day course designed for those who may be required to perform emergency first aid within a childcare workplace setting. The qualification covers a range of skills and procedures specific to child and infant casualties.

Awarding Organisation: Safety Training Awards

Qualification Number: 603/4266/5

Training Format:

- Face to Face
- Runs over 1 day
- Valid for a period of 3 years.



CPR AND AED

The STA Award in Basic Life Support and Safe Use of an Automated External Defibrillator qualification is a four-hour course designed for those who may be required to perform cardiopulmonary resuscitation (CPR) and use an automated external defibrillator (AED). This qualification is suitable for learners from a variety of industries and employment situations who work within a building where an AED is present and are required to be trained in its use as per HSE recommendations.

Awarding Organisation: Safety Training Awards

Qualification Number: 601/5454/8

Training Format:

- Face to Face
- Runs over 1 day
- Valid for a period of 2 years.



CPR AND ANAPHYLAXIS

The STA Award in Basic Life Support and Management of Anaphylaxis qualification is a four-hour course designed for those who may be required to perform cardiopulmonary resuscitation (CPR) and use an adrenaline auto-injector unit (AAI). This qualification is suitable for learners from a variety of industries and employment situations, or for anyone who spends a significant amount of time with someone who may suffer from anaphylaxis or anaphylactic shock due to a severe allergy.

Awarding Organisation: Safety Training Awards

Qualification Number: 601/5459/7

Training Format:

- Face to Face
- Runs over 1 day
- Valid for a period of 2 years.





LIFESAVING

Are you looking to qualify yourself or your team as professional pool lifeguards, pool emergency responders or as safety cover for swimming lessons?

Course facts:

- Regulated by Ofqual and Qualifications Wales, and accredited by SQA Accreditation in Scotland
- CIMSPA-endorsed (Pool Lifeguarding)
- Internationally recognised
- Includes the First Aid at Work syllabus and is a recognised First Aid at Work qualification (Pool Lifeguarding).

POOL LIFEGUARDING

The STA Award in Pool Lifeguarding is a five-day lifesaving course for those who may be required to perform pool rescue techniques including spinal injury management, administering first aid, or performing CPR in a poolside emergency. This qualification may be a mandatory requirement for swimming pools where it has been identified that constant poolside supervision is required to meet their health and safety responsibilities.

Awarding Organisation: Safety Training Awards

Qualification Number: 603/4276/6

Training Format:

- Blended Learning or Face to Face
- Runs over 5 days
- Valid for a period of 3 years.

This pool lifeguarding qualification uniquely aligns Lifeguard and First Aid at Work revalidations. The 3-year revalidation process represents an industry first and consolidates and simplifies the revalidation of lifeguards in the future.



CIMSPA
Endorsed

Professional Standards

POOL EMERGENCY RESPONDER

The STA Award for Pool Emergency Responder is a two-day lifesaving course for those who may be required to perform pool rescue techniques including basic spinal injury management, administer first aid or perform CPR in a poolside emergency. This qualification is a popular choice amongst hotels and leisure club facilities where it has been identified that constant lifeguard supervision is not required, however staff from other departments may be called upon to deal with poolside emergencies.

Awarding Organisation: Safety Training Awards

Qualification Number: 603/0976/3

Training Format:

- Blended Learning or Face to Face
- Runs over 2 days
- Valid for a period of 2 years.



CIMSPA
Endorsed

SAFETY AWARD FOR TEACHERS

The STA Award for Safety Award for Teachers is a one-day lifesaving course for those who require basic knowledge and skills in pool rescue and CPR techniques. This course is a popular choice for swimming teachers who may require a lifesaving qualification to complement their role, ensuring the safety of their swimmers.

Awarding Organisation: Safety Training Awards

Qualification Number: 610/0225/2

Training Format:

- Blended Learning or Face to Face
- Runs over 1 day
- Valid for a period of 2 years.



OPEN WATER SAFETY

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.

Awarding Organisation: Safety Training Awards

Qualification Number: 610/0674/9

Training Format:

- Blended Learning or Face to Face
- Runs over 2 days
- Valid for a period of 2 years.





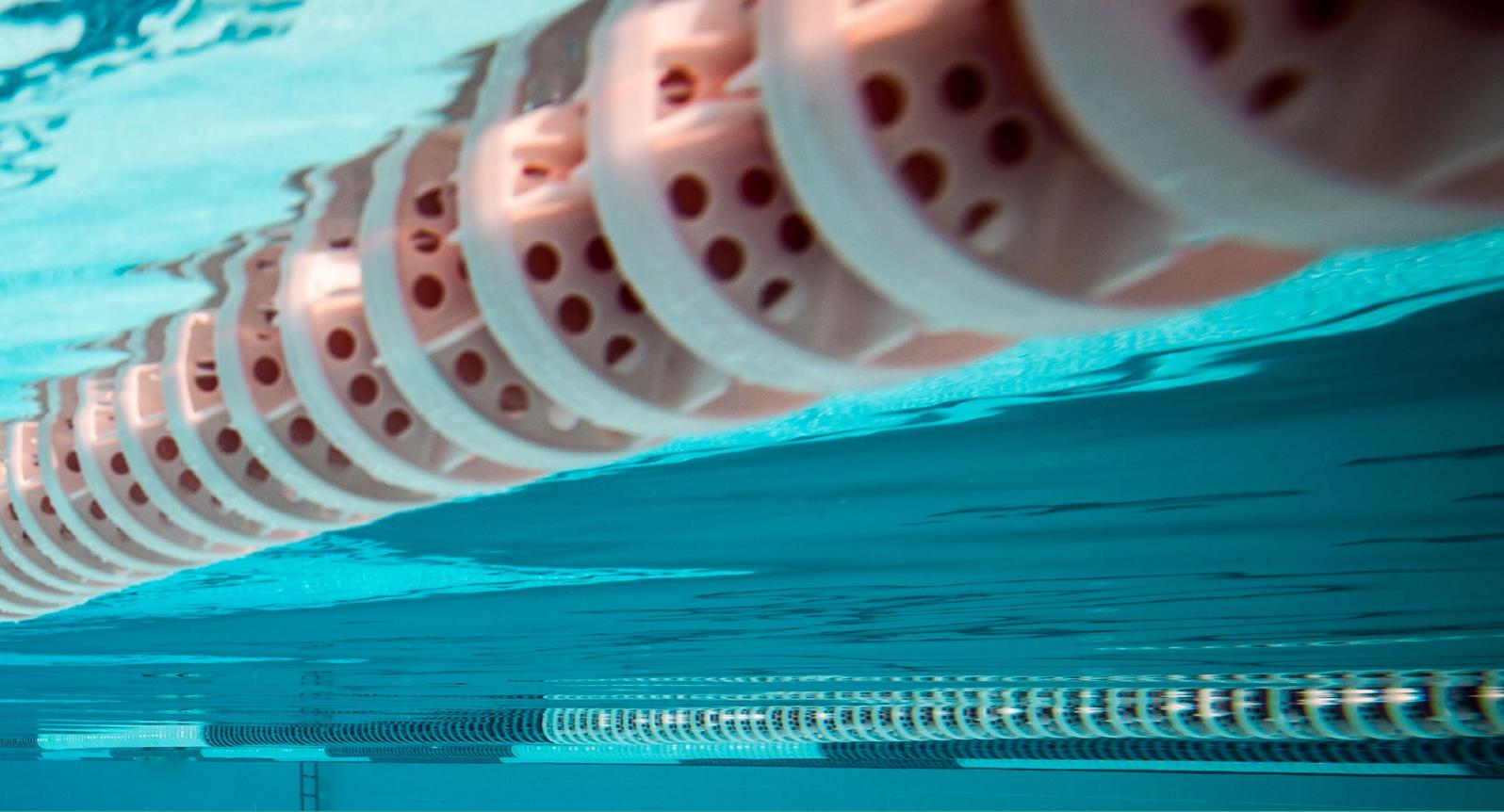
POOL PLANT

Are you or your organisation ready to manage and maintain safe, clear, and hygienic water?

From half-day to full three-day courses, you will be sure to find the right course for you.

Course facts:

- Regulated by Ofqual
- Follows PWTAG guidelines and national occupational standards
- The first pool plant operative qualification in the industry to meet CIMSPA's employer-led professional standard
- Internationally recognised.



POOL PLANT OPERATIONS

The STA Level 3 Award in Pool Plant Operations is the highest level of training available for those who are responsible for the management and maintenance of swimming pools, spas, and interactive water features. The qualification covers all the skills and knowledge required to successfully run a wet leisure facility, including pool water chemistry, chemical dosing, features of the circulation system, filtration, heating, ventilation, energy efficiency, management practices and health & safety.

Awarding Organisation: Safety Training Awards

Qualification Number: 603/2579/3

Training Format:

- Blended Learning or Face to Face
- Runs over 3 days
- Valid for a period of 5 years.



CIMSPA
Endorsed

**Professional
Standards**

SWIMMING POOL WATER TREATMENT

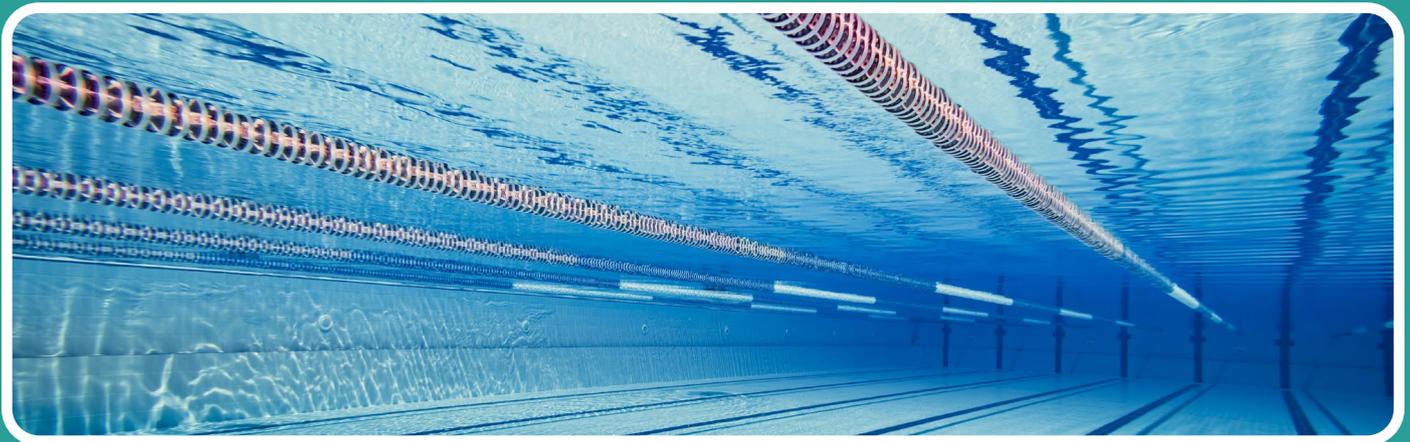
The STA Award in Pool Water Treatment is designed to equip learners with the skills and theoretical knowledge to competently test swimming pool and spa water and have a basic understanding of what the results indicate. As well as water testing it covers the fundamental skills and theory in the principles of the treatment of swimming pool water.

Awarding Organisation: Safety Training Awards

Qualification Number: 610/0679/8

Training Format:

- Blended Learning or Face to Face
- Runs over 1 day
- Valid for a period of 5 years.



SWIMMING POOL WATER TESTING

The STA Award in Swimming Pool Water Testing is designed to provide the basic information needed and the skills necessary to competently test swimming pool and spa water and to provide a basic understanding of the outcomes of those tests.

Awarding Organisation: Safety Training Awards

Qualification Number: 600/6016/5

Training Format:

- Blended Learning or Face to Face
- Runs over 1/2 day
- Valid for a period of 5 years.





DISTANCE LEARNING

INTERNAL QUALITY ASSURANCE

The STA Level 4 Award in the Internal Quality Assurance of Assessment Processes and Practice is intended for learners who are currently undertaking a quality assurance role within their organisation or centre and need to ensure assessment conduct and decisions are valid and reliable.

Awarding Organisation: Safety Training Awards
Qualification Number: 600/7079/1
Training Format: Distance learning or Face to Face.





EDUCATION AND TRAINING

Are you an aspiring teacher or are you an organisation who would like to deliver in-house training for your team?

Course facts:

- Regulated with Ofqual
- Suitable for those who are looking to step into a tutoring role
- No practice requirement other than microteaching.

The STA Level 3 Award in Education and Training is an introductory teaching qualification with no requirement to practice, which makes it ideal for those that aspire to become teachers / trainers, or those who have only just started in the profession.

The qualification is designed to provide learners with the knowledge and skills to be able to educate and train individuals or groups in an area they are technically competent in, and to provide learners with the knowledge to be able to understand assessment and the processes involved when assessing a learner.

This qualification covers the role of a teacher / trainer and their duties including planning, delivering, and evaluating sessions that meet the needs of the learners and the requirements of a course.



Awarding Organisation: Safety Training Awards

Qualification Number: 601/1013/2

Training Format: Distant learning or Face to Face.



HEALTH AND SAFETY

If you are an employer or an employee looking to expand your knowledge and ensure your personal safety at work, the Fire Marshall and Safe Moving and Handling qualifications are the perfect way of doing so.

Course facts:

- Regulated with Ofqual
- Meets legal requirements.

FIRE MARSHALL

The STA Award for Fire Marshall Training is a one-day course for those who require basic knowledge and skills in fire safety management at work. The course is suitable for anyone who may be expected to undertake the roles and responsibilities of the fire warden.

Awarding Organisation: Safety Training Awards

Qualification Number: 600/9799/1

Training Format:

- Blended Learning or Face to Face
- Runs for 1 day
- Valid for a period of 3 years.



SAFE MOVING AND HANDLING

The STA Award in Safe Moving and Handling is a one-day course covering basic knowledge and skills for people who perform manual handling tasks as part of their daily job role.

Awarding Organisation: Safety Training Awards

Qualification Number: 601/5851/7

Training Format:

- Blended Learning or Face to Face
- Runs for 1 day
- Valid for a period of 3 years.



TRAIN TO BECOME AN STA TUTOR

To deliver STA courses, you can become an STA tutor, which is a fantastic career path for those who are looking for a rewarding, active and challenging role.

As an STA tutor, you will be able to train the next generation of leisure industry staff depending upon the discipline in which you choose to specialise. There are many opportunities for employment – from working within large leisure providers to deliver their training, to taking the first steps to running your own business. However, you choose to progress your career, it is certain to be an interesting journey.



AQUATIC TUTOR STATUS

Grants those with the appropriate pre-requisites the ability to deliver and assess Safety Training Award's aquatic qualifications within their specific discipline.

Training Format:

- Online or Face to Face
- Run over 4 days.

ONLINE COURSES AVAILABLE NOW

LIFESAVING TUTOR STATUS

Grants those with the appropriate pre-requisites the ability to deliver and assess Safety Training Award's lifesaving qualifications, as well as STA's portfolio of first aid qualifications (if an in-date First Aid at Work certificate is held).

Training Format:

- Blended Learning or Face to Face
- Runs over 5 days.

LIFESAVING TUTOR CONVERSION

This one-day tutor conversion course enables those with who hold a lifesaving qualification the ability to deliver and assess Safety Training Award's lifesaving qualifications, as well as STA's portfolio of first aid qualifications (if an in-date First Aid at Work certificate is held).

Training Format:

- Online
- Runs over 1 day.

ONLINE COURSES AVAILABLE NOW

FIRST AID TUTOR STATUS

Grants those with the appropriate pre-requisites the ability to deliver and assess Safety Training Award's first aid qualifications.

Training Format:

- Blended Learning or Face to Face
- Runs over 3 days.

POOL PLANT TUTOR STATUS

Grants those with the appropriate pre-requisites the ability to deliver and assess Safety Training Award's pool plant qualifications.

Training Format:

- Blended Learning or Face to Face
- Runs over 3 days.

FIRE SAFETY TUTOR STATUS

Grants those with the appropriate pre-requisites the ability to deliver and assess Safety Training Award's Fire Marshall qualification.

Training Format:

- Face to Face
- Runs over 1/2 day
- Validation: N/A (no end date).



INTERNATIONAL UNREGULATED COURSES

STA Excel are delighted to offer unregulated international training for swimming teaching, baby and pre-school teaching, pool lifeguarding and pool plant, so you can do your job with confidence, no matter where you are.

Unregulated courses are ideal for training staff in a specific area, and who do not need to go through a regulated programme. This is often the case with countries outside of the UK that do not require UK-regulated qualifications, especially when there are no country-specific entry requirements. This makes STA's unregulated courses ideal for international learners because we've ensured a high standard of quality training can be delivered, but without all the regulatory requirements. This makes the courses more flexible, accessible, and cost-effective.

The courses are:

- **STA International Swimming Teacher** – Provides learners with the knowledge and practical skills to teach swimming in a learn-to-swim environment.
- **STA International Baby and Pre-School Teacher** – Provides learners with the knowledge and practical skills to teach babies to pre-schoolers in adult and child swimming lessons.
- **STA International Pool Lifeguard** – Trains learners in pool rescue skills, CPR techniques, first aid and dealing with poolside emergencies.
- **STA International Lifesaving Course for Swimming Teachers** – Trains learners in pool rescue skills, CPR techniques and aquatic first aid so they can act as a rescuer in an aquatic teaching environment.
- **STA International Open Water Coach** – Provides learners with the knowledge and practical skills to coach open water swimming skills in an open water environment.
- **STA International First Aid** – Trains learners in CPR techniques, first aid and dealing with first aid emergencies.
- **STA International Basic Life Support and Automated External Defibrillation** – Trains learners in basic life support techniques and the safe use of an Automated External Defibrillator (AED).
- **STA International Swimming Pool Technical Operator** – PWTAG accredited SPTO course. Trains learners in swimming pool technical operations. This course is aimed at people who operate swimming pool plant and are responsible for swimming pool technical operations.

PWTAG



APPROVED
Training Organisation

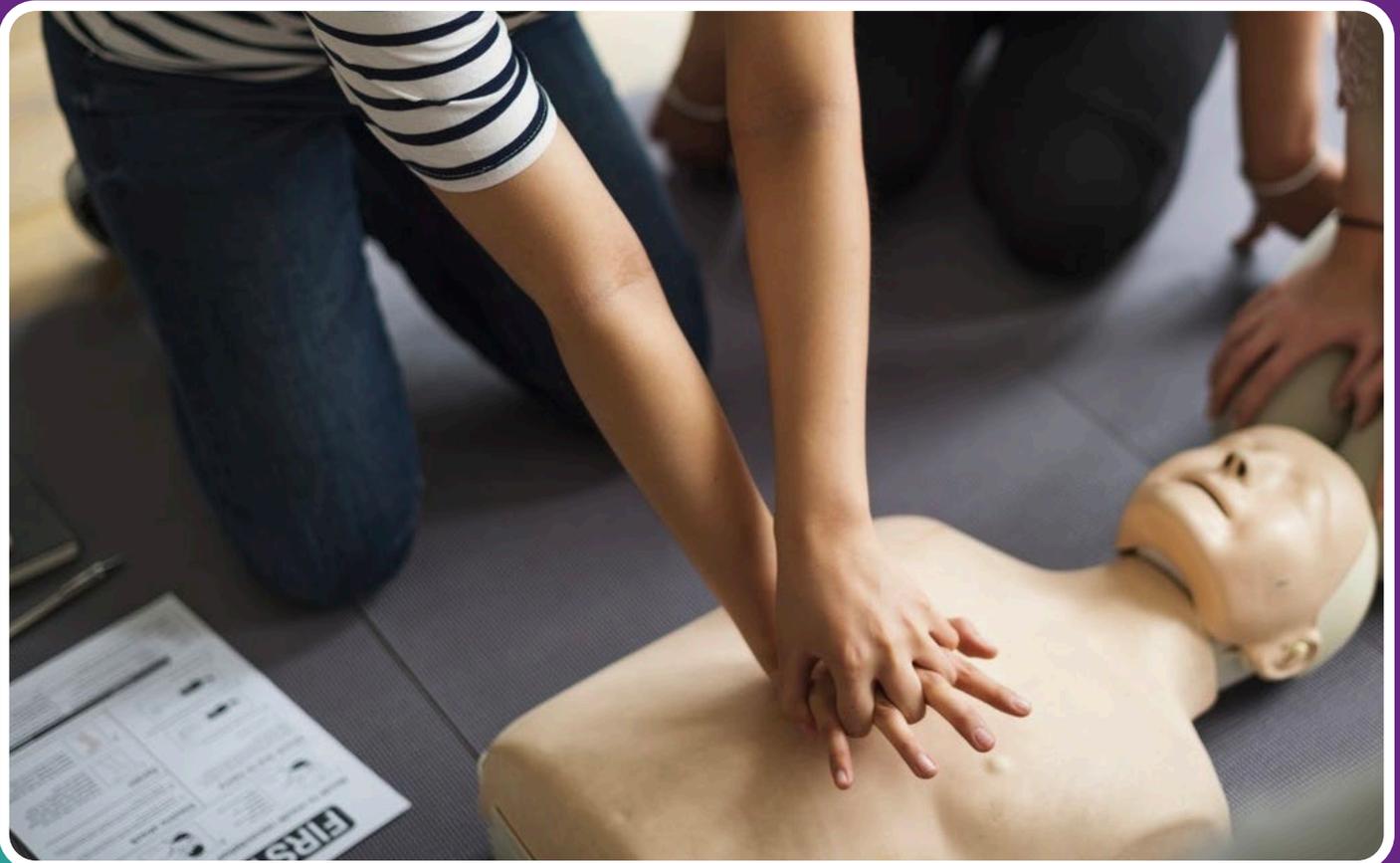
CONTINUING PROFESSIONAL DEVELOPMENT

We understand the importance of updating the knowledge of you and your team so you can keep on top of your qualifications and expertise.

LOOKING FOR A CPD?

We provide bespoke CPD offerings tailored to your business needs, no matter the type or size of your organisation.

So, if you are looking to up-skill your team on a specific subject area, simply contact us with your enquiry and leave the rest to us.



GET AN INSTANT QUOTE

STA EXCEL HAS NOW LAUNCHED A
COURSE CALCULATOR AT:

<https://www.staexcel.co.uk/course-quote/>



***Approved
Training
Centre***

 CIMSPA

 SPORT
ENGLAND

ReTrain

The background image for the ReTrain logo shows a group of people in a training environment. A woman in the foreground is wearing a black t-shirt and white shorts, with her arms raised. Behind her, another woman is visible. To the right, a man in a black turtleneck and dark jacket is looking towards the camera. The background is a blurred outdoor setting with a fence and trees.

EXCEL YOURSELF THIS YEAR

For further information on all our courses
www.staexcel.co.uk

Ofqual



 @STAexcel

 staexcel

www.staexcel.co.uk