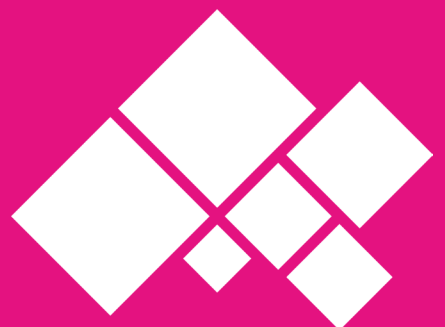




# EXCEL YOURSELF AND YOUR TEAM



**STA EXCEL**



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# EXCEL YOURSELF AND YOUR TEAM

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QUALITY TRAINING?**

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or Call 01922 645097.**



# 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 with Ofqual
- 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 Level 2 Award in Teaching Swimming is the perfect step to begin an exciting career as a swimming teacher, upon successful completion of this course the teacher can deliver lessons independently to non-swimmer to improve level participants.

**Awarding Organisation:** Safety Training Awards

**Qualification Number:** 603/3014/4

**Training Format:**

- Blended Learning or Face to Face,
- Run over 5 days
- Validation: N/A (no end date).





# STA CERTIFICATE IN TEACHING SWIMMING

The STA Level 2 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: N/A (no end date).



## PEOPLE WITH DISABILITIES

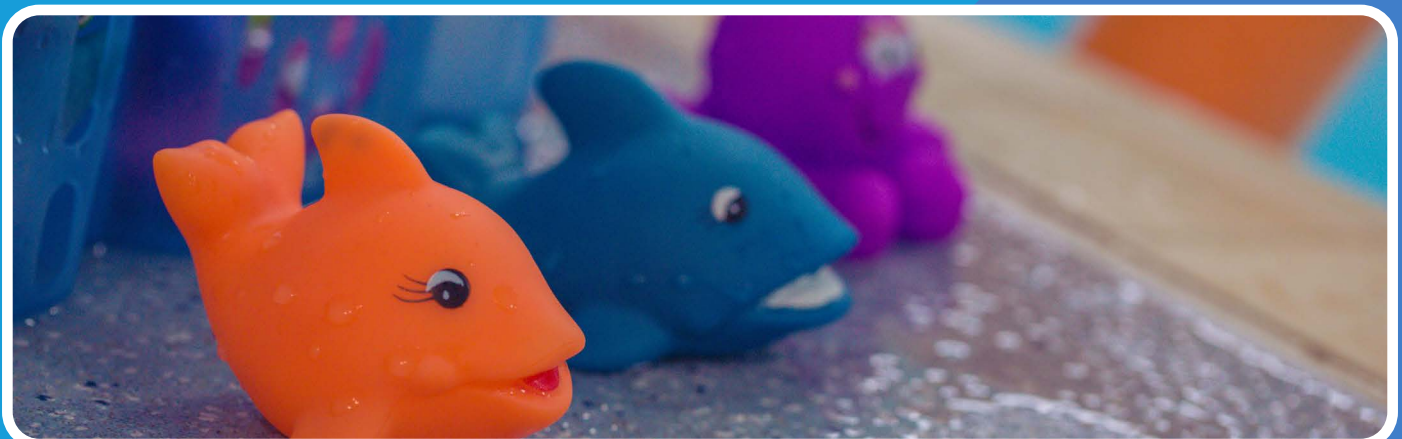
The STA Level 2 Award in Aquatic Teaching – People with Disabilities offers those looking to help people with disabilities experience swimming in a safe, fun environment, and in a productive and creative way. The qualification may be undertaken by an aspiring disabilities swimming teacher beginning their aquatic journey or offer a further development opportunity for already qualified swimming teachers.

**Awarding Organisation:** Safety Training Awards

**Qualification Number:** 600/8178/8

**Training Format:**

- Blended Learning or Face to Face
- Run over 3 days
- Validation: N/A (No end date).





# BABY AND PRE-SCHOOL AWARD

Begin a career in a rewarding role as a baby swimming teacher, introducing parent and child to the swimming pool through lessons packed full of experiential learning, fun and games. The STA Level 2 Award in Aquatic Teaching – Baby and Pre-School 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:** 600/6849/8

**Training Format:**

- Blended Learning or Face to Face
- Run over 3 days
- Validation: N/A (no end date).



# BABY AND PRE-SCHOOL DIPLOMA

The STA Level 3 Diploma in Aquatic Teaching – Baby and Pre-School offers progression for level 2 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: N/A (no end date).



# STA AWARD IN MERMAID AND MONO FIN SWIMMING

The STA award in Mermaid and Mono Fin swimming is the first industry regulated qualification, allowing swimming teachers to join the growing trend and to add exciting additional aquatic activities to their lessons.

Awarding Organisation: Safety Training Awards

Qualification Number: 603/5318/1

Training Format:

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







# 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 Qualification Wales
- Accredited by SQA Accreditation in Scotland
- CIMSPA-endorsed
- Internationally recognised
- No experience required.

# FIRST AID AT WORK

The STA Level 3 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 Level 3 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:

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





# PAEDIATRIC FIRST AID AWARD

The STA Level 3 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:** 603/1187/3

**Training Format:**

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



# EMERGENCY PAEDIATRIC FIRST AID AWARD

The STA Level 3 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:** 603/1189/7

**Training Format:**

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



## CPR AND AED

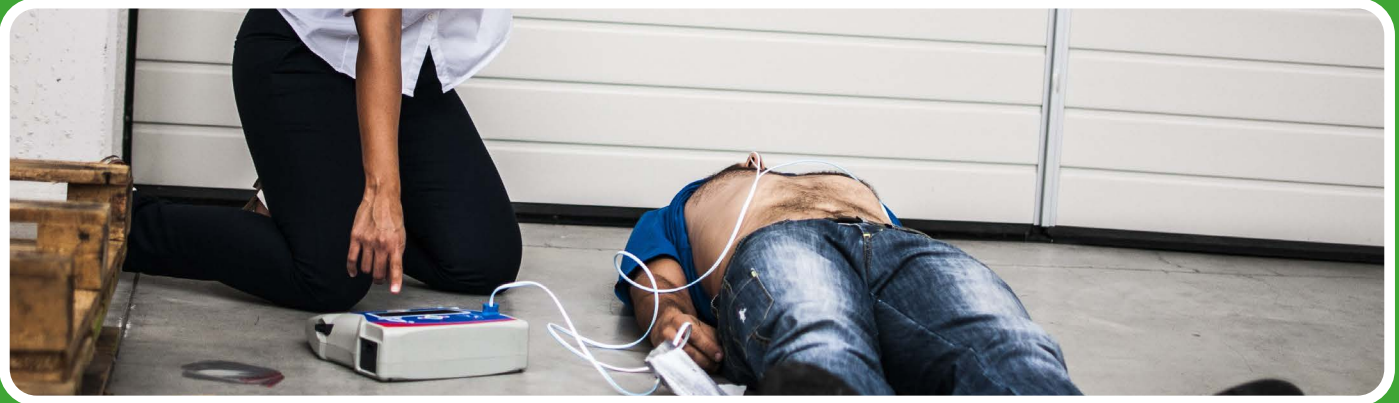
The STA Level 2 Award in Basic Life Support and Safe Use of an Automated External Defibrillator qualification is a four-hour course designed for those who may be required to perform cardiopulmonary resuscitation (CPR) and use an automated external defibrillator (AED). This qualification is suitable for 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:**

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



## CPR AND ANAPHYLAXIS

The STA Level 2 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:**

- Blended Learning or 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 with Ofqual
- CIMSPA-endorsed (Pool Lifeguarding)
- Internationally recognised
- New! Act as a first aider without having to attend a separate first aid course with the Pool Lifeguarding qualification.

# POOL LIFEGUARDING

The STA Level 2 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.



# POOL EMERGENCY RESPONDER

The STA Level 2 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.





# SAFETY AWARD FOR TEACHERS

The STA Level 2 Award in 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: 601/5519/X

Training Format:

- Blended Learning or Face to Face
- Runs over 1 day
- 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 intensive three-day courses, you will be sure to find the right course for you.

## Course facts:

- Regulated by Ofqual
- Meets 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 play features. The qualification covers all the skills and knowledge required to successfully run a wet leisure facility, including heating, ventilation, energy efficiency of a swimming pool, disinfection, pool water chemistry and more.

**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.





# SWIMMING POOL WATER TREATMENT

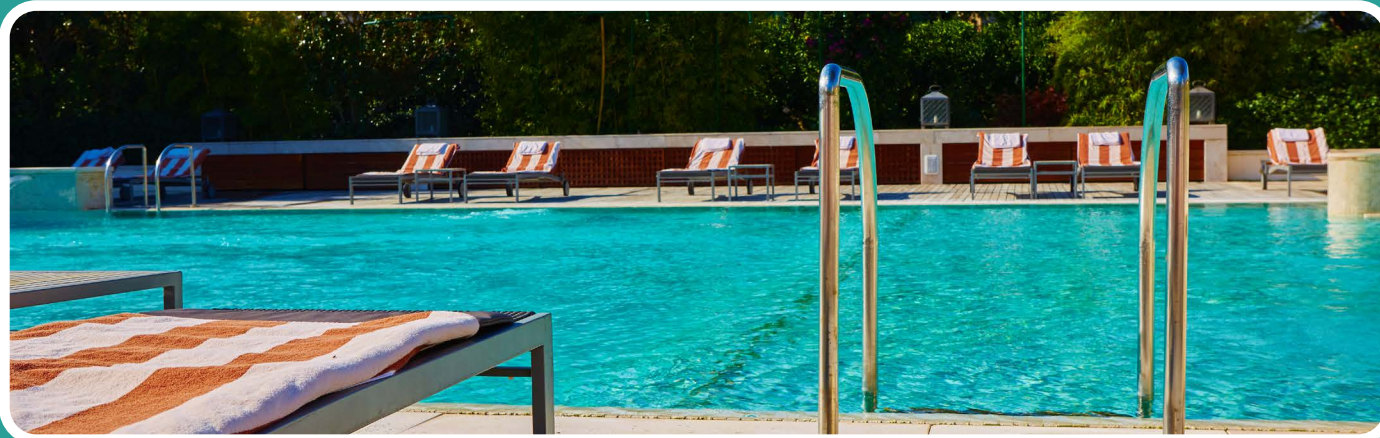
The STA Level 2 Award in Swimming Pool Water Treatment is designed to enable learners to understand the basic principles of the treatment of swimming pool water. The qualification covers the skills and knowledge required to competently test water and maintain safe bathing conditions.

**Awarding Organisation:** Safety Training Awards

**Qualification Number:** 600/6026/8

**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 Level 2 Award in Swimming Pool Water Testing is designed to provide learners with the theory and skills to competently test swimming pool and spa water and have 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 ½ 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:** 601/5851/7

**Training Format:** Distance Learning





# 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:

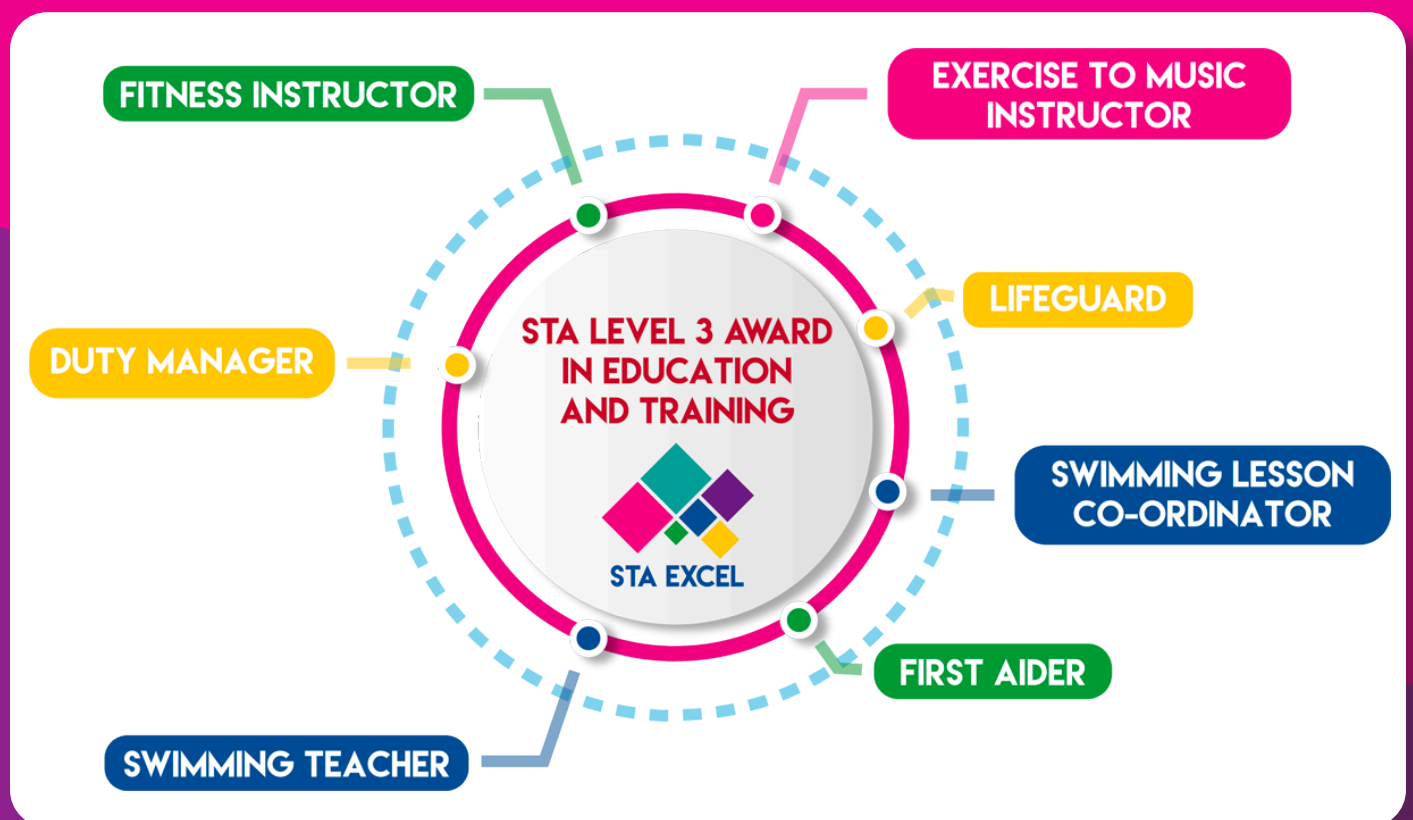
- Regulated with Ofqual
- Suitable for those who are looking to step into a teaching role
- No practice requirement other than microteaching.



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 STA Level 3 Award in Education and Training 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

# 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.

Once you have gained tutor status, you are able to deliver qualifications and continuing professional development (CPD) seminars in your chosen discipline.





# 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
- Run over 4 days
- Validation: N/A (no end date).

**2021 ONLINE COURSES AVAILABLE NOW**

# POOL LIFEGUARD TUTOR CONVERSION

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 1 day
- Validation: N/A (no end date).

# 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
- Validation: N/A (no end date).

**2021 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 4 days
- Validation: N/A (no end date).

# 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
- Validation: N/A (no end date).

# 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 ½ day
- Validation: N/A (no end date).







# 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 and Qualification Wales
- Meets legal requirements.

# FIRE MARSHALL

The STA Level 2 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 & 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 Level 2 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.





# 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.

A photograph of a workspace featuring a silver laptop, a spiral-bound notebook, and a black pen resting on a wooden desk. The image is partially obscured by a diagonal blue and teal graphic element.

**GET IN TOUCH  
NOW**

# GET AN INSTANT QUOTE

## STA EXCEL HAS NOW LAUNCHED A COURSE CALCULATOR AT:

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



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# EXCEL YOURSELF THIS YEAR

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