

training today's professionals



Ascent
TRAINING CENTRE



SLL

www.ascent-trainingcentre.co.uk

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, NEBOSH, 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.

Contents

p4 - p7	RLSS	National Pool Lifeguard Qualification (Fully Integrated) National Pool Lifeguard Qualification Renewal Rookie Instructor Automated External Defibrillator Course National Rescue Award for Swimming Teachers & Coaches National Rescue Award for Swimming Teachers & Coaches Renewal Trainer Assessor Core Units & Specialism Courses Trainer Assessor AED and PXB National Pool Management Qualification Survive and Save Tutor Course Emergency Pool Response First Aid at Work First Aid at Work Renewal First Aid Annual Update Emergency First Aid Course Paediatric First Aid at Work
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p8	STA	CPR and Anaphalaxis Course
p8	ASCENT	Basic First Aid
p8	ASA/SWIMENGLAND	Level 1 Swimming Assistant (Teaching) Level 2 Teaching Swimming Standards of Grades within LTS Pathway Teaching Babies, Children & Adults Put the Fun back into Teaching Correction for all Strokes Contrasting Activities Coaching - Starts, Turns & Stroke Laws Being the Best Teacher you can be School Swimming Programmes
p9	ASCENT	
p10	UKCoaching	Safe Guarding and Protecting Children A Guide to Mentoring Sports Coaches Effective Communication: Coaching Deaf People in Sport Equity in Your Coaching How to Coach Disabled People in Sport
p10	Footstep Training	Level 3 Award in Education and Training Level 3 Award in Assessing Level 4 Award in Internal Quality Assurance
p12	IOSH	Managing Safely Certificate (and Renewal)
p12	NEBOSH	General Certificate Fire Certificate
p13	DJB Training	Level 2 Food Safety
p13	ROSPA	Manual Handling
p13-14	IHASCO	Fire Warden Fire Awareness DSE
p14-18	Active IQ	Level 2 Fitness Instruction Gym Course Level 3 Fitness Instruction and Personal Training Level 2 Fitness Instruction (Exercise to Music) Level 3 Diploma - Exercise Referral Level 2 Adapting Gym Instruction for Adolescents Level 3 Diploma - Instructing Pilates Matwork Level 2 Instructing Kettlebells Level 2 Instructing Suspended Movement Training (TRX) Level 2 Award in Instructing Studio Cycling Level 3 Designing Pre & Post Natal Exercise Programmes Level 2 Swimming Pool Operations Level 3 Swimming Pool Operations
p18	PAT Training Services	PAT Training
p18	Kingfisher	Legionella Awareness Training





National Pool Lifeguard Qualification (NPLQ - Fully Integrated with AED and FAW)

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

Also including full First Aid at Work Qualification

The course is a min of 39 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.

Automated External Defibrillator (AED)

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.



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.

National Rescue Award for Swimming Teachers & Coaches Renewal

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 Core Units & Specialism

Core units - Train the Trainer, Train the Assessor, CPR & AED.
Specialism Units - NPLQ, First Aid at Work, NRASTC, ER, Open Water Lifeguard.

Mix and match to your specifications. Please email for further information.

Trainer Assessor AED & PXB

As a TA these bolt on awards allow you to train/assess the automated external defibrillator and pool extraction board to any RLSS qualification that allows them.



National Pool Management Qualification

The course has been designed to ensure that on completion all candidates will have a full and thorough understanding of their legal responsibilities with regards to managing health and safety in a swimming environment. Furthermore, candidates will have a full and thorough understanding of their employer's legal responsibilities with regards to managing health and safety in a swimming pool environment.

Aimed at Duty Manager upwards.





Survive and Save Tutor Course

"Survive & Save" is the new lifesaving standard. There are Bronze, Silver and Gold Levels for you to take part in. You can also choose any one of Medallion, Beach, Stillwater or Sport programmes as areas to specialize in for each medal category.

You can complete just one or all four of the specialist areas before you move on to the next medal. Once you have completed the "Survive & Save" programme there is still the ultimate challenge for you - the Distinction Award. This is presented when you have successfully completed 3 Gold Level categories.



Emergency Pool Response

This is not a Lifeguard Qualification. This is aimed at Receptionist and Gym Instructors etc. (Ancillary staff) to back up and support the lifeguard team (if available) and staff to respond to an emergency with a pool.

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.



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.

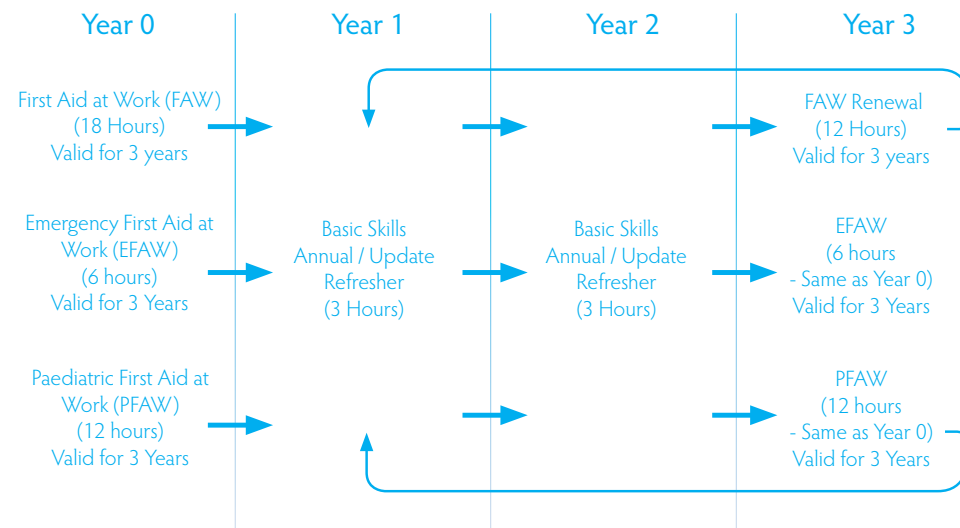


Paediatric First Aid at Work (and renewal)

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 recognised by Ofsted.

First Aid Needs Assessment





CPR and Anaphylaxis 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.



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.



Level 1 Swimming Assistant (Teaching)

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.



Level 2 Teaching Swimming

The Level 2 Teaching Swimming is the 2nd stage of the teaching qualification structure. Focus is on teaching swimming, 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 16 years and have already passed the Level 1 to participate on this course.



Standards of Grades within LTS Pathway

This compulsory CPD is for all Level 1 / 2 swimming teachers that work within SLL to understand our standards of grades and when to promote within the LTS Pathway, to standardise our centres Aqua Ed Scheme.

Teaching Babies, Children & Adults

These 3 CPD's are for all the Level 1 / 2 swimming teachers to keep up to date with the latest way of teaching Babies, Children and Adults. You only need to attend the ones that are relevant for you or you can attend the others if you would like more information.

Put the Fun back into Teaching

Let's not come complacent in teaching the same thing each week for all Levels e.g. Week 1 Frontcrawl. This CPD is to support you getting the fun back into teaching swimming.

Correction for all Strokes

Can you spot a screwkick on Breaststroke, Timing being out in Frontcrawl on a swimmer. Excellent, but do you know an array of ways to get them to correct the stroke up your sleeve. If not then this is the CPD for you to get to learn different teaching methods to correct swimmers strokes.

Contrasting Activities

Do you do diving as a contrasting activity for the deep end classes and picking up sinkers for the shallow end classes and not much else. Then come on this CPD to try and use other skills for different lessons.

Coaching - Starts, Turns & Stroke Laws

These are the 4 different strokes within this group of CPD's. They will bring you up to speed with stroke laws, starts and turns to help you with teaching competent or coaching competitive swimmers.

Being the Best Teacher you can be

This CPD is to get you to understand how to become the best teacher you can be, by looking at what you say, the way it can be perceived, posture with customer perception and how everyone learns and how they like to be taught.

School Swimming Programmes

If you teach school swimming then this CPD is for you to understand how to teach bigger size groups, plus what Ofsted and Swim England would like swimmers to do by the time they are 11 yrs old to achieve their life skill.

The above CPDs are Certificate of Attendance for any swimming teacher or coach who want to develop their skills and knowledge.



Safeguarding and Protecting Children

Every child deserves to enjoy their sport. This workshop will raise your awareness of the telltale signs of abuse, and give you the tools and confidence you need to deal with any issues sensitively, appropriately and effectively should the need ever arise in your coaching career.

(This workshop is a 'Minimum Standards for Active Coaches' requirement for many governing bodies of sport*. The 'Minimum Standards for Active Coaches' are seen as the basic standards every coach needs to meet to carry out their role safely and effectively.)



A Guide to Mentoring Sports Coaches

Mentoring is a powerful tool in the education and development of sports coaches at all levels. If you're interested in developing your skills in the area of mentoring other coaches, then this workshop is for you.

Effective Communication: Coaching Deaf People in Sport

Developed in partnership with UK Deaf Sport and the National Deaf Children's Society (NDCS) this is an interactive workshop that will help develop your communication skills, so you can fully include deaf people of all ages. It's very likely that at some point you'll coach an individual who is deaf*. Delivered by coaches who are deaf themselves this workshop will give you the confidence to include them in your sessions alongside your hearing participants. What's more this workshop will help you develop your non verbal communication skills so your day-to-day coaching sessions will improve.



Equity in Your Coaching

Everyone should have access to sport, regardless of gender, age, race, ability, faith or sexual orientation. This workshop will show you the best ways to make this a reality. Your tutor will give you practical advice on how to adapt your existing skills to make your coaching sessions attractive to everyone.

How to Coach Disabled People in Sport

Suitable for all coaches, this workshop aims to answer the commonly asked questions about disabled sports participants and it will show you how, with a few minor adjustments to the way you work, you can make your coaching more inclusive and effective.

(This workshop is a 'Minimum Standard for Active Coaches' requirement for many governing bodies of sport. The 'Minimum Standards for Active Coaches' are seen as the basic standard every coach needs to meet to carry out their role safely and effectively.)



Level 3 Award in Education and Training

The Level 3 qualification has been developed to meet a requirement of the Further Education Teachers' Qualifications (England) Regulations 2007 and related contractual requirements introduced by the funding agency at the same time. Achieving the qualification will provide sufficient evidence that an individual has acquired the necessary skills and knowledge to enable them to teach beyond an initial year in the FE sector. This qualification has been endorsed by the Institute for Learning (IFL) and appears on their ITT/E Qualifications Register.

Entry requirements

Learners must be 19+ and do not need to be in a teaching role. However, learners do need to be competent in the area in which they wish to teach.

Level 3 Award in Assessing

The full Level 3 Certificate in Assessing Vocational Achievement qualification is an online distance learning course and is aimed at those who wish to become an assessor in both occupational and vocational skills.

Occupational skills are related to work based environments, such as someone who needs to be assessed as an apprentice, and vocational skills are related to class room based environments, such as someone who needs to be assessed on a commercial course.

On successful completion it will fully qualify you to work as an assessor to assess in your area of expertise.

Level 4 Award in Internal Quality Assurance

Level 4 in Internal Quality Assurance

If you want to become an IQA or IV (Internal Verifier), then you will need to gain this Internal Quality Assurance Qualification.

This is an online distance learning course for those who wish to check the quality standards of assessors. The full certificate is aimed at those who are responsible for other IQA's and those who manage the Internal Quality Assurance Strategy.



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.

Managing Safely Certificate Update

To be completed every 3 Years.



General Certificate

NEBOSH general certificate is a suitable qualification for managers, supervisors and staff in charge of health and safety to gain a good understanding of health and safety within the workplace. Many people take the NEBOSH National General Certificate as a first step in a career in health and safety.

Organisations and individuals throughout the world respect NEBOSH qualifications; the words alone command respect. NEBOSH qualifications provide evidence of real achievement and employers worldwide use them as a benchmark when employing staff in any capacity. The NEBOSH certificate will open a person's eyes to a new way of looking at the workplace.

Fire Certificate available as a separate course.



Level 2 Food Safety

This course will go through the following:

- Legislation
- Food safety and hygiene hazards
- Temperature control
- Refrigeration, chilling and cold holding
- Cooking, hot holding and reheating
- Food handling
- Principles of safe food storage
- Cleaning
- Food premises and equipment



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.



Fire Warden

A complete in depth Fire Warden Training Course, to equip you with all the knowledge you need to become a fully trained Fire Warden or Fire Marshal without leaving your office.

Our Fire Warden course is designed for those people considered competent enough to become a designated Fire Warden for their office, company etc.

Fire Warden Training covers:

- Fire prevention
- Organising a Fire Evacuation
- Using and choosing the correct Fire Extinguisher
- Fire Legislation
- Human Behaviour

Fire Awareness

Every member of staff needs Fire Awareness Training. You can use this programme to ensure that you comply with current legislation, keep your workplace safer, learn evacuation procedures, and take part in fire extinguisher training, strengthening your overall fire health and safety training regime.



Display Screen Equipment

Everyone who regularly uses a computer needs IT Health and Safety Training - DSE - Display Screen Equipment Training. Taking just 30 minutes to complete, our DSE training programme will help you meet the requirements of The Health and Safety (Display Screen Equipment) Regulations 1992 which covers computer health and safety.



Level 2 - Fitness Instruction

The Active IQ Certificate in Fitness Instruction is at level 2 on the Qualifications and Credit Framework. It also provides access onto the Register of Exercise Professionals (REPs) at level 2. These qualifications provides the knowledge and skills to enable learners to plan, deliver and evaluate safe and effective sessions.

Mandatory Units

- Unit 1 - Anatomy and physiology for exercise
- Unit 2 - Know how to support clients who take part in exercise and physical activity
- Unit 3 - Health, safety and welfare in a fitness environment
- Unit 4 - Principles of exercise, fitness and health



Gym-based Course

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

- Unit 5 - Planning gym-based exercise
- Unit 6 - Instructing gym-based exercise



Exercise to Music Course

- Unit 7 - Planning group exercise to music sessions
- Unit 8 - Instructing group exercise to music



Level 3 Diploma - Fitness Instructing and Personal Training (QCF)

This qualification gives learners the knowledge and skills to work with individual and groups of client in a personal training setting. Successful achievement of the qualification will allow the learner to gain employment within an organisational setting of alternatively in a self-employed environment.

It also provides access onto The Register of Exercise Professionals (REPs) at level 3.

Entry requirements

- A suitable Level 2 qualification in Gym Instructing
- The course requires physical exertion and individual participation is essential, therefore a degree of physical fitness is necessary
- There is an element of communication (discussing, presenting, reading and writing) and application of number involved, and learners should have basic skills in communication and application of number pitched at levels 3 and 2 respectively

This qualification comprises of 7 mandatory units

1. Know how to support clients who take part in exercise and physical activity
2. Health, safety and welfare in a fitness environment
3. Principles of exercise, fitness and health
4. Anatomy and physiology for exercise and health
5. Programming personal training with clients
6. Delivering personal training sessions
7. Applying the principles of nutrition to a physical activity programme

Level 3 Diploma - 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.



Level 2 - 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.

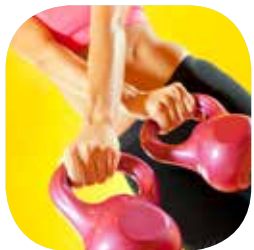


Level 3 - Diploma in Instructing Pilates Matwork

The Active IQ Diploma in Instructing Pilates Matwork is at level 3 on the Qualifications and Credit Framework. It also provides access onto The Register of Exercise Professionals (REPs) at level 3.

Mandatory units

1. Principles of exercise, fitness and health
2. Anatomy and physiology for exercise and health
3. Know how to support clients who take part in exercise and physical activity
4. Health, safety and welfare in a fitness environment
5. Principles of Pilates Matwork
6. Programme Pilates Matwork
7. Instructing Pilates Matwork



Level 2 Instructing Kettlebells

The aim of the course is to develop learners' awareness and ability to plan and deliver safe and effective music orientated pre-choreographed exercise programmes within studio class environment with use of Kettlebells.

Pre-requisites:

- Level Two Fitness Instructor qualification.



Level 2 Instructing Suspended Movement Training (TRX)

The aim of the course is to develop learners' awareness and ability to plan and deliver safe and effective music orientated pre-choreographed exercise programmes within studio class environment in using TRX Units.

Pre-requisites:

- Level Two Fitness Instructor qualification.

Level 2 Award in Instructing Studio Cycling

The aim of this course is to develop learner awareness in delivery of pre-choreographed and music led sessions within an Indoor Studio Cycling environment. Whilst not a pre-requisite, it is highly recommended that participants have a good level of fitness prior to commencing the course as participation will be key.

Pre-requisites:

- Level Two Fitness Instructor (GYM) or
- Level Two Exercise to Music.

Level 3 Designing Pre and Post Natal Exercise Programmes

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

Pre-requisites:

- Learners must hold Level 2 Certificate in Fitness Instructing (as a minimum).



Level 2 - 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 - 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.

A renewal course is also available and should be completed every 5 years.



PAT Training

The PAT Training Course will include theory and practical PAT testing sessions. Practical sessions include trainees identifying cable faults, plug faults and using PAT testing equipment.



Legionella Awareness Training

- This course gives you an understanding of how to deal with the following:
- Legionella risk assessment
- Recommendation and implementation of legionella management programmes
- Water sampling
- Disinfection of water systems

How to Book

Telephone : 01438 242 636

Email: ascent.training@sll.co.uk

Speak to our Training Team when booking.

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 Manager when booking your course for more information.



You can also follow the Ascent Training Centre on Facebook and Twitter.

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

<https://twitter.com/AscentTraining1>



- first aid
- assistant and full swimming teachers
- lifeguard qualifications
- pool operators
- fitness instructors
- exercise referral
- leisure management
- health & safety IOSH & NEBOSH

working in partnership

SLL

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