



Qualification Specification

IP2A5 – VTCT Skills (ITEC) Level 2 Award in Infection
Prevention (COVID-19) for Sport and Fitness Sessions

603/6162/1

About VTCT Skills

VTCT Skills is a market-leading specialist vocational and technical Awarding Organisation.

We offer a comprehensive range of qualifications, assessments and services in 17 sectors, including Hairdressing, Beauty, Logistics and Early Years. Working closely with employers and training providers, our ranges are backed by industry and trusted around the world.

With over 3,000 training locations, we help over 120,000 learners achieve professional skills that transform their lives, every year.

For more information, please visit our website or contact our dedicated Customer Support Team via email; customersupport@vtctskills.org.uk or call +44 (0)23 8068 4500.

www.vtctskills.org.uk

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1 Qualification at a glance

Qualification title	VTCT Skills (ITEC) Level 2 Award in Infection Prevention (COVID-19) for Sport and Fitness Sessions
Qualification number	603/6162/1
Product code	IP2A5
First registration date	1 st August 2020
Age range	14-16, 16-18, 19+
Total Qualification Time (TQT)	5
Guided Learning (GL) hours	4
Assessment	To be awarded this qualification, learners must successfully achieve the following assessment: Externally set and externally marked theory examination
Grading	Fail/Pass
Entry requirements	There are no formal prerequisite qualifications that learners must have prior to undertaking this qualification. It is the responsibility of the centre to ensure that learners have the required knowledge and understanding to enrol and successfully achieve this qualification.
Qualification endorsement	This qualification is fully endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA). 

2 About this qualification

2.1 Who is this qualification for?

The VTCT Skills (ITEC) Level 2 Award in Infection Prevention (COVID-19) for Sport and Fitness Sessions is a knowledge-based qualification aimed at gym instructors, fitness instructors and personal trainers who need to understand the COVID-19 infection prevention methods required in order to maintain high levels of health and safety in the provision of their services to clients.

The VTCT Skills (ITEC) Level 2 Award in Infection Prevention (COVID-19) for Sport and Fitness Sessions has also been approved and endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) and awarded 2.5 CPD points. Endorsed CPD means that training has been quality assured by CIMSPA and is delivered by a CIMSPA education partner. CIMSPA members can, therefore, use this qualification to facilitate their professional status through quality-assured continuous professional development.

This qualification is partially mapped against a number of CIMSPA professional standards where knowledge and skills relate to infection control, PPE and health and safety in the workplace. This includes gym instructor, personal trainer, group exercise instructor, working in a school environment, swimming assistant, swimming teacher and strength and conditioning trainer professional standards.

2.2 What does this qualification cover?

This qualification is informed by national and international guidelines in relation to COVID-19. Learners must achieve the mandatory unit:

- Infection prevention (COVID-19) for sport and fitness sessions

Throughout this qualification, learners will develop knowledge on the importance of social responsibility, the causes, transmission and effects of COVID-19 and the methods used to control transmission, such as correct hand hygiene and the use of Personal Protective Equipment (PPE). They will also gain an understanding of the safe working practices required in the working environment in order to protect themselves and their clients.

2.4 What could this qualification lead to?

The primary purpose of this qualification is to prepare learners to progress to further qualifications within their chosen discipline with an understanding of the role of infection prevention in relation to COVID-19. It also provides learners with personal growth and engagement, as the infection prevention techniques covered, such as hand hygiene, are applicable to everyday life.

3 Qualification structure

3.1. Qualification structure

To be awarded the VTCT Skills (ITEC) Level 2 Award in Infection Prevention (COVID-19) for Sport and Fitness Sessions learners must achieve the mandatory unit.

The minimum TQT required to achieve this qualification is 5.

Product code	Unit title	Level	GL	Unit reference number
Mandatory unit				
UIP5	Infection prevention (COVID-19) for sport and fitness sessions	2	4	R/618/3059

3.2. Total Qualification Time (TQT)

TQT is defined under the Ofqual General Conditions of Recognition, General Condition J1.8, as the number of notional hours which represents an estimate of the total amount of time that could reasonably be expected to be required in order for a learner to achieve and demonstrate achievement of the level of attainment necessary for the award of a qualification.

TQT is comprised of the following two elements:

- the number of hours which an awarding organisation has assigned to a qualification for Guided Learning, and
- an estimate of the number of hours a learner will reasonably be likely to spend in preparation, study or any other form of participation in education or training, including assessment, which takes place as directed – but, unlike Guided Learning, not under the immediate guidance or supervision of – a lecturer, supervisor, tutor or other appropriate provider of education or training.

4 Centre requirements

4.1 Approval and recognition

Existing centres that wish to deliver this qualification must obtain recognition using the standard qualification recognition procedures.

New centres that want to deliver this qualification must gain both centre approval and qualification recognition. Please refer to the VTCT Skills website for further information.

Centre staff should be familiar with current practices and standards in the sector and with the qualification structure, content, assessment and quality assurance arrangements before designing a course programme.

4.2 Teaching staff

In order to deliver this qualification, teaching staff must:

- be occupational experts within their discipline and have knowledge and understanding in the area for which they are delivering training. This knowledge must be at the same level as or higher than the training being delivered
- hold an appropriate qualification or accredited training in the subject to be taught. In the absence of a regulated qualification, staff members will be required to agree to update their training to a full qualification within 18 months of being approved to deliver. If for any reason the member of staff fails to achieve the qualification, the centre would be required to find another member of staff to deliver the program or forfeit the right to deliver the qualification
- understand the qualification's structure and content, and the learning outcomes they are delivering
- have credible experience of teaching and/or providing training
- undertake activities which contribute to their continuing professional development (CPD)

5 Assessment

5.1 Summary of assessment methods

The assessment method for this qualification is external assessment. Learners must achieve the assessment detailed in the table below.

Mandatory units	External
Unit product code	Theory examination
UIP5	✓

5.2 External assessment

5.2.1 External theory examination

The theory examination will be set and marked by VTCT Skills. The theory exam will consist of multiple choice questions. Questions will cover all learning outcomes within the mandatory unit. The pass mark for the theory exam will be 70%.

Examinations must be undertaken by learners under controlled examination conditions in accordance with policies and procedures for external assessment.

5.2.2 Retaking external examinations

Learners who fail to achieve the required Pass mark are permitted to re-sit after having sufficient teaching and additional study time. There is no limit to the number of retakes a learner can carry out. External examinations will be subject to rotation by VTCT Skills. Re-sits are subject to charges as stated in the 'VTCT Skills Service Fees'.

5.2.3 Reasonable adjustments and special considerations

A reasonable adjustment is an adjustment made to an assessment for a qualification that is approved or set in place before an assessment activity takes place; it constitutes an arrangement to give the learner access to the qualification.

Information on the reasonable adjustments and special considerations allowed for the external examination within this qualification can be found on the VTCT Skills websites.

5.3 Spot checking

In addition to the scheduled theory examination, targeted and unannounced spot checks of centres delivering this qualification will be undertaken as part of the awarding organisation's formal quality assurance process.

6 Support and guidance

A unit specification is available to support qualification delivery and assessment.

For more information, visit the VTCT Skills websites (www.vtctskills.org.uk)

7 Unit structure

The unit is available as a separate specification and can be downloaded from the VTCT Skills website. The unit that makes up this qualification is structured as follows:

Product code	The code allocated by the awarding organisation. This should be used when communicating directly with the awarding organisation.
Title	Reflects the content of the unit.
Unit reference number	This is the unit reference number as detailed on Ofqual's Register of Regulated Qualifications.
Level	This represents the level of achievement. The National Qualifications Framework level descriptors and similar qualifications at this level inform the allocation of the unit level.
Guided Learning (GL) hours	All units have GL assigned to them. This is the time a learner spends: • being taught or given instruction by a lecturer, tutor, supervisor or other appropriate provider of education or training
Overview	Provides a summary of what learners will cover in a unit, and outlines the knowledge and understanding to be developed.
Learning outcomes	Specify what a learner will know and understand as a result of completing a unit.
Assessment criteria	Assessment criteria specify the minimum standard required by the learner to achieve the relevant grade. Learners must provide sufficient and valid evidence to achieve the grade.
Taught content	Provides the basis for the teaching, learning and assessment of each learning outcome. Teachers and tutors should ensure that the full breadth of unit content is delivered.
Assessment requirements	Details the assessments that must be completed and achieved to be awarded a unit. For more information on assessment methods see Section 5 of this specification.

Document History

Version	Issue Date	Changes	Role
v1.0	31/07/2020	First published	Product and Regulation Manager
v2.0	01/08/2022	Added information regarding CIMSPA CPD endorsement	Product & Regulation Coordinator
v3.0	11/03/2024	Updated CIMSPA logo	Qualifications Administrator
v4.0	01/01/2025	New branding	Qualifications Administrator
v5.0	29/06/2026	Updated CIMSPA logo	Development Administrator