



National Rescue Award for Swimming Teachers and Coaches (FA0007)

The National Rescue Award for Swimming Teachers and Coaches (NRASTC) was devised over 20 years ago by the Royal Life Saving Society UK, the Amateur Swimming Teachers Association, the Institute of Swimming Teachers and Coaches and the Institute of Sport and Recreation Management to provide teachers and coaches with their own lifesaving award. These organisations all recognise that supervising programmed activities in a swimming pool requires a unique combination of lifesaving skills appropriate to this environment.

Course objectives

By acquiring this qualification you will be able to ensure the safety of the swimmers in your charge, whether providing school swimming lessons, or coaching at a high level.

Duration of the Course

Minimum of 12 hours for Teachers with no previous experience (2 days)
Minimum of 6 hours for Teachers with some previous experience
Minimum of 4 hours for Teachers renewing the award

Validity of the Qualification

2 years (24 months)

Pre-requisites

- Must be 16 years of age at the time of the assessment

What will they learn?

Section A - will introduce the candidate to risk assessments and pool hazards, Pool Safety Operating Procedures, Class Management and Safety, Emergency Action Plans/response/first aid and awareness of suspected spinal cord Injury.

Section B – will provide the candidate with the ability and skills in Life Support including Adult and Child CPR, recovery position and action for vomit.

Section C – the skills required for water rescue

Section D (optional) – to carry out Infant CPR

Assessment

The qualification is assessed as set out below:

Section A – theory – oral or written test

Section B – Life Support – practical test

Section C – Water Rescue Test

Section D – optional endorsement – Infant CPR practical test

Bespoke onsite training – let us come to you!

If you have a minimum of 6 employees that require the same training, let us bring this to you. The training can be tailored to the specific needs of your business and work environment, with the day, time and location arranged to suit.

This option is time efficient and cost effective, eliminating the added expense of time and travel costs.

Our professionally qualified Trainers are experienced in delivering training across a wide range of industries ensuring the course content and examples are relevant.

All of our courses are accredited to a major awarding body and our Trainers are handpicked for their interactive and motivational skills as well as their extensive knowledge of the relevant field.

Within a 30 mile radius there will be no extra cost for travelling, exceeding this there is a charge of 55 pence plus VAT per mile and when necessary subsistence, i.e. reasonable accommodation and meals at cost.

For further information or to book please contact our Training Team by filling in the enquiry form or call us on 01252 353 040.