

National Rescue Award Course for Swimming Teachers and Coaches (NRASTC)

COURSE TITLE **National Rescue Award Course**

DESCRIPTION

The National Rescue Award for Swimming Teachers & Coaches course is considered to be a suitable level of expertise for anyone who teaches or coaches a programmed aquatic activity.

Current Health and Safety guidelines put the responsibility for life guarding onto the authority in charge of the pool, however teachers and coaches are strongly advised to hold this certificate and keep it up to date.

The NRASTC qualification also counts as CPD points towards an ASA/UKCC Teacher/Coach license.

PRE-REQUISITES

Candidates must be able to do the following:

- **Swim 40 metres comfortably** (20m on their front and 20m on their back)
- **Dive to the deepest part of the pool and recover the submersible manikin**

NRATSC COURSE CONTENT

The course leads to a nationally recognised qualification, accredited by Lifesavers and the Royal Lifesaving Society. It is also recognised by the Amateur Swimming Association (ASA), Swimming Teachers Association (STA), Institute of Sport & Recreation Management (ISRM) & the Institute of Swimming Teachers and Coaches (ISTC).

The course includes:

- **Pool safety operating procedures**
- **Use of pool rescue equipment**
- **Class management and safety**
- **Land based rescues**
- **Risk assessment and pool hazards**
- **Recovery and rescue of the unconscious casualty**
- **Poolside first aid**
- **Non contact rescues**
- **Awareness of suspected spinal cord injury entering and leaving the water safely**
- **Baby life support**
- **Incident management**

NRASTC COURSE STRUCTURE

The NRATSC is a two days course (9am - 5pm). Assessments will take place at the end of the second day by an independent assessor in the form of a theory and practical test.

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Whatever your First Aid training requirement, there is a degree of flexibility within most programmes to accommodate it.

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