

Courses leading to ASA certification

ASA HELPER CERTIFICATE (SWIMMING)

ASA HELPER CERTIFICATE (SWIMMING FOR PEOPLE WITH DISABILITIES)

These separate courses are aimed at people who wish to help with a club/group activity under the guidance of a qualified ASA Level 2 Certificate holder. This course is practically based and candidates will learn about basic technical knowledge on teaching, safety and communication principles.

Swimming helper: candidates must be at least 14 years of age at the start of the course.

Disability helper: candidates must be at least 16 years of age at the start of the course. (This course is run in conjunction with Harrow Kingfisher Swimming Club for Disabled People)

Successful candidates will then be issued with a certificate of attendance by the ASA.

ASA/UKCC LEVEL 1 CERTIFICATE (TEACHING AQUATICS)

This qualification is aimed at those interested in supporting the teaching programme in a learn to swim environment utilising the ASA National Plan for Teaching Swimming (NPTS). It is recognised as a as an UKCC Level 1 qualification and is on the NQF at Level 1.

There are two units. Unit 1 is a common unit to all of the aquatic strands and focuses on "how to teach/coach" skills with a technical emphasis on movement literacy. Unit 2 has a focus on Aquatic teaching, technical knowledge and practical skills that will allow the aquatic teacher to fulfil the role.

Role

Once qualified the holder of the Level 1 (Support Teacher) Certificate for Aquatic Teaching is able to actively support a more senior qualified / licensed aquatic teacher at any level, in the delivery of a pre-prepared session. This person will be expected to have an understanding of the aquatic and a basic understanding of appropriate correction to common aquatic faults.

Pre-requisites

1. Candidates must be at least 16 years of age at the commencement of the course.
2. Before attending the first unit of the learning programme candidates must purchase, from ASA Awards the appropriate Level 1 Support Teacher/Coach Pack.

ASA/UKCC LEVEL 2 CERTIFICATE (TEACHING AQUATICS)

This qualification is aimed at those interested in the teaching programme in a learn to swim environment utilising the ASA National Plan for Teaching Swimming (NPTS). It is recognised as an UKCC Level 2 qualification and is on the NQF at Level 2.

Role

Once qualified the holder of the Level 2 (Teacher) Certificate for Aquatic Teaching is able to plan, deliver and evaluate a series of six consecutive sessions within the context of a scheme of work prepared by the candidate.

There are 6 units, all of which are covered on this course. Candidates will participate in theory and pool practical sessions. Assessment will be taken through units 1 & 4 – theory examinations; units 2, 3 & 5 – log book assessment and practical unit 6 by observation from the tutor.

Pre-requisites

1. Candidates must be at least 18 years of age at the commencement of the course **AND**
2. Hold of the ASA/UKCC Level 1 Certificate for Teaching Aquatics **OR** hold of the ASA Level 1 Certificate for Teaching Swimming **OR** ASA Assistant Teacher Certificate (Swimming) **AND**
3. **Have Registered** with the ASA Awarding Body for this course **AND**
4. Before attending the first unit of the learning programme candidates must purchase, from ASA the appropriate Level 2 Teacher/Coach Pack

Courses leading to Royal Life Saving Society UK (RLSS UK) accreditation

RLSS NATIONAL RESCUE AWARD FOR SWIMMING TEACHERS AND COACHES (NRASC)

This award qualifies those swimming teachers and coaches to supervise 'programmed' activities. This is the minimum qualification to be able to supervise swimmers whilst under their direct teaching / coaching.

The course will cover resuscitation, swimming pool rescue techniques, knowledge of first aid and swimming teaching / coaching specific knowledge related to safety.

Candidates must be at **least 16 years**, be able to swim 50 metres on front and 50 metres on your back confidently. Candidates should also be swimming or lifesaving teachers or coaches. You may be attending a course leading to ASA / RLSS Teacher training certification.

RLSS NATIONAL POOL LIFEGUARD QUALIFICATION (NPLQ)

This is the most widely recognised lifeguard qualification available in the UK and can only be delivered through Approved Training Centres (ATCs). The award qualifies you to provide lifeguard cover in a pool environment during programmed and non-programmed activities.

The course has 2 units both of which will be covered on this course and will cover resuscitation and first aid, principles of pool lifeguarding and supervision, swimming pool rescue techniques and spinal injury management.

Candidates must be at **least 16 years** and pass a swim test prior to the commencement of the course

- Swim test consists of
- Jump or dive into deep water
- 50 metres swim in under 1 minute
- 100 metres continuous swim on front and back
- Tread water for 30 seconds
- Reach the bottom of the deepest part of the pool
- Climb out of the pool unassisted

RLSS ASSISTANT TEACHER (LIFESAVING)

The RLSS Assistant Teacher course is an introductory course designed to assist a qualified Lifesaving Trainer/Assessor (TA) in the running of the RLSS education & training programme in life support and lifesaving awards. The Life Support 3 is the society's top resuscitation award which assistant teachers and TAs are expected to hold.

RLSS TRAINER/ASSESSOR (LIFESAVING & POOL LIFEGUARD)

The RLSS UK Trainer Assessor programme enables candidates to train and assess the RLSS UK education & training programme in life support, lifesaving awards and/or pool lifeguard. You can become qualified in the pathways of Life Support, Lifesaving and / or Pool Lifeguard. Each discipline is specific, however all candidates NEW to the programme must complete the Foundation units 1 & 2. The units are modular and you can opt to attend one, a few or all of them at the same time. You will be accredited with the attendance of the module, subject to satisfactory completion.

For information on these Teaching and Trainer/Assessor courses, check the RLSS UK Middlesex branch website www.rlssmiddlesex.org.uk

Courses leading to First Aid certification

First Aid at Work

This course qualifies the first aider in the modern workplace giving you the skills, knowledge and confidence to deal with first aid emergencies.

The initial qualification is a four day course to meet the requirements of the Health and Safety (First Aid) Regulations 1981 and is valid for 3 years. It is approved by the Health and Safety Executive (HSE) for the purposes for first aid in the workplace.

The renewal qualification is a two day course and must be taken within the validity period of your certificate.

Candidates must be at **least 16 years** of age

Appointed Persons

This course is ideal for workplaces presenting smaller or fewer health and safety risks, where a nominated or appointed person is required to take charge in the event of an illness or accident. This is a one day course recognised by the Health and Safety Executive and is valid for 3 years.

All first aid courses are certified through Nuco Training Ltd

Candidates must be at **least 16 years** of age

CPD Seminars

Sports Coach UK Safeguarding and Protecting Children workshop

The government's Every Child Matters: Change for Children strategy, developed in response to the enquiry into the death of Victoria Climbié, provides the context for the revised Good Practice and Child Protection workshop and resource. The sports sector has developed and is implementing an approach to safeguarding that reflects the Every Child Matters agenda.

This is the updated 'Good Practice and Child Protection' workshop with new resource title 'Safeguarding and Protecting Children'. It meets the basic foundation requirements for safeguarding and protecting children and young people in sport, for anyone whose role brings them into contact with children and young people.

This is a 3 hour workshop

ScUK How to Coach Disabled People workshop

This workshop tackles all the frequently asked questions posed by sports teachers, coaches and participants about how to work with disabled sports people. This includes a whole spectrum of new ideas for inclusion; the workshop will introduce and offer guidance to any coach involved with disabled people in sport, the emphasis being to introduce coaches to the *Inclusion Spectrum* and effective practice.

At the end of the workshop, coaches will be able to:

- determine how to include disabled people in sport
- select appropriate coaching activities
- create effective coaching environments

This is a 3 hour workshop

ScUK Equity in your coaching workshop

Everyone should have access to sport, regardless of gender, age, race, ability, faith or sexual orientation. As a coach, you have an important role to play in ensuring this happens. The workshop will help you to apply and extend your existing skills to meet the needs of present and potential participants.

At the end of the workshop coaches will be able to:

- explain what equity means and why it is important
- identify barriers to participation
- use appropriate language and terminology
- identify and challenge inequitable behaviour
- interpret the legal framework that affects coaching
- identify how they can become more equitable
- establish where to go for further information.

This is a 2 hour workshop