



# National Rescue Award for Swimming Teachers and Coaches Course Information Sheet

## Description

This award qualifies 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.

This qualification compliments our programme of ASA Swimming Teacher and Coaching qualifications and is highly recommended for anyone involved in teaching or coaching swimmers. This award is also suitable to Lifesaving Instructors and Lifeguard Trainer Assessors to supervise activities during programmed classes and training.

## Syllabus

The course will cover

- The teacher, swimming pools and class management
- Intervention, Rescue and Emergency Action
- CPR and First Aid

## Pre-requisites

To enrol on the course candidates must be able to achieve for:

New Candidates:

- Be at least 16 years old on the date of the assessment
- Swim 50 metres
- Surface dive to the deepest part of the pool where training
- Climb out of the pool without help and without using steps or ladders

Renewal Candidates:

- Be at least 16 years old on the date of the assessment
- Hold an in-date NRASTC at the point of assessment
- Swim 50 metres
- Surface dive to the deepest part of the pool where training
- Climb out of the pool without help and without using steps or ladders

This course can also be combined with the Emergency First Aid at Work and AED qualifications subject to suitable course duration.

Ideally candidates will also hold at least a Level 1 Swimming Assistant (Teaching) or coaching qualification. This award is also suitable to Lifesaving Instructors and Lifeguard Trainer Assessors to supervise activities during programmed classes and training.



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## Duration

The duration of this course is dependent on the learners existing qualifications and content of the course.

### Standard NRASTC courses

- 16 hours or 2 days including assessment for new candidates
- 8 hours or 1 day including assessment for renewal candidates

### NRASTC courses with optional elements:

- Include Level 2 Emergency First Aid at Work qualification
  - No extra hours new candidates
  - Add extra 4 hours to a renewal course
- Include AED qualification
  - Add extra 1½ hours to a both new and renewal courses

## Assessment

- The NRASTC qualification is assessed through a final independent assessment of both theoretical knowledge and practical skills.
- Where Level 2 Emergency First Aid at Work and AED is included within the course this is assessed by the course Trainer.

## Certification

- A National Rescue Award for Swimming Teachers and Coaches, valid for 24 months will be issued to the candidate on successful completion of all the assessment criteria.

For further information and course details contact:

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