

NATIONAL RESCUE AWARD FOR SWIMMING TEACHERS & COACHES

The National Rescue Award for Swimming Teachers and Coaches (NRASTC) 7th Edition

The NRASTC is a supervision and rescue award for swimming teachers, coaches and or instructors working during programmed activities, such as swimming lessons. It is suitable for teachers working in a wide range of swimming pools, including pools where the water is deeper than your standing depth.

The award is designed for swimming teachers, coaches and or instructors of aquatic swimming lessons from babies through to adults. It is a basic test of rescue knowledge and skills for people teaching swimming, water safety and other programmed aquatic pool based disciplines. It is designed to show an understanding of class management, accident prevention, aquatic rescue, resuscitation and first aid.

Candidate Requirements: To enter onto a course candidates must be able to: Swim 50m, surface dive to the deepest part the pool, climb out without help and without using steps or ladders and be able to demonstrate CPR on a manikin placed on the floor.

New Candidate: To gain the NRASTC qualification candidates must: be aged 16 or older at the time of the assessment, complete at least the minimum training hours for the course (**12 hours**) and successfully complete the course assessment.

Cost £150.00

Renewal Candidates: Candidates renewing their qualification must: be considered prepared and ready for the assessment by the presenting Trainer Assessor, complete at least the minimum training hours for the course (**6 hours**) must pass the assessment before their existing NRASTC qualification expires (including re-taking any failed sections) and if their qualification expires, meet the criteria for and be assessed as a new candidate. **Cost £115.00**

Please note – it is not possible to extend the expiry date of the NRASTC qualification.

For New Candidates our NRASTC courses can have the Emergency First Aid at Work (EFAW) qualification integrated within course but will require one (1) additional hour. The candidate must pass the independent assessment for the NRASTC as well as the EFAW assessment syllabus to be able to be certified with the EFAW qualification. **Cost £180.00**

For Renewal Candidates suitable and sufficient ongoing training and competency assessment hours may be used in place of attending a refresher course for Sections 1 & 2. (**Ongoing training and competency assessment hours may not be used towards EFAW certification. The full 6 hour EFAW content must be completed**). The minimum training hours required for the course will be up to **12 hours. Cost £120.00 (not including assessment fee of £15.00)**

We are also able to integrate the Automated External Defibrillator (AED) qualification in to the above course. This will require additional hours (1.5 hours) and cost. If you are interested in this please do not hesitate to ask.

Whatever your Lifesaving training requirement, there is a degree

Of flexibility within most programmes to accommodate it.

In association with



Please contact us for further information

Lifeguarding & Lifesaving Training

Tel: 0780 3452812

E-mail: nickibrahim63@gmail.com