

NATIONAL RESCUE AWARD FOR SWIMMING TEACHERS & COACHES (LIGHT)

The National Rescue Award for Swimming Teachers and Coaches LIGHT (NRASTC LIGHT)

NRASTC LIGHT is a supervision and rescue award for swimming teachers, coaches and or instructors working during programmed activities, such as a swimming lesson when Lifeguard or First Aid backup is available to respond quickly in the event of an emergency.

It is suitable for teachers working in a wide range of swimming pools, including pools where the water is deeper than the teacher's standing depth. The award is designed for swimming teachers, coaches and or instructors of aquatic swimming lessons from babies through to adults.

This award is only suitable when the facility has staff qualified as Lifeguards or First Aiders that are available to respond quickly to a swimming teacher or coach in the event of an emergency. If Lifeguard or First Aid backup is not available, then standard NRASTC should be used.

Candidate Requirements: To enter onto a course candidates must be 16 years or older and able to: Swim 50m, surface dive to the deepest part the pool, climb out without help and without using steps or ladders, be able to demonstrate CPR on a manikin placed on the floor, must complete the minimum guided hours and successfully complete the course assessment.

New Candidate: To gain the NRASTC LIGHT qualification candidates must: Complete at least the minimum training hours for the course (**6 hours**) and successfully complete the course assessment. **Cost £115.00**

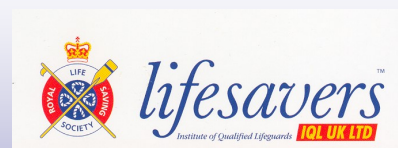
Renewal Candidates: Candidates renewing their qualification must: be considered prepared and ready for the assessment by the presenting Trainer Assessor (**suitable and sufficient ongoing training and competency assessment hours may be used in place of attending a refresher course for Sections 1 & 2**), complete at least the minimum training hours for the course (**6 hours**) must pass the assessment before their existing NRASTC LIGHT 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 LIGHT qualification.

We are an RLSS Approved Training Provider and are able to run courses on-site. Please do not hesitate to contact us should you have questions regarding other courses and qualifications.

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