



BUCKS SCHOOL SWIMMING PARTNERSHIP

National Rescue Award for Swimming Teachers and Coaches (NRASTC)

NRASTC Overview

This qualification trains the practical Lifesaving skills that may be needed by anyone teaching or coaching swimming or another programmed activity in the pool.

The qualification is endorsed by the Amateur Swimming Association, the Institute of Sport and Recreation Management and the Institute of Swimming Teachers and Coaches. It is also recognised in 'Managing Health and Safety in Swimming Pools' as being appropriate for those supervising programmed activities.

There are no prerequisites for this qualification. This is not a Lifeguard qualification.

The award has three compulsory sections:

Section One – The Teacher, Swimming Pool and Class management	= 2 hrs
Section Two – Intervention, Rescue and Emergency Action	= 4 hrs
Section Three – CPR, AED and First Aid	= 6 hrs

All sections must be completed within **28 days** of the first assessment taking place

Preparation (prior to course attendance)

- Swim 20 metres on the front
- Swim 20 metres on the back
- Reach the pool floor. The depth selected must be the same as the depth of the pool used during the training sessions

Candidates

Must be 16 years of age at the time of assessment.

Dress

A minimum of; swimwear, t-shirt and shorts/skirt.

Training

The training programme for the award will be directed by a NRASTC Trainer Assessor. A record of all training will be kept and checked by the assessor.

Recommended Training Time

Training time includes: completion of worksheets, practical sessions, theory and discussion.

It is essential that sufficient time is given to ensure that the theory is understood and that all skills have been practised.

Individuals should be confident and competent prior to assessment.

The flexibility in recommended training times is to allow for different group sizes and the variety of previous experience and skill level of participants, for example:

Teachers new to the award or renewing once expired – minimum 12 hours

Teachers renewing the award and award hasn't expired - minimum 6 hours

Assessment Time

A period of 1 hour 45 minutes is considered reasonable in most circumstances for the assessment of four teachers for sections One, Two and Three, by a single assessor.

Validity

The award is valid for 24 months from the date of achievement recorded on the certificate.

Insignia

A certificate which includes:

- The name of the candidate
- The pool location
- The depth achieved during the test to recover a rescue manikin
- Expiry date

Insurance and Indemnity

Before undertaking training and assessment of the NRASTC, teachers who are not members of Lifesavers or the institute of Swimming Teachers and Coaches must insure they are fully insured against personal injury and indemnified against a third party claim against them for the same. Teachers must also ensure they fully understand the risks to their own safety i.e. the danger of ear damage, diving in and lifting a pupil out.

Trainer Assessors must inform candidates of the risks of personal injury by bringing these to their attention prior to the commencement of training and assessment. The award conditions require the Trainer Assessor to read these out to candidates.

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