

National Rescue Award for Swimming Teachers and Coaches (NRASTC)



Be Prepared



2 Day Course



RLSSS Regulated



Certificate 2 Years

NRASTC is a supervision and rescue qualification for teachers working on the poolside or in the water during programmed activities - such as a swimming lesson. It is suitable for teachers working in a wide range of swimming pools where the water is deeper than the teachers' standing depth and meets the individual sites risk assessment.

National Rescue Award for Swimming Teachers and Coaches LIGHT

NRASTC LIGHT is a supervision and rescue qualification for teachers working on the poolside or in the water 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. 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 the standard NRASTC should be used.

What's Covered?

National Rescue Award for Swimming Teachers and Coaches (NRASTC)

- The teacher, swimming pool and class management
- Intervention rescue and emergency action
- CPR and first aid

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

- The teacher, swimming pool and class management
- Intervention rescue and emergency action
- CPR and first aid

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