

Course Overview

Aquatic Therapy Shallow Pool Rescue Award (ATSPRA) 1 Day



ATPRA is a supervision and rescue qualification for therapists, teachers, and support staff working on the poolside or in the water during activities (such as aquatic therapy or therapeutic exercise/play). The qualification is suitable for use in shallow pools (where a rescuer would not need to swim to perform a rescue) with water no deeper than the rescuers' chest depth.

Candidates must meet the following criteria as prerequisites:

- Swim 50m
- Surface dive to the deepest part the pool
- Climb out without help and without using steps or ladders
- Be aged 16 or older at the time of the assessment

Course Delivery Sessions

You must attend 100% of classroom, online classroom sessions and practical sessions as well as submit all homework and coursework on time for marking to complete the course successfully.

Course Dates can be found on the website and for course timings please request at info@tritontraining.co.uk.

On the NRASTC course you will cover the following subjects:

- 1 – The Therapist, swimming pool and session management
- 2 – Intervention rescue and emergency action

Assessment

To achieve the NRASTC certificate, candidates must pass a formal assessment at the end of the course, where trainees demonstrate the skills and knowledge learned in the form of a theory and practical test.

