

Course Overview



National Rescue Award for Swimming Teachers and Coaches (NRASTC) 2 Day

The 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, including pools where the water is deeper than the teacher's standing 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 Teacher, swimming pool and class management
- 2 – Intervention rescue and emergency action
- 3 – CPR and first aid

Assessment

Emergency First Aid at Work is Trainer Assessed throughout the course and the assessment should determine a learner's ability to act safely, promptly and effectively when an emergency occurs at work and to deal with a casualty. All Assessment Criteria in the units must be achieved.

