



## Aquatic Therapy Shallow Pool Rescue Award (ATSPRA)

→ RLSS UK Qualification 🕒 7+ hours

### What is ATSPRA?

ATSPRA 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 the rescuer will not be required to swim to perform a rescue, with water no deeper than the rescuers chest depth.

### Sections / Optional Elements

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- The Teacher/therapist, risk assessment and pool safety
- Intervention rescue and emergency action
- Assessment

#### Optional Elements

CPR and first aid adds 7 hours.

When Emergency First Aid at Work and AED training are integrated with this course the training hours are extended.

<https://www.rlss.org.uk/national-rescue-award-for-swimming-teachers-coaches-nrastc>

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