



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

→ RLSS UK Qualification 🕒 9 hours

What is NRASTC 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 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.

Sections / Optional Elements

Sections

- The Teacher, swimming pool and class management
- Intervention rescue and emergency action
- CPR and First Aid

Optional Elements

When AED training is integrated with this course the training hours are extended by 1.5 hours.

[https://www.rlss.org.uk/
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