

NATIONAL RESCUE AWARD FOR SWIMMING TEACHERS & COACHES



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National Rescue Award for Swimming Teachers & Coaches (NRASTC)

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National Rescue Award for Swimming Teachers and Coaches (NRASTC)

→ RLSS UK Qualification 🕒 16 hours

What is NRASTC?

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.

Sections / Optional Elements

Sections

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

Optional Elements

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

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