

# National Rescue Award for Swimming Teachers and Coaches - Enrolment Form

IQLUK



| Candidate Details         |  |            |  |
|---------------------------|--|------------|--|
| Title:                    |  | Name:      |  |
| Date of Birth:            |  | Telephone: |  |
| Email:                    |  |            |  |
| Emergency Contact Details |  |            |  |
| Name:                     |  | Telephone: |  |

## HOW RLSS UK USE YOUR DATA

By completing this form, you agree to RLSS UK and its two limited companies RLSS UK Enterprises Limited (trading as RLSS Direct) and IQL UK Limited processing and storing your personal data for the purpose of fulfilling our contract to provide you with your award or qualification. We promise your personal data will only be used by RLSS UK, RLSS Direct and IQL UK Limited. We will keep your data safe and will never share it with other organisations without your permission.

For full details of how we process and store your data please refer to our Privacy Policy that can be found at [rlss.org.uk/privacy](http://rlss.org.uk/privacy).

## ASB Training Data Protection Policy

Our General Data Protection Regulation (GDPR) Policy can be found at [www.asb-training.com/policies.html](http://www.asb-training.com/policies.html).

| Course Prerequisites – All learners must meet the following criteria before starting the course (please tick) | ✓ |
|---|---|
| Be 16+ years of age prior to assessment   |   |
| Be able to swim 50 metres   |   |
| Surface dive to the deepest part of the pool  |   |
| Climb out of the pool unaided without using a ladder/steps where the pool design                              |   |

| Specialist Learning Requirements                  | Yes | No |
|---|-----|----|
| Do you have any specialist learning requirements? |     |    |
| Do you have a disability / medical condition?     |     |    |

If you have answered yes to either of the above, please provide further details below on how we can assist with your learning:

| Declaration   |  |       |  |
|---|--|-------|--|
| I declare that all of the information I have provided on this enrolment form is true and accurate. I understand that if I have failed to declare any specialist learning requirements at this stage, this may impact my ability to successfully pass the assessment and gain the qualification. |  |       |  |
| Learner Signature:  |  | Date: |  |
| Parent/Guardian Signature (if under 18):  |  | Date: |  |

## Course Information

### Course Overview:

The 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 lessons. 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.

The course requires a minimum of 7 hours training and requires **100% attendance**. The course will be delivered using a variety of methods including:

- PowerPoint Presentations
- Flip Chart Exercises
- Guided Group Discussions
- Guided Group Activities
- Practical Demonstrations and Training

The NRASTC certificate is valid for 2 years from the date of successful completion of the course.

### Topics Covered:

The NRASTC qualification is split into three sections.

Section 1 - The teacher, swimming pool and class management

Section 2 – Intervention, rescue and emergency action

Section 3 – CPR

For full details on the courses content and to view RLSS UK policies, please visit [www.rlss.org.uk](http://www.rlss.org.uk)

### Equipment Required:

You are required to bring the following items to the course:

- Photographic Identification (to be shown to the trainer on the first day of the course)
- Swimming costume
- Towel
- Shorts and t-shirt to be worn in the water
- Pen / pencil

Some of the days may include water work on more than one occasion and candidates may prefer to bring two sets of towels, shorts and t-shirts.

### Course Assessment:

The NRASTC LIGHT course syllabus and practical skills are continually assessed by the course trainer and a suitable level competence must be achieved to be put forward for a final independent assessment. The assessment will include verbal question and answer sessions, practical demonstrations of water rescue skills, CPR and First Aid.

If you have any questions prior to the start of the course, please feel free to contact your course trainer using the details below.

|              |            |                   |               |               |                       |
|--------------|------------|-------------------|---------------|---------------|-----------------------|
| <b>Name:</b> | Adam Byard | <b>Telephone:</b> | 0737 549 9946 | <b>Email:</b> | adam@asb-training.com |
|--------------|------------|-------------------|---------------|---------------|-----------------------|

## Additional Information

This course is running on Monday 11<sup>th</sup> February and Tuesday 12<sup>th</sup> February 2019, 08:30 – 12:30 each day. Light refreshments will be provided each day, but we recommend bringing snacks as this course is intensive. Lunch will not be provided. Please ensure your bring swimwear with you each day, which should include: shorts and t-shirt, and women should also wear a swimming costume. This should be similar to the uniform which you would normally teach in. Please wear comfortable clothing for the dry-side training.