

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



Candidate Details			
Title:		Name:	
Date of Birth:		Telephone:	
Email:			
Emergency Contact Details			
Name:		Telephone:	
<b>Before starting this course, if you aren't already a member of the RLSS UK, you need to set up a RLSS UK account, go to <a href="https://rlssuk.taahdah.me/account/registernew">rlssuk.taahdah.me/account/registernew</a> select 'No' and follow the instructions. For further support you can use the guide <a href="#">here</a>.</b>			
Society Number	3		
Gender (please tick one)	Male: <input type="checkbox"/> Female: <input type="checkbox"/> Gender Neutral: <input type="checkbox"/> Prefer not to say: <input type="checkbox"/>		

## 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 UK Shop) and RLSS UK Qualifications 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 UK Shop and RLSS UK Qualifications. 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 <https://www.rlss.org.uk/privacy-policy>.

Policies for Colfe's Leisure Centre can be found here: <https://www.colfes.com/colfes-leisure/training-courses/>

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.

Candidate Signature:		Date:	
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Parent/Guardian Signature (if under 18):		Date:	
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## Course Information

### Course Overview:

The NRASTC is a supervision and rescue qualification for teachers working on the poolside or in the water during programmed activities, such as 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.

The course requires a minimum of 12 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 and 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 swimming teacher, pool and class management

Section 2 – Intervention, rescue and emergency action

Section 3 – CPR and First Aid

For full details on the courses content and to view RLSS UK policies, please visit: <https://www.rlss.org.uk/policies>

### 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 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.

Name:		Telephone:		Email:	
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## Additional Information

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