

National Rescue Award for Swimming Teachers and Coaches Enrolment Form

IQL UK



Candidate Details			
Title:		Full Name:	
Address:			
Post Code:		Date of Birth:	
Telephone:		Email:	
Emergency Contact Details			
Name:		Telephone:	
Course Prerequisites – All learners must meet the following criteria before starting the course (please tick)			✓
Be 16+ years of age on the date of assessment			
Jump / dive into deep water			
Swim 50 metres in no more than 60 seconds			
Swim 100 metres continuously on front and back			
In deep water, tread water for 30 seconds			
Surface dive to the floor of the pool			
Climb out of the pool unaided without using a ladder / steps where the pool design permits			

Specialist Learning Requirements	Yes	No
Do you have any specialist learning requirements?		
Do you have a disability / medical condition? *please note a good level of vision and hearing is required for this course		
If you have answered yes to either of the above, please provide further details below on how we can assist with your learning:		
Course Payment:		
The cost of this course is £120* and must be paid in full before the start of the course. CASH/CHQ/CARD accepted PAID [] DATE [] (Office use only – please staple copy of receipt to enrolment form) <i>*Refunds will only be accepted for Medical Reasons (proof required) or if you give more than 5 days' notice to transfer a booking onto our next course.</i>		
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. By signing below you agree to the course information on page 2 and the statement above relating to course payment and refunds.		
Learner Signature:		Date:
Parent/Guardian Signature (if under 18):		Date:

Please tick here if you wish to receive marketing by: Mail Email SMS Telephone
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www.richmond.gov.uk/council/open_richmond/data_protection

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Course Information:

Course Overview:

The internationally recognised Royal Lifesaving Society (RLSS UK) National Rescue Award for Swimming Teachers and Coaches (NRASTC) is not only a qualification that will train you to become a NRASTC but can also be a stepping stone into a career within the leisure industry. The NRASTC requires a minimum of 12 hours (2 days) training. 100% attendance is required in order to be put onto the assessment on the final day*. In order to perform lifeguard duties candidates must be physically fit, have good vision and hearing, be mentally alert and self-disciplined. 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

Course Dates:

The course will run 10am-5pm approx. It is essential that you are on time. If you are over 30 minutes you may be refused entry as the Trainer is responsible for signing off specific training hours. There will be comfort breaks and a lunch break of 1 hour each day.

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

Topics Covered:

The NRASTC covers all elements of Pool Rescue Techniques, Theory, First Aid, CPR and Automated External Defibrillator (AED). The course is physically demanding and will include swimming to set times, lifting casualties and diving to the deepest part of the pool. Approved prior learning can be applied upon proof of certification, please ask your trainer for further details.

For full details on the courses content and to view IQL UK policies, please visit www.rlss.org.uk

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

Appeals & Complaints

If you wish to appeal the assessment decision at the end of your course you are entitled to do so. You can request information on the RLSS appeals policy by contacting us on the details below. If you wish to make a complaint during or after the course please contact the Centre Manager on site or alternately you can request the RLSS complaints policy using the contact details below.

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

Rob Goulding
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