



RLSS National Rescue Award for Swimming Teachers and Coaches



What is this qualification?

The RLSS National Rescue Award for Swimming Teachers and Coaches (NRASTC) is widely recognized as the standard lifesaving qualification to be held by swimming teachers and coaches. The qualification is appropriate for all programmed activities; it is not a lifeguarding qualification.

How is the qualification assessed?

This qualification is assessed through practical assessment on the second day of the course. On the day of the assessment candidates may need to bring a friend to act as a casualty. The casualty must be able to swim in deep water.

Pre-requisites

Candidates must be:

- At least 16 years of age at the start of the course.
- Able to swim a minimum of 100 metres on their back and front continuously.
- Able to swim 50 metres in 60 seconds.
- Able to dive to a depth of 2 metres.
- Able to swim efficient breaststroke and have some knowledge of sidestroke.

Payment

How much is the course? £150.00 per person.

- How to Pay?
 - Cheque: Made payable to "Swim UK". Please ensure your name is on the back of the cheque.
 - Card: We are able to take card payments over the phone (01273 434400)

Course Dates

Dates	Course Code	Location
Courses will be on a private/ by demand basis		

The times each day will be approximately 09.00-17.00.

Course Venue: Brighton Swimming Centre, Eastern Road, Brighton, BN2 5JJ

Booking Procedure and Conditions

Commitment - this qualification requires 100% attendance.

Payment- to secure your booking, payment must be made in advance of the qualification start date.

Confirmation - on receipt of your booking and payment we will send you written confirmation via email.

Cancellations - If you are unable to attend one of the dates we cannot allow you to complete the qualification on a different date. Refunds are not available during the qualification.

Please see below for our cancellation policy:

4 weeks before – No cancellation fee

3 weeks before – 25% of fee

2 weeks before – 50% of fee

1 week before – 75% of fee

Less than 24 hours notice – 100% of fee

To book please contact us:

Tel: 01273 434400

Email: info@swimuk.org

Twitter: [@SwimUKBrighton](https://twitter.com/SwimUKBrighton)

