

# Award, Organisation and Administration

## The National Rescue Award for Swimming Teachers and Coaches (NRASTC)

The award has three compulsory sections, which may be assessed on separate occasions:

**A Theory – oral or written test**

**B Life Support – Adult and Child CPR – practical test**

**C Water Rescue Test**

All sections must be completed within **28 days** of the first assessment taking place.

### Optional Endorsement

**D Life Support – Baby CPR – practical test**

Where a teacher supervises parent and baby pool sessions, an extra endorsement to the basic award is available. This should be undertaken where appropriate.

### Preparation (prior to course attendance)

- read the NRASTC Handbook.
- swim 20 metres on the front
- swim 20 metres on the back
- reach the pool floor. The depth selected must be the same as the depth of pool used during teaching sessions

### Resources

- NRASTC handbook, containing the award conditions and guidelines and candidate assessment forms.
- evaluation form
- adult and child manikins (baby optional)
- sterilising agent
- poolside rescue equipment
- rescue manikin

### Candidates

Must be 16 years of age at the time of assessment

### Dress

Teachers will wear normal poolside teaching/coaching clothing (a minimum of swimwear, T-shirt and shorts/skirt). Pupils will be in swimwear.

### Assessors

The Assessor of the NRASTC:

- A Trainer Assessor - lifesaving
  - A Trainer Assessor - pool
  - Approved ASA Tutor
  - Approved STA Tutor
- who has received the Specialist Training, is in current individual membership of either *Lifesavers*, the ISTC or STA and who holds a valid Card of Authority.

### Training

The training programme for the award will be directed by a NRASTC Trainer Assessor. A record of all training will be kept and may be checked by the Assessor.

### Recommended Training Time

Training time can include pre-course reading, completion of worksheets, practical sessions, theory and discussion.

It is essential that sufficient time is given to ensure that the theory is understood and that all skills have been practised.

### Individuals should be confident and competent prior to assessment.

The flexibility in recommended training times is to allow for different group sizes and the variety of previous experience and skill level of participants, for example:

Teachers with no previous experience of lifesaving or life support skills – minimum 12 hours

Teachers with some previous experience – minimum 6 hours

Teachers renewing the award – minimum 4 hours.

*Appropriate training time will need to be added when including baby CPR within the training course*

### Assessment

The maximum number of teachers to be assessed simultaneously by one assessor is four. Assessors must have taken no part in the training of the teachers. Assessment of any section may only take place at the conclusion of the training. Trainers are responsible for arranging for all parts of the Assessment through the Branch Local Manager. This includes re-tests, depth tests and optional assessment of Baby Life Support.

### Assessment Time

A period of 1 hour 45 minutes is considered reasonable in most circumstances for the assessment of four teachers for sections A, B and C by a single Assessor. An additional 5 minutes, per person, will be needed for Section D.

### Additional Depth Test

Where the teacher requires endorsement for a deeper retrieval depth subsequent to the original assessment, any NRASTC Trainer Assessor (not involved with the teacher's training) may endorse the award form, having seen a successful retrieval of a rescue manikin. A teacher wishing to achieve a depth greater than 1 metre must demonstrate towing rescues in Section C Test 3B.

### Validity

The award is valid for 24 months from the date of achievement recorded on the certificate. For a split assessment, from the date the first section was successfully completed.

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## **Insignia**

A certificate which indicates:

- the name of the candidate
- the pool location
- the depth achieved during the test to recover a rescue manikin
- optional endorsement (if taken)
- expiry date

## **Assessment Administration**

The **NRASTC** Trainer will arrange the Assessor in accordance with Branch practice.

The **NRASTC** Assessor will complete each section of the assessment report form once the appropriate level of competence has been demonstrated. Completed forms must be distributed as indicated on the form.

## **Affiliation to *Lifesavers* The Royal Life Saving Society UK**

Teachers undertaking the **NRASTC** are not required to be in membership of *Lifesavers*. However, membership is strongly recommended so that teachers and coaches will receive personal insurance, technical updates via the society magazine and Branch seminars, updates etc.

## **Insurance and Indemnity**

Before undertaking training and assessment for the **NRASTC**, teachers who are not members of *Lifesavers* or the Institute of Swimming Teachers and Coaches must ensure they are fully insured against personal injury and indemnified against a third party claim against them for the same. Teachers must also ensure they fully understand the risks to their own safety i.e. the danger of ear damage, diving in and lifting a pupil out.

Trainer Assessors must inform candidates of the risks of personal injury by bringing these to their attention prior to the commencement of training and assessment. The award conditions require the Trainer Assessor to read these out to candidates.

# Award Content and Guidelines

## Section A: Theory

### TEST CONDITIONS

Answer two questions on each of the following topics:

- Risk Assessment and Pool Hazards
- Pool Safety Operating Procedures
- Class Management & Safety
- Emergency Action/Response/First Aid
- Awareness of Suspected Spinal Cord Injury Management

### GUIDELINES REFERENCE

This may be an oral assessment or by prior agreement with the Trainer and the candidates, a written paper may be used

## Section B: Life Support – Adult and Child

### TEST CONDITIONS

#### 1. Initial Assessment

On a live pupil, demonstrate the correct assessment and initial treatment of someone who seems to be unconscious following a rescue from the pool. Starting with the pupil lying face down, turn them onto their back and demonstrate how to open their airway.

Casualty found to be breathing.

#### 2. Action for Vomiting

Demonstrate the action to be taken if a pupil shows signs of vomiting.

#### 3. Recovery Position

Demonstrate the action to be taken for an unconscious, breathing pupil, by placing in the recovery position.

#### 4. Adult CPR

Demonstrate on an approved adult manikin the correct assessment and sequence of action for a pupil who is not breathing and has no signs of a circulation, following a sudden collapse. This test will conclude after 2 minutes of CPR being demonstrated.

The Assessor can request a change from 'mouth to mouth' to 'mouth to nose' technique.

#### 5. Child CPR

Demonstrate on an approved child manikin, the correct assessment and sequence of action for a pupil who is not breathing and has no signs of a circulation. This test will conclude after 2 minutes of CPR being demonstrated.

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## Section C: Water Rescue Test

### TEST CONDITIONS

### GUIDELINES REFERENCE

#### 1. Swimming Test

Swim continuously 20 metres on the front and 20 metres on the back then leave the water safely.

#### 2. Poolside Rescue

Without entering the water, select an item of rescue equipment normally located at the poolside and rescue a conscious pupil simulating difficulty in the deepest part of the pool.

#### 3. Water-Rescue – Either A or B

##### A: Maximum pool depth 1 metre

##### (i) Non-Contact Wading Rescue

Enter the water with a rescue aid and wade between 5 and 10 metres to a pupil who is unable to stand. Using a non-contact rescue, assist the pupil to the nearest point of safety or support.

A buoyant rescue aid should be used.

and

##### (ii) Contact Wading Rescue

Enter the water safely and wade between 5 and 10 metres to a pupil. Rescue the pupil over a minimum of 5 metres to a point of safety or support. Help him/her to leave the water safely.

No rescue aids available.

##### B: Maximum pool depth MORE than 1 metre

##### (i) Non-Contact Tow

Enter the water safely and swim 10 metres to a pupil. Rescue the pupil using a non-contact tow for 10 metres to a point of support in deep or shallow water.

A buoyant rescue aid should be used whenever possible. Expect to see a minimum of 6 metres swimming tow if the rescuer is approaching shallow water.

and

##### (ii) Contact Tow

Enter the water safely and swim 10 metres to a pupil in deep water. Rescue the pupil using an extended tow for 10 metres to a point of support in deep or shallow water. Assist the pupil from the water.

Expect to see a minimum of 6 metres swimming tow if the rescuer is approaching shallow water and their feet are touching the pool floor.

#### 4. Rescue Breathing in the Water

Demonstrate the appropriate action needed whilst awaiting the arrival of assistance, to rescue a pupil in the deepest water who appears to be unconscious and not breathing but is found to have signs of a circulation.

Following current life support protocols, assess the condition of the pupil and perform a minimum of six and maximum of ten cycles of supported rescue breathing.

This may be a point of support in deep water or whilst walking to and/or at a point of support in shallow water.

## TEST CONDITIONS

## GUIDELINES REFERENCE

### 5. Recovery of a submerged pupil

On discovering a pupil on the pool floor, initiate the Emergency Action Plan of the test site.

Enter the water safely and submerge to the maximum depth of water where teaching takes place or is likely to take place. Retrieve a rescue manikin from the bottom of the pool and bring it to the surface.

Exchange the manikin for a simulated unconscious pupil and tow to the poolside.

Check the pupil's airway and breathing when at the poolside.

On finding there is breathing remove the pupil from the water with assistance.

Carefully turn the pupil onto their back and reassess breathing. On finding breathing is present, place in the recovery position.

Read Diving Warning (Code of Practice) to candidates (Page 31)

This may be a surface dive or dive from the side, except in pools with a depth of 2 metres or less where a surface dive must be made. If the teacher fails on the first attempt he/she should immediately make a second attempt using a surface dive. **The teacher will fail if unsuccessful at the second attempt.**

The depth of the successful retrieval must be noted on the assessment form.

Assessors may have to make allowances for narrow pool surrounds and height of lift.

### 6. Stabilisation of suspected spinal injury

Initiate the pool's emergency procedures having identified a pupil who is floating face-down in shallow water and who may have sustained an injury to the spine or neck. Effect the rescue of the pupil using a method suitable for a single rescuer. Stabilise the head in relation to the shoulders and back, turn the pupil into a face-up position and secure them pending the arrival of additional trained rescuers and/or the emergency services.

### 7 Emergency Action Test

Take control of a class of between 4 and 8 people for a minimum of one minute.

Using initiative and management skills rescue one pupil in difficulties whose condition is previously unknown and ensure the safety of the rest of the group. Answer questions on the action taken as appropriate.

This is a generic test and need not relate to the site specific procedures. The Assessor may allow a poolside assistant who will act as directed by the teacher.

## Section D: Life Support – Baby

### TEST CONDITIONS

### GUIDELINES REFERENCE

#### Optional Endorsement – Baby CPR

Demonstrate on an approved baby manikin the correct assessment and sequence of action for a baby who is not breathing and has no signs of a circulation. This test will conclude after 2 minutes of CPR being demonstrated.