

# RLSS UK National Rescue Award for Swimming Teachers and Coaches

This course is for any swimming teacher, coach or support staff and will give you all the necessary skills regarding the rescue and first aid of pupils in an emergency situation.

## Who should attend?

Swimming teachers, coaches and support staff.

## What you will learn

Your role and responsibilities as a swimming teacher, how to deliver a pool session safely, the prevention of accidents and how to deal with emergency situations.

## Course contents

1. The teacher, swimming pool and class management
  - Role and responsibilities
  - How the policies of the pool operator and health & safety affect the teacher
  - How to deliver a pool session safely
2. Intervention, Rescue and Emergency Action
  - Early intervention to prevent accidents
  - How to recognise casualties and perform rescues
  - How to work within a team to manage emergencies
3. CPR and First Aid
  - Casualty assessment
  - Treatment of breathing and non-breathing casualties
  - Basic first aid

## Course duration

14 hours

## Assessment

Practical and theoretical assessment.

Candidates will receive a certificate of competency on successful completion of training that is valid for 2 years.

## Course dates

If you are interested in this course, please email [kweaver@ledleisure.co.uk](mailto:kweaver@ledleisure.co.uk) for further details.

## Cost

£90 (exempt from VAT)

Discount available for block booking of 5 candidates or more. Please contact [training@ledleisure.co.uk](mailto:training@ledleisure.co.uk) for prices.