



## ASA & RLSS Training and Development Programme

### Course Descriptions

#### ASA Helper Certificate (Swimming)

This is aimed at people who wish to help with a club/group activity under the guidance of a qualified ASA Teacher Certificate holder (swimming) or above. Candidates must be 14 years of age at the start of the course. It is practically based and candidates will learn about basic technical knowledge on teaching non swimmers, safety, communication principles and much more. Successful candidates will then be issued with a certificate of attendance by the ASA.

#### ASA Level 1 certificate for Teaching (Swimming)

This is a teaching qualification that will enable successful candidates to work under the guidance of an ASA Level 2 Teacher with a group of 2-4 swimmers. Candidates must be 16 years of age at the start of the course. Candidates will be assessed on their practical work throughout the course by the Tutor and will need to present written work in the form of the ASA Level 1 Teacher Log Book. There is a written knowledge multiple choice examination at the end of the course.

#### ASA/UKCC Level 1 certificate for Coaching (Swimming)

This qualification is aimed at those interested in supporting the coaching programme in a competitive swimming environment. The Level 1 Swimming Support Coach sits as the first formally assessed qualification on the coaching qualifications pathway. It focuses on "how to coach" with technical knowledge and practical skills that will allow the coach to actively **support** a more senior qualified / licensed swimming coach at any level, in the delivery of a pre-prepared session. Candidates must be at least 16 years at the start of the course. Candidates will be assessed on practical coaching, a multi choice knowledge test and through the completion of a candidate log book.

#### ASA Level 2 certificate for Teaching (Swimming)

This is a teaching qualification that will qualify successful candidates to teach/coach groups of swimmers whose abilities range from non swimmer to Pre-competition. Teachers will be able to organise and supervise assistant teachers and other helpers. Candidates must be at least 18 years of age at the start of the course, hold the ASA level 1 for teaching swimming and have completed 15 hours of verified teaching. The course is currently structured into units 1 to 3 which qualify candidates to teach non swimmer to advanced 1. Unit 4 can be completed at a later date, which focuses on the coaching aspects. The methods of assessment are similar to the level 1, but an unseen written examination is included.



## **ASA/UKCC Level 2 certificate for Coaching (Swimming)**

This qualification is aimed at those interested in the coaching programme in a competitive swimming environment. The Level 2 Swimming Coach sits as the second formally assessed qualification on the Coaching qualifications pathway. Candidates must be at least 18 years of age at the start of the course, hold the ASA/UKCC Level 1 Certificate for Coaching (Swimming) and before commencing Unit 6 candidates hold an ASA Level 1 Teacher/Coach Licence. There are 6 units that must be successfully completed. This includes assessment within the workplace or club. Once qualified the holder of the Level 2 Certificate for coaching is able to plan, deliver and evaluate a series of six consecutive sessions within the context of a macro cycle prepared by a senior/licensed coach.

## **RLSS National Pool Lifeguard Qualification (NPLQ)**

The National Pool Lifeguard Qualification (NPLQ) is widely accepted by swimming pools in the UK and Ireland. It will qualify candidates as lifeguards within the pool situation. The course will include developing your skills in pool supervision theory, pool lifeguard techniques, first aid and resuscitation (life support). It will be assessed externally through practical demonstration and theory questioning. Candidates must be at least 16 years at the start of the course AND must pass the club's swim test for the course.

## **RLSS National Rescue Award for Swimming Teachers and Coaches**

This course is designed to meet the training needs of the Swimming Teacher or Coach delivering a programmed swimming session. This qualification is endorsed by the Amateur Swimming Association, the Institute of Sport and Recreation Management and the Institute of Teachers and Coaches. It is also recognised in "Managing Health and Safety in Swimming Pools" as being appropriate for those supervising swimming pool programmed activities.

The course includes a mixture of theory, resuscitation, pool first aid and pool practical and will include an assessment. Candidates must be at least 16 years of age at the start of the course, swim a minimum of 20 metres on their front and 20 metres on their back. They should also be able to dive to a depth of 2.0 metres

## **RLSS Assistant Teacher (Lifesaving)**

The RLSS Assistant Teacher course is an introductory course designed to assist a qualified Lifesaving Trainer/Assessor (TA) in the running of the RLSS education & training programme in Life Support and lifesaving awards. Candidates must be at least 14 years of age at the start of the course; Hold current RLSS Individual or Youth Membership before the course and a current RLSS Bronze Medallion or NPLQ or NRASTC award or higher. In addition, you will need a letter from a supervising TA (not a club official) supporting you through your moderation period. Successful candidates will be granted probationary status and will have up to two years to complete the training in your club or organisation.

## **RLSS Trainer/Assessor (Lifesaving, Life Support & Pool Lifeguard)**

The RLSS Training and Assessing programme provides a structure of training people who wish to participate in the training / assessing of candidates for the society's awards and qualification. There are a number of units. All candidates must complete the two foundation units and then opt to take the specialist units. These include lifesaving, life support and pool lifeguard. Once successful, candidates will have up to two years supported by a mentor or National Trainer/Assessor to complete their probationary period. They will be required to train and present candidates for assessments, and conduct assessments to a competent level. Candidates must be at least 18 years of age at the start of the course and hold current RLSS Individual Membership. There are other specific pre-requisites, please check the brochure for further details.

## **Nuco Training Ltd First Aid at Work Certificate**

This course upon successful completion of the course and final assessment, will qualify the holder with the HSE approved, nationally recognised First Aid at Work Certificate. It allows them to act as a First Aider in the workplace under the Health and Safety (First Aid) Regulations 1981. The course will cover theory, practical resuscitation and incident management. Candidates must be at least 16 years at the start of the course. If you are re-qualifying, you must hold a current AND recognised HSE First Aid at Work Certificate.

## **Nuco Training Ltd Emergency First Aid in the Workplace for the Appointed Persons Certificate (HSE recognised)**

An employer may assess that the First Aid provision does not require a person to hold the Four-day FAW qualification. Therefore, the minimum requirement is to appoint a person to take charge of the First Aid arrangements. This course will serve that person. A minimum six hour programme is designed for those who wish to gain knowledge of emergency procedures and attain a recognised qualification in First Aid. You will cover the knowledge and skills needed to deal with life threatening emergencies in the workplace and should not attempt to give any additional first aid that has not been trained on the course.