

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

## AWARD CONTENT AND GUIDELINES

### SECTION A – THEORY

TEST CONDITIONS	GUIDELINES REFERENCE
Answer two questions on each of the following topics: <ul style="list-style-type: none"> <li>• Risk Assessment and Pool Hazards</li> <li>• Pool Safety Operating Procedures</li> <li>• Class Management &amp; Safety</li> <li>• Emergency Action/Response/First Aid</li> <li>• Awareness of Suspected Spinal Cord Injury Management</li> </ul>	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	GUIDELINES REFERENCE
<b>1. Initial Assessment</b> 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
<b>2. Action for Vomit</b> Demonstrate the action to be taken if a pupil shows signs of vomiting	
<b>3. Recovery Position</b> Demonstrate the action to be taken for an unconscious, breathing pupil, by placing in the recovery position	
<b>4. Adult CPR</b> 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 CPD has been demonstrated	The assessor can request a change from mouth to mouth to mouth to nose technique
<b>5. Child CPR</b> 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 CPR has been demonstrated	

### SECTION C – WATER RESCUE

TEST CONDITIONS	GUIDELINES REFERENCE
<b>1. Swimming Test</b> Swim continuously 20 metres on the front and 20 metres on the back then leave the water safely	
<b>2. Poolside Rescue</b> 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	

TEST CONDITIONS	GUIDELINES REFERENCE
<p><b>3. Water Rescue – Either A or B</b>  <b>(A): Maximum pool depth 1 metre</b>  <b>(i) Non contact Wading Rescue</b>  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  <b>And</b>  <b>(ii) Contact Wading Rescue</b>  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.</p> <p><b>(B): Maximum pool depth MORE than 1 metre</b>  <b>(i) Non-contact Tow</b>  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  <b>And</b>  <b>(ii) Contact Tow</b>  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</p>	<p>A buoyant rescue aid should be used</p> <p>No rescue aids available</p> <p>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</p> <p>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</p>
<p><b>4. Rescue Breathing in the Water</b>  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</p> <p>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</p>	<p>This may be at a point of support in deep water or whilst walking to and/or at a point of support in shallow water</p>
<p><b>5. Recovery of a Submerged Pupil</b>  On discovering a pupil on the pool floor, initiate the Emergency Action Plan of the test site</p> <p>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.</p> <p>Exchange the manikin for a simulated unconscious pupil and tow to the poolside.</p> <p>Check the pupil's airway and breathing when at the poolside.</p> <p>On finding there is breathing remove the pupil from the water with assistance</p> <p>Carefully turn the pupil onto their back and reassess breathing. On finding breathing is present, place in the recovery position.</p>	<p><i>Read Diving Warning (Code of Practice) to candidates (page 35-36)</i></p> <p>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. <b>The teacher will fail if unsuccessful at the second attempt.</b></p> <p>The depth of the successful retrieval must be noted on the assessment form.</p> <p>Assessors may have to make allowances for narrow pool surrounds and height of lift.</p>

<p><b>6. Stabilisation of Suspected Spinal Injury</b> 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</p>	
<p><b>7. Emergency Action Test</b> Take control of a class of between 4 and 8 people for a minimum of one minute</p> <p>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.</p> <p>Answer questions on the action taken as appropriate</p>	<p>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.</p>

**SECTION D – LIFE SUPPORT - BABY**

TEST CONDITIONS	GUIDELINES REFERENCE
<p><b>Optional Endorsement – Baby CPR</b> 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 CPD has been demonstrated</p>	