

ENROLMENT FORM – NRASTC : Rescue Test 2018

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|---|------|---------------------------|--|
| Candidate Details (Please use Block Capitals) | | Title | |
| Name | | Date of Birth | |
| Address | | | |
| Postcode | | | |
| Telephone | | Email | |
| Emergency Contact Name | | Relationship to Candidate | |
| Emergency Contact Number | Home | Mobile | |

COURSE PRE REQUISITES

All New and Renewal Candidates must meet the following criteria (please tick box)

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|---|--------------------------|
| Must be 16 years of age prior to assessment | <input type="checkbox"/> |
| Jump / Dive into deep water : 2 metres – 3.7 metres | <input type="checkbox"/> |
| Surface dive to deepest part of the pool; and climb out without help and without using Steps or ladders | <input type="checkbox"/> |
| Lifting casualties out of the water | <input type="checkbox"/> |
| Be able to pick up a manikin from the pool floor : 2 metres – 3.7 metres | <input type="checkbox"/> |
| Swim 50 metres continuously on front and back | <input type="checkbox"/> |

ADDITIONAL INFORMATION

| | | |
|---|------------------------------|-----------------------------|
| Do you have any specialist learning requirements? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Do you have a disability / medical condition? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| If you answered yes to either of the above questions please provide further details on how we can assist with your learning | | |

COURSE PAYMENT

Our current cost of this course is (Renewal £80.00) (New £110.00)

Must be paid up prior to course date

| | | | |
|---|--|------|--|
| Candidates Signature | | Date | |
| Parent/Guardian Signature (if under 18) | | Date | |

ADDITIONAL COURSE INFORMATION

Course overview

The NRASTC award requires a minimum of 8 hours Renewal – 16 hours New candidate.

This course will be delivered by a variety of methods including :

- Guided group activities
- Guided group discussion
- Flip chart exercises
- Power point presentations
- Practical demonstrations and training

Topics covered

- Theory : CPR and First Aid
- Theory : The teacher, Swimming pool and class management
- Wet side: Swimming, towing a casualty ,retrieving a casualty from the pool floor and CPR on pool side

You are required to bring the following items to the course

- Photographic identification (must be shown to the trainer on the first day of course)
- A whistle
- Swimming costume and towel
- Shorts and T-shirt to be worn in the water
- Pen and paper
- Food and refreshments for the day. We have a coffee shop in Welcome Zone, you can purchase from a selection of hot and cold food and refreshments.

If you have any questions prior to the start of the course, please feel free to contact

Your course trainer : Details below

| | | | |
|-----------|-----------------------------------|------------------------|-------------|
| Trainer : | Lynn Williamson | Telephone | 07753422259 |
| Email : | Lynn.Williamson@colchester.uk.gov | Lynn_975@hotmail.co.uk | |

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