



National Rescue Award for Swimming Teachers and Coaches

3rd & 4th August 2019



General Information

The National Rescue Award for Swimming Teachers and Coaches is a supervision and rescue qualification for teachers working on the poolside or in the water during programmed activities, such as a swimming lesson.

It is suitable for teachers working in a wide range of swimming pools, including pools where the water is deeper than the teacher's standing depth.

The course will follow the new 6th edition syllabus.

We will offer a 2 day course as follows:

Saturday 3rd and Sunday 4th August

The course will run from 8am to 5pm on both days of the course.

The cost of this 2 day course will be £102.



Course Details

DATES

We are planning to hold 1 NRASTC course on the following dates:

- **Saturday 3rd and Sunday 4th August**
Closing date Saturday 27th July

The course will run from 8am to 5pm on both days.

COST

The cost of this NRASTC course will be £102.

Places are strictly limited and payment of course fees are required at time of booking; no later than 5pm on the relevant closing date.

Payments can be paid by cheque or credit/debit card. Cheques should be made payable to 'The Bank of England Sports Centre'. If you wish to pay by credit/debit card, please tick the box on the application form confirming this and one of our reception team will get in touch on receipt of your form.

Course fees are non-refundable.



PRE-REQUISITES

Please be aware that there are some prerequisites to be able to sign up for the course.

These are:

- The course will be conducted in English so you must be able to understand and communicate in good English
- You must also be able to perform ALL of the following:
 - Swim 50 metres
 - Surface dive to the deepest part of the pool
 - Climb out of the pool unaided

It is crucial that you arrive promptly on every day of the course. You are required to attend between 8am and 5pm on both days of the course.

Please be aware that if you are late on either day, you will be required to make up the missed hours with the course tutor after the day's course hours have finished and you will be required to pay a late arrival fee of £15 per hour to cover the additional cost of the tutor outside of the course hours.



Useful Information

ON ARRIVAL

If you are arriving by car, please use the top car park as the lower car park is for members only.

Please report to the main reception desk in the Pavilion. You will then be directed to the Green Room where lectures and dry side practical elements will take place. Tea/Coffee and biscuits will be provided. On the first day of the course, you will receive the Lifeguard Manual.

DINING AND BAR AVAILABLE ON SITE

Lunch is not included in the course fee; however, our Pavilion Restaurant is open from 9.00am for hot breakfasts, pastries as well as hot and cold beverages.

Lunch service commences at 12 noon every day of the week and is served until 4pm at the weekend.

If you prefer to bring a packed lunch, you can do so but please note that you will not be able to consume food brought onto site in the restaurant, patio or bar. Packed lunches will need to be eaten in the Green Room or at the designated picnic area.

SWIMMING POOL LOCKERS

When using the swimming pool please put your belongings in a locker. You will need a £1 coin. This is refundable when re-opening the locker after use. We cannot be responsible for the safety of items that are not put in a locked locker while you are on site.

WHAT TO BRING WITH YOU

You will need to bring:

- swimming attire
- towel
- shorts and t-shirt to wear in the pool

If you require any further information, please email sportspool@bankofengland.co.uk

For a map and more detailed directions, please visit: www.bankofenglandsportscentre.co.uk

HOW TO APPLY

Please complete the attached application form, and return to the Centre marked NASTC Course with your payment no later than 5pm on the relevant closing date



Privacy Notice & Processing Health Information

Information we collect

The Bank of England Sports Centre collects personal data about you via this form. This data includes full name, date of birth, contact details and, where appropriate, medical information.

Providing Health Data

We will use any information that you choose to provide us with, for example, in the event of first aid being required. Any health information that you choose to provide us with will be used by the Bank of England Sports Centre in the event of an accident or first aid having to be provided.

Use of Health Data

By providing this information, you are consenting to us using your data and you have read and understood our privacy notice.

Why we need your personal data

We collect your personal data to administer your application onto this course.

What we do with your personal data

We use the information to contact you in relation to your course booking at the Bank of England Sports Centre.

How long will we retain your personal data

We will hold your data for the duration of the activity that you are up for and for up to 6 months after the course has ended. Thereafter it will be securely disposed of.

Your rights

You have a number of rights under data protection laws. You have the right to ask us for a copy of the personal data that the Bank of England Sports Centre holds about you. You can ask us to change how we process or deal with your personal data and you may also have the right in some circumstances to have your personal data amended or deleted.

To contact us about those rights, including making a request for the personal data we hold about you or to make a complaint, please write to us at:

The Privacy Team
Bank of England
Threadneedle Street
London EC2R 8AH

If you are not satisfied with our response or believe we are processing your personal data not in accordance with the law, you can complain to the Information Commissioner's Office.

More information

The Bank's Data Protection Officer can be contacted via the details above and you can also find out more about how the Bank deals with your personal data via the 'Privacy' link at the bottom of our website (www.bankofengland.co.uk).



National Rescue Award for Swimming Teachers and Coaches Application Form

Saturday 3rd and Sunday 4th August

Course cost: £102

If you wish to pay by credit/debit card, please tick this box and one of the reception team will call you to take payment on receipt of this form

FULL NAME: _____

DATE OF BIRTH:

ADDRESS: _____

_____ POSTCODE: _____

HOME TELEPHONE: _____

MOBILE TELEPHONE: _____

E-MAIL ADDRESS: _____

EMERGENCY CONTACT (name and contact number): _____

Do you have any challenges or barriers that may need to be considered when you participate in this course and during the assessment (e.g. disability, emotional, language, technical and/or ability)?

YES

NO

ANY OTHER HEALTH INFO: _____

By providing this information about your health, you are consenting to us using your data and you have read and understood our privacy notice.

SIGNATURE: _____

DATE: _____