**Aquatic Therapy Shallow Pool Rescue Award**

**(ATSPRA)**

**ATSPRA Overview**

The ATSPRA is a supervision and rescue qualification for therapists, teachers and support staff working on the poolside or in the water during activities such as aquatic therapy or therapeutic exercise/play. The qualification is suitable for use in shallow pools where the rescuer will not be required to swim to perform a rescue, with water no deeper than the rescuers chest depth.

The qualification is endorsed by the Amateur Swimming Association, the Institute of Sport and Recreation Management and the Institute of Swimming Teachers and Coaches. It is also recognised in 'Managing Health and Safety in Swimming Pools' as being appropriate for those supervising programmed activities.

There are no prerequisites for this qualification. This is not a Lifeguard qualification.

The award has three compulsory sections:

**Section One – The Teacher, Swimming Pool and Class management**

**Section Two – Intervention, Rescue and Emergency Action**

**Section Three – CPR, AED and First Aid**

All sections must be completed within **28 days** of the first assessment taking place

**Preparation** (prior to course attendance)

* Read the ATSPRA handbook
* Swim 20 metres on the front
* Swim 20 metres on the back
* Reach the pool floor. The depth selected must be the same as the depth of the pool used during the training sessions

**Candidates**

Must be 16 years of age at the time of assessment.

**Dress**

Teachers will wear normal poolside teaching/coaching clothing (a minimum of swimwear, t-shirt and shorts/skirt). Pupils will be in swimwear.

**Training**

The training programme for the award will be directed by an ATSPRA Trainer Assessor. A record of all training will be kept and checked by the assessor.

**Recommended Training Time**

Training time includes: completion of worksheets, practical sessions, theory and discussion.

It is essential that sufficient time is given to ensure that the theory is understood and that all skills have been practised.

**Individuals should be confident and competent prior to assessment**

**The flexibility in recommended training times is to allow for different group sizes and the variety of previous experience and skill level of participants, for example:**

Teachers new to the award or renewing once expired – minimum 14 hours

Teachers renewing the award and award hasn’t expired - minimum 6 hours

**Assessment Time**

A period of 1 hour 45 minutes is considered reasonable in most circumstances for the assessment of four teachers for sections One, Two and Three, by a single assessor.

**Validity**

The award is valid for 24 months from the date of achievement recorded on the certificate.

**Insignia**

A certificate which includes:

* The name of the candidate
* The pool location
* The depth achieved during the test to recover a rescue manikin
* Expiry date

**Insurance and Indemnity**

Before undertaking training and assessment of the ATSPRA, teachers who are not members of Lifesavers or the institute of Swimming Teachers and Coaches must insure they are fully insured against personal injury and indemnified against a third party claim against them for the same. Teachers must also ensure they fully understand the risks to their own safety i.e. the danger of ear damage, diving in and lifting a pupil out.

Trainer Assessors must inform candidates of the risks of personal injury by bringing these to their attention prior to the commencement of training and assessment. The award conditions require the Trainer Assessor to read these out to candidates.