

# **SANDWELL LEISURE TRUST PUBLIC COURSES**

## **STA LEVEL 2 CERTIFICATE - POOLSIDE HELPER (NaRS PH)**

The holders of a NaRS(PH) are able to act as a poolside lifesaver, trained in pool rescue, CPR techniques and first aid competent to deal with poolside emergencies.

Candidates must:

- Be 14 years of age, or older, at the time of the examination
- Attend an STA course of instruction that for a minimum duration of 13 hours
- Be able to swim 25 metres on front and back
- Be able to surface dive and recover an object from the deepest part of the pool

The end of course assessment is by external examination which includes both practical and theory assessments

Re-validation of the qualification is every 2 years

**COURSE VENUE:**

Smethwick Swimming Centre, Thimblemill Road, Smethwick, B67 5QT

**COURSE DATES:**

- Tuesday evenings 5.00 – 9.00 pm,  
10<sup>th</sup> January – 1<sup>st</sup> February, 2012
- Tuesday evenings 5.00 – 9.00 pm,  
17<sup>th</sup> April – 8<sup>th</sup> May, 2012

**COURSE COST:**

- £80.00 (this cost includes tuition fee, manual fee and examination fee)  
(price may be subject to change as from 1<sup>st</sup> April 2012)

For further information on the above courses please contact Sandwell Leisure Trust, Sports Development Unit on 0121 506 4983