



# NATIONAL SURF COACH LIFESAVING AWARD (NSCLA)



RLSS UK has teamed up with Surf Lifesaving Association (SLSA) Wales to offer the NSCLA - an award designed to give candidates the specific lifesaving skills to become a Surf Coach in the UK. NSCLA is also endorsed by (insert when known).

## WHO IS THIS COURSE FOR?

The NSCLA course is open to anyone 16-years-old or above (at the time of taking the final assessment). Each candidate attending a NSCLA course must:

- Have a good level of fitness.
- Be able to surface dive to a depth of 1.5 metres.
- Be competent at swimming in the sea.
- Before the course, candidates must be able to swim at least 200 metres in a pool (a recommended length of 25-metres, but not less than 20-metres).
- For the assessment, candidates must be able to swim 200m in a pool (a recommended length of 25-metres, but not less than 20-metres) in 5 minutes or less using a continuous front stroke and showing urgency.

To perform the duties of a surf coach, candidates must: be physically fit, have good vision, have good hearing and be mentally alert. All candidates must present suitable identification to the Trainer.

## NEXT STEPS...

Upon qualifying, the NSCLA certificate is valid for two years.

The next steps for current NSCLA holders are to complete your Surf Coaching qualifications through your chosen National Governing Body or upskill and become a fully qualified RLSS UK Beach Lifeguard with the National Vocational Beach Lifeguard Qualification (NVBLQ).

For more information, visit [www.rlss.org.uk/our-qualifications-and-awards](http://www.rlss.org.uk/our-qualifications-and-awards)

## WHAT DOES IT INVOLVE?

The NSCLA course length is a minimum of 20 hours, followed by a practical assessment on group management/ supervision, First Aid and swimming pool and ocean skills.

The NSCLA covers group management and supervision, CPR, First Aid and pool and open water skills. The course is physically demanding and includes swimming to set times and lifting. The NSCLA comprises three modules; you must successfully pass all three to qualify.

Module 1 – The beach environment, hazards, and supervision

Module 2 – Rescue skills in surf environments

Module 3 – First Aid and Life support

We recommend surf coaches engage in continuous training to ensure they are ready for renewal.

## HOW MUCH DOES IT COST?

The NSCLA course will usually cost between £200 and £250, including assessment fees depending on the venue.

Current RLSS UK National Pool Lifeguard Qualification (NPLQ), current Regulated First Aid at Work certificate or National Vocational Beach Lifeguard Qualification (NVBLQ) holders could discuss exemptions from sections of this course with their Trainer.

To find a local NSCLA course, visit [www.rlss.org.uk/find-a-course](http://www.rlss.org.uk/find-a-course) or get in contact at [info@rlss.org.uk](mailto:info@rlss.org.uk) / 0300 323 0096

**FOR MORE INFORMATION OR TO BOOK, VISIT [WWW.RLSS.ORG.UK](http://WWW.RLSS.ORG.UK).**