

## N.A.S.C.H. Helpers Award



This award is designed for Club Helpers and Carers working in a Pool environment with Special Needs to improve their confidence and understanding of the tasks involved.

The course contents cover the following:

- The role and duties of a Helper
- Approaches and Attitudes and Communication
- Understanding Disability
- Disability and Aquatic
- Medical Considerations
- Physical Considerations
- Hidden Disabilities
- Special Needs
- Imbalance
- Basic Safety Skills
- Play Approach
- Safety and Management of sessions
- Health and Hygiene

A pool session of 2 hours includes:

- Methods of Entry and Exit
- Methods of support in the water
- Play Approach
- Basic Safety Skills

All candidates must be over 14 years and be able to swim.

For further information contact Mary Farrington on  
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