



TADCASTER
community
SWIMMING POOL



+ First Aid Training Courses

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About Us

Tadcaster Swimming Pool is an established provider of First Aid and Lifesaving Courses, providing essential training to individuals and corporate clients across Yorkshire.

With a portfolio of courses covering all aspects of emergency first aid, we can accommodate a variety of training needs, enabling you and your team to make a difference in and out of the workplace - protecting your colleagues, family, friends and members of the community.

We offer the following high quality courses which meet the guidelines & standards by RLSS & NUCO:

- Level 3 First Aid at Work.
- Level 2 Emergency First Aid at Work.
- Level 3 First Aid at Work Renewal.
- Level 3 Paediatric First Aid at Work - New or Renewal.
- Level 3 Paediatric Emergency First Aid at Work.
- Level 3 Immediate Management of Anaphylaxis.
- Level 3 Oxygen Therapy Administration.
- RLSS 8th Edition National Pool Lifeguard with AED & EFAW.



Why Book With Us?

With over 20 years training experience, we've helped many different business and teams get to grips with first aid, as well as helping many people gain qualifications they never thought they could.

Here are a few more reasons why you might want to train with us:

- Tadcaster Swimming pool received a 100% score accreditation in an annual inspection in 2014. It is an approved Training Centre for the RLSS (Royal Life Saving Society).
- All First Aid courses are taught by highly qualified, experienced and dedicated professionals.
- All of our courses include Automated External Defibrillator (AED) Training as standard. The Resuscitation Council (UK) met late in 2015 and have highlighted: *"The AED has been described as the single most important development in the treatment of sudden cardiac arrest"*.
- We've worked with a wide range of different business including Heineken, Tadcaster Grammar School and Leeds All Saints School.
- We offer specific on-site training, tailored to the needs of your group. Bespoke packages are available for your business or group.
- When you train with Tadcaster Pool you will be automatically supporting a charitable foundation.
- Our First Aid trainer Chris Hirst was in the top five Trainer Assessors in 2013 for the RLSS.
- On top of group booking discount we also match any quotation brought to us.



What Others Have To Say About Us

We like being able to show our clients how others have rated us or found their experience. Here's just a few testimonials from our past clients:

Matt Bradley - NPLQ Course

"Course great, first time in a long time a good trainer. A credit to Tadcaster and the RLSS."



Paul Patton - All Saints School, Leeds

"Good mixture of humour and information. They made me feel comfortable thus making it easier to learn."

Dave Baxter - Tadcaster Physio

"Really well structured and prepared. Chris was patient and is clearly very knowledgeable in First & Aid."



Arthur Probert - Grange Park Sports Club

"Not only has the training come in use but we have seen first hand how useful a training course like this."

Call **01937 833001** or email info@tadcasterpool.org.uk to book your training course today. You can book via our site: www.tadcasterpool.org.uk/training

Level 3 First Aid at Work

This is an intensive course, designed to train individuals in both theoretical and practical aspects of First Aid to the standards required by the Health & Safety (First Aid) Regulation 1981.



WHO IS IT FOR?

This qualification is especially suited for nominated workplace first aiders looking to gain a comprehensive knowledge of First Aid. With the Royal Life Saving Society (RLSS) approval this course is also ideal for those involved in environments where an Automated External Defibrillator is available.

WHAT WILL BE COVERED?

On completion of training you will understand the role of a first aider. You will be able to recognise and respond appropriately when faced with the following situation and conditions:

- CHOKING.
- SHOCK.
- SUSPECTED SPINAL INJURIES.
- BURNS AND SCALDS.
- SUDDEN POISONING.
- WOUNDS AND BLEEDING.
- BONES, MUSCLE AND JOINT INJURIES.
- CHEST INJURIES.
- EYE INJURIES.
- ANAPHYLACTIC SHOCK.

You will also gain an understanding of:

- THE IMPORTANCE OF PREVENTING CROSS INFECTION AND THE NEED FOR RECORDING INCIDENTS AND ACTIONS.
- HOW TO ASSESS A SITUATION AND CIRCUMSTANCES IN ORDER TO ACT SAFELY, PROMPTLY AND EFFECTIVELY IN AN EMERGENCY USING AVAILABLE EQUIPMENT.
- HOW TO ADMINISTER CARDIOPULMONARY RESUSCITATION (CPR) & WHEN THIS IS REQUIRED.
- HOW TO DEAL WITH AN UNCONSCIOUS CASUALTY.
- HOW TO RECOGNISE THE PRESENCE OF MAJOR ILLNESS AND PROVIDE APPROPRIATE FIRST AID (INCLUDING HEART ATTACK, STROKE, EPILEPSY, ASTHMA AND DIABETES).
- HOW TO USE AN AED.

COURSE EXAM

You will be continuously assessed on your skills throughout the duration of the course. You must also successfully complete a final practical assessment covering unconsciousness, CPR, wounds and bleeding.

CERTIFICATE

You will receive a First Aid at Work with AED certificate having attended all course hours. This is valid for three years.

Level 2 Emergency First Aid at Work

This course has been designed to train individuals in both theoretical and practical aspects of First Aid in low risk environments, such as offices, shops and libraries. This course meets the standards required by the RLSS.



WHO IS IT FOR?

This course is ideal for anyone wishing to gain a First Aid qualification or for those who are required to act in an emergency situation at work.

WHAT WILL BE COVERED?

On completion of training you will understand the role of a first aider including:

- THE IMPORTANCE OF PREVENTING CROSS INFECTION.
- THE NEED FOR RECORDING INCIDENTS AND ACTIONS.
- HOW TO ASSESS A SITUATION AND CIRCUMSTANCES AND ACT SAFELY AND PROMPTLY USING AVAILABLE EQUIPMENT.

You will learn how to administer first aid to a casualty who is:

- UNCONSCIOUS (INCLUDING SEIZURES).
- CHOKING.
- WOUNDED AND BLEEDING.
- SUFFERING FROM SHOCK.

You will be able to:

- PROVIDE APPROPRIATE FIRST AID FOR MINOR INJURIES (INCLUDING SMALL CUTS, GRAZES AND BRUISES, MINOR BURNS AND SCALDS, SMALL SPLINTERS).
- ADMINISTER CARDIOPULMONARY RESUSCITATION.
- LEARN HOW TO USE AN AED.

COURSE EXAM

You will be continuously assessed on your skills throughout the duration of the course.

CERTIFICATE

You will receive a Emergency First Aid at Work with AED certificate having attended all course hours. This is valid for three years.



We can **help you to understand** the correct methods and techniques used in **CPR & defibrillation** which can mean the **difference between life and death** in certain situations.

Level 3 Paediatric Emergency First Aid at Work

The Paediatric Emergency First Aid qualification is designed to train those involved in caring for infants and young children, in both theoretical and practical aspects of First Aid. Increase your knowledge by bolting the Level 3 Immediate Management of Anaphylaxis on to this course.



WHO IS IT FOR?

This course is ideal for school teachers, teaching assistants and child minders who are to assist in first aid under a level 3 Paediatric First Aider (2 day course). Individuals must be at least 16 years of age on the day of the course starts.

WHAT WILL BE COVERED?

On Completion of training, you will understand the role of a paediatric first aider. You will be able to recognise and respond appropriately when faced with the following situations and conditions.

- ROLE AND RESPONSIBILITIES OF A PAEDIATRIC FIRST AIDER.
- PRIORITIES OF FIRST AID.
- SHOCK.
- CHOKING.
- BLEEDING.

You will also gain an understanding of:

- THE IMPORTANCE OF PREVENTING CROSS INFECTION AND THE NEED FOR RECORDING INCIDENTS AND ACTIONS.
- HOW TO ADMINISTER CARDIOPULMONARY RESUSCITATION
- (CPR) ON CHILD AND INFANTS WHEN REQUIRED.
- HOW TO DEAL WITH AN UNCONSCIOUS BUT BREATHING CHILD AND INFANT.
- HOW TO USE AN AED ON A CHILD.

COURSE EXAM

Certification will be awarded having attended all course hours, successfully completing the course competency test and the final practical assessment (covering unconsciousness/CPR/ wounds and bleeding).

CERTIFICATE

A Paediatric Emergency First Aid with AED certificate will be awarded having attended all course hours. This is valid for three years.

Level 3 Paediatric First Aid at Work - New or Renewal

The 2 day paediatric First Aid qualification is designed to train those involved in caring for infants and young children, in both theoretical and practical aspects of First Aid. This meets the requirements of Ofsted. Increase your knowledge by bolting the Level 3 Immediate Management of Anaphylaxis on to this course



WHO IS IT FOR?

This course is ideal for school teachers and registered child minders, especially where access to a defibrillator is possible. Individuals must be at least 16 years of age on the day the course starts. New legislation has been introduced meaning, from September 2016, all Childcare Level 2 and Level 3 qualifications must include Paediatric First Aid.

WHAT WILL BE COVERED?

On completion of training, you will understand the role of a first aider when dealing with infants and young children. You will be able to recognise and respond appropriately when faced with the following situation and conditions.

- CHILDHOOD CONDITIONS WHICH REQUIRE THE NEED FOR RESUSCITATIONS.
- SHOCK (INCLUDING TRAUMA, ANAPHYLACTIC AND ELECTRIC).
- BLEEDING.
- BURNS AND SCALDS.
- CHOKING.
- SUSPECTED FRACTURES.
- HEAD, NECK AND BACK INJURIES.
- POISONING.
- FOREIGN BODIES IN THE EYES, EARS AND NOSE.
- EYE INJURIES.
- BITES AND STINGS.
- EXTREME HEAT AND COLD.
- FEBRILE CONVULSIONS.
- EPILEPSY, ASTHMA, SICKLE CELL ANAEMIA, DIABETES AND MENINGITIS.
- HOW TO USE AN AED.

COURSE EXAM

You will need to successfully complete the course competency test and the final practical assessment (covering unconsciousness/CPR/ wounds and bleeding).

CERTIFICATE

A Paediatric Emergency Aid with AED certificate will be awarded having attended all course hours. This is valid for three years.

Level 3 First Aid at Work Renewal

This course is an intensive, competency based course, designed to train individuals in both theoretical and practical aspects of First Aid to the standards required by the Health & Safety (First Aid) Regulations 1981.



WHO IS IT FOR?

This course is for anyone who holds a current 3-day First Aid at Work qualification, who are approaching their expiry date as well as anyone working in an environment where an AED is available.

WHAT WILL BE COVERED?

On completion of training you will understand the role of a first aider. You will be able to recognise and respond appropriately when faced with the following situation and conditions:

- CHOKING.
- SHOCK.
- SUSPECTED SPINAL INJURIES.
- BURNS AND SCALDS.
- SUDDEN POISONING.
- WOUNDS AND BLEEDING.
- BONES, MUSCLE AND JOINT INJURIES.
- CHEST INJURIES.
- EYE INJURIES.
- ANAPHYLACTIC SHOCK.

You will also gain an understanding of:

- THE IMPORTANCE OF PREVENTING CROSS INFECTION AND THE NEED FOR RECORDING INCIDENTS AND ACTIONS.
- HOW TO ASSESS A SITUATION AND CIRCUMSTANCES IN ORDER TO ACT SAFELY, PROMPTLY AND EFFECTIVELY IN AN EMERGENCY USING AVAILABLE EQUIPMENT.
- HOW TO ADMINISTER CARDIOPULMONARY RESUSCITATION (CPR) & WHEN THIS IS REQUIRED.
- HOW TO DEAL WITH AN UNCONSCIOUS CASUALTY.
- HOW TO RECOGNISE THE PRESENCE OF MAJOR ILLNESS AND PROVIDE APPROPRIATE FIRST AID (INCLUDING HEART ATTACK, STROKE, EPILEPSY, ASTHMA AND DIABETES).
- HOW TO USE AN AED.

COURSE EXAM

You will be continuously assessed on your skills throughout the duration of the course. You must also successfully complete a final practical assessment covering unconsciousness, CPR, wounds and bleeding.

CERTIFICATE

Certification will be awarded having attended all course hours. You will receive a First Aid at work with AED certificate. This is valid for three years.

Level 3 Immediate Management of Anaphylaxis

This is an intensive course, designed to train individuals to recognise the difference between an allergic reaction and the potentially life-threatening anaphylactic reactions immediately.



WHO IS IT FOR?

This training is for qualified First Aiders, Emergency First Aiders and healthcare professionals to enable them to recognise and treat anaphylaxis safely and effectively. This training is a perfect bolt on option for Paediatric First Aid.

WHAT WILL BE COVERED?

On completion of training you will be able to describe anaphylaxis and identify triggers for anaphylaxis. As well as describing and identifying you will also understand the;

- CORRECT USE OF AN AUTO-INJECTOR.
- SAFE DISPOSING OF SHARPS ACCORDING TO AGREED WAYS OF WORK.
- REMOVAL OF TRIGGERS.
- HANDING OVER OF A CASUALTY TO A MEDICAL PROFESSIONAL.

You will also gain an understanding of:

- IDENTIFY KEY FEATURES OF ADRENALINE-AUTO INJECTORS.
- CONDUCT AN INITIAL ASSESSMENT.
- DEMONSTRATE A RECOVERY POSITION.
- DEMONSTRATE RESUSCITATION FOR ADULT AND CHILD.
- RECOGNISE THE NEED TO USE AN AUTO-INJECTOR.
- PREPARE MEDICATION FOR ADMINISTRATION DURING ANAPHYLAXIS.
- DEMONSTRATE THE SAFE USE OF AN ADRENALINE AUTO INJECTOR.

COURSE EXAM

You will be continuously assessed on your skills throughout the duration of the course. You must also successfully complete a final practical assessment as well as a multiple-choice written test.

CERTIFICATE

You will receive a management of anaphylaxis certificate having attended all course hours from NUCO. This is valid for three years.

Level 3 Oxygen Therapy Administration

This is an intensive course, designed to train individuals to recognise how and when to administer oxygen to a casualty and the safety concerns with carrying, storing and administering it.

WHO IS IT FOR?

This training is suitable for qualified First Aiders, Emergency First Aiders, dental practitioners and dental care professionals, nurses, healthcare professionals and others working in an environment where oxygen is available for casualty welfare.

WHAT WILL BE COVERED?

On completion of training you will be able to:

- EXPLAIN BENEFITS OF OXYGEN THERAPY.
 - IDENTIFY INDICATIONS FOR THE USE OF OXYGEN.
 - EXPLAIN CONTRAINDICATIONS PROHIBITING USE OF OXYGEN.
 - EXPLAIN DANGERS OF USING COMPRESSED GAS.
 - ADMINISTER OXYGEN USING THE REQUIRED FLOW RATE WITH THE CORRECT DELIVERY DEVICES.
- You will also gain an understanding outlining the health and safety rules for the:
- USE.
 - STORAGE.
 - CARRY OUT OPERATIONAL CHECKS IN PREPARATION FOR USE OF OXYGEN THERAPY EQUIPMENT.
 - IDENTIFY WHEN OXYGEN THERAPY IS REQUIRED.
 - HANDLING OF OXYGEN.
 - ADMINISTER OXYGEN TO A PATIENT IN LINE WITH AGREED WAYS OF WORKING.

COURSE EXAM

You will be continuously assessed on your skills throughout the duration of the course. You must also successfully complete a final practical assessment as well as a multiple-choice written test.

CERTIFICATE

You will receive an Oxygen Therapy Administration certificate having attended all course hours from NUCO training. This is valid for three years.



RLSS 8th Edition National Pool Lifeguard with AED & EFAW

The NPLQ is the most awarded lifeguard qualification in the UK and Ireland and is also internationally recognised. The NPLQ is an excellent starting point for anyone looking for a career in the leisure industry.

WHO IS IT FOR?

Candidates attending the NPLQ course must be 16-years old at the time of taking the NPLQ final assessment and be able to:

WHAT WILL BE COVERED?

The NPLQ covers all elements of pool rescue techniques, lifeguarding theory, first aid and CPR. Training and assessment for the NPLQ is in three sections, these are;

SECTION 1 – THE LIFEGUARD AND THE LAW, SWIMMING POOL SUPERVISION.

ELEMENT 1 – THE LIFEGUARD AND THE LAW.

ELEMENT 2 – SWIMMING POOL, HAZARDS AND CONTROL MEASURES.

ELEMENT 3 – SWIMMING POOL SUPERVISION.

SECTION 2 – INTERVENTION AND RESCUE AND EMERGENCY ACTION PLANS.

ELEMENT 1 - INTERVENTION AND RESCUE.

ELEMENT 2 – RESCUE OF A CASUALTY WITH A SUSPECTED SPINAL INJURY .

ELEMENT 3 – EMERGENCY ACTION PLAN.

SECTION 3 – CARDIOPULMONARY RESUSCITATION, AED AND FIRST AID.

ELEMENT 1 – CARDIOPULMONARY RESUSCITATION (CPR).

ELEMENT 2 – FIRST AID .

ELEMENT 3 – AUTOMATED EXTERNAL DEFIBRILLATION (AED).

COURSE EXAM

You will be continuously assessed on your skills throughout the duration of the course. A full external assessment takes place at the end of the course. It determines your knowledge and understanding of the principles of working as a pool lifeguard and assesses your ability to apply the skills and knowledge in a work-related environment.

CERTIFICATE

You will receive a National Pool Lifeguard certificate having attended all course hours. This is valid for two years. You will also get a AED and EFAW certificate, these are valid for three years.





VISIT US

We are located directly along the A659 running directly through Tadcaster. You can find us on the same side as Riley Smith Hall. Alternatively you can call us directly for more directions.

Tadcaster Community Swimming Pool, 32 Westgate, Tadcaster, North Yorkshire, LS24 9AB

