

BCU Aquatic First Aid Level 1 Coach Training

1. Purpose of the Aquatic First Aid Level 1 Coach Training Course

To provide candidates with the necessary skills to enable them to train and assess the Aquatic First Aid award & Primary First Aid award once they have successfully passed the assessment.

2. Structure

It is recommended that the BCU Aquatic First Aid Level 1 Coach training course is taught over a six-hour period. Candidates should be assessed within 1 year of the successful completion of the training course.

3. Trainer

A BCU Aquatic First Aid Coaching Trainer can train up to eight candidates.

NB: If the Training and Assessment is undertaken on two consecutive days, e.g. a weekend, the number of candidates should be reduced to 4.

4. Prerequisites

- a. A sixteen-hour or higher First Aid award which has been awarded within the previous 12 months.
- b. Hold a BCU Level 2 coach award (or higher) for a minimum of two years.
- c. Comprehensive membership of the BCU.

5. Syllabus

- a. First Aid knowledge
- b. Class room teaching skills
- c. BCU Lifeguard awards
- d. Lesson plans
- e. Teaching and assessment strategies

Note: A Candidate Aquatic First Aid Trainer may be exempt from the Training Course if Approved Prior Learning (APL) can be proven. Applications must be made via the Course Tutor and the BCU Lifeguards National Training Officer.