

BCU Aquatic First Aid Level 1

1. Purpose of the Aquatic First Aid Award

- a. To provide a basic level of knowledge and skill to render First Aid in a range of emergency situations within a reasonable distance of medical assistance.
- b. To provide BCU coaches with an appropriate basic First Aid award.

NB Those undertaking canoeing activities in more hazardous environments or in remote locations should consider a more appropriate First Aid award.

2. Validity

This award is valid for three years.

3. Structure

The BCU Aquatic First Aid course is taught over an 8-hour period. Candidates who demonstrate a sound knowledge and understanding of the skills and theory covered in the course will be awarded the BCU Aquatic First Aid Award. There is no formal assessment at the end of the course. Assessment is ongoing throughout the course.

4. Trainer

A BCU Aquatic First Aid Level 1 Coach or higher can train and assess up to 8 candidates. First

Aid trainer/assessors from other organisations wishing to be registered to train and assess candidates for the BCU Aquatic First Aid Award should make enquiries through the BCU Lifeguards National Training Officer or the BCU coaching office.

5. Prerequisites

Be a minimum of 14 years of age.

6. Syllabus

a. Being a First Aider

- i. The First Aider's responsibilities
- ii. Personal safety, including preventing cross infection and dealing with waste
- iii. Dealing with stress (casualties and first aiders)

b. Action in an Emergency

- i. Assessing the scene of an incident
- ii. Making the area safe
- iii. Giving emergency aid
- iv. Getting help
- v. Dealing with the aftermath

- vi. Primary Survey: DRAB; checking for danger; checking for response; checking and opening the airway (including jaw thrust for a spinal injury); checking for breathing.

c. Respiratory Problems

- i. Choking adult
- ii. Asthma
- iii. Drowning
- iv. Hyperventilation

d. Circulation Problems

- i. Shock
- ii. Anaphylactic shock
- iii. Chest pain
- iv. Fainting
- v. Cuts and grazes
- vi. Severe bleeding

e. Environmental Injuries

- i. Hyperthermia
- ii. Hypothermia
- iii. Burns, including sunburn

f. Head Injuries

- i. Concussion
- ii. Compression
- iii. Skull fracture

g. Bone, Joint and Muscle Injuries

- i. Strains and Sprains
- ii. Dislocations
- iii. Fractures

h. Unconscious Adults

- i. Recovery position; improvised recovery position; log roll (spinal)
- ii. Cardiopulmonary resuscitation (adult)
- iii. Action for vomit.

7. Trainer Notes

All First Aid references are made to the current European Resuscitation Council Guidelines. The purchase of a First Aid manual is compulsory for all candidates, the BCU Lifeguards First Aid Manual is recommended as source material. A full list of acceptable manuals is available from BCU Lifeguard Secretary or BCU Lifeguards web site. The Aquatic First Aid Level 1 course is to be taught over a 8-hour period, plus breaks. The ratio of students to Coach will be a maximum of 8:1. It is strongly recommended that approved resuscitation manikins should be available in the minimum ratio of one manikin per two students.

8. Suggested Timings

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| a. | Being a First Aider | 25 minutes |
| b. | Action in an Emergency | 35 minutes |
| c. | Respiratory Problems | 60 minutes |
| d. | Circulation Problems | 120 minutes |
| e. | Environmental Injuries | 30 minutes |
| f. | Head Injuries | 45 minutes |
| g. | Bone, Joint and Muscle Injuries | 45 minutes |
| h. | Unconscious Adults | 120 minutes |
| | Total | <u>8 hours</u> |