

BCU Paediatric Resuscitation Award

1. Purpose of the Paediatric Resuscitation Award

To provide first aiders who are trained in adult resuscitation with the knowledge and skills required to perform baby and child resuscitation.

2. Validity

This award is valid for three years.

3. Structure

The BCU Paediatric Resuscitation Award is taught over a two-hour period.

Candidates

who demonstrate a sound knowledge and understanding of the skills and theory covered in

the course will be awarded the BCU Paediatric Resuscitation 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 Coach who holds a current BCU Paediatric Resuscitation Award, and has registered with the BCU Lifeguards National Training Officer, can train and assess up to 8 candidates. First Aid trainers from other organisations wishing to be registered to run the BCU Paediatric Resuscitation course should make enquiries through the BCU Lifeguards National Training Officer or the BCU coaching office.

5. Prerequisites

- a. A BCU Primary First Aid Award or Aquatic First Award is strongly recommended.
- b. Be a minimum of 14 years of age

6. Syllabus

a. Action in an Emergency

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

b. Unconscious Babies

- i. Primary Survey: Check for Danger; Response; Airway; Breathing.
- ii. Recovery Position
- iii. Rescue Breathing
- iv. Cardiopulmonary Resuscitation

c. Unconscious Children

- i. Primary Survey
- ii. Recovery Position
- iii. Rescue Breathing
- iv. Cardiopulmonary Resuscitation

d. Choking in a Baby

- i. Recognising signs of choking
- ii. Treatment of a choking baby

e. Choking in a Child

- i. Recognising signs of choking
- ii. Treatment of a choking child

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 Paediatric 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 Paediatric Resuscitation course is to be taught over a 2-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 baby and one child manikin per four students.

8. Suggested Timings

a.	Action in an Emergency	15 minutes
b.	Unconscious Baby	55 minutes
c.	Unconscious Child	30 minutes
d.	Choking Baby	10 minutes
e.	Choking Child	10 minutes
	Total	<u>2 hours</u>