

# BCU Primary First Aid Award

## 1. Purpose of the Primary First Aid Award

- i. To provide a basic level of knowledge and skill to render First Aid should the need arise and within a reasonable distance of medical assistance.
- ii. To provide BCU L1 and L2 coaches with an appropriate basic First Aid award.
- iii. To revalidate a current BCU Aquatic First Aid award.

## 2. Validity

This award is valid for three years.

## 3. Structure

The BCU Primary First Aid course is taught over a 4-hour period. Candidates who demonstrate a sound knowledge and understanding of the skills and theory covered in the course are awarded the BCU Primary 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 Coach may 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 Primary First Aid Award should make enquiries through the BCU Lifeguards National Training Officer or the BCU coaching office.

## 5. Prerequisites

None

## 6. Syllabus

### i. Being a First Aider

- a. The First Aider's responsibilities
- b. Personal safety, including preventing cross infection and dealing with waste
- c. Dealing with stress

### ii. Action in an Emergency

- a. Assessing the scene of an incident
- b. Making the area safe
- c. Giving emergency aid
- d. Getting help
- e. Dealing with the aftermath
- f. Primary Survey: DRAB; checking for danger; checking for response; checking and opening the airway (including jaw thrust for a spinal injury); checking for breathing.

### iii. Unconscious Adults

- a. Recovery position; improvised recovery position; log roll (spinal)
- b. Rescue breathing (adult only)
- c. Cardiopulmonary resuscitation (adult only)

### iv. Shock and Severe Bleeding

- a. Causes of shock
- b. Recognising signs and symptoms of shock
- c. Treatment of shock
- d. Treatment of severe bleeding, including use of dressings and injuries to various areas of the body

### v. Environmental Injuries

- a. Body temperature
- b. Causes of hyperthermia
- c. Treatment of hyperthermia
- d. Causes of hypothermia
- e. Treatment of hypothermia

## 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 Primary First Aid course is to be taught over a 4-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

|      |                           |                |
|------|---------------------------|----------------|
| i.   | Being a First Aider       | 25 minutes     |
| ii.  | Action in an Emergency    | 35 minutes     |
| iii. | Unconscious Adults        | 120 minutes    |
| iv.  | Shock and Severe Bleeding | 30 minutes     |
| v.   | Environmental Injuries    | 30 minutes     |
|      | Total                     | <u>4 hours</u> |