



First Aid Policy

Introduction:

All active Coaches have a responsibility to maintain a current first aid award to ensure they can look after paddlers in their care. Coaches sign a declaration upon registration for a BCU Coaching qualification accepting this responsibility. Holding a valid first aid award is also part of the BCU Coach Update Scheme; Coaches who meet these requirements are recognised by the BCU as being active and up-to-date.

In order to meet the First Aid requirement all BCU Coaches (except BCU (UKCC) Level 1) need a recognised first aid certificate (that meets the required training contact time), recorded on their Home Nation Association membership record. Recognised First Aid Awards are listed at www.bcu.org.uk/coaching/first-aid/approved-courses

Required Training Contact Time

The minimum requirement for training contact time is listed below;

	Training Contact Time	
	Column A Requirement until 31/12/11	Column B Requirement from 1/1/12
BCU (UKCC) Level 1 Coach (working under direct supervision) <small>See Note 1</small>	n/a	n/a
BCU (UKCC) Level 1 Coach (working independently) <small>See Note 1</small>	6-Hour	1 Day
'Old' BCU Level 1 Coach	4-Hours	1 Day
'Old' BCU Level 2 Coach	4-Hours	1 Day
BCU (UKCC) Level 2 Coach	8-Hours	1 Day
BCU Moderate Water Endorsement	8-Hours	2 Days
'Old' BCU Level 3 Coach	8-Hours	2 Days
'Old' BCU Level 4 Coach	8-Hours	2 Days
BCU 4 Star Leader	8-Hours	2 Days
BCU (UKCC) Level 3 Coach	8-Hours	2 Days
'Old' BCU 5 Star	8-Hours	2 Days
BCU 5 Star Leader	2 Days	2 Days
'Old' BCU Level 5 Coach	2 Days	2 Days

Figure 1 – Required First Aid Training contact time



Other than BCU approved Courses:

If a First Aid Course provider we propose to use is not included on the BCU recognised list, a copy of the syllabus will need to be submitted along with details of the course length and the training provider to the British Canoe Union for approval.

All first aid training needs to be delivered by a recognised provider and must include within the syllabus, '**core**' first aid, as listed below:-

Core First Aid includes:-

the role of the first aider, assessing emergency situations, and First Aid for dealing with a casualty who;

- _ is unconscious _ is choking
- _ is wounded or bleeding _ is in shock
- _ requires Cardio Pulmonary Resuscitation (CPR)
- _ has minor conditions (inc. cuts, grazes, bruises, burns & scalds, splinters, and blisters)

Exceptions:

Serving military personnel, police officers, fire brigade, ambulance, personnel, doctors, nurses, and physiotherapists are regarded as being currently first aid trained. However, they still need to produce a recognised first aid certificate or other evidence of first aid currency. Other evidence may include membership of medical professional body (e.g. GMC), a letter confirming first aid training, or an in-house First Aid certificate. Evidence of employment alone is not sufficient.

Additional Recommendations:

Coaches are advised to attend a First Aid Training that includes watersports related specifics within the course that is relevant to their normal coaching activity. e.g. hypo/hyperthermia, drowning, applying first aid in an outdoor environment, and incident management

Any Coach working in an remote or wilderness environment should ensure they are appropriately trained to deal with the kind of first aid situations that are most likely to occur, and should consider attending more thorough training than the BCU minimum requirements. 4-day wilderness/expedition first aid training is considered more appropriate.

We will consider alternative First Aid awards from Coaches living and working abroad, where accessing one of the BCU recognised courses may prove impractical. It is expected that these courses shall be delivered by a recognised provider, meet the required training contact time, and include within the syllabus core first aid (as listed above)



Maintenance of First Aid Kits:

The Club shall provide and maintain not only a land-based first aid kit at the Centre, but also provide and maintain a first aid kit for each active coach.

The first aid kit shall also be provided in a waterproof holdall which can be easily be kept with the Coach at all times during Coaching and training sessions, either on hi/her person or secure within their boat.

The Club Secretary will keep a record of who has been provided with a First Aid Kit.

The Club secretary will carry out regular checks of the contents of all kits and ensure that all items therein are replaced when they become out of date or replenished when used.