

## 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.*

## **BCU Aquatic First Aid Level 1 Coach Assessment**

### **1. Purpose of the Aquatic First Aid Level 1 Coach Award**

To enable the candidate to train and assess the BCU Aquatic First Aid Award and the BCU Primary First Aid Award.

If the candidate registers a current child and infant resuscitation award, e.g. the BCU Paediatric Resuscitation Award or RLSS Life Support 3, with the BCU Lifeguards National Training Officer, they may also teach the Paediatric Resuscitation Award.

### **2. Validity**

This award remains valid as long as the candidate

- a. Maintains a current sixteen-hour or higher First Aid Award.
- b. Maintains Comprehensive membership of the BCU.

### **2. Structure**

- a. The BCU Aquatic First Aid Level 1 Coach Assessment can be assessed on a simulated or live course. The latter must be with candidate agreement.
- b. More than one subject must be observed being taught, including two different teaching styles.
- c. The assessment should occur within 1 year of training.

### **3. Assessor**

A BCU Aquatic First Aid Coaching Trainer may assess up to four candidates at a time.

### **4. Prerequisites**

- a. The candidate should have attended an Aquatic First Aid Level 1 Coach training course within the last year or have been granted exemption by the course Trainer or National Training Officer.
- b. A lesson plan for the assessment must be sent to the assessor two weeks prior to the assessment (or prior to the start of an assessment during a two day course).
- c. The candidate must be a current BCU Level 2 Coach or higher with Comprehensive membership of the BCU.

### **5. Assessment**

The candidate will be assessed on:

- a. Current Resuscitation techniques.
- b. Their ability to answer a range of questions based on the current edition of the Voluntary Aid Society First Aid Manual.
- c. A range of teaching and assessment strategies.
- d. The use of teaching aids
- e. Classroom and group organisation