

## **BCU Lifeguards – Aquatic First Aid Level 1 Requalification**

### **1. Purpose of the Aquatic First Aid Level 1 Requalification**

This course is run over four hours and allows for re-certification of Aquatic First Aid Level 1 for persons who are still in date but approaching the end of their qualification period.

This four hour requalification course includes revision of all subjects covered in the full Aquatic First Aid Level 1 course. The course enables candidates to renew their certificate before it expires. Successful candidates are awarded an Aquatic First Aid Level 1 certificate which is valid for a further three years.

### **2. Validity**

This award is valid for three years.

### **3. Structure**

The BCU Lifeguards Aquatic First Aid Level 1 Requalification 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 Lifeguards Aquatic First Aid Level 1 Requalification Award. There is no formal assessment at the end of the course. Assessment is ongoing throughout the course.

### **4. Trainer**

A BCU Lifeguards Aquatic First Aid Level 1 Coach may train and assess up to 12 candidates. First Aid trainer/assessors from other organisations wishing to be registered to train and assess candidates for the BCU Lifeguards Aquatic First Aid Level 1 Requalification Award should make enquiries through the BCU Lifeguards First Aid Officer or the BCU Lifeguards administration.

### **5. Prerequisites**

Students are not accepted for requalification training unless they have a current and valid Aquatic First Aid Level 1 certificate. Trainers must validate a student's Aquatic First Aid Level 1 certificate before they start a requalification course.

### **6. Syllabus**

#### **i. First Aid**

- a. The Aims of First Aid
- b. Priorities of Treatment – Primary Survey

#### **ii. Resuscitation (Adult & Drowning)**

- a. Resuscitation Flow Chart
- b. Chain of Survival
- c. Cardio Pulmonary Resuscitation (CPR)
- d. Chest Compression Only CPR

#### **iii. Unconsciousness**

- a. Definition and Causes
- b. Levels of Response
- c. Secondary Survey
- d. Recovery Position
- e. Head Injuries
- f. Stroke

#### **iv. Airway and Breathing Problems**

- a. Choking
- b. Asthma
- c. Hyperventilation
- d. Drowning
- e. Chest Injuries

## BCU Lifeguards – Aquatic First Aid Level 1 Requalification

### v. Circulation Problems

- a. Angina
- b. Heart Attack
- c. Shock
- d. Fainting

### vi. Wounds and Bleeding

- a. Hygiene
- b. Types of Wound
- c. Blood Loss
- d. Treatment of Bleeding

### vii. Injuries to Bones, Muscles and Joints.

- a. Dislocations
- b. Fractures
- c. Strains and Sprains
- d. Spinal Injuries

### viii. Effects of Heat and Cold

- a. Hypothermia
- b. Frostbite
- c. Heat Exhaustion
- d. Heat Stroke

## 7. Trainer Notes

Aquatic First Aid Level 1 requalification training should cover the topics of the full Aquatic First Aid Level 1 course in sufficient detail to ensure students are competent on completion.

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 Lifeguards Administration or through the BCU Lifeguards web site.

The Aquatic First Aid Level 1 Requalification Award is to be taught over a 4 hour period, plus breaks. The ratio of students to Coach will be a maximum of 12:1. It is strongly recommended that approved resuscitation manikins should be available in the minimum ratio of one manikin to every four students.

## 8. Suggested Timings

i.	First Aid	15 min
ii.	Resuscitation	70 min
iii.	Unconsciousness	50 min
iv.	Airway and Breathing Problems	25 min
v.	Circulation Problems	20 min
vi.	Wounds and Bleeding	20 min
vii.	Injuries to Bones, Muscles and Joints.	20 min
viii.	Effects of Heat and Cold	20 min

**Total: 4 hours**