

BCU Lifeguards Aquatic First Aid Level 1

1. Purpose of the Aquatic First Aid Award

- To provide a basic level of knowledge and skill to render First Aid in a range of emergency situations within a reasonable distance of medical assistance.
- To provide BCU coaches with an appropriate basic First Aid award.

NB Those undertaking canoeing activities in more hazardous environments or in remote locations should consider a more appropriate First Aid award.

2. Validity

This award is valid for three years. However, a first aider can attend an Aquatic First Aid Level 1 requalification course up to two months before the expiry date on their certificate. The new certificate will then be effective from that expiry date. Where this has not been possible, BCU Lifeguards will allow an extension of the certificate for 28 days beyond the expiry date, within which a requalification course should be completed. A first aider re-qualifying within a period of certificate extension will have their new certificate dated from the expiry date of the previous one. Any first aider who is not able to complete a requalification course up to a maximum of 28 days after the expiry date of their three year certificate, will be required to retake a full Aquatic First Aid Level 1 course.

3. Structure

The BCU Aquatic First Aid course is taught over an 8 hour period. Candidates who demonstrate a sound knowledge and understanding of the skills and theory covered in the course will be awarded the BCU Aquatic First Aid Award. There is no formal assessment at the end of the course. Assessment is on-going throughout the course.

4. Trainer

A BCU Aquatic First Aid Level 1 Coach or higher can 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 Aquatic First Aid Award should make enquiries through the BCU Lifeguards First Aid Officer or BCU Lifeguards Administration.

5. Prerequisites

Be a minimum of 14 years of age.

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

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

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 Administration or through the BCU Lifeguards web site.

The Aquatic First Aid Level 1 course is to be taught over an 8 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 to the minimum ratio of one manikin to every four students.

8. Suggested Timings

i.	First Aid	30 min
ii.	Resuscitation	120 min
iii.	Unconsciousness	90 min
iv.	Airway and Breathing Problems	60 min
v.	Circulation Problems	45 min
vi.	Wounds and Bleeding	45 min
vii.	Injuries to Bones, Muscles and Joints.	60 min
viii.	Effects of Heat and Cold	30 min

Total: 8 hours