

BCU Aquatic First Aid Level 2

1. Purpose of the Aquatic First Aid Level 2 Award

- a) To provide candidates with a level of knowledge and skill to render first aid in a range of emergency situations in an outdoor environment where advanced medical assistance may be delayed
- b) To provide BCU coaches with an “intermediate” understanding of first aid in an outdoor environment.
- c) To build upon the AFA L1 award to provide a 16 hour first aid award.

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

2. Validity

This award is valid for three years.

3. Structure

The BCU Aquatic First Aid Level 2 course is taught over an 8-hour period following on from the skills learnt in the Aquatic First Aid Level 1 Award.

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 Level 2 Award. There is no formal assessment. Assessment is ongoing throughout the course.

4. Coach / Trainer.

A BCU Aquatic First Aid Level 2 Coach or higher can train and assess up to 8 candidates.

5. Prerequisites

- a. Be a minimum of 16 years of age.
- b. Hold a current AFA Level 1 or equivalent award, passed within the last 4 weeks.

6. Syllabus

Module 1 Overview of First Aid

1. Incident management, patient assessment and risk assessment / triage
 - a. Assessing the scene
 - b. Promote use of protective equipment
 - c. Basic risk assessments
 - d. Realistic knowledge of own ability (do not become a victim)
 - e. Group safety while dealing with an incident
 - f. Casualty assessments, primary and secondary survey
 - g. Chain of Survival
 - h. Emergency services e.g. Police, Fire, Ambulance, coastguard
 - i. Priorities of treatment. PPP, AVPU, (GCS awareness only)

2. Casualty & Group Management
 - a. Safe manual handling
 - b. Assessing the need for and methods of casualty movement
 - c. Casualty handling, improvised stretchers and carries
 - d. Improvised and group shelters
 - e. Use of bystanders & team members

3. Aquatic First Aid Level 1 refresher
 - a. Causes of Unconsciousness
 - b. Respiratory injuries
 - c. Epilepsy & Seizures
 - d. Poisoning
 - e. Diabetes
 - f. Spinal injury management
 - g. Recovery position
 - h. CPR, including drowning variation

Module 2 Safety Near Water and Casualty Recovery

1. Land based rescues, recovery and stabilization
 - a. Recovery of a person in water who is in difficulty near to land. Discuss in the classroom the considerations for a reaching rescue and how safely assist recovering a person from the water onto land.(Use the first four points of the rescue sequence, Shout, Signal, Reach, Throw)
 - b. Discuss the considerations of extricating an injured paddler from a canoe / kayak.

Module 3 Land Based First Aid.

1. Environmental understanding.
 - a. Being prepared for your environment
 - b. Packing and carrying equipment

2. Preparations for emergency services
 - a. Access

- b. Patient history
 - c. Patient Observations
 - d. Group management.
3. 2 First Aid incidents and breakdown

Module 4 end session and feed back

- 1. Post Traumatic Stress Disorder (PTSD)
 - a. How to identify/how to avoid
- 2. Recap on day's training
- 3. Student Feedback

Trainer's Notes;

All First Aid references are made to the current European Resuscitation Council Guidelines. 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 Aquatic First Aid Level 2 Award is a 16 hour first aid award, it concentrates on developing the knowledge and skills learnt in the Aquatic First Aid 1 Award.

The Aquatic First Aid Level 2 course is to be taught over a further 8 hour period following on from the Aquatic First Aid Level 1 Award. 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.

Module 1

The aim of Module 1 is to ensure current best practices are being followed and that the candidate has the necessary skills to supervise the safety and treatment of casualties and organise group members in a remote location.

Module 2

The aim of module 2 is to provide candidates with the knowledge of how to safely recovery a conscious causality from the water using various methods from a bank based location. Also to keep students safe when applying first aid in the real world.

Module 3

The aim of Module 3 is to provide candidates with practical knowledge & experience of treating and caring for casualties with a variety of first aid injuries within the outdoor environment applicable to the canoeist.

Whilst using scenarios special attention should be paid to ensuring that the rescuer is able to carry out their treatment for as long as they are able. Discuss possible ideas of changing the environment to allow this. For example, a buoyancy aid / thermal under their knees while carrying out CPR could prolong treatment. Relocating the group away from the incident could be another consideration.

Ensuring that efficient handover to other emergency services is facilitated. Setting up safe access to the scene.

As this is a "practical module", it is envisaged that it will take place under appropriate environmental conditions. The safety of all candidates and assisting staff must be ensured at all times.

Module 4

This is an informal discussion about the day to go over any items that the students are not entirely satisfied with and to exchange tutor / student feedback. This also provides an opportunity for an example of a 'talk back' exercise that could be used to reduce the possibilities of PTSD.

Suggested Timings

Module 1	4 hours
Module 2	1 1/2 hours
Module 3	1 1/2 hours
Module 4	1 hour