

BCU Lifeguards Paediatric Resuscitation Award

1. Purpose of the Paediatric Resuscitation Award

To provide first aiders who are trained in adult resuscitation with the knowledge and skills required to perform baby and child resuscitation.

2. Validity

This award is valid for three years.

3. Structure

The BCU Paediatric Resuscitation Award is taught over a two-hour period. Candidates who demonstrate a sound knowledge and understanding of the skills and theory covered in the course will be awarded the BCU Paediatric Resuscitation Award. There is no formal assessment at the end of the course. Assessment is ongoing throughout the course.

4. Trainer

A BCU Aquatic First Aid Coach who holds a current BCU Paediatric Resuscitation Award, and has registered with the BCU Lifeguards First Aid Officer can train and assess up to 12 candidates.

First Aid trainers from other organisations wishing to be registered to run the BCU Paediatric Resuscitation course should make enquiries through the BCU Lifeguards First Aid Officer or the BCU Lifeguards Administration.

5. Prerequisites

- a. A BCU Primary First Aid Award or Aquatic First Award is strongly recommended.
- b. Be a minimum of 14 years of age.

6. Syllabus

- i. **First Aid**
 - a. Planning for an Emergency
 - b. Hygiene
 - c. Priorities of Treatment – Primary Survey
 - d. Emergency Action Plan
- ii. **Resuscitation for Children and Babies**
 - a. Resuscitation Flow Chart
 - b. Resuscitation - Child
 - c. Resuscitation - Baby
- iii. **Unconsciousness**
 - a. Secondary Survey
 - b. Recovery Position
- iv. **Airway and Breathing Problems**
 - a. Choking in a Child (over 1 year)
 - b. Choking in a Baby (Under 1 Year)

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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 Paediatric 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 Paediatric Resuscitation course is to be taught over a 2 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 baby and one child manikin to every four students.

1. Suggested Timings

i.	First Aid	15 min
ii.	Resuscitation	70 min
iii.	Unconsciousness	15 min
iv.	Airway and Breathing Problems	20 min

Total: 2 hours