

BCU Lifeguards – Primary First Aid Award

1. Purpose of the Primary First Aid Award

To provide a basic level of knowledge and skill to render First Aid should the need arise and within a reasonable distance of medical assistance.

2. Validity

This award is valid for three years.

3. Structure

The BCU Lifeguards Primary First Aid course 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 Primary First Aid 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 Primary First Aid Award should make enquiries through the BCU Lifeguards First Aid Officer or the BCU Lifeguards administration.

5. Prerequisites

None

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
- iv. Wounds and Bleeding**
 - a. Hygiene
 - b. Types of Wound
 - c. Blood Loss
 - d. Treatment of Bleeding
- v. Shock**
 - a. Causes of shock
 - b. Recognising signs and symptoms of shock
 - c. Treatment of shock
- vi. Effects of Heat and Cold**
 - a. Hypothermia
 - b. Frostbite
 - c. Heat Exhaustion
 - d. Heat Stroke

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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 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 Primary First Aid course 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	20 min
ii.	Resuscitation	90 min
iii.	Unconsciousness	60 min
iv.	Wounds and Bleeding	30 min
v.	Shock	20 min
vi.	Effects of Heat and Cold	20 min

Total: 4 hours