

## **Changes to BCU First Aid Training Requirements**

### **Important notice for all Coaches**

All active Coaches have a responsibility to maintain a current first aid award to ensure they can look after paddlers in their care. Coaches sign a declaration upon registration for our Coaching qualifications accepting this responsibility. Holding a valid first aid award is also part of the BCU Coach Update Scheme; Coaches who meet these requirements are recognised by the BCU as being active and up-to-date. In order to meet these requirements all BCU Coaches (except BCU (UKCC) Level 1) need a BCU recognised first aid certificate (that meets the required training contact time), recorded on their Home Nation Association membership record.

Following a review of the current BCU First Aid Policy, changes to the required training time are to be implemented over the next 3 years. Please make sure that you are aware of the new first aid training requirements applicable to your level of qualification;

#### **BCU (UKCC) Level 1 Coaches;**

There are no major changes to the current policy. BCU (UKCC) Level 1 Coaches are not required to register their First Aid qualification as part of the Coach Update Scheme. However, we recommend these Coaches hold a BCU recognised 1-day first aid award if working independently. 6-Hour courses are now recognised as appropriate for the 1-day requirement.

#### **'Old' BCU Level 1 and 2 Coaches;**

There are no major changes to the current policy. 'Old' BCU Level 1 and 2 Coaches are now required to complete First Aid Training, with minimum contact training time of 1-day. This has increased from 4-hours. However, we have revised the list of recognised 1-day courses to include more options.

- New first aid awards being registered on a Coaches membership record after the 1/1/12 must be a BCU recognised 1-day Course
- Coaches who already have a First Aid recorded on their membership record are not required to update to meet the new requirement, until that first aid training expires
- Coaches who are looking to complete First Aid Training after 1/1/12 should ensure that is a BCU recognised 1-day Course

#### **BCU (UKCC) Level 2 Coaches;**

There are no major changes to the current policy. BCU (UKCC) Level 2 Coaches are required to complete First Aid Training, with minimum contact training time of 1-day. There are now more 1-day First Aid courses on the revised list of BCU recognised courses.

**BCU Moderate Water Endorsement**  
**BCU 4 Star Leader**  
**BCU (UKCC) Level 3 Coaches**  
**'Old' BCU Level 3, and 4 Coaches**  
**'Old' BCU 5 Star**

There are significant changes affecting Coaches and Leaders with these qualifications. In order to ensure that those qualified to work in a Moderate Water environment have adequate first aid training, the minimum contact training time has increased from 1-day, to 2-days.

- New first aid awards being registered on a Coaches membership record after the 1/1/12 must be a BCU recognised 2-day Course
- Coaches who already have an First Aid recorded on their membership record are not required to update to meet the new requirement, until that first aid training expires
- Coaches who are looking to complete First Aid Training after 1/1/12 should ensure that is a BCU recognised 2-day course
- From 1/1/12 candidates registering for these BCU Coaching or Leadership awards are required to hold a BCU recognised 2-day Course, unless their first aid training was completed prior to 31/12/11 (in which case a BCU recognised 8-hour course is acceptable)

**BCU 5 Star Leader**  
**'Old' BCU Level 5 Coach**

There are no major changes to the current policy; Coaches and Leaders are required to complete First Aid Training with minimum contact training time of 2-days. The new policy does however state that any Coach working in a remote / wilderness environment should ensure they are appropriately trained to deal with first aid situations that they are likely to occur, and should consider attending more thorough training than the BCU minimum requirements. 4-day wilderness/expedition first aid training is considered more appropriate.

**More Information**

The revised BCU First Aid Policy is available to download from your Home Nation Websites. This includes further information regarding;

- Recognised BCU First Aid Courses
- What to do if your first aid award is not on our list of recognised courses
- What to do if you live/work overseas, and have an overseas First Aid qualification
- Exceptions for serving military personnel, police officers, fire brigade, ambulance, personnel, doctors, nurses, and physiotherapists

In all cases Coaches are advised to attend a First Aid Training that includes watersports related specifics within the course that is relevant to their normal coaching activity. For example, Hypothermia, Hyperthermia, Drowning, Dealing with first aid situations in an outdoor environment, and Incident Management.

## Required Training Contact Time

The minimum requirement for training contact time is listed below;

|  | Training Contact Time         |                            |
|--|-------------------------------|----------------------------|
|  | Requirement until<br>31/12/11 | Requirement from<br>1/1/12 |
| BCU (UKCC) Level 1 Coach<br>(working under direct supervision) | n/a                           | n/a                        |
| BCU (UKCC) Level 1 Coach<br>(working independently)            | 6-Hours                       | 1 Day                      |
| 'Old' BCU Level 1 Coach  | 4-Hours                       | 1 Day                      |
| 'Old' BCU Level 2 Coach  | 4-Hours                       | 1 Day                      |
| BCU (UKCC) Level 2 Coach                                       | 8-Hours                       | 1 Day                      |
| BCU Moderate Water Endorsement                                 | 8-Hours                       | <b>2 Days</b>              |
| 'Old' BCU Level 3 Coach  | 8-Hours                       | <b>2 Days</b>              |
| 'Old' BCU Level 4 Coach  | 8-Hours                       | <b>2 Days</b>              |
| BCU 4 Star Leader  | 8-Hours                       | <b>2 Days</b>              |
| BCU (UKCC) Level 3 Coach                                       | 8-Hours                       | <b>2 Days</b>              |
| 'Old' BCU 5 Star   | 8-Hours                       | <b>2 Days</b>              |
| BCU 5 Star Leader  | 2 Days                        | 2 Days                     |
| 'Old' BCU Level 5 Coach  | 2 Days                        | 2 Days                     |