

British Canoeing First Aid Policy

Introduction;

All active Coaches and Leaders 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 British Canoeing Coach Update Scheme; Coaches who meet these requirements are recognised by the British Canoeing as being active and up-to-date.

In order to meet the First Aid requirement all British Canoeing Coaches (except British Canoeing Level 1) need a recognised first aid certificate (that meets the required training contact time), recorded on their Home Nation Association membership record.

Recognised First Aid Awards are listed on your Home Nation website.

Required Training Contact Time

The minimum requirement for training contact time is listed below;

Coaching and Leadership Qualifications	Contact Time
British Canoeing Paddlesport Leader Award	1 Day
British Canoeing Moderate Water Leader Award	2 Days
British Canoeing Advanced Water Leader Award	2 Days
British Canoeing Level 1 Coach (*working under direct supervision)	N/A
British Canoeing Level 1 Coach (*working independently)	1 Day
British Canoeing Level 2 Coach	1 Day
British Canoeing Level 3 Coach	2 Days
British Canoeing Level 4 Coach	2 Days
British Canoeing Moderate Water Endorsement	2 Days
British Canoeing Advanced Water Endorsement	2 Days
British Canoe Union Level 1 Coach	1 Day
British Canoe Union Level 2 Coach	1 Day
British Canoe Union Level 3 Coach	2 Days
British Canoe Union Level 4 Coach	2 Days
British Canoe Union Level 5 Coach	2 Days
British Canoe Union 4 Star Award	2 Days
British Canoe Union 5 Star Award	2 Days

* - British Canoeing 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 recognised first aid award if working independently.

Other Courses;

If a First Aid Course is not included on our recognised list, a copy of the syllabus will need to be submitted along with details of the course length and the training provider to the British Canoeing for approval. All first aid training needs to be delivered by a recognised provider and include within the syllabus core first aid as listed below.

Core First Aid includes; the role of the first aider, assessing emergency situations, and First Aid for dealing with a casualty who;

- is unconscious
- is choking
- is wounded or bleeding
- is in shock
- requires Cardio Pulmonary Resuscitation (CPR)
- has minor conditions (inc. cuts, grazes, bruises, burns & scalds, splinters, and blisters)

Exceptions;

Serving military personnel, police officers, fire brigade, ambulance, personnel, doctors, nurses, and physiotherapists are regarded as being currently first aid trained. However, they still need to produce a recognised first aid certificate or other evidence of first aid currency. Other evidence may include membership of medial professional body (e.g. GMC), a letter confirming first aid training, or an in-house First Aid certificate. Evidence of employment alone is not sufficient.

Additional Recommendations;

- Coaches are advised to attend a First Aid Training that includes water sports related specifics within the course that is relevant to their normal coaching activity. e.g. hypo/hyperthermia, drowning, applying first aid in an outdoor environment, and incident management
- Any Coach working in an remote or wilderness environment should ensure they are appropriately trained to deal with the kind of first aid situations that are most likely to occur, and should consider attending more thorough training than the British Canoeing minimum requirements. 4-day wilderness/expedition first aid training is considered more appropriate
- We will consider alternative First Aid awards from Coaches living and working abroad, where accessing one of our recognised courses may prove impractical. It is expected that these courses are delivered by a recognised provider, meet the required training contact time, and include within the syllabus core first aid (as listed above)