

# First Aid Training for Coaches and Leaders – HCAF Coaching Teams information and FAQs

UKA has revised its policy on First Aid provision for coaches and leaders so that it is aligned with the HSE requirements under Civil Law and Duty of Care. We are aware that a number of coaches have already undertaken first aid training as good practice which is great but given recent incidents there will now be a requirement for all UKA Licensed Coaches and Leaders to have a suitable level First Aid Training certificate, renewable every three years in line with the re-licensing process. [First Aid Guidance for Coaches and Leaders](#)

**Q - Why are coaches and leaders being asked to undertake First Aid training as part of their learning?**

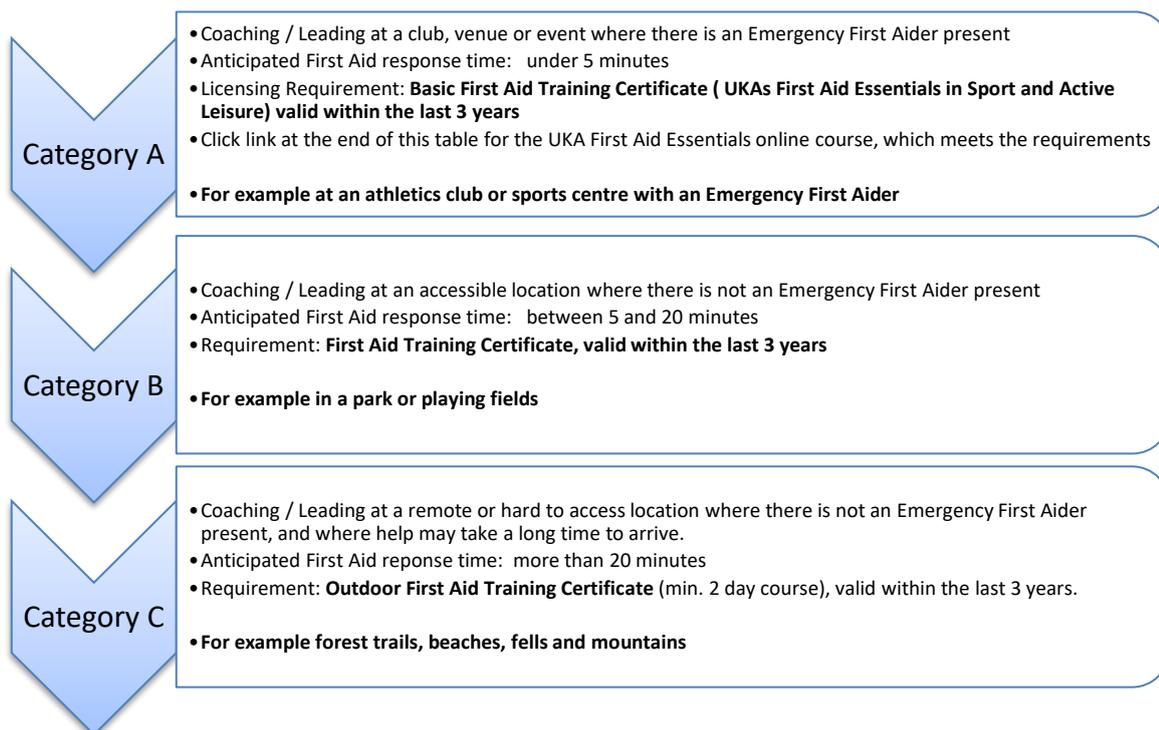
**A -** Athletics training involves activities which place increased strain on the body and involves equipment which can cause injury in certain circumstances. Despite practices such as risk assessment by venues and coaches or leaders, in addition to training guidance for coaches and qualifications detailing how to create session plans tailored to an athlete or runner, things can and do go wrong. Being prepared could make a difference to the outcome for any individual who sustains an injury when under your care as a coach or leader. This year, 68% of reported incidents were at an organised training session, and of all reported incidents 85% required first aid and 58% went to hospital. Early intervention can make a difference to the outcome and experience of the injured person.

**Q – When does this requirement commence?**

**A –**April 1st 2022 for coaches or leaders entering the pathway and April 1<sup>st</sup> 2023 for re-licensing coaches and leaders.

**Q - What type of First Aid Training do coaches need to complete?**

**A -** The level of First Aid training required will depend on the coaching or leading athletic activities the coaches undertake. At the point of Licensing or re-licensing, the coaches will be asked to complete a short online assessment to determine which First Aid Training they need to complete:



Click here to access the [UKA First Aid Essentials in Sport and Active Leisure course](#)

**NB: For Learners entering the Coach Education Pathway (Leader in Running Fitness or Coaching Assistant), this First Aid course will be included within their qualification.**

**Q - How long does the course take to complete?**

**A -** The course is 3 modules in length. Each module takes between 30 – 45 minutes to complete. The coach or Leader can start and leave the course at any time, which means that they can manage completion around their own schedule.

**Q – Is there a test at the end?**

**A -** There is a short multiple-choice knowledge test at the end of each module. There is a requirement to get 70% of answers correct. If the coaches or leaders don't achieve this, then they can have 6 attempts in total at no further charge.

**Q – The coach or leader is having trouble accessing the course.**

**A -** Booking information and trouble-shooting guides are available on our course booking pages. If they still can't access the course, please contact [Learn@britishathletics.org.uk](mailto:Learn@britishathletics.org.uk)

**Q - What if the coaches only coach at a venue where there are always trained First Aiders present?**

A - Immediate First Aid can prevent a bad situation from getting worse. Coaches or leaders are best placed to initiate First Aid immediately while further support is immediately sought from the trained personnel at the venue. This is why it is a requirement under Civil Law and Duty of Care.

**Q - Do they have to do the UK Athletics recommended module?**

A - No, if they have a valid First Aid Training certificate already, or wish to do an alternative course\*, then they can email a copy of the certificate to [Firstaidtrainingcertification@britishathletics.org.uk](mailto:Firstaidtrainingcertification@britishathletics.org.uk) with their name, URN and statement confirming whether they are a category A, B or C coach. Certificates must be for training completed within the last 3 years.

*\*Please refer to section 5.1 of the First Aid Training for leaders and coaches policy, for guidance on determining and selecting suitable courses.*

**Q - Can the coaches or leaders appeal a decision to not accept their existing First Aid Training Certificate?**

A - Coaches and Leaders who wish to dispute a decision, should appeal by email to [safety@britishathletics.org.uk](mailto:safety@britishathletics.org.uk) within 14 days of receiving the decision, stating on what grounds they wish to appeal. The original email, with copies of the original certificate, should be included within the appeal. The Health & Safety Team will review the initial decision, grounds for rejection and your appeal grounds and respond with a final decision within 14 days.

**Q – What about a new coach who has registered for a coaching course on Athletics Hub, that includes First Aid Training, but they already have a valid First Aid qualification. Do they have to do the First Aid module associated with the coaching course?**

A - No they don't have to do the module and can just complete the knowledge test at the end of the modules to validate their knowledge. However, we strongly recommend that all leaders and coaches who have access to the module complete it. Refreshing their knowledge could make a difference to an injured athlete in their care.

**Q – The First Aid Training Module is also available as a standalone resource. Why is this?**

A - For many of the reasons mentioned above and others which can be found by following the link below, UKA feel it is important that the reach of this heavily subsidised course extends beyond leaders and coaches. <https://firstaidforlife.org.uk/first-aid/>

**Q – The UK Athletics First Aid awareness standalone course costs less than others on the market. Why is this?**

A – UKA has a partnership arrangement with a company called Educare, who specialise in online Duty to Care training. UK Athletics bulk purchases places on the course and is therefore able to pass on the savings in course fees to learners. The lower cost does not reflect the material within the course, which is endorsed by Royal Society for the Prevention of Accidents (RoSPA) against industry standards in First Aid training.

**Q – Why do they have to do the UKA Safeguarding Training Module, when there are more options for this requirement?**

A- This is because the UKA Safeguarding Training Module includes examples from the sport which many other courses do not, and it refers to the UK Athletics Policies and Procedures for managing welfare.

**Q – Can clubs buy vouchers for their coaches for this standalone course (please note it is included in the price of Coaching Assistant and LiRF courses)?**

A- Vouchers can be purchased for this course within Athletics Hub on the [voucher page](#).

**Q – We have already purchased course specific vouchers for entry level courses, can they still be redeemed?**

A – Course prices will rise from 1<sup>st</sup> April 2022, so learners using vouchers purchased before this will need to pay the additional £20 by card if they choose to redeem their voucher after 1<sup>st</sup> April 2022.