

# FIRST AID GUIDANCE FOR COACHES AND LEADERS

December 2021



## 1. Introduction

UK Athletics regards First Aid as an essential skill for all Coaches and Leaders and considers that they have a responsibility to maintain their competency in this area. UK Athletics recommends that all Leaders and Coaches undertake an appropriate level of first aid training. This is mandatory for all new Coaches and Leaders entering the qualification pathway and is a condition of the Coach licencing scheme. For Coaches and Leaders who are renewing their license every three years, the requirements are set out in section 3. In category C, Coaches must renew their first aid training when they renew their licence.

## 2. Linked Documents

- First Aid training procedure (see point 4)
- How to select a suitable training provider (point 5)
- Civil Law and Duty of Care
- Equality Impact Assessment (Appendix A)

## 3. First Aid Requirements for Coaches and Leaders

**Category A:** Many clubs, venues or events will have their own emergency First Aiders present and Coaches and Leaders must demonstrate a duty of care for their athletes and participants. In all locations it is mandatory for all new Coaches and Leaders to have a Basic First Aid Training Certificate as a minimum standard. UK Athletics strongly recommends that all existing Coaches and Leaders also have an in-date Basic First Aid Training Certificate as a minimum standard.

**Category B:** Where Coaches and Leaders are delivering athletic activities, and where the athletic activity takes place without a First Aider immediately available, UK Athletics strongly recommends that existing Coaches and Leaders have an in-date First Aid Training Certificate as a minimum standard. We would expect this to be at training locations where the expected response time for help is between 10 and 30 minutes.

**Category C:** Where Coaches and Leaders are delivering athletic activities in remote and hard to access areas, where athletic activity takes place without a First Aider and where help may take a long time to arrive (e.g. fell and country trails), they must have an in-date Outdoor First Aid Training Certificate. The minimum requirement is a two-day course. This is a requirement for the Fell Leadership in Running and Fitness (LIRF) and Fell Coaching in Running and Fitness (CIRF) UK Athletics Coach licence scheme.

## 4. First Aid Training Procedure for Coaches and Leaders

### 4.1 Applying to have First Aid Certificates endorsed by UK Athletics

#### Step one:

The simplest way, for most new and existing Coaches and Leaders, who fall into **Category A**, is to access and complete the **First Aid Essentials in Sport and Active Leisure course**, which can be booked via Athletics Hub. For new Leaders and Coaches this will be part of the course resources and available in MYLearning. On successful completion of this course, the Leader or Coach training status will automatically be updated on UK Athletics' database.

For all other certificates and / or Coaches or Leaders who fall into **Category B or C**, Leaders and Coaches will be required to submit a copy of their First Aid Training Certificate for approval to [Firstaidtrainingcertification@britishathletics.org.uk](mailto:Firstaidtrainingcertification@britishathletics.org.uk).

**Step two: \* only applicable for Category B and/ or C or those wishing to credit prior learning.**

The training certificate and training provider will be mapped against UK Athletics’ requirements for meeting appropriate First Aid Training (and suitable training providers (see Section 5). If successful, the applicant’s record will be updated to reflect this and communicated to the Coach or Leader.

If unsuccessful, this will be communicated to the applicant, within 14 days of submission of the certificate, with reasons why and details of additional training required.

## 4.2 Appeal process

Coaches and Leaders, who wish to appeal the decision, should email [safety@britishathletics.org.uk](mailto:safety@britishathletics.org.uk) within 14 days of receiving the decision, stating the grounds on which they wish to appeal. The original email with copies of the original certificate, should be included within the appeal. The Health & Safety Team at UK Athletics will review the initial decision in line with section 3 of this document, reasons for rejection and appeal evidence and respond with a final decision within 14 days.

## 5. How to select a suitable training provider

The Health and Safety Executive (HSE) has produced guidance on how to select a first aid training provider [on the HSE website](#).

### 5.1 Determining suitable training content

Basic First Aid Training, First Aid Training and Outdoor First Aid Training courses that are accepted by UKA must meet the following criteria and be delivered by an approved training provider using the HSE guidance above. Certificates must be dated within a period of 3 years from the date of licencing, relicencing.

Suitable Training Content	Basic First Aid Training (Category A)	First Aid Training (Category B)	Outdoor First Aid Training (Category C)
The role of the first aider	✓	✓	✓
The need for recording incidents and actions	✓	✓	✓
Use of available equipment	✓	✓	✓
Assess the situation and circumstances in order to act safely, promptly, and effectively in an emergency	✓	✓	✓
Administer cardiopulmonary resuscitation	✓	✓	✓
<b>Administer First Aid to a casualty who:</b>			
Is unconscious (including seizure)	✓	✓	✓

Is choking	✓	✓	✓
Is wounded and bleeding	✓	✓	✓
Is suffering from shock	✓	✓	✓
Has minor injuries (including small cuts, grazes and bruises, minor burns and scalds, small splinters)	✓	✓	✓
Has burns and scalds	✓	✓	✓
Has chest injuries		✓	✓
Has injuries to bones, muscles, and joints, including suspected spinal injuries		✓	✓
Has eye injuries		✓	✓
Has sudden poisoning		✓	✓
Has anaphylactic shock		✓	✓
Recognise the presence of major illness and provide appropriate First Aid (including heart attack, stroke, epilepsy, asthma, diabetes)		✓	✓
Drowning, near drowning and secondary drowning		✓	✓
Cold injuries, e.g. hypothermia and frost nip/bite			✓
Heat injuries, e.g. heat exhaustion, heat stroke, blisters, dehydration			✓
First Aid procedures when working in remote regions (including call for help, methods of evacuation)			✓
Specifics and limitations of administering First Aid in an outdoor environment			✓
Electric shock (particularly from lightning)			✓
Bites and stings (including sheep ticks)			✓

Training content is based on guidelines published by:

- UK Resuscitation Council
- National Institute of Clinical Healthcare Excellence
- Joint Royal College of Ambulances Liaison Committee
- Royal College of Surgeons Faculty of Pre-Hospital Care
- Wilderness Medical Society
- Currently accepted guidance and best practice from advisory bodies and published evidence for the treatment of First Aid in a remote or wilderness context.

UK Athletics will review the course content every two years against the above guidelines.

## 6. First Aid Training and Civil Law

### Civil Law and the Duty of Care

Under common law, voluntary organisations and individual volunteers have a duty of care to each other and others who may be affected by their activities. Where something goes wrong, individuals may, in some cases, sue for damages using the civil law if they are injured as the result of another person's negligence.

But, for a negligence claim to succeed, the injured person must show that the defendant had a duty to take reasonable care towards them, and they have suffered the injury through a breach of that duty. The injured person must also show that the type of loss or injury for which damages are being claimed was a foreseeable result of the breach of the duty.

Liability in individual cases is a matter for the courts, depending on all the circumstances of the case and the actions and standards it is reasonable to expect from each of the parties involved. If the court decides that a particular claim does not have merit, then it will reject it. It can also reduce any damages awarded to reflect the extent of any contributory negligence on the part of the injured person.

## Appendix A

### First Aid Training Equality Impact Assessment

#### Section A

Date of screening	2 <sup>nd</sup> March
Name of person and job title of the person screening	Georgina Williams – Coach Education and Qualifications Lead
What is being screened?	First Aid Training Guidance for Leaders and Coaches

	Yes	No	Notes
Is this a decision being taken to the Board?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Click or tap here to enter text.
Is this a document that provides guidance for employees?	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Click or tap here to enter text.

If the answer to any of these is yes, please go to Section B. If the answer is no, you do not need to complete an EQIA.

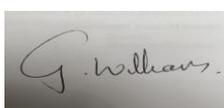
#### Section B

	Yes	No	Notes
Does the decision or policy impact disproportionately on gender and does the policy resolve this? (This can include pregnancy/maternity and marriage/civil partnerships?)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Click or tap here to enter text.
Does the decision or policy impact disproportionately on different age groups?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Click or tap here to enter text.
Does the decision or policy impact disproportionately on people from different ethnic groups?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Click or tap here to enter text.
Does the decision or policy impact disproportionately on people with a disability or disabilities?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Click or tap here to enter text.
Does the decision or policy impact disproportionately on people from different religions, faiths, or beliefs?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Click or tap here to enter text.
Does the decision or policy impact disproportionately on people from different sexual orientations?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Click or tap here to enter text.
Does the decision or policy impact disproportionately on transgendered people?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Click or tap here to enter text.

Does this decision or policy potentially affect the health and safety of the employees or other parties?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Click or tap here to enter text.
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Any other changes to the policy required?	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Click or tap here to enter text.
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Signed:



Name: Georgina Williams

Date: 01/01/2022

## Appendix B

### Document Control

UKA/Document Name	First Aid Guidance for Coaches and Leaders
Version	DRAFT for comment
Document Owner	Development Director
Applicable to	Clubs, Coaches and Leaders
Approved by	
Date approved	
Next review date	

### Changes

Version No.	Date	Amendments
DRAFT for comment	30.4.21	First Issue
FINAL	01.01.22	Certificates - 3 year term