

## UK COVID-19 LOCKDOWN GUIDANCE FOR COACHING AND FIRST AID

### Purpose

This document covers first aid requirements for licensed coaches and orienteering competitions whose First Aid Certificate has expired during the pandemic.

### Introduction

We are all experiencing difficult times as a result of the current Covid-19 pandemic. Firstly, to all our members, stay well, stay safe and remember that things will get better. We all look forward sharing our love of the sport again.

British Orienteering wants to reassure members who may have concerns about licensing, returning to coaching and instructing when the current restrictions are lifted.

We recognise that these are extraordinary circumstances and it is important that you know that British Orienteering will work with each of you to make sure that you can continue to deliver great sessions and competitions. We value your continuing support and we will support you.

Due to the current Covid-19 lock-down in the UK, we have made some temporary changes to what is required to become or remain a licensed coach or be the recognised First Aider at an event.

### Can I do a first aid course?

The answer is still technically 'Yes,' where circumstances allow. Theoretically, a private course could still be run with mitigation measures in place if there was a specific and critical need. The continuing ability to provide essential training such as first aid is seen as a priority by government agencies such as the Health and Safety Executive (HSE).

First aid providers have resumed first aid training and assessment. If your first aid qualification is out of date, it is our advice to book onto a course as soon as possible. Although practical training is recommended to be assessed face to face, British Orienteering supports online refresher training.

However, we are aware that due to periods of lockdown, there remains a backlog or limited availability.

### HSE Guidance

First Aiders should take account of the specific guidance on giving cardiopulmonary resuscitation (CPR) from the [Resuscitation Council UK](#).

If first aiders are unable to access annual refresher training face to face during the coronavirus (COVID-19) pandemic, HSE supports the use of online refresher training to keep their skills up to date.

HSE still strongly recommends that the practical elements of actual FAW, EFAW and requalification courses are delivered face to face, so that competency of the student can be properly assessed.

### First aid certificate extensions

#### **First Aid at Work (FAW) and Emergency First aid at Work (EFAW) certificates requalification**

FAW or EFAW certificates that expired after 16 March 2020 can remain valid until 31 October 2020 or 6 months from date of expiry, whichever is later. All requalification training for these certificates should be completed by 31 March 2021 (*next review date by HSE is 31 March 2021*).

For those with the Outdoor First Aid certificate, British Orienteering will also apply the same timelines outlined above.

### Licensed Coaches

If your First Aid Certificate has expired on or after 16 March 2020, you will be insured to continue to deliver coaching activities until 31 March 2021 **providing** you have completed the Educare online module – see below or similar programme approved by British Orienteering.

### First Aid at Competitions

When the restrictions are lifted and competitions allowed, First Aid certificates that have expired on or after 16 March 2020 will remain valid until 31 March 2021 **providing** you have completed the Educare online module – see below or similar programme approved by British Orienteering.

It is important for clubs to note that when organising an orienteering activity/event, club officials are confident that they can provide appropriate first aid coverage and designated First Aiders work within their most recent level of qualification.

### Educare online First Aid module

British Orienteering is able to provide an online first aid module for British Orienteering licensed coaches whose first aid certificate has expired since 16 March 2020 plus one other member per club, whose first aid expired after 16 March 2020 and has been unable to secure a place on a live course in line with HSE requirements. On completion, this module would only provide an extension to 31 March 2021 subject to further review.

Please note that access to Educare courses will expire on 19 March 2021 and there are limited places available. To secure a place, contact Peter Brooke on [pbrooke@britishorienteering.org.uk](mailto:pbrooke@britishorienteering.org.uk)

### Review

The position is obviously fluid and we will further amend these guidelines as and when required. However, they represent the **minimum** position, licensing requirements will *not* become more onerous when lockdown restrictions ease.

**This document will be reviewed following the next HSE review which is due on 31<sup>st</sup> March 2021.**

### First Aid Practice – Additional Covid Guidance

Here are steps which are needed to ensure the safety of the designated first Aider.

#### **Before the event/ activity**

All participants, officials and volunteers are aware of and agree to abide by the Participant Code of Conduct.

Participants have completed the pre-registration forms, acknowledging that they must not attend if they or a member of their household has Covid-19 symptoms, or if they have been asked to isolate by NHS Test and Trace.

#### **During the event/ activity**

Although all participants should have completed the registration forms and have agreed to the Participant Code of Conduct, First Aiders should take all precautions when treating casualties and assume that they are treating someone who potentially has or can transmit the Coronavirus.

Organisers must ensure there is appropriate First Aid provision at the activity/event – qualified personnel and necessary equipment including Personal Protective Equipment for designated First Aider/s. It is recommended that Level 2 PPE is provided, this includes a fluid repellent surgical mask, disposable gloves and a disposable plastic apron. The additional use of disposable eye protection (such as face visor or goggles) should be risk assessed when there is an anticipated risk of contamination with splashes, droplets of blood or body fluids.

At minimum, designated First Aiders should be provided with disposable gloves and a fluid repellent mask.

When using PPE it is important that First Aiders take care when donning and doffing their equipment and afterwards dispose of PPE properly to prevent possible contamination.

When assessing and treating casualties the risk of transmission should be reduced. If the casualty is alert and for what looks like minor injuries (e.g., minor cuts and grazes), if appropriate assess the casualty without physical contact and support them to self-administer treatment e.g., for a cut, give advice and supply a cleansing solution and a wound dressing for them to apply themselves.

Here are steps to reduce the likelihood of transmission in cases where physical contact (hands on) first aid treatment is necessary:

- Use as few First Aiders as possible when treating a casualty
- If possible, during treatment, keep other 'helpers' 2 meters away from you and the casualty
- Bag and dispose of clinical waste carefully
- To check breathing, do not go close to the face of the casualty to listen/feel for breath but watch chest to see it rising and falling
- If CPR is required, cover the casualty's mouth and nose with a mask/cloth/piece of clothing and do not perform rescue breaths
- In the case a child requiring CPR, 5 rescue breaths should be made first followed by chest compressions and rescue breaths in the ratio 30:2. The decision to carry out rescue breaths will be down to the First Aider as it will increase the risk of transmitting the COVID-19 virus, either to the rescuer or the child. However, this risk is small compared to the risk of taking no action as this will result in certain cardiac arrest and the death of the child.

Here is a [link to St John's Ambulance](#) for further first aid guidance.