

First Aid: Qualifications & Requirements for Coaches and Club Officials



Areas and Environments:

First Aid qualification for both coaching and club activities/events is mainly determined by the nature of the area/environment the activity is planned to be held in. Areas are defined into the following four categories:

- A - Small & enclosed areas such as school or outdoor centre grounds.
- B - "Other" local areas such as parks, small woods or clearly defined small sections of a larger wood.
- C - Training on other areas which are neither complex nor exposed.
- D - Training on more demanding areas.

MINIMUM First Aid Qualification	Areas/Environments
3-hour Emergency First Aid	A, B
1 day Emergency and Basic First Aid	A, B, C
2 days Outdoor Practical First Aid	A, B, C, D

Coaches/club officials should risk assess the nature of the area being used and the speed and ease of access for emergency vehicles to determine the level of First Aid cover/qualification required:

- Grade A, B and accessible parts of a Grade C area = Emergency First Aid 3-hour training
- Grade C larger orienteering club areas = 1 day Emergency First Aid training
- Grade D exposed or more remote areas = 2 days Practical Outdoor First Aid training

Part 1: First Aid Qualifications & Requirements for Coaches

It is the coach's responsibility to maintain an up to date First Aid qualification that is appropriate to the areas and environments they will be working in and the people they work with.

First Aid providers offer courses of different lengths and content such as: 3 hours, Emergency First aid; 1 day, Emergency and Basic First Aid or 2 days Practical First Aid.

It is important to understand the course content and ensure it is suitable in providing First Aid considering the outside nature of Orienteering.

For each coaching activity it is important that the Risk Assessment informs the First Aid cover required.

Part 2: First Aid Qualifications & Requirements for Club Officials/Event Organisers

To ensure proper First Aid cover at events, clubs/event organisers should make decisions on what First Aid cover is required based on the Risk Assessment.

The quality of First Aid cover will depend on the following factors:

1. The level of qualification/s of the first aider/s present,
2. The number of first aiders present and
3. The location of the first aiders

Factors 2 and 3 will determine the speed at which the casualty can receive care (more first aiders spread around the event area will reduce the time taken to arrive to the casualty after an alert).

The table below shows the **MINIMUM** cover required for events:

Medical Cover	Competitor Numbers			
	<150	150-500	501-1000	1001-5000
Qualified* event team volunteer First Aiders	Either 2	Either 2		
First Aiders from CQC registered medical provider	Or 2	Or 2	1 per 150 (minimum 3)	1 per 350 (minimum 4)
Covered First Aid Post at Finish	Optional	Required	Required	Required
Mobile BLS (smaller races only)	Either 1			
Mobile BLS plus AED	Or 1	Either 1	Either 1	
Mobile ALS	Or 1	Or 1	Or 1	Minimum 1
Ambulances and crews	Or 1	Or 1	Or 1	1 per 2500 (minimum 1)
Paramedics (ALS trained)				1 per 2500 (minimum 1)
Doctors (ALS trained)				1 per 2500 (minimum 1)
Nurses				1 per 5000 (minimum 1)
First Aid or Medical Manager				1
Dedicated Medical Control				Required
Beds or cots		Minimum 1	1 per 500 (minimum 1)	1 per 1500 (minimum 1)

*Qualified first aiders based on risk assessment regarding hazards (access, terrain, length of courses, exposure etc).

CQC registered: Care Quality Commission registered First Aid Provider such as St John's Ambulance.

BLS: Person qualified in basic life support.

BLS + AED: Person qualified in basic life support with an automatic external defibrillator and trained in its use.

ALS: Person qualified in advanced life support + equipment.