

SNOWSPORT ENGLAND FIRST AID POLICY FOR INSTRUCTORS, COACHES AND LEADERS

Snowsport England believes that First Aid is an essential skill for all Snowsport Instructors, Coaches and Leaders and that they have a responsibility to maintain a current first aid award to ensure they can look after skiers/snowboarders in their care.

In October 2013, HSE stopped approving first aid training, qualifications and first aid training organisations. This means that it is the customer's duty to ensure that the course content and training provider selected for the purposes of first aid training is appropriate for their specific needs.

Selecting a Suitable First Aid Training Provider – Appendix 1

There are many options open when selecting a first aid course. The first priority should be selecting the most appropriate for your specific needs. As part of this you will also need to undertake a reasonable level of enquiry or investigation into how the provider will deliver the training you require.

Selecting Course Content - Appendix 2.

You will also need to ensure, should you wish to register for a training or assessment course for a Snowsport England Coaching or Leadership Award, that your choice meets the minimum requirement for your training/assessment

As part of Snowsport England's Instructor & Coach Licensing Scheme all coaches need to have the appropriate first aid certificate for the relevant award(s).

Registration for Snowsport England Coaching and Leadership Awards The minimum training contact times for First Aid awards appropriate for coaching or leadership awards, at the point of Licensing, are listed below

UKSS – Ski

Qualification	First Aid Course (minimum duration)
UKSS Level 1 Ski Instructor	3 Hours
UKSS Level 2 Ski Instructor	3 Hours
UKSS Level 3 Coach	3 Hours
UKSS Level 4 Coach	2 Days (Ideally outdoor focussed)

UKSS – Snowboard

Qualification	First Aid Course (minimum duration)
UKSS Level 1 Ski Instructor	3 Hours
UKSS Level 2 Ski Instructor	3 Hours

UKCP (All disciplines)

Qualification	First Aid Course (minimum duration)
UKCP Level 1	3 Hours
UKCP Level 2	2 Days (Ideally outdoor focussed)
UKCP Level 3	2 Days (Ideally outdoor focussed)
UKCP Level 4	2 Days (Ideally outdoor focussed)

Cross Country

Qualification	First Aid Course (minimum duration)
Cross Country Level 1 Instructor On snow	2 Days (Ideally outdoor focussed)
Cross Country Level 2 Instructor On snow	2 Days (Ideally outdoor focussed)
Cross Country Level 3 Coach On snow	2 Days (Ideally outdoor focussed)
Cross Country Level 4 Coach On snow	2 Days (Ideally outdoor focussed)

Roller Ski

Qualification	First Aid Course (minimum duration)
Roller Ski Leader	3 Hours
Roller Ski Level 1 Instructor	1 Day (6 hours)
Roller Ski Level 2 Instructor	1 day (6 hours)

Other Qualifications

Qualification	First Aid Course (minimum duration)
Moguls	Dependant on main qualification
Adaptive Awareness	Dependant on main qualification
Alpine Ski Course Leader	2 Days (Ideally outdoor focussed)

Ongoing Needs Assessment

Following assessment or the attainment of a specific award, it is the responsibility of Snowsport England coaches/leaders and/or their deployer to evaluate their likely work and the type of situations that they can reasonably expect to encounter and to maintain current appropriate first aid training. Influencing factors such as remoteness, facilities to hand, other trained first aid provision available, etc. will need to be considered. As part of this process, it is important to consider:

- The training course content;
- Course length;
- Competence of the training provider.

Snowsport England Coach Update

Holding a valid first aid award is a requirement of the Snowsport England Coach Licensing Scheme; Coaches who meet these requirements are recognised as being active and up to date. To maintain Snowsport England Coach Licensing status, coaches are required to have their first aid uploaded to their membership profile on Snowsport England's CRM system.

Appendix 1 – Selecting a Suitable First Aid Training Provider

With an ever-increasing range of First Aid Providers, it is important that Coaches and Leaders select a reputable provider. Snowsport England recommends that Coaches and Leaders first consider specialist outdoor first aid training delivered by:

- Organisations that can provide evidence that they meet the criteria set by HSE . See HSE guidance on selecting a first aid training provider
- Organisations who choose to offer first aid qualifications regulated by Ofqual, the SQA or the Welsh Government (e.g. BASP).

If your needs assessment hasn't identified specific outdoor training is necessary, coaches/leaders may also consider one of the Voluntary Aid Societies offering first aid training (St. John Ambulance, British Red Cross and St. Andrew's First Aid).

Appendix 2 – Selecting Course Content

When selecting First Aid training, it is important to ensure the course prepares you for:

First Aid providers typically deliver courses that follow the First Aid at Work (FAW) or Emergency First Aid at Work (EFAW) syllabi. HSE advise that where the qualification is neither FAW nor EFAW (or the training contains additional elements), the certificate should provide an outline of the topics covered or the additional elements. This may be on the reverse of the certificate or as an appendix.

Content	FAW	EFAW
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	✓	✓
Administer first aid to a casualty who:		
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 injuries to bones, muscles and joints, including suspected spinal injuries	✓	
Has chest injuries	✓	
Has burns and scalds	✓	
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	✓	

Other content that you may consider:

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		

Course Length

The appropriate level of first aid training needs to match the environment/s in which the coach or leader is likely to operate in. If response times from emergency services is likely to be over 15 minutes, a two-day qualification is needed to ensure that the coach is able to provide extended periods of casualty care if necessary.

This is why qualifications that can take place in an Open Environment require a 2 day outdoor course.

Exemptions

Snowsport England will consider First Aid exemptions in the following cases:

1. Medical Doctors registered with General Medical Council
2. Paramedics
3. Registered Nurses who are on the Single Professional Register maintained by UK Central Council of Nursing, midwifery and Health Visiting.
4. Serving military personnel, police officers, fire brigade, other ambulance personnel, and physiotherapists

Snowsport England will only except an application for First Aid exemption if there is evidence that the qualification the applicant holds and practices can be carried out in an environment other than their normal place of work especially that it can be applied in an outdoor environment.

If you fall into these criteria then Snowsport England will only recognise it if the below Declaration form is filled in.



First Aid Exemption Declaration Form

I, _____ can confirm that _____ is competent and qualified to carry out First Aid as a qualified Snowsport Instructor/coach, in the appropriate environment as is consistent with their award (please refer to APPENDIX 2) , which is not in their usual place of work.

(please list any relevant training and qualifications and enclose any relevant certificates)

Declaration Made by:

Name: _____

Position: _____

Organisation Address: _____

Contact Tel No: _____

Email: _____

Declaration Made for: (applicant details)

Name: _____

SSE Membership Number: _____