

SNOWSPORT ENGLAND FIRST AID POLICY FOR INSTRUCTORS, COACHES AND LEADERS

2022/23 update

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.

As a Snowsport Coach you may find yourself in the position of responsibility as a first responder in an emergency situation in the alpine environment this is why some awards require more training than others.

All face-to-face¹ delivery that meets the below criteria is valid until your First Aid Certificate expiry date (usually 3 years from the date of your training). To maintain licenced status Instructors, Coaches and Leaders will need to refresh their first aid training. Guidance on what is accepted and how long it refreshes is below. If unsure, please contact the team 01509 232323 or email coaching@snowsportengland.org.uk

Please Note: There may be differences in the level of First Aid course required for licencing compared to what is required for employment / deployment so check what you need for both of these first.

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 Sport80 system.

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.

¹ – Face to Face may include a blended learning program with at least 6 hours face to face

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 take longer due to the location you are in, 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.

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). The minimum training contact times for First Aid awards appropriate for coaching or leadership awards, at the point of Licensing, are listed below. Also listed are ways we accept of refreshing your awards.

Environment of Award	First Aid Course Initial training Face to Face	Accepted Refreshers and length of refresher
Closed environment (Artificial Slopes and venues for Roller Skiing)	3 Hours	Face to face – 3 years Online option (see below) – 1 year
Open Environment (mountains, outdoor on snow)	2 Days / 12 hours (Ideally outdoor focussed)	Face to face – 3 years

Refreshing your First Aid award

For instructors and coaches who operate in a closed environment and have already completed the relevant face to face first aid they can either refresh face to face for 3 years or access approved e-learning refresher courses to refresh their First Aid award.

The eLearning courses are annual refreshers, so they only refresh for 12 months.

The online courses we recognise is:

World Class Training - Online Module - As members of Snowsport England we are pleased to let you know you qualify for a 15% discount on the Online First Aid CPD – simply use the code ssecpd21 The online CPD First module can be used to refresh your first aid certificate for 12 months, but it can be used for prior learning (with World Class Training) when a full qualification is required providing it is used within 3 months of online completion. Contact info@worldclasstraining.co.uk for more details

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		

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 accept 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: _____