

Outdoor First Aid Courses During The Covid-19 Pandemic - Operating procedures, Gritstone Adventure Activities Ltd

Dear Customers,

Please read this document carefully. This document outlines the measures we have taken to be able to run first aid courses in 2020, doing so as safely as possible and within government guidelines. Our courses are also being delivered using guidelines set by the HSE, The First Aid Awarding Organisation Forum (FAAOF) and our first aid governing body ITC First. Courses during 2020 will be heavily adapted and may be very different to what you are used to. The key consideration for my business when running first aid courses are:

- Safety of customers
- Safety of other people who may use the training venue
- Minimising the transmission of Covid-19
- Quality of training
- Opportunities for proper assessment of first aid practices

Why should the course run?

The legislation requiring employers to have appropriate first aid cover for business has not changed.

- a) Businesses still have to comply with the law, have sufficient first aid cover and a first aid needs assessment.
- b) Organisations and individuals still have a duty of care to those in their care.

The responsibilities of Gritstone Adventure Activities Ltd - what we will do:

Pre course:

You will be sent a Covid-19 questionnaire before the course where you will detail if you have had any Covid-19 symptoms and if you have been in contact with anyone suffering from Covid-19 symptoms. If you answer yes to any of these questions you will not be allowed to attend the course but you will not lose your course fee.

Course Induction (on the day):

On arrival at the course, learners will be screened for COVID-19 symptoms, which are a high temperature/fever, a new continuous cough, and taste/smell loss. I will simultaneously check that the learner/s are not in a situation where they should be self-isolating (such as a family member exhibiting symptoms, recently visited a high risk area, etc.). Candidates will complete a declaration to confirm these checks at the start of the course.

Procedural Step or Activity	Mitigation Measures and/or Adjustments
Venue suitability	Pre-course screening ensuring that there is/are: a) Adequate space to support 2m distance (theory and practical sessions) b) Adequate hand washing facilities
Learner suitability	Pre-course learner screening to prevent symptomatic individuals from starting or completing the course. Pre-course information including learner screening and expectations of the learner. Registration Declaration to acknowledge risk and commitment to follow on-course mitigation measures.
Pre-course safety Overview	Course safety equipment demonstration covering: Theory session/s a) Ensure the availability of alcohol hand gels/sanitiser/wipes for use on hands (and equipment) or suitable alternatives. b) Advise learners that if they need to cough and/or sneeze that they should do so into a disposable tissue (which should then be immediately disposed of) or the bend of the elbow. c) Explain to learners not to touch their face, unless they have just washed or sanitised their hands. d) Learners and staff maintaining their distance (2m/6ft) between each other at all times and where close contact is unavoidable face coverings must be used. e) Ensuring that learners follow these essential measures. Where learners are not following the rules the trainer has the ability to remove people or stop course. Practical session/s As above, plus the following manikin hygiene procedures a) Frequently replaced lungs, airways and valves. b) Alcohol/sanitising wipes to be used to sanitise manikins between Learners. c) Santising wipes/gels to be used on hands (including gloved hands) prior to and following any physical touching of another person. d) Face coverings to be used by learners and trainers during any sessions, which involve close physical contact. Trainer Assurance – verbal undertaking that all measures will be followed and enforced after explanation
Typical Sessions	<i>Mitigation measures above will be adopted for the entirety of the course. In the majority of cases this will allow normal assessment as per the associated A4 Assessment Guidance document, however in certain circumstances adaptation may be required and these are stated below.</i>

Vital signs Accident Procedure (Primary Survey)	Vital signs taken on self or using manikin (adult, baby or child) May occur as per A4 Assessment Guidance, provided ' Practical Session/s ' guidance above is followed OR Learners can use a manikin in place of another learner as a simulated casualty, which allows peer review as learner/observer can provide student feedback
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Secondary Survey	May occur as per A4 Assessment Guidance, provided ' Practical Session/s ' guidance above is followed OR Learners can use a manikin (perhaps 'full body' manikin) in place of another learner, which allows peer review as learner/observer can provide student feedback.
Safe Airway	May occur as per A4 Assessment Guidance, provided ' Practical
Position/Recovery Position	Session/s ' guidance above is followed.
Seizure	Typical seizure practical assessment can be adapted to be recognised and managed with 2m separation i.e. Learner can monitor and time from 2m distance
Casualty Card	May occur as per A4 Assessment Guidance, provided ' Practical Session/s ' guidance above is followed.
Insulate & Shelter	May occur as per A4 Assessment Guidance, provided ' Practical Session/s ' guidance above is followed.
CPR & AED	Each Learner will have their own CPR mannequin for the course duration. Mannequins will be disinfected before the course and before individual use. Lungs will be replaced before each course. Learners will not share mannequins.
Choking	May occur as per A4 Assessment Guidance, provided ' Practical Session/s ' guidance above is followed OR Learners may demonstrate using a manikin.
Minor Injury	Learners may manage a simulated minor injury to themselves.
Bleeding	May occur as per A4 Assessment Guidance, provided ' Practical Session/s ' guidance above is followed. Individual wound dressings issued to learners, which should not be shared. OR Learners may apply a wound dressing on themselves.
Shock	May occur as per A4 Assessment Guidance, provided ' Practical Session/s ' guidance above is followed.
Injury	May occur as per A4 Assessment Guidance, provided ' Practical Session/s ' guidance above is followed.
Burns	May occur as per A4 Assessment Guidance, provided ' Practical Session/s ' guidance above is followed.
Illness	May occur as per A4 Assessment Guidance, provided ' Practical Session/s ' guidance above is followed OR Learners may place themselves in appropriate Conscious Casualty Positions when provided with signs and symptoms (similar to shock assessment)
Neck/Spinal Injury	May occur as per A4 Assessment Guidance, provided ' Practical Session/s ' guidance above is followed OR The Learner can demonstrate how they would support a head using Manual In-Line Stabilisation (MILS) on a manikin. The Learner should articulate how they would place a casualty into the spinal recovery position and demonstrate this by placing themselves into that position.
Incidents/Outdoor Scenarios	May occur as per A4 Assessment Guidance, provided ' Practical Session/s ' guidance above is followed.
Post Course	
Equipment/resources	Clean all manikins using Anti-surfactant wipes (e.g. Trionic

	wipes) or Soap & Water and replace lungs Wash cotton riangular bandages
Evaluation	All learners complete online evaluation form, sent by ITC WebOffice to confirm and/or provide feedback that appropriate mitigation measures were in place during their course. Email address required on ITC website for this to occur.
Learner Follow-up (Track & Trace)	Contact details gathered during screening/registration process.

With high levels of virus in the community and without mitigation measures it may be unacceptable to deliver training. At lower levels of virus in the community, for a risk-assessed venue, informed consent, with pre-course screening procedure for vulnerable individuals in place, with COVID-19 transmission reduction measures in place and with a track & trace capability the risks become acceptable.

Useful Links:

1. UK Government Guidance <https://www.gov.uk/government/collections/coronavirus-covid-19-list-of-guidance>
2. FAQP FAAOF Covid social distancing guidance joint statement https://www.itcfirst.org.uk/cdl/122a/FAQP_-_FAAOF_Joint_Statement_FA_Training_-_COVID19_-_June_2020.pdf
3. HSE Workplace Guidance <https://www.hse.gov.uk/news/coronavirus.htm>
4. HSE First Aid Cover Guidance <https://www.hse.gov.uk/news/first-aid-certificate-coronavirus.htm>
5. Resuscitation Council UK Guidance for teaching CPR <https://www.resus.org.uk/media/statements/resuscitation-council-uk-statementon-covid-19-coronavirus-cpr-and-resuscitation/covid-training/>
6. FAAOF Delivery Standards <http://www.firstaidqualifications.org.uk/wp-content/uploads/2019/10/Delivery-Standards-for-Regulated-First-Aid-Qualifications.pdf>

