



**training** expertise

# COVID-19: Changes to First Aid Training Courses

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5<sup>th</sup> November 2020

With effect from 5<sup>th</sup> November 2020 the government has implemented new lockdown restrictions to curb the spread of Covid-19. The guidance can be read in full [here](#).

In brief, these guidelines outline that public and private venues may remain open for the purpose of 'education and training'. So our first aid training courses can continue to run during the November lockdown period, providing they continue to operate in a Covid safe manner.

**Most importantly we must recognise that the situation is continually evolving and we will need to adapt our training as things continue to change.** I summarise our adaptations as follows:

## Requirements in order to run or attend the course

- **Symptoms** - First and foremost; all participants must be and should declare that they are symptom free (new persistent cough, high temperature, loss or change to sense of smell or taste) and haven't been in contact with anyone within the past 14 days with anyone who has become infected. Course attendance is at the trainer's discretion
- **Overseas Travel** – Please note that anyone who has travelled overseas to a country that is not on the 'exempt' list, and is therefore required to quarantine for 14 days following their return, should not attend the course
- **Vulnerable Groups** - participants take part in the course at their own risk, as we cannot to absolutely guarantee to remove all risk of infection from COVID-19. We therefore recommend that for the moment at least, anyone who falls within a vulnerable or shielding group does not attend
- **Outdoor Courses** - The more outdoor based a course can be the better and are more preferable than indoors
- **Venues** - If outdoors isn't possible, indoor space should be large enough to allow people to maintain 2 metres distance as much as possible
- **Numbers** - We have changed our maximum number of trainees from 12 people to 8 per course (subject to the size of the training venue)
- **Room Layout** – Our private clients should ensure that the venue & layout of the room allows for adequate distancing
- **Following Up** - Training Expertise should be advised if any participants become unwell within 14 days following the course
- **'Rule of Six** - In case of any concerns, please note that 'training' is an activity that is exempt from the current 6 person limit, which applies mainly to 'social settings'
- **Equipment** – We request that course participants on all of our courses bring along their own **face covering** and **alcohol gel hand-sanitizer**.



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## How do we keep our trainers and clients safe during the course?

- **Social Distancing** - It must be recognised that this is a practical first aid course and it will simply not be possible for all participants to be able to stay 2 metres away from each other at all times. BUT the time that participants might be closer than 2 metres will be kept at an absolute minimum. We request that the delegates respect this during the breaks.
- **Symptoms** – We recognise that whilst it is possible to spread Covid-19 without displaying symptoms, anyone displaying symptoms, or who has been in contact with anyone displaying symptoms (or has had a positive test) should not attend the course. Course attendance is at the trainer's discretion
- **Face Coverings** - After careful consideration we now request that participants wear face coverings when they are moving around on the course and where it is not possible to maintain 2 metres (such as when undertaking close proximity scenarios). When participants are seated they will not need to wear face coverings. But we will not prohibit the wearing of masks if the participant chooses to do so for the whole course. Please note that some public venues such as village halls require masks at all times, so please check your course material!
- **Buddy System** - the trainer will allocate a buddy system for any 'pairs' work. This will not change for the duration of the course. This limits contact to 1:1 where necessary, rather than mixing all participants.
- **Hand Hygiene** - We will ensure easy accessible hand washing. Water, basic soap and a good technique (!) is all that is required needed. Alcohol gel will be available following handwashing as well. But please can all course participants bring along their own alcohol gel hand-sanitizer as well.
- **Manikin** - We will provide one manikin for each buddy pair

## Changes to what we deliver?

- **Additional Topic** – 'Hand and General Hygiene'
- **Extended Topic** – '(D) Danger': assessing the danger. What is a greater risk to yourself and the casualty? Does the immediate danger outweigh the danger of contracting Covid-19 / other infectious diseases
- **Extended Topic** – 'First Aid Kits / PPE': consideration and discussion around any changes to recommended first aid kits and any additional PPE
- **Amended Topic** - 'Compression Only CPR'. We recognise that 'best practice' for CPR still includes the use of 'Rescue Breaths, but the Resus Council have altered their guidelines during the pandemic to leave out the requirement for rescue breaths within CPR procedures, to minimise Covid-19 transfer. We will therefore demonstrate & assess compression only CPR, as well as demonstrating rescue breaths. We will also discuss the limitations of carrying out 'Compression Only CPR'

Please remember that Training Expertise should be advised if any attendee becomes unwell within 14 days after the course.

As per the current NHS 'test and trace' service, if anyone tests positive for coronavirus, they must share information promptly about their recent contacts, in order that the NHS may alert other people who may need to self-isolate. In this scenario we may be obliged to share contact details of people on the course.