

## FIRST AID -COURSES & EQUIPMENT

### *INTRODUCTION*

Sport Brighton is keen to encourage all members of Clubs to have some form of basic First Aid training. It is HIGHLY recommended that Club Captains, key Committee Members, Activity Leaders, Trip Leaders, Coaches/ Instructors or any person who is seen to hold a “Duty of Care” to other Club members, should undertake some form of current and valid First Aid Training, unless they already hold a current valid First Aid qualification. Names of First Aiders and copies of their Qualifications should be submitted to the Sports Office so that Sport Brighton can keep a register of all First Aid trained person’s within its Clubs. Details of

First Aiders will also be required on Trip Registration Forms.

For all Outdoor Activity and Outdoor Water Activity Clubs, Sport Brighton would like to see these clubs taking a proactive attitude to this issue. Clubs identified as High Risk should be adhering to the Activity Safety Code by ensuring any nominated safety members have undertaken some form of First Aid training.

For Clubs, who participate in activities at registered premises, sites or centres where First Aid cover is provided e.g. Badminton, Netball then this would not apply. However if the Club operates its activities where there is no parent First Aid cover e.g. the Windsurfing Club operating from a beach, or the Canoe Club canoeing on a River then this would very much apply. This also applies if any Club goes away to a new location or goes on an organised trip/ event where there is no apparent First Aid cover. Clubs should endeavour to do all that is reasonably practicable to ensure that suitable First Aid cover, equipment and/ or facilities are available at all times.

### *COURSES*

To ensure the Clubs have sufficient First Aider’s Sport Brighton will be organising a series of courses at the start of the academic year.

Due to the transitional nature of Clubs, Club Committees should anticipate changes in membership and endeavour to ensure that sufficient and appropriate individuals are selected to undertake the courses. Clubs should endeavour to ensure that any persons selected are worthy and will prove of benefit to the Club in the future. All First Aid courses offered will be subsidised by Sport Brighton. It is recommended that the rest of the cost be divided equally between the individual and their club. The courses have a limited number of places and will be offered on a first come first served basis. Priority for places on courses will always be given to University of Brighton students. If there are any spare places then external members to clubs or the University would be more than welcome to attend. However they would not get any subsidy and would therefore have to pay the full course fee. To enrol on a course or for further information call into the Sport Brighton Office. You will be able to find out what courses are available, when they are running and how you can book yourself onto a course that suits your needs.

### *SPECIALIST FIRST AID COURSES*

Some National Governing Bodies/ Organisations run specialist First Aid courses specifically for the needs of an individual sport/ activity. If you or your Club are aware of one of these courses and would like or need to organise one for members of your Club please contact the Sports Development Manager with any details and a rough idea of any costs.

### *FIRST AID KITS/ EQUIPMENT*

Many Clubs in undertaking their regular activities will operate out of recognised establishments e.g. University facilities where First Aid cover and appropriate equipment should be provided. If this is not the case and there is no parent First Aid cover or appropriate equipment, then Sport Brighton will provide clubs with First Aid kits suitable to your Clubs activities. All First Aid kits will be provided on a loan basis, which will have to be signed in and out every time Clubs use them. Kits and equipment to re-stock kits can be obtained by contacting the Sports Club Co-Ordinator. It is “good practice” to ensure that First Aid kits are kept up to date at all times, if any equipment is used make sure it is replaced and the Kit fully restocked.

For many of the Outdoor Activity and Outdoor Water Activity type Clubs basic First Aid equipment may not be appropriate. However Sport Brighton will provide more comprehensive or specialist equipment in line with NGB guidelines where necessary. If you have any queries or requirements regarding First Aid please contact the Sports Development Manager.

**COURSES WILL BE ADVERTISED THROUGH THE UNIVERSITY. ANY QUERIES REGARDING THESE COURSES SHOULD BE DIRECTED TO THE SPORTS PARTICIPATION & EXPERIENCE MANAGER.**