

A Learner's guide to the
**QNUK Level 3 Award in Emergency
First Aid for Sport (RQF)**

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Introduction

This qualification specification outlines key information required by learners to ensure they are able to make an informed decision in regard to the qualifications they are undertaking.

Qualification purpose

This qualification is aimed those undertaking the role of a first aider in a sports environment. Those undertaking this qualification are often sports coaches and PE teachers.

The qualification exceeds the requirements for Emergency First Aid at Work as outlined in the Health and Safety (First Aid) Regulations 1981 and the Health and Safety (First Aid) Regulations (Northern Ireland) 1982.

Qualification objective

This qualification has the purpose of supporting a role in the workplace.

Qualification structure

Qualification accreditation number	603/2899/X
Qualification level	3
Guided learning hours (GLH)	8
Total Qualification Time (TQT)	9
Credit value	1
Validity	3 years

Pre-requisites

This qualification is aimed at those over 16 who are able to undertake the responsibilities associated with being an emergency first aider.

Learners between 14-16 years can undertake the qualification, however they should not be relied upon by employers to be a sole emergency first aider.

Due to the language of the assessment, it is recommended that learners have sufficient command of the English language in order to understand the assessment and to undertake the recommended assessment methods.

Attendees will be required to demonstrate First Aid procedures as they would in a real environment. This includes providing CPR to a casualty who is on the floor, therefore be physically capable of doing so.

There are no other pre-requisites for this qualification.

Delivery requirements

This qualification is typically delivered in a face-to-face format over a one-day period.

Learners should complete the qualification within 4 weeks.

Trainer to learner ratio

The maximum Trainer to learner ratio for this qualification is 1:12.

Optional and additional units

Learners who successfully complete this qualification will also have met the assessment criteria for the QNUK Level 3 Award in Emergency First Aid at Work (RQF) and certification can be claimed at the normal learner registration fee.

Blended learning

Blended learning is acceptable for this qualification. Blended learning options will include suitable controls to ensure learners undertake all elements.

No more than one third of the guided learning hours can be taken as blended learning.

All assessments must be undertaken in a moderated environment with the learner and moderator present.

Units of assessment

This qualification has two mandatory units

Unit one title	Emergency first aid in a sports context
Unit one reference number	Y/616/8577
Level	3
Credit	1
Guided learning hours	8
Status	Mandatory

Details on the knowledge and understanding which will be assessed can be found in Appendix 1 and 2 of this document.

Assessment methods

Learners are assessed for this qualification using the following methods:

- Multiple choice question paper
- Practical observation

The multiple choice assessment will take place under examination conditions; i.e. learners will sit at least 1.25 metres apart and will not be allowed to confer during the examination. No books, including dictionaries, will be permitted during the examination.

Multiple choice question paper

Each learner will be assessed for this qualification by the completion of a multiple choice examination paper.

Example questions can be found in Appendix 3 of this document

Method	Multiple choice examination
Language of assessment	English
Grading	Pass/Fail
Pass mark	70% (17/24)
Duration	35 minutes

Practical observation

Each learner will be assessed for this qualification by the completion of a number of practical assessments

Method	Practical observation
Language of assessment	English
Grading	Pass/Fail
Pass mark	100%
Duration	As required

Reasonable adjustments

All learners are required to complete the assessment criteria in a manner appropriate to the purpose of the qualification.

For this qualification learners must be able to perform relevant practical tasks on the floor during the summative assessment.

The prescribed assessment methods for this qualification should not unfairly disadvantage learners, who would otherwise be able to demonstrate competence in the assessment criteria and in line with the purpose of the qualification.

If you feel the assessment methods above would disadvantage you, please contact your centre to discuss reasonable adjustment.

Results

Once learners have completed their assessment, the centre is required to submit their results to Qualifications Network for moderation within 10 working days of the date of assessment. We will issue verified results and appropriate certification to the approved centre within 7 working days of receiving those results. Results and/or certificates will then be forwarded to learners by the Centre. Learners should expect to receive all results within 20 working days of the date they take the assessment. If they have not received them within 25 working days, they should contact their centre in the first instance.

Progression routes

Learners undertaking this qualification may wish to progress to the following qualifications:

- QNUK Level 3 Award in First Aid at Work (RQF)
- QNUK Level 3 Award in Responding to Incidents with an AED (RQF)
- QNUK Level 3 Award in Safeguarding and Protecting Children and Young People (RQF)

Acceptable forms of I.D.

All learners must provide suitable identification documentation (I.D.) prior to being allowed to take an assessment for this qualification. This is a regulatory requirement. Centres must ensure that all I.D. is checked and the I.D. type noted on the Cohort Register.

Learners who do not have an acceptable form of I.D. will not be allowed to take the assessment.

The list below outlines acceptable forms of identification for learners undertaking a regulated qualification with Qualifications Network.

Ideally learners should provide at least 1 form of photo I.D. If photo I.D is not available, 2 forms of non-photographic I.D can be accepted.

Acceptable forms of photographic I.D (1 required) are:

- Signed UK Photo card driving licence
- Signed passport (any nationality)
- Valid EU Photo identity card
- SIA security licence (with photo)
- Current and valid warrant card issued by HM forces or Police
- Current and valid Prison service card (with photo)
- Proof of age card
- Employee photo identification card
- Student photo identification card for a recognised educational establishment
- Firearms licence (with photo)

Acceptable forms of non-photographic I.D (2 required) are:

- Current driving licence – paper version
- Birth certificate
- Marriage/civil partnership certificate
- Mortgage statement (issued within past 12 months)
- Bank or building society statement (issued within last 3 months)
- Bank or building society account opening confirmation letter (issued within last 3 months)
- Credit card statement (issued within last 3 months)
- Pension or endowment financial statement (issued within last 12 months)
- P45 or P60 statement (issued within last 12 months)
- Council tax statement (issued within last 12 months)
- Valid work permit or visa issue by UK government
- Utility bill – excluding mobile phone bill (issued within last 3 months)
- Benefit statement e.g. child benefit, pension (issued within last 3 months)

Appendix 1 Learning Outcomes and Assessment Criteria

Unit 1 Emergency first aid in a sports context

The follow details the learning outcomes for this qualification and the assessment criteria referred to within the assessment and used to determine if a learner has met a learning outcome. Further details of how learning outcomes and assessment criteria are covered is included in Appendix 2 Unit 1 Indicative Content.

		Assessment Method		
		MCQ	Obs	
1	Understand the role and responsibilities of a first aider; in relation to:			
	1.1	the role and responsibilities of a first aider in a sports environment	✓	
	1.2	how to minimise the risk of infection to self and others	✓	
	1.3	the need for consent to provide First Aid	✓	
	1.4	how a sport first aider can safeguard children and others at risk while administering First Aid	✓	
	1.5	how to assess a casualty to inform return to play decisions	✓	
2	Be able to assess an incident; in relation to:			
	2.1	conducting a scene survey		✓
	2.2	conducting a primary survey of a casualty		✓
	2.3	removing personal equipment from a casualty when required		✓
	2.4	summoning appropriate assistance when necessary		✓
3	Be able to provide First Aid to an unresponsive casualty who is not breathing normally; in relation to:			
	3.1	when to administer Cardio-Pulmonary Resuscitation (CPR)		✓
	3.2	demonstrating CPR using a manikin		✓
	3.3	the modifications of CPR in relation to: <ul style="list-style-type: none"> • A Child • Drowning 	✓	
4	Be able to provide First Aid to an unresponsive casualty who is breathing normally, in relation to:			
	4.1	when to place a casualty into the recovery position		✓
	4.2	how to place a casualty into the recovery position		✓
	4.3	how to administer First Aid to a casualty who is experiencing a seizure	✓	
5	Be able to provide First Aid to a casualty who is choking; in relation to:			
	5.1	when choking is: <ul style="list-style-type: none"> • mild • severe 		✓
	5.2	demonstrating how to administer First Aid to a casualty who is choking		✓

6	Know how to provide First Aid to a casualty who is wounded or bleeding; in relation to:		
6.1	how to administer First Aid to a casualty with a minor wound	✓	
6.2	how to administer First Aid to a casualty with minor burns and scalds	✓	
6.3	the severity of external bleeding		✓
6.4	demonstrating the control of external bleeding		✓
7	Know how to provide First Aid to a casualty who is in shock; in relation to:		
7.1	recognising a casualty who is suffering from shock	✓	
7.2	how to administer First Aid to a casualty who is suffering from shock	✓	
8	Be able to provide First Aid to a casualty with suspected injuries to bones, joints and muscles; in relation to:		
8.1	recognising suspected: <ul style="list-style-type: none"> fractures and dislocations sprains and strains 	✓	
8.2	how to administer First Aid for: <ul style="list-style-type: none"> fractures and dislocations sprains and strains 	✓	
8.3	demonstrating how to support a casualty with a suspected spinal injury		✓
9	Know how to provide First Aid to a casualty with a head injury; in relation to:		
9.1	recognising a head injury that is: <ul style="list-style-type: none"> mild severe 	✓	
9.2	how to administer First Aid to a casualty with a suspected head injury	✓	

Appendix 2 Indicative Content

Unit 1 Emergency first aid in a sports context

1.1	The role and responsibilities of a first aider in a sports environment
	The learner will know the main responsibilities of the first aider, to include managing hazards, prioritising casualties, identifying possible injuries, identifying appropriate First Aid equipment, knowing how to use First Aid equipment found in the sports environment, knowing the principles of effective casualty communication.
1.2	How to minimise the risk of infection to self and others
	Learners to be aware of how to minimise the risk of infection, including the importance of handwashing, using sterile equipment, using equipment correctly and the correct disposal of used, disposable First Aid equipment.
1.3	The need for consent to provide First Aid
	Learners should know why they need consent and when it should be obtained.
1.4	How a sport first aider can safeguard children and others at risk while administering First Aid
	Learners should understand the importance of following best practice when providing First Aid to a young or vulnerable person. To include the use of same gender first aiders if available, providing First Aid in the presence of a parent or guardian if possible and the young person agrees. Understand that some safeguarding controls create safeguarding risks, for example treating the person in front of others where this may be inappropriate for the casualty and their condition. Understand that physical contact with a casualty may be required to provide First Aid treatment.
1.5	How to assess a casualty to inform return to play decisions
	Learners should understand the criteria of the acronym SALTAPS and how it informs return to play decisions. Learners should also understand local NGB policies for suspected head injuries in relation to return to play decisions.
2.1	Conducting a scene survey
	Learners should be able to demonstrate an awareness of the environment, other hazards, bystanders and available first aid equipment when dealing with a simulated incident.
2.2	Conducting a primary survey of a casualty
	Learners can conduct a primary survey of a casualty, to include: dangers, response, open airway and breathing check when dealing with a simulated incident.
2.3	Removing personal equipment from a casualty when required
	Learners should be able to demonstrate the safe removal of personal equipment from a casualty when required. Equipment may include helmets, mouth guards, knee, shin, shoulder and elbow pads.
2.4	Summoning appropriate assistance when necessary
	Learners to demonstrate the summoning of appropriate assistance. The type of assistance required will be dependent on the incident. The appropriate time should be in line with current best practice.
3.1	When to administer Cardio-Pulmonary Resuscitation (CPR)
	Learners know how to differentiate between casualties who require resuscitation and when they should be placed into a recovery position.

3.2	Demonstrating CPR using a manikin
	The learner will demonstrate basic adult CPR in accordance with current Resuscitation Council (UK) guidelines. Learners should be able to demonstrate the correct protocol regardless of whether help is available or not.
3.3	The modifications of CPR in relation to:
	<ul style="list-style-type: none"> • A Child • Drowning
	Learners should know how the adult CPR protocol is adapted where the casualty is a child or where the first aider has a responsibility for those around water and needs to provide CPR to a drowned adult casualty. Protocols should be in line with the 2015 Resuscitation Council (UK) guidelines.
4.1	When to place a casualty into the recovery position
	Learners know how to differentiate between casualties who require resuscitation and when they should be placed into a recovery position.
4.2	How to place a casualty into the recovery position
	The learner can demonstrate the recovery position, as outlined in the 2015 Resuscitation Council (UK) guidelines.
4.3	How to administer First Aid to a casualty who is experiencing a seizure
	Learners will know the actions to undertake while a casualty is in seizure. The management of the casualty once the seizure has stopped and the recommended times to call the emergency services. Learners should also understand that seizure may be a sign of cardiac arrest.
5.1	When choking is:
	<ul style="list-style-type: none"> • Mild • Severe
	Learners will be able to differentiate between a mild and a severe obstruction of the airway. They will be able to recognise the common signs of each.
5.2	Demonstrating how to administer First Aid to a casualty who is choking
	Learners will be able to demonstrate the correct protocols for a casualty who is choking with a mild or severe obstruction of the airway. The protocol used should be appropriate to the casualty and the severity of their simulated choking. The protocol should be in line with the 2015 Resuscitation Council (UK) guidelines.
6.1	How to administer First Aid to a casualty with a minor wound
	Learners will know how to deal with minor wounds. Wounds to include small cuts, grazes, bruises and small splinters. Treatment should be in line with current First Aid practice.
6.2	How to administer First Aid to a casualty with minor burns and scalds
	Learners will know how to deal with minor burns. Treatment should be in line with current first aid practice.
6.3	The severity of external bleeding
	Learners will be able to identify the characteristics of capillary, venous and arterial bleeding.
6.4	Demonstrating the control of external bleeding
	Learners will be able to demonstrate the management of a casualty with a bleed. To include dressing common wounds including to the head, arm, hand or leg.

7.1 Recognising a casualty who is suffering from shock

Learners will be able to recognise the common recognition features of a casualty in hypovolaemic shock

7.2 How to administer First Aid to a casualty who is suffering from shock

Learners will know the recommended First Aid treatment for a casualty in hypovolaemic shock. To include: position, keep warm, nil by mouth, moisten lips, reassurance and refer to the emergency services.

Recognising suspected:

- 8.1
- Fractures and dislocations
 - Sprains and strains

Learners will know how to recognise the common signs of a fracture and dislocation of a limb or digits. They will also be able to recognise common sprains and strains.

How to administer first aid for:

- 8.2
- Fractures and dislocations
 - Sprains and strains

Learners will know how to support and provide basic First Aid to a casualty with a dislocation or fracture to a limb or digit and common sprains and strains.

8.3 Demonstrating how to support a casualty with a suspected spinal injury

Learners will be able to demonstrate the correct management of a casualty with a spinal injury who is conscious, unconscious and breathing and unconscious and not breathing. They will be able to perform a spinal log roll as part of a team.

Recognising a head injury that is:

- 9.1
- Mild
 - Severe

Learners will be able to recognise the common signs and symptoms of a mild head injury such as concussion and a severe head injury such as a skull fracture or cerebral compression

9.2 How to administer First Aid for a suspected head Injury

Learners will know the basic First Aid treatment for a head injury to include management of the injury, casualty position and when to contact the emergency services.

Appendix 3 Specimen assessment material

1 A casualty has received a head injury during a tackle. They have remained unconscious for several minutes. What action should the first aider take?

- A** Wait for the casualty to wake up, and then let them continue in the game
- B** Ensure the casualty is in the recovery position and contact the emergency services
- C** Support the casualty into a sitting position on the floor and try to wake them up
- D** Leave the casualty in the position in which they were found and wait for help

2 To minimise the risk of infection, a first aid container should be:

- A** stored below 5°C
- B** washed in spay water on a weekly basis
- C** free from dust and moisture
- D** locked in the sports club secretary's office

3 Which **one** of the following is a treatment for a casualty suffering from shock?

- A** Allow a drink of warm sweet tea
- B** Allow sips of a suitable sports drink
- C** Give nothing to eat or drink
- D** Provide small amounts of salt-water