



## Ice Skating First Aid Appointed Person

### **Aim**

The Ice Skating - First Aid Appointed Person Award (ISFAAP) has been jointly produced by the National Ice Skating Association of UK Ltd and The Swimming Teachers Association (STA).

The aim of the ISFAAP is twofold:

- 1.** To enable a candidate to be able to act as an appointed person to take charge of the first aid arrangements, including looking after the equipment and facilities and calling the emergency services when required.
- 2.** To deal with incidents that may arise whilst coaching or officiating ice skating.

### **Pre-requisites**

The candidate must be 13 years of age or over.

### **Validity of Award**

36 Months.

### **Length of Course**

Training courses, including final assessment, must last at least 6 contact hours.

### **Course Information**

The course syllabus, in addition to dealing with incidents that may arise whilst coaching or officiating ice skating, covers the following as laid down by the Health & Safety (First Aid) Regulations 1981:

- What to do in an emergency;
- Cardio-pulmonary resuscitation;
- First aid for the unconscious casualty;
- First aid for the wounded or bleeding;
- First aid equipment;
- Employers risk assessment of first aid needs.

### **Assessment**

- Demonstrate the ability to carry out various defined first aid activities in a safe manner;
- Demonstrate CPR and the preparatory actions preceding the administration of CPR;
- Satisfactorily complete the final course worksheet.