

Emergency First Aid for Fitness Instructors

New H&S training workshop designed for fitness and Pilates instructors

Our students and certified instructors trying to understand the legalities and recommendations related to holding a First Aid qualification regularly contact us in the Active Training office.

On October 1st 2009 there was a government (Health and Safety Executive) review of First Aid training at work and new recommendations were launched. The implications for fitness instructors including Pilates instructors are quite pronounced and all instructors who are either self-employed, employing other instructors or are working with members of the public are expected to undertake a First Aid 'needs assessment'.

There are three levels of training recognised by the HSE:

- A minimum 18-hour course known as First Aid at Work
- A minimum 6-hour course known as Emergency First Aid
- A minimum 3-hour course known as a First Aid Refresher

In addition to these minimum course lengths, extra hours can be added to cover relevant additional first aid for specialist situations or injuries that might be likely to be found in a specific work setting.

Most Pilates and fitness instructors will determine from their First Aid needs assessment that it will not be a requirement to undertake the full 18-hour First Aid at Work qualification and that instead it will be appropriate for their front-line staff to all be initially qualified in Emergency First Aid (6 hours) with ideally some additional time dedicated to the most likely injuries to be seen in a fitness environment. This qualification will need to be undertaken in year 1 and then again in Year 4.

Unlike HSE recommendations before October 2009 which required an update of your qualification every years. The new recommendations require a suitable refresher course every year.

If you are employed by a Pilates Studio or Health Club, your employer they will be responsible for undertaking a First Aid needs assessment rather than you personally. However for any classes or privates you organise or teach yourself, it is your responsibility to have provided a First Aid assessment for your facility.

The decision that you will need to make in your assessment is 'who' will need to have first aid training and 'what' level of training will be needed and whether there is a need.

Therefore if taking an Emergency First Aid course in Year 1 there is a recommendation that in Years 2 and 3 the candidate undertakes a minimum 3-hour refresher course to make sure that they remain current and confident in basic life saving techniques.

Active Training are responding to the new regulations by offering to all their students and other fitness instructors an opportunity to undertake First Aid training in each of our training centres.

In 2010 we will be running the first UK-based 'Emergency First Aid for Fitness Instructors' courses geared for Pilates and fitness instructors and taught by trainers involved in the fitness industry, who can add value to their First Aid training through their industry experience.

The first of these courses will run on: Sunday 21st February 2010

Time: 9.00am – 5.00pm

Fee: £95.00 (inc. VAT)

Location: mbodies, Witney, Oxfordshire

If you're interested in this first aid course please contact the Active Training office on **0800 434 6110** for further information or download a **workshop application form** to book your place.