

'Outdoor First Aid by Outdoor Practitioners' - A framework to develop standards

Standard & Participant	Min. Course Content	Delivery to include	Observable competence	Min.Trainer Requirement (OFA = Outdoor First Aid)	Fit with Outdoor Qualifications	ITC EQUIVALENT
1. Educational visit leader (urban or accessible rural visits)	Awareness level course incl. First Aid Kit	Min 3 hours contact time	N/A	Standard 3 OFA qual + QCF level 3 training qual or equivalent		Attendance Certificate
2. Grounds based outdoor worker or supported outdoor practitioner (activity leader, teacher, rural visit leader, grounds staff, estate worker etc) No prior OFA experience required	<ul style="list-style-type: none"> • ABC Primary survey / Unconc. breathing / CPR / life threatening bleeding - shock • Hot & Cold / cold water shock / hypo-hyper thermia immersion / dehydration • Age awareness • Communicating with support 	<ul style="list-style-type: none"> • Simple scenarios outdoors eg in carpark/garden/field • Min 8 hours contact time 	<ul style="list-style-type: none"> • Recognise & manage life threatening incidents in warm and cold environments in the outdoors and call for appropriate help 	Standard 3 OFA qual + QCF level 3 training qual or equivalent + outdoor experience and competence in at least one discipline	Courses suitable for <ul style="list-style-type: none"> • CWLA • BCU Level 1 & 2 (UKCC) • RYA 	1-day OFA
3. Unsupported* outdoor worker or adventurous activity leader (Outdoor Instructor, watersports coach, Bushcraft practitioner, Forest School leader, DofE assessor etc) No prior OFA experience required *emergency services support in less than 2 hours	<ul style="list-style-type: none"> • OFA Standard 2 plus • Secondary survey • Poisons & Burns • Managing a Casualty in variety of positions/environments 	<ul style="list-style-type: none"> • Scenarios Outdoors reflective of level of challenge encountered as a practitioner/leader • Min 16 hours contact time 	<ul style="list-style-type: none"> • Recognise & manage life threatening incidents involving injury and illness in suitable outdoor environments (assuming help is up to 2 hours away) • Incl. immobilisation moving casualties and provision of shelter 	Standard 4 OFA qualification or equivalent + QCF level 3 training qual or equivalent + evidence of currency through CPD records + experience in the normal range of water/land based outdoor environments used with groups and competence in at least one outdoor discipline	Courses suitable for general outdoor instructor <ul style="list-style-type: none"> • SPA • Summer ML • BCU level 3 (UKCC) • LCL level 1/2 • Forest Schools L3 • Bushcraft foundation course 	SQA Certificate in Outdoor First Aid & Outdoor First Aid Incident Management
4. i.Remote* unsupported outdoor worker or adventurous activity leader (can also be developed for specific disciplines as a progression from standard 3) Assumes some prior OFA training at Standard 3 or practical experience *UK Winter/underground/coastal & European based	<ul style="list-style-type: none"> • As Standard 3 + progression into more complex incidents • Identification and management challenges consistent with higher level NGB qualification activities 	<ul style="list-style-type: none"> • Multiple exercises in outdoor environment with variety of wild terrain reflective of leader role • Min 16 hours contact time 	<ul style="list-style-type: none"> • As Standard 3 with additional demonstrable competence in recognising & managing incidents with more complex injuries and in more challenging outdoor environments (help 2 hours +) 	Standard 4 OFA qual + evidenced wider experience + QCF level 3 training qual or equivalent + evidence of progression/currency through CPD records +competence in relevant remote environments and experience of outdoor activities in these environments with groups	Courses aimed at CPD for those with experience eg <ul style="list-style-type: none"> • Winter ML • MIA/MIC • CIC 	Advanced Outdoor First Aid
4. ii. International expedition lead first aider with in-country support – assumes sat. phone medic support	Expedition Providers Association consultation in progress	tbc	tbc	tbc	tbc	