

First Aid Training Courses

COVID-19 Medical and Participation Declaration

Dear Candidate,

Please read the following 'medical and participation declaration' carefully and ensure you are happy to agree with all points before attending the first aid training course.

On arrival you will be asked to read and sign this declaration

Notts Outdoors has local authority approval to commence face to face first aid training based on current government guidance. Advice has been taken from a variety of professional bodies, including our awarding organisation (ITC First), Public Health England, the Health and Safety Executive and the European Resuscitation Council to ensure that we can deliver our courses in the safest way possible.

It is very important however, that candidates understand that it is not possible to make courses completely risk free and candidates accept this when deciding to attend such training.

Included in this document is a summary of the precautions in place to manage the risk and protect candidates. A risk assessment for first aid training delivery has been produced, available on request.

Candidates will receive a detailed explanation of the procedures and precautions in place at the beginning of the course.

Candidates are requested to not attend the course unless they are completely confident that they can accept all the terms in this declaration. Candidates must inform the trainer if they feel unwell during the course. Candidates should not attend additional days on the course if their situation changes and they must inform Notts Outdoors of these changes.

Where candidates are considered in the vulnerable or extremely vulnerable categories or if they live with someone in this category, they should consider their involvement carefully and discuss with Notts Outdoors as necessary.

Remember:

1. It is essential you bring photo identification for the course.
2. Drinking water will be available, but please bring a flask, refreshments and your lunch as required. Unfortunately, due to COVID-19 we are temporarily not providing refreshments.
3. The course will be of a physical nature and you will be required to get up and down off the floor regularly. Please make sure you wear suitable clothing and footwear appropriate for kneeling, bending and lying on the floor.
4. Please wear clean clothes for each day of the course.
5. Venues must be well ventilated, please bring additional clothing to stay warm.
6. If any candidates are concerned about their participation, they should contact us prior to the course or on the day, reasonable adjustments can be made.

First Aid Course Participation

- Please note that due to the current pandemic the first aid course will be delivered in a different format to what you may have experienced in the past.
- Instructions will be provided at the start of the course outlining these differences and the procedures in place to manage the risk of COVID-19.
- You will be expected to wash and/or sanitise your hands on arrival and regularly throughout the course.
- Your temperature will be taken on arrival and if found to be above 37.8, you will be asked to leave.
- You will be asked to read and sign this declaration.
- You will be allocated an area within the training venue which maintains social distancing relevant to government guidance at the time of the training and provided with the required equipment for your individual use.
- Please follow all procedures and guidance in the venue and only use designated areas as explained in the venue brief or indicated by venue signage.
- Most of the course will be delivered whilst maintaining social distancing, however there will be an element of contact required between candidates to allow for the required assessment of skills. This will be kept to a minimum, but when required the following precautions will apply.
- Candidates will be allocated a buddy during the course, limiting the contact to one other person.
- Candidates will be provided with suitable PPE to don during these periods of contact with their buddy, this will include gloves and a facemask.
- When the space and weather allow the contact period can take place outside.
- Candidates who are not prepared to have this managed contact will not be able to pass the assessments to complete the training and receive an accredited award. Please discuss this with Notts Outdoors prior to attendance if you have any concerns.

Please **DO NOT** attend a Notts Outdoors First Aid Training Course if you answer **YES** to any of the following questions:

- Have you tested positive for COVID-19 in the last 7 days?
- Are you or any of your family members waiting for a COVID-19 test or the results of a test?
- Do you live with someone who has tested positive for COVID-19?
- Do you live with someone who has had symptoms of COVID-19 in the last 14 days?
- Have you or any of the people you live with been notified by NHS Test and Trace in the last 14 days that you are a contact of a person who has tested positive for COVID-19 and you do not live with that person?
- Has someone in your wider support bubble got symptoms or has tested positive in the last 14 days?

Do you or any of the people you live with have any of the following symptoms:

- New, continuous cough
- High temperature or fever
- Loss of, or change in sense of smell or taste

I have read, understand and agree to the information and I can confirm that I answer 'NO' to all the questions above.

I will inform my trainer if I become ill during the course and contact Notts Outdoors if I am contacted by the test and trace service within 14 days of the course.