

1st Standlake & Cokethorpe Sea Scout Leader First aid training

Scout leaders are required as part of their training to undertake a first aid course, every 3 years. This usually takes place at Youlbury and is scout run in a first responder style. For 1st Standlake & Cokethorpe Sea Scouts, this can be an issue, as this is a scouting only recognised qualification, if any leaders become RYA or BCU instructors, they require a HSE recognised course. Additionally as we spend 4 months over the summer sailing and kayaking each week, we felt it would also be beneficial to have part of the course directed at water related first aid.

We were able to find a local Trainer able to deliver a First Aid course tailored to our needs, and Cokethorpe school were kind enough to offer the use of the Dance Studio as a suitable venue (it's a practical course, involving getting down on the floor and being rolled over – in to the recovery position). So on Saturday 24th of January, 7 scout leaders and 3 guide leaders (happy to take up spare capacity to make up a class) met for a day's intensive training.



What's in a first aid kit?



Welcome to your resuscitation dummy



Spinal "Log" Roll to protect Airway

All had a great day, and I'm happy to say all passed the course. This will mean that as well as making our water activities safer, we will also be able to make our Winter – land based meetings safer, also we will be able to pass on up to date knowledge to our scouts.

A big thank you to the school for not just providing the room, but getting it set up ready for us, and also signposting so all could find the Dance Studio.