

Working together to protect us all COVID-19



Providing Safe, Socially Distanced First Aid Training

Classroom set up

1. Learners will be seated 2 metres apart. This will determine the maximum class size, so we will be assessing each venue and assigning a maximum class size prior to booking any courses.

Class induction and ongoing process

2. On arrival all learners will be screened. We are required to exclude anyone exhibiting [COVID-19 symptoms](#), which are a new continuous cough and/or a temperature over 37.8°C and or a loss of taste or smell. As part of this process, we will be checking all learners temperatures using a non-invasive forehead thermometer.
3. We will check that no learners are in a situation where they should be self-isolating (e.g. a family member has had symptoms, the learner is in a clinically vulnerable group that is required to shield or the learner has been instructed to self-isolate by the NHS Test and Trace team). We are required to exclude anyone who should be self-isolating.
4. All learners will be required to thoroughly sanitise their hands-on arrival. Learners should ensure that if they need to cough or sneeze, this should be done into a tissue that is disposed of immediately. Failing that, learners should cough or sneeze into a bent elbow. Alcohol based hand sanitiser should be used following any coughs or sneezes.
5. Learners will be shown videos on how COVID-19 spreads and how to effectively wash your hands.
6. Learners should avoid touching their mouth, nose or eyes throughout the course.
7. An adequate provision of alcohol-based hand sanitiser will be provided by Immerse Medical for all courses.

During the course

8. Immerse Medical will provide as many manikins as possible to minimise the need for sharing. Where sharing is required, learners will be in co-horted groups for the duration of the course.
9. Manikins will be disinfected prior to each course in line with current guidance, and decontamination procedures will need to be followed during the course.

10. At the end of every theory session, learners will be required to sanitise or wash their hands.
11. Before and after each practical session, learners will be required to sanitise or wash their hands.
12. The course trainer will ensure that 2 metres of physical distancing is maintained between all learners and trainers unless **relevant close contact** (less than 2 metres) is absolutely necessary for teaching and assessing purposes.

Personal Protective Equipment (PPE)

13. The latest [joint statement](#) from FAQP and FAAOF discusses use of PPE in the classroom. This guidance aligns with the expectation that first aiders in the workplace will be provided with, and be expected to wear appropriate PPE for emergency first aid incidents.
14. **Face masks**—Learners will be trained in the correct use of 3-ply civilian face masks. These masks will be provided by Immerse Medical and will need to be worn by learners or trainers that are required to be closer than 2 metres from each other during practise or assessment.
15. **Gloves**—Gloves should be worn for all practise or assessment occasions where this PPE would be recommended in a 'real life' emergency first aid situation. Gloves will be provided by Immerse Medical throughout all courses.

Teaching Rescue Breaths on First Aid Courses

16. If a Trainer or Learner is concerned about the removal of a face covering in order to demonstrate rescue breaths, the learner(s) may demonstrate chest compressions only for **adult** resuscitation. This will not affect the validity or duration of certification, however attendance on annual refresher training is strongly recommended.
17. There is good evidence that rescue breaths form an essential part of Cardiopulmonary Resuscitation particularly in children, infants and those who have drowned. The benefits of teaching rescue breaths to those who have a duty to provide first aid to these groups far outweighs the extremely small theoretical risk of transmission in the classroom whilst practising this skill. For this reason, rescue breaths should continue to be taught on paediatric first aid courses, lifeguard training, and with other groups such as emergency service workers.

If you have any queries please contact hello@immersemedical.co.uk or drop us a line on 01202 800211.