

AC 71101



ARMY CADET FORCE

ARMY PROFICIENCY CERTIFICATE

SYLLABUS

2010 Edition

FIRST AID

BRIEF OUTLINE

YOUTH FIRST AID

Youth First Aid comprises 12 contact hours excluding testing, delivered progressively over Basic Training to 2 Star

ACTIVITY FIRST AID

Activity First Aid comprises 16 contact hours excluding testing delivered progressively over 3 Star and 4 Star with additional practical activity over 3 months for 4 Star

BASIC TRAINING

**Heartstart
2 hours**

ONE STAR

**Casaid
2 hours**

TWO STAR

**Youth First Aid
8 hours**

THREE STAR

**Lifesaver First Aid
8 hours**

FOUR STAR

**Activity First Aid
8 hours**

**Practical activity
3 months**

FIRST AID

BASIC TRAINING SYLLABUS

0001. Aim To introduce the cadet to First Aid and how to deal with a life threatening emergency. This is Heartstart.

0002. Periods	Content	Reference
1	Managing and coping with an emergency Getting assistance Communication & Casualty Care	Guidance Note 2 (Casaid) Training Manual
1	Primary Survey & Recovery Position	Young First Aider Teacher Guide and Resource Pack
1	Resuscitation & Choking (adult)	First Aid Manual
1	Bleeding	

Notes

1. References should be treated as amended by, and training delivered according to current first aid protocols.

TEST

0003. Conduct. Heartstart may be assessed by:

- a. A CFAV or cadet with a current first aid certificate as defined in para 0203 a-d of JSP 535 (including Activity First Aid)
- b. A trainer approved by ACFA.

0004. Assessment. The cadet will be given details of an accident, asked to contact the emergency services for help, and will be assessed upon whether the correct details and location were passed on. Result is pass or fail, based on whether an effective message would result in the casualty receiving the appropriate help.

Notes

1. Basic Life Support skills are not summatively assessed at Basic Training level but should be tested at 1 Star level.
2. An assessment should still be carried out at Basic Training level but based only on obtaining help at an emergency.
3. If the Heartstart Emergency Life Support (ELS) Scheme is available locally, the ELS certificate can be awarded.

FIRST AID

1 STAR SYLLABUS

1001. Aim. The 1 Star syllabus is Casaid. Heartstart and Casaid match the basic first aid requirement of the Duke of Edinburgh's Award expedition training at Bronze level.

1002. Periods	Content	Reference
1	Treatment of minor bleeding and shock	Guidance Note 2 (Casaid)
1	Recognition of Bone, muscle and joint injuries	Young First Aider Teacher Guide and Resource Pack
1	Bites, stings and foreign objects	Training Manual
1	Keeping safe and warm	First Aid Manual

Notes:

1. References should be treated as amended by, and training delivered according to current first aid protocols.
2. The First Aid syllabus is progressive. Basic Training must be separated from 1 Star. Revision of Basic Training can be completed if needed but is not included in the syllabus.
3. All references should be regarded as amended by any change in current first aid protocols.
4. Casaid may be taught by:
 - a. A CFAV or cadet with a current first aid certificate as defined in para 0203 a-d of JSP 535 (including Activity First Aid)
 - b. A trainer approved by ACFA.

TEST

1003. Conduct. The conduct of this test and the assessment of the cadet will be in accordance with Guidance Note 2. The test is in three parts:

- a. a simple practical test of the ability to deal with a casualty who is not breathing (CPR)
- b. a simple practical test of the ability to deal with a casualty who is breathing but unconscious
- c. a simple practical test of the ability to deal with a conscious casualty with a bleeding wound

1004. Assessment. These tests will be marked as “pass” or “fail”.

Testing may be carried out by:

- a. A CFAV or cadet with a current first aid certificate as defined in para 0203 a-d of JSP 535 (including Activity First Aid)
- b. A trainer approved by ACFA.

Notes

1. A cadet who has completed comparable training outside the ACF should not need to undergo further 1 Star training but should take the 1 Star test to obtain a 1 Star pass in Casaid. However it would be sensible to revise the cadet’s skills by re-completing the Casaid training.

FIRST AID

2 STAR SYLLABUS

2.001. Aim. The aim of first aid at 2 Star level is to provide the cadet with a recognized youth first aid certificate. This comprises the Youth First Aid Course.

Periods	Content	Reference
2	Revision of Casaid	Guidance Note 3
2	Bone, muscle and joint injuries (treatment) Spinal Injuries	Young First Aider Teacher Guide and Resource Pack
2	Asthma Chest Pains	Training Manual First Aid Manual
2	Burns and scolds Electric Shock	
2	First Aid Kit Fainting Head Injuries	
2	Heat exhaustion Hypothermia	
2	Low Blood Sugar Poisons	
2	Seizures Severe Allergic Reaction	

2.002. Content. The detailed syllabus, content, resources available etc is given in Guidance Note 3 and the Youth First Aid course pack, obtainable from your County First Aid Training Officer.

Notes:

1. References should be treated as amended by, and training delivered according to current first aid protocols.
2. The First Aid syllabus is progressive. There is no need to repeat what has already been delivered at Basic Training and 1 Star but the first 2 periods should be used to revise Casaid.
3. All references should be regarded as amended by any change in current first aid protocols.
4. Youth First Aid may be taught by:
 - a. A CFAV or cadet with a current first aid certificate as defined in para 0203 a-d of JSP 535 (including Activity First Aid)
 - b. A trainer approved by ACFA.

TEST

2.003. Conduct. The conduct of this test and the assessment of the cadet will be in accordance with the guidance given by ACFA. The test is in three parts:

- a. A practical test of the ability to deal with a casualty who is not breathing (CPR)
- b. A practical test of the ability to deal with a conscious casualty with a bleeding wound.
- c. A practical test of the ability to deal with an unconscious casualty

2.004. Assessment. These tests will be marked as “pass” or “fail”.

Notes

1. Testing may be carried out by:
 - a. A CFAV or cadet with a current first aid certificate as defined in para 0203 a-d of JSP 535 (including Activity First Aid)
 - b. A trainer approved by ACFA.
2. A cadet who has obtained a recognized youth first aid certificate outside the ACF should not need to undergo further 2-Star training but should take the 2-Star test to obtain a 2-Star pass in first aid.

FIRST AID

3 STAR SYLLABUS

3.001. Aim. The aim of first aid at 3 Star level is to introduce the cadet to first aid at an adult level. 3 Star equates with the first part of the Activity First Aid qualification.

3.002. Periods	Content	Reference
2	Communication & casualty care Bleeding – severe	Guidance Note 4 Training Manual
2	Chest pains Choking	First Aid Manual
2	Resuscitation Unconscious casualty	
2	Bites and stings Bleeding – minor	
2	Burns – minor Strains and sprains	
2	Fainting Primary survey	
4	Casualty management – outdoors Casualty movement	

Notes:

1. References should be treated as amended by, and training delivered according to current first aid protocols.
2. 3 star may be taught by:
 - a. A CFAV with a current first aid certificate as defined in para 0203 a-d of JSP 535 (including Activity First Aid)
 - b. A trainer approved by ACFA.
3. The above training does not provide any externally recognized certificate or badge but may be accredited if the cadet subsequently completes the requirements for Activity First Aid.
4. The full Activity First Aid Course may be delivered at 3 Star but only by a trainer approved to teach at this level by ACFA.

TEST

3.003. Conduct. The conduct of this test and the assessment of the cadet will be in accordance with the guidance given by ACFA. . The test is in three parts:

- a. practical test of the ability to deal with a casualty who is not breathing (CPR)
- b. practical test of the ability to manage an incident involving a conscious casualty with a bleeding wound and a fracture.
- c. practical test of the ability to deal with an unconscious casualty

3.004. Assessment. These tests will be marked as “pass” or “fail”.

Notes:

1. Testing may be carried out by:
 - a. A CFAV with a current first aid certificate as defined in para 0203 a-d of JSP 535 (including Activity First Aid)
 - b. A trainer approved by ACFA.
2. If a full Activity First Aid course is delivered at 3 Star the testing requirements for 4 Star must be followed.
3. If the full Activity First Aid course is completed at 3 Star, it will not count as a 4 star pass until the criteria at para 4.004 has been met.

FIRST AID

4 STAR SYLLABUS

4.001. Aim. To train the cadet to qualify for a recognised adult first aid certificate (Activity First Aid) and to undertake further practical work to obtain a pass in first aid as a progressive 4 Star subject.

4.002. The training element of the 4 Star syllabus is as follows:

Periods	Content	Reference
4	Bone, muscle and joint injuries Asthma Head injuries	Guidance Note 4 Training Manual
4	Poisons Seizures Shock Emergencies in public	First Aid Manual
4	Heat and cold extreme Low blood sugar Role of the first aider	
4	Allergic reaction Burns and scalds – severe	

4.003. Course Content. The syllabus set out in para 4.002 above completes the requirements of the 'Activity First Aid' qualification.

4.004. Practical work. The cadet is required to complete a minimum of 3 months practical work following the completion of the Activity First Aid qualification before a 4 Star pass can be awarded. This may comprise one or more of the following options:

- a. Acting as a member of a cadet or 'young adult' first aid team in a county/bn or Bde first aid competition.
- b. Training a cadet team to take part in a county/bn or Bde first aid competition
- c. Training or assessing cadets in Youth First Aid (minimum 4 sessions)

Notes:

1. References should be treated as amended by, and training delivered according to current first aid protocols.
2. The Activity First Aid Course is to be delivered by a trainer approved by ACFA at this level.

TEST

4.005. Conduct. The conduct of this test and the assessment of the cadet will be in accordance with the regulations of the awarding body and the guidance given by ACFA.

The test is in three parts:

- a. practical test of the ability to deal with a casualty who is not breathing (CPR)
- b. practical test of the ability to manage an incident involving a conscious casualty with a bleeding wound
- c. practical test of the ability to deal with an unconscious casualty

4.006. Assessment. These tests will be marked as “pass” or “fail”.

Testing may be carried out by:

- a. A CFAV with a current first aid certificate as defined in para 0203 a-d of JSP 535 (including Activity First Aid)
- b. A trainer approved by ACFA.

It is expected that the more experienced first aid qualified CFAVs will be used to assess at this level.

4.007. Practical work. The practical work will be assessed by the County First Aid Training Officer.

Notes

1. The County First Aid Training Officer should be consulted about the proposed programme of practical work and provided with evidence of its completion.