

### First Aid Qualification Requirements

The minimum first aid requirement for the British Cycling Club Coach Award is a **Health and Safety Executive Appointed Person's First Aid Certificate**. This is recommended as the minimum requirement for First Aid cover at a British Cycling sanctioned Road Race event.

Courses cover the following minimum content:

- What to do in an emergency
- Cardio-pulmonary resuscitation
- First Aid for the unconscious casualty
- First Aid for the wounded or bleeding

The duration of such a course is usually 6-8 hours and the cost varies according to the organisation delivering it. British Cycling do not deliver first aid courses as our tutors are not trained to do so, however courses are run by various first aid organisations. The contact details of three organisations that may be running courses in your area are listed below.

- **British Red Cross**  
Tel. 020 7235 5454
- **St John Ambulance**  
Tel. 020 7324 4000
- **St Andrew's Ambulance Association**  
(Glasgow)  
Tel. 0141 332 4031

Local Authorities also run courses that are operated by the major providers. First aid certification is a requirement of most governing body coaching qualifications, and so a Local Authority Sports Development Officer may also be able to help.

It is the First Aider's responsibility to ensure that their certificate is kept valid by attending update courses.

The British Red Cross and St John Ambulance both have local units in most towns throughout the South East. You can contact them on one of the above numbers to locate your local unit to arrange them to cover your event.

The Surrey League has booked Sussex Medical Events to be in attendance at all their events, apart from Goodwood and Eelmore, and can be contacted on the numbers below.

- **Sussex Medical Events**  
Tel. 01825 873339 or 07875 320538  
Email: [info@sussexmedicalevents.com](mailto:info@sussexmedicalevents.com)