

First Aid Rule

As a minimum requirement there must be a Trained First Aider at all Pony Club Organised events.

All First Aid courses must be attended in person, given the life-saving potential of the topics covered. **Online, virtual courses are not accepted.**

Training and Qualifications

The recognised courses are:

Type of Course	Length of Course	Requalification Period
Emergency First Aid at Work (EFAW)*	The training and assessment should be at least six hours (not including breaks) over a minimum period of one day	3 years
First Aid at Work (FAW)*	The training and assessment should be at least 18 hours (not including breaks) over a minimum period of three days	3 years
BHS First Aid	Gained at two-day course / one-day refresher course	2 years

Trained First Aider – A person who has an EFAW or BHS First Aid qualification.

Qualified First Aider - A person who has a FAW qualification.

As a minimum requirement there must be a Trained First Aider at events.

All courses must include the mandatory first aid course content required by the First Aid at Work Regulations 1981. The Pony Club also recommends that the training of all first aiders includes an element of paediatric basic life support and injury training, however this is not essential.

All first aid training must be delivered by a credible/reputable organisation that is able to demonstrate that:

- their trainers meet the required standards
- the course meets the HSE content requirements

- it's delivered over the minimum teaching time
- a quality assurance process is in place

Credible organisations should be able to demonstrate this compliance when asked.

All first aiders must hold an up-to-date enhanced disclosure check (DBS, PVG or Access NI) with a check of the barred list, as per Regulated Activity/ Work.

Coaches are required to have the Emergency First Aid at Work qualification (EFAW) as a minimum.

All records of training for First Aid, as well as all other necessary qualifications should be recorded against the person's Pelham contact record. This includes Coaches, Volunteers and Officials.

First Aid Kits

There should be a first aid kit present at all Pony Club activities. There is no specific guidance on what the kit must contain; however, it is advised that the contents must comply with the requirements of the HSE Code of Practice. The First Aid kit should be appropriately sized for the size of the event. Regularly check the kits, as their contents do go out of date. When purchasing kits, it may be practical to buy a few smaller ones that can be combined for larger events. Instant ice packs and eye baths don't always come in standard kits but can be useful additions. Also consider putting accident reporting paperwork to each kit, so it's always to hand. Remember that paracetamol and other pain reducing drugs must never be given without the express permission of the parent/guardian.