

WALKERS ARE WELCOME CIC

Towns and villages with something special to offer walkers



Fact Sheet – First Aid Training

It is essential that for every guided walk there is a suitably qualified first aider present.

It is usual for walk leaders, back leaders and stewards to be trained in at least 'Heartstart' and basic first aid to cope with emergencies. If a walk leader takes walkers on hill walking or longer walks then advanced first aid is an important qualification.

Planning in the event of an emergency should be considered as part of a risk assessment for any walk. Obviously the terrain, length, height and ascent as well as the weather are all matters that will affect the risks. A First Aid Kit, checked for items being in date, is essential. For walking at height or long distance additional equipment should be considered as part of the risk assessment, for instance, a foil survival emergency blanket or flares. Pay particular attention to walkers clothing requirement instructions.

A mobile 'phone and some idea of mobile 'phone blackspots is useful. Did you know that if you dial or text 999 on a mobile phone even with limited battery or signal, the networks will do their best to route the emergency call and your location. Carrying an OS map or app. and compass, particularly on longer walks, is good practice for assessing your position or an alternative route in an emergency.

On regular health walks it is essential that you are aware of your walkers' health and needs by providing a health questionnaire. You may well have walkers that use an inhaler or are allergic to bee stings, this information is important for a leader to know. Simple low level and short health walks can often carry higher risks because of the walkers' lower fitness levels.

Many insurance companies may have stipulations to accepting and covering risks. Check your Insurance Policy. These may include completing risk assessments prior to the walk and having first aiders. One off unusual events carry a higher risk and you should check with your insurance company that the proposal will be covered.

Many volunteers may already have had first aid training at work and are able to produce a certificate valid for 3 years.

So the message is, accumulate information to make suitable risk assessments and arrangements with appropriate training.

Training Providers

Many organisations run free First Aid Training for volunteers. This is dependant on which organisations are operating in your area and whether there is a current scheme available. If you find that you have to pay for training, grants are usually available for this purpose.

Here are a few training providers.

[St John's Ambulance](#)

[Red Cross](#)

[British Heart Foundation](#)

[First Responders](#)

[Mountain Rescue](#)

[Community and Voluntary Services](#)

[Local First Aid Training courses list](#) from £37 per person

Keep safe

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While the WAWTN has made every effort to ensure the information obtained in this factsheet is an accurate summary of the subject as at the date of publication, it is unable to accept liability for any misinterpretation of the law or any other error or omission in the advice in this paper.

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