

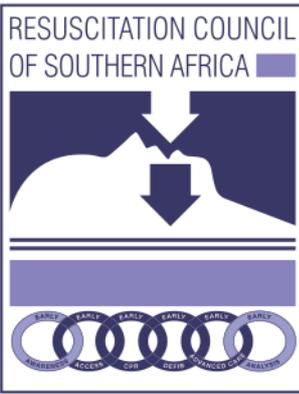
May 2020

RCSA TEACHING RECOMMENDATIONS FROM FAMILY AND FRIENDS TO BLS COURSES POST COVID-19 LOCKDOWN

It should be noted that the below recommendations are guidelines only and should be viewed as temporary. Once the Covid-19 outbreak is under control, normal policies will apply.

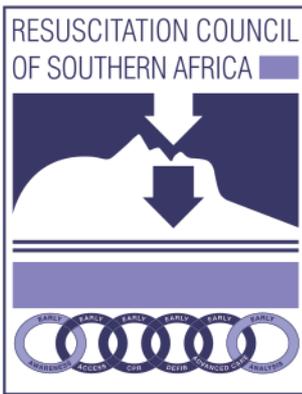
PARTICIPANTS

- Participants must be advised prior to arrival to conduct "honesty screening". If they have travelled in the last 2 weeks, are sick or even mildly symptomatic, they should not attend the training and be postponed to a later date.
- Participants will be required to wash/spray their hands on arrival, during training, before and after all breaks and when using the bathroom facilities.
- Social distancing protocols should be advised on sneezing, coughing and the avoidance of touching or handshaking.
- Participants should be advised to bring and wear their own mask throughout training. If they do not, a mask should then be provided to them by the Instructor.
- The use of safety glasses during the training should also be encouraged.
- The use of gloves during training is not recommended as this may discourage effective hand washing.
- Participants will be required to bring their own pen to the training.
- Participants who refuse to comply with social distancing protocols and/or hand cleaning procedures should be requested to leave the course.



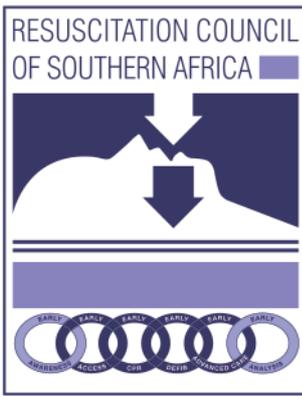
VENUE

- The venue must be large enough to allow for social distancing of at least 2m between all seated and/or practising participants. If the venue is not large enough to accommodate this then participant numbers must be reduced.
- If a desk is necessary, ideally, each participant should have their own desk. If participants must share a desk, there must be at least 2m between them. Mark the middle of the desk with tape to help avoid student's crossing over their allocated space.
- Remove tables where possible during practical training. This will reduce the chance of surface area contamination and the need to constantly wipe desks during the course.
- The venue should be as well ventilated as possible with all available doors and windows open.
- Remove all unnecessary equipment, furniture, furnishings and books from your training venue. Only equipment needed for that particular course should be out and on display. This will reduce the risk of unused equipment contamination and make for easy surface cleaning during and post training.
- Individual hand sanitisers and paper towel roll must be provided for each student.
- Soap (preferably self-dispensing) and disposable paper towel must be provided in the bathroom.



EQUIPMENT

- Ideally there should be enough equipment for one manikin, BVM and AED per student. When sharing, the equipment must be cleaned between each student.
- We recommend a small bucket with an alcohol based disinfectant solution and cloth or alcohol wipes be available for each set of equipment so students can clean their equipment before the next participant.
- We recommend placing a plastic sleeve over the chest and back area of infant manikins that are permanently clothed (Laerdal) to allow for easy cleaning during the course.
- Permanent removal of adult and child manikin shirts for this period will be acceptable.
- Each student must be provided with a one-way valve barrier device. The instructor should explain how to use the device and students should practice inserting and hand placement. It is not necessary during this period for student to practice using their mouths.
- Each student must be provided with their own pocket mask for the duration of the training. It is unacceptable to simply provide each participant with a valve and then share masks.
- When handing out training centre owned masks, allow the student to take their own mask from the storage container.
- Students should be encouraged to re-clean their mask and valve with their own cleaning spray prior to use and as needed for the duration of the course.
- Students may be encouraged to bring their own or buy a pocket mask prior to training if you have not included this in the course fees.
- Should a student not want to put their mouth on to the pocket mask to practise the skill, it will be acceptable for the student to demonstrate the correct procedure without placing their mouth on the device. This concession should only be reserved for resistant students and not be taken as the general rule.
- After training, all equipment must be stripped and cleaned and the entire pocket mask soaked in a bleach or appropriate disinfectant solution.



TEAMWORK

Family & Friends, CPR for Everyone and Heartsaver CPR

No teamwork is required on these courses.

Heartsaver First Aid and First Aid Essentials

Students should demonstrate the use on the Epipen and bandaging on a manikin or themselves.

BLS/CPR for Professionals for: CPD points or general healthcare providers

- During this period, students will not be required to practise any of the team skill sessions. They will only be required to watch these sections on the DVD and have the opportunity to ask questions.

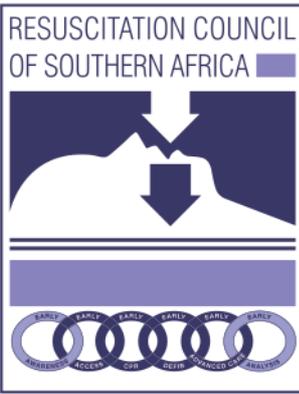
BLS/CPR for Professionals for: EMS providers, pre-ACLS and those working in an environment where good Team Dynamics are essential

- Students will be required to perform team work practise sessions.
- Wearing of masks and hand spray prior and during these sessions is compulsory.
- All equipment should be cleaned after each scenario before roles are swapped.

During the Team Dynamic section:

- Rescuer 1: Assessment and Chest compressions
- Rescuer 2: Airway and mask seal
- Rescuer 3: Squeezing of the BVM
- Rescuer 4: Uses the AED

Stop the scenario after the AED re-analyses (2 minutes) and provide constructive feedback. Clean equipment, swop roles and repeat.



BREAKS AND CATERING

- Short limited breaks should be taken. Socializing may be reduced by staggering breaks wherever possible. This can be done by sending the first group to start their break at the end of a practise session before repeating the skill for the next group.
- Participants must be encouraged to hand sanitise before and after each break.
- Participants should be encouraged to bring their own refreshment for the duration of the course. This may even include their own coffee/tea and cup. You will then only have to provide hot water, limiting risk of multiple surface contamination.
- Coffee/tea can be provided if supplied in individual sachets and disposable cups are used.
- Provide an alcohol based disinfectant to spray the Urn tap between users.
- If you wish to provide catering, we suggest individually packed muffins, rusks and lunches. Disposable cutlery should be supplied if required.
- Water may be provided in individual bottles or water dispenser with disposable cups.
- Provide an alcohol based disinfectant spray to sanitize the water dispenser tap between users.
- Ensure there are adequate dustbins available that do not require students to lift the lid to use.