

First Aid Operational Guidance and requirements for all adults in the Polish Scouting Association (UK Region) (PSA UK Region)

First Aid Training recognised by the Polish Scouting Association (UK Region) (PSA UK Region).

First Aid is a skill that everyone should aim to acquire. Polish Scouting Association (UK Region) and the UK Region Commissions have supported the development of First Aid trainers and the development of courses meeting both Resus Council UK and HSE requirements as well as making them relevant to our scouting activities.

In view of this, all those age 18+ working regularly or ad hoc with children/young people and Young Leaders (17 – 18) have a responsibility to complete appropriate First Aid training and the submission of a certificate of successful completion. As the Polish Scouting Association membership includes both children/young people ages 4 – 18 (in terms of resuscitation a child is considered up to 18yrs) and adults there is therefore, a need for knowledge and practical experience of both paediatric and adult resuscitation and an awareness of how to use a defibrillator in such scenarios.

The following training will be recognised:

- Courses which cover First Aid for both adults and children – the practical element has to be direct face to face course.

Courses not recognised:

- Fully on-line courses – initial or refresher, will not be recognised as meeting these requirements

Where courses are Paediatric First Aid or Adult First Aid only, there is a need to undertake a First Aid course providing the missing aspects of First Aid to meet the PSA (UK Region) requirements.

The First Aid course organised by the UK Region Commissions of PSA (UK Region) covers both adult and paediatric aspects of First Aid, resuscitation and defibrillation. These courses can be booked to be delivered at local venues.

First Aid qualification certificates achieved outside of PSA (UK Region) need to be verified as meeting the above requirements, before the information is added to the PSA database.

Copies of certificate need to be sent via email to firstaid.certificates@zhpwb.org.uk

Renewal – All First Aid training courses require to be renewed every 3 years.

First Aid requirements for scouting activities

At unit level (w jednostce) Adult relates to those 18 years+

	Required number of First Aiders	Additional	First Aid kit requirements
Regular unit meetings throughout the year The suggested minimums must be risk assessed for a larger number of First Aiders in relation to:			
<ul style="list-style-type: none"> ○ Care needs of any unit members with special/additional needs ○ The planned programme of unit meetings or outings 			
Rainbows/Beavers (Skrzaty)/ Brownies/Cubs	Minimum 2 adult first aiders	3 rd First Aider desirable Especially in units with 15+ members	Medium sized First Aid kit



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Guides/Scouts Explorers/Rangers	Minimum 2 with one being an adult	3 rd First Aider desirable Especially in units with 15+ members	Medium sized First Aid kit
Unit outings (wycieczki)	Minimum 2 – with one being an adult, but will depend on place of outing and activities	3 rd First Aider desirable Especially in units with 15+ members	Medium sized First Aid kit required for whole group; in addition, smaller kits if group split up into smaller groups for activities

At Regional Commission level (Hufiec) or UK Region Commission level (Chorągiew)

One day Commission meetings (zbiórki hufca) within a building or an out-door event.

The suggested minimums must be risk assessed for a larger number of First Aiders in relation to the numbers attending the event; care needs of any unit members as well as the planned programme for the event.

	Required number of First Aiders	Additional	First Aid kit requirements
Rainbows/Beavers (Skrzaty)/ Brownies/Cubs	Minimum 2 adult first aiders	3 rd First Aider desirable	Medium sized First Aid kit required for each group where activities are separate
Guides/Scouts Explorers/Rangers	Minimum 2 adult first aiders	3 rd First Aider desirable	Medium sized First Aid kit required for each group where activities are separate
Leaders – adult and young leaders	Minimum 1 adult first aider	2 nd First Aider desirable	Medium sized First Aid kit

Overnight events – irrespective of length of event

The suggested minimums must be risk assessed for a larger number of First Aiders depending on the numbers attending the event

	Required number of First Aiders	Additional	First Aid kit requirements
<p>For each overnight event there is one (1) adult First Aider who takes on the role of main First Aider (sanitariusz/ka) and is responsible for preparing and maintaining the First Aid log book and First Aid kits, administration of medication. Only an adult First Aider can be the one who undertakes medication administration.</p> <p>All First Aiders – main and additional, need to be named in the event Risk Assessment document as well as the First Aid Log book.</p> <p>Young leaders (17-18) can be named as one of the other First Aiders</p> <p>Additional First Aiders step in when the main First Aider (sanitariusz/ka) are off site.</p> <p>An adult First Aider must accompany a camp member to any health care visits (e.g. GP; hospital; dental services).</p> <p>The suggested minimums must be risk assessed for a larger number of First Aiders in relation to care needs of any event members with special/additional needs as well as the planned programme of the camp.</p> <p>If the overnight event's sleeping arrangements are in more than one building an adult First Aider needs to sleep in each building</p> <p>At each overnight event site, it is essential to establish where the best wi-fi/internet connection is and ensure all camp leadership know where this is.</p> <p>Where a Member of the Friends of Polish Scouting (KPH) is at the overnight event, as the main First Aider, other First Aiders in the camp leadership must be members of one of the Scouting Commissions.</p>			

Reminder: Rainbow/Beavers (Skrzaty) do not have a programme for overnight stays.

Brownies/Cubs	Minimum 2 First Aiders Both adults Where the main First Aider is a member of KPH, the other First Aiders must be members of the Scouting Commission.	Additional 1 or 2 First aiders (adults) where total camp numbers are over 35	<u>1 large First Aid</u> kit with medication/supplies as appropriate for the age ranges on the camp – this kept securely in one place <u>1 medium sized</u> First Aid kit to take on outings or longer periods out doors If the camp sleeping arrangements are in more than one building a medium sized First Aid Kit needs to be in each building
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Guides and Scouts In-door or stationary camp	Minimum 2 First Aiders with one being an adult Where the main First Aider is a member of KPH, the other First Aiders must be members of the Scouting Commission, this could be a Young Leader	Additional 1 First aider where total camp numbers are over 35	<u>1 large First Aid kit</u> with medication/supplies as appropriate for the age ranges on the camp – this kept securely in one place <u>1 medium sized First Aid kit</u> to take on outings <u>Patrol First Aid kits</u> where day hikes are part of programme If the in-door camp sleeping arrangements are in more than one building a medium sized First Aid Kit needs to be in each building. A First Aider needs to be in each of the buildings
Explorers/Rangers – in-door or stationary camp	Minimum 2 First Aiders With one being an adult as the main First Aider Where the main First Aider is a member of KPH, the other First Aiders must be members of the Scouting Commission, this could be a Young Leader	Additional 1 First aider where total camp numbers are over 35	<u>1 large First Aid kit</u> with medication/supplies as appropriate for the age ranges on the camp – this kept securely in one place <u>Patrol First Aid kits</u> where day hikes part of programme If the camp sleeping arrangements are in more than one building a medium sized First Aid Kit needs to be in each building A First Aider needs to be in each of the buildings
Explorers/Rangers – hiking camp	1 first aider in each patrol 1 senior (adult) First Aider for whole camp	Additional 1 First Aider for whole camp	<u>All first aid kits must be appropriate to the hike terrain and therefore injury risk</u> In addition to each patrol having a first aid kit, appropriate communication with camp leadership and emergency services is required
Training courses	Minimum 2 First Aiders with one being an adult as the main First Aider		<u>1 medium sized First Aid kit</u> If the camp training course arrangements are not in the same building as the daily activities or in more than one building a small/medium sized First Aid Kit needs to be in each building A First Aider needs to be in each of the buildings
Jamboree (Złoty) PSA UK Region (Okręg) or at UK Region Commission (Chorażew) level	Individual camps		At Jamboree (Zlot) level
	Each Regional Commission (Hufce) is responsible for providing the right number of First Aiders for their camp/s as well as the correct first aid kits		Nursing/medical provision for more serious illness/injury situations Medical/First Aid station equipped with the appropriate equipment. Communication system in place between main medical/First Aid station and individual camps

MEMBERS OF THE FRIENDS OF POLISH SCOUTING (KPH)

All members of KPH must be registered as members of their local unit level (Koło) and pay any subscriptions due.



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Members of Friends of Polish Scouting (KPH) normally provide support by fundraising or organising activities which involve parents and are generally not involved in any supervision of children.

Members of Friends of Polish Scouting (KPH) who help out during unit meetings (zbiórki) or residential overnight events, must have met all Safeguarding requirements as set out in the document:

Safeguarding operational guidance for all adults in the Polish Scouting Association (UK Region) (PSA UK Region) April 2025

Members of Friends of Polish Scouting (KPH) can attend the First aid courses run at local level by the UK Region Commissions PSA (UK Region), following successful assessments throughout the course, their attendance will be recorded in the PSA (UK Region) database.

Where it is not possible to have an adult member of a Scouting Commission (Hufiec) as the main First Aider, a member of Friends of Polish Scouting (KPH) with a recognised First Aid qualification, can be the main First Aider and a Young Leader as the second First Aider. The KPH main First Aider is then required to attend the online session which addresses the documentation and formalities requirements within PSA (UK region).

Other general information

Database

PSA UK Region maintains a database for all members, and it is compliant with GDPR. It is regularly updated, and regional and national commissioners (hufcowi/e, komendanci chorągwi) have access to this information. The database includes information relating to First Aid requirements.

The database is cross referenced regularly for example when signing off Risk Assessments and applications for authorisation of activities, including overnight stays.

Regional commissioners (hufcowi) are responsible for reviewing the accuracy of this information.

Arranging local delivery of First Aid courses

All relevant information can be found on the PSA UK Region website: <https://www.zhpwb.org.uk/okreg-wb/dokumenty/pierwsza-pomoc>

First Aid kits

Check lists of content of First Aid kits and examples of kit containers can be found on the PSA UK Region website:

<https://www.zhpwb.org.uk/okreg-wb/dokumenty/akcje-noclegowe>

Case examples, (E: Essential, G: Guidance)

Q: I'm a unit leader (drużynowy/a, wódz) and run meetings (zbiórki) with cubs (zuchy), boy scouts/girl guides (harcze/harcerki) or explorers/rangers (wędownicy/wędowniczki).

E: You require a minimum of 2 fully qualified First Aider one of which is an adult

G: A third fully qualified First Aider especially if unit has more than 15 members

G: Consider more First Aiders if there are members with additional health needs

Q: I'm an adult member of the unit's leadership team (komenda) and regularly help run meetings (zbiórki).

E: You have to have a valid recognised First Aid course

Q: I am a unit leader/in the unit leadership team and we are planning a unit outing/whole day event for more than one unit

E: You require a minimum of 2 fully qualified First Aider (one being an adult) with the appropriate First Aid kit for the activities

E: Each additional unit included in the outing event should also have a First Aider with them



Q: I am leading (komendant/ka) or I am a member of the leadership team (komenda) on an overnight event (kolonia/biwak/obóz/obóz wędrowny/zimowisko/złaz/kurs/nocleg).

E: You require a minimum of 2 fully qualified First Aider with one being an adult

E: Camp leaders and their Seconds (komendant/ka; oboźny/a) should not have the role of 1st or 2nd First Aider (sanitariusz/ka). Their main responsibilities are with running the overnight event.

G: For overnight events with more than 35 members, additional fully qualified First Aiders should be identified dependant on the number at the event

G: Consider more First Aiders if there are members with additional health needs

Q: I'm an adult explorer/ranger (wędrownik/wędrowniczka) and I do not work with children but walk in a patrol (patrol) on one day outings.

E: You are required to have a valid recognised First Aid course

Q: I'm an adult explorer/ranger (wędrownik/wędrowniczka) on an explorers'/rangers' camp (złaz)

E: You are required to have a valid recognised First Aid course

Q: I am an adult explorer/ranger (wędrownik/wędrowniczka) on an explorers'/rangers' camp (złaz) and my duties are only in the kitchen and not to take part in activities with children.

E: You are required to have a valid recognised First Aid course

Q: I am someone who was once active in Polish Scouting and wish to help out with activities with children, including overnight stays.

E: You need to be a Member of Friends of Polish Scouting (KPH) and comply with the Safeguarding Operational Guidance including DBS/PVG and Safeguarding L1 course

G: You can undertake a recognised First Aid course to support the activities.

G: You can undertake the role of main First Aider for the activities and overnight events where there is no other appropriately First Aid trained adult in the leadership team.

Q: I am a parent who wishes to help only in the kitchen at an overnight stay (kolonia/biwak/kurs/nocleg) and not to take part in any activities involving children.

E: You need to be a Member of Friends of Polish Scouting (KPH) and comply with the Safeguarding Operational Guidance including DBS/PVG and Safeguarding L1 course

G: You can undertake a recognised First Aid course to support your role in the kitchen.

