

BRITISH SUB-AQUA CLUB - EASTERN REGION

FIRST AUTOMATED EXTERNAL DEFIBRILATOR (AED) COURSE IN EASTERN REGION

By Steve Parry - BS-AC Eastern Regional Coach

Eastern Region ran a combined instructor training workshop and student event for BSAC's new AED course on 2 June 2007.

The event was held at the club house of St Albans Sub Aqua Club in Hertfordshire.

The day was structured to commence with an instructor workshop that was delivered by Tim Moxey & attended by 4 members of the regional coaching team

The instructors workshop was complete by lunch time and after a short break the region's first AED instructors, under the supervision of Tim were ready to run a course for a group of students made up of members from Dacorum SAC from nearby Hemel Hempstead and from St Albans SAC.

The course duration is about 2.5 hours and covers theory presentations on how the heart works and how the heart can start to fibrillate and therefore require defibrillation using an AED unit as part of the first aid response by divers at the scene. As the course is specifically aimed at divers and the diving environment, there are also certain additional procedures that AED operators are taught, to ensure safe and effective use of the AED unit in a diving environment.



The course then ensures student skills are up to date in respect of the latest BLS (basic life support) protocols before the main practical session when students get to work in groups to used AED training sets on manikins. The course concludes with information on purchasing and maintaining and AED kit suitable for use in the sport/ club diving environment.

It should be noted that Tim Moxey was part of the national team that worked to create the AED course and that Tim is the area coach for the two branches that supplied the students.

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