



## First Aid for Cyclists Level 2 (VTQ)

### QUALIFICATION SPECIFICATION

QUALIFICATION NUMBER: PRO/74/FAFC

*This Qualification is CPD Certified*



## Endorsed, CPD Certified and ISO Standards

All ProTrainings classroom and online qualifications are CPD Certified. We are accredited to ISO 9001, 45001, and 27001, reflecting our commitment to quality, safety, and information security. Our Cyber Essentials certification further enhances our cybersecurity measures.

*ProTrainings: Additional quality at an affordable price.*



**ISO 45001:2018**  
REGISTERED FIRM

**ISO 27001:2022**  
REGISTERED FIRM

**ISO 9001:2015**  
REGISTERED FIRM



All ProTrainings classroom and online qualifications are CPD Certified, meaning they meet nationally recognised standards for Continuing Professional Development and support individuals in maintaining and enhancing their professional skills.

We are fully accredited to the following standards:

- ISO 9001 (Quality Management): Demonstrates our commitment to consistently providing high-quality training services and improving customer satisfaction through robust quality management systems.
- ISO 45001 (Occupational Health and Safety Management): Ensures we maintain a safe and healthy environment for our staff, trainers, and learners, with proactive risk management and compliance with health and safety regulations.
- ISO 27001 (Information Security Management): Highlights our dedication to protecting personal and sensitive data, ensuring the confidentiality, integrity, and availability of information at all times.

In addition, our Cyber Essentials certification provides an added layer of protection against common cyber threats. It demonstrates that we follow best practice in cybersecurity, giving our clients and partners confidence that their data is handled securely and responsibly.

Together, these certifications reflect our commitment to quality, safety, compliance, and security across all aspects of our operations.

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## Introduction

Welcome to **ProTrainings Europe Limited**.

ProTrainings EU is a certifying organisation recognised for providing training and qualifications in England, UK and across the globe.

ProTrainings EU offer qualifications designed in-house and qualifications which are regulated by Ofqual through TQUK and FutureQuals. Our qualifications are carefully designed to meet industry standards and regulatory requirements giving every learner or user confidence that training meets HSE, Ofqual, UK & EU Resuscitation Council, Skills for Health, Ofsted and Skills for Care training standards.

Our unique approach to training delivery is designed to accommodate learning styles in all their forms, including online, classroom and blended formats. Our variety of delivery methods have been a preferred choice for many learners who require training through general interest and as part of their profession. Our training has been comprehensively designed to meet standards that fall within the boundaries of qualifications overseen by awarding organisations.

ProTrainings high standards include a robust training approach that meets strict specifications, quality assurance requirements and qualification standards. As a result of implementing a comprehensive quality assurance process, ProTrainings online and classroom courses have been CPD certified, endorsed through The Skills for Care Scheme (ProTrainings being the first organisation gaining approval for classroom and online training in the United Kingdom) and we have surpassed an external audit by being approved for ISO45001 : 2018 and ISO9001 : 2015 for maintaining high organisational standards.

Our qualifications are designed to support and encourage learners to develop their knowledge and skills. This development may result in progression into employment or career development in the workplace. Our qualifications also allow learners to progress onto further qualifications.

For more information please visit [www.ProTrainings.uk](http://www.ProTrainings.uk) for news, updates and information on a variety of qualifications spanning into the Health & Safety industry, First Aid world, Pet First Aid environment and Health & Social Care sector.

## Qualifications Specifications

ProTrainings EU offer policies and guidelines for centres, organisations and individuals through this specification. Information in this specification will include the course curriculum, learning outcomes, units and general guidelines on how the course is delivered.

We aim to support our centres by providing guidance in this specification for a better understanding on how our courses are delivered and processed.

Our specifications document can be accessed on our website at [www.ProTrainings.uk](http://www.ProTrainings.uk) along with other specifications for respective qualifications listed under each sub-heading.

For more information please use our online chat service or contact our office on 01206 805 359. Alternatively, please email our support department at [support@protrainings.uk](mailto:support@protrainings.uk) or compliance department at [compliance@protrainings.uk](mailto:compliance@protrainings.uk).

## Introduction to First Aid for Cyclists Level 2 (VTQ)

The First Aid for Cyclists (VTQ) qualification is ideal for individuals, groups and professionals who need training in first aid, especially while riding their bike or if they come across a first aid scenario while riding. This course in essence is aimed at all cyclists, whether you race or use your cycle in town and can be taught locally or at your local cycle club.

Cyclists are at an increased risk of accidents and are more likely to stop at another accident. When dealing with a cycling accident, there is also the risk of being hit by another vehicle, which is why this qualification is ideal for you.

This qualification will cover Primary and Secondary subjects and will cover issues that are likely to be found by cyclists at all levels.

The content of this course is designed to meet the UK and European Resuscitation Council Guidelines and HSE requirements and certificates are valid for three years.

This course can be delivered solely online, through blended training or as classroom training only. The online training consists of 4 hours of content, leaving the blended part two covering 3 hours of training, where the student can practice the theory they have acquired.

The content of this and all our courses has been independently certified as conforming to universally accepted Continuous Professional Development (CPD) guidelines and come with a Certified CPD Statement as well as a ProTrainings Certificate and for online courses an Evidence-Based Learning statement.

### Qualification Delivery

**Guided Learning Hours (GLH):** These hours are made up of real-time contact time, guidance or supervision of a learner by an instructor, supervisor, tutor or trainer.

GLH for this qualification is 6

**Total Qualification Time (TQT):** This is an estimate of the total length of time it is expected that a learner will typically take to achieve and demonstrate the level of attainment necessary for the award of the qualification i.e. to achieve all learning outcomes.

TQT for this qualification is 9

First Aid for Cyclists Level 2 (VTQ) course is taught over 1 day and will include practical and theoretical assessments.

### Entry Requirements

There are no specific entry requirements however, learners should have a minimum of Level 2 in literacy, numeracy or equivalent.

The qualification is suitable for learners aged 14 years and above.

**Progression - Successful learners can progress to other qualifications such as:**

- BTEC Level 4 Certificate for First Person on Scene (RQF) – FPOS
- First Aid at Work Level 3 (VTQ)

## Requirements to teach the First Aid for Cyclists Level 2 (VTQ)

Approval to deliver this course is sanctioned by ProTrainings Europe Limited only.

Instructors must hold the relevant qualifications, experience and occupational competence to qualify for approval. A detailed portfolio providing descriptive dates, CPD log and meeting/passing IQA reviews is required for approval.

Supporting evidence which clearly outlines where instructors qualify to teach this course must be emailed to our compliance manager at [compliance@protrainings.uk](mailto:compliance@protrainings.uk).

### Certification

This qualification is overseen by our compliance department and all courses undergo a robust internal quality assurance review prior to certification.

A desktop-review and site visit will form part of our evaluation.

Paperwork should be marked and assessed by the approved instructor/centre and uploaded to our online management suite following successful completion of the course. Courses should be passed within 5 working days after the course has been taught.

### Learner Access

ProTrainings offer highly sophisticated and supportive services to successful learners who complete online, classroom and blended training. Our online system offers the learner a uniquely designed portal where there is access to a free student manual, CPD credit statement, evidence-based learning document, optional weekly refresher videos and an area for downloadable content with a cohort of supporting evidence relevant to the qualification the learner completes.

ProTrainings after service adds clarity to teaching, promotes continuous learning and encourages learners to revisit and revise subjects they have been taught.

### Complaints

**Scope of Complaints Procedure:** The procedure deals with complaints arising from:

- Delivery (or lack of delivery) of services for education and training including teaching, course content, tutoring, assessment, feedback on progress and learner support during learning programmes
- Incorrect or misleading information about services provided by the Centre
- Delivery (or lack of delivery) of support services provided by the Centre including administration of fees, enrolment processes, Centre accommodation, health and safety and learner resource services
- Unacceptable actions or behaviour by Centre staff and/or other learners in the Centre

#### How to complain

Complaints should initially be made in writing to the Head of Centre or to your designated tutor. This can be completed using your student login for [www.ProTrainings.uk](http://www.ProTrainings.uk)

Support can be made available for all those involved in a complaint including:

- Representation: parent, guardian, friend or supporter
- Help with completing the written complaint
- Induction will provide further details regarding this process.

# First Aid for Cyclists Level 2 (VTQ) - PRO/74/FAFC Course

## Summary

### **Introduction to Cycle First Aid**

Fears of first aid  
Asking permission to help  
Scene Safety  
Chain of Survival  
DRAB and the ABCDs  
Initial Assessment and the Recovery Position  
Road safety  
Barriers - gloves and face shields  
Initial assessment  
ID Tags and Bracelets

### **Cardiac problems**

Adult CPR introduction  
Adult CPR  
One rescuer CPR  
Chest compressions only  
CPR Handover  
Drowning  
AED Introduction  
Child CPR  
Child CPR Breakdown  
CPR hand over to a second rescuer

### **Heart Attack and Stroke**

Stroke  
Heart Attack  
Heart Attack Position  
Aspirin and the Aspod

### **Choking Management**

Adult Choking  
Child Choking

### **Bleeding Control**

Types of Bleeding  
Serious Bleeding  
Embedded Objects  
Plasters

Minor Injuries  
Other Types of Injury

### **Dealing with Injuries**

Secondary Care Introduction  
Strains and Sprains (RICE)  
Adult Fractures  
Splints  
Dislocated Shoulders and Joints  
Head Injuries and treatment  
Head Injury  
Spinal Injury  
Spinal Recovery Position  
Eye Injuries  
Embedded objects in the eye  
Burns and Burns Kits  
treating a burn  
Treating a Burn with Cling Film  
Chest injury

# Learning Outcomes – PRO/74/FAFC

These learning outcomes are mapped to meet a First Aid for Cyclists Level 2 (VTQ) criterion. Each learning outcome presents a knowledge, skill or assessment to help students understand the curriculum in finer detail.

Learning Outcomes (LO) The learner will:	LO
<b>UNIT – 1 / Day One</b>	
<b>Understand the role and responsibilities of a first aider</b>	<b>LO1</b>
Identify the role and responsibilities of a first aider	1.1
Identify how to minimise the risk of infection to self and others	1.2
Identify the need for consent to provide first aid	1.3
<b>Be able to assess an incident</b>	<b>LO2</b>
Conduct a scene survey	2.1
Conduct a primary survey of casualty	2.2
Summon appropriate assistance when necessary	2.3
<b>Be able to provide first aid to an unresponsive</b>	<b>LO3</b>
Identify when to administer Cardio Pulmonary Resuscitation (CPR)	3.1
Demonstrate CPR for a child and adult using a Manikin (including the use of an AED) - ★	3.2
Justify when to place a casualty into the recovery position	3.3
Demonstrate how to place a casualty into the recovery position	3.4
Identify how to administer first aid to a casualty who is experiencing a seizure	3.5
<b>Be able to provide first aid to a casualty who is choking</b>	<b>LO4</b>
Identify when choking is: • Mild • Severe	4.1
Demonstrate how to administer first aid to a child and adult who is choking	4.2
<b>Be able to provide first aid to a casualty with external bleeding</b>	<b>LO5</b>
Identify the severity of external bleeding	5.1
Demonstrate control of external bleeding	5.2
<b>Know how to provide first aid to a casualty who is in shock</b>	<b>LO6</b>
Recognise a casualty who is suffering from shock (Hypovolaemic)	6.1
Identify how to administer first aid to a casualty who is suffering from shock	6.2
<b>Know how to provide first aid to a casualty with minor or major injuries</b>	<b>LO7</b>
Identify how to administer first aid to a casualty with: • Small cuts • Grazes • Bruises • Small splinters	7.1
Identify how to administer first aid to a casualty with minor burns and scalds	7.2
Understand how to deal with a Spinal Injury	7.3
Recognise when a casualty has suffered a chest injury	7.4
Provide first aid to a casualty with a head injury	7.5



# Useful Websites

## **ProTrainings Europe Limited**

[www.ProTrainings.uk](http://www.ProTrainings.uk)

## **The Resuscitation Council (UK)**

[www.resus.org.uk](http://www.resus.org.uk)

## **Health and Safety Executive**

[www.hse.gov.uk](http://www.hse.gov.uk)

## **Skills for Health**

[www.skillsforhealth.org.uk](http://www.skillsforhealth.org.uk)

## **Office of Qualifications and Examinations Regulation**

[www.ofqual.gov.uk](http://www.ofqual.gov.uk)

## **Ofsted**

[www.gov.uk/ofsted](http://www.gov.uk/ofsted)

## **Skills for Care**

[www.skillsforcare.org.uk](http://www.skillsforcare.org.uk)

## **FOFATO**

[www.fofato.co.uk](http://www.fofato.co.uk)

## **NASDU**

[www.nasdu.co.uk](http://www.nasdu.co.uk)

## **TQUK**

[www.tquk.org](http://www.tquk.org)

## **CQC**

[www.cqc.org.uk](http://www.cqc.org.uk)

## **citizenAID**

[www.citizenaid.org](http://www.citizenaid.org)



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