Course: STA Level 3 Award in Activity First Aid

Qualification Introduction

First aid can be described as the helping behaviours and initial care provided for an acute illness or injury. First aid can be initiated by anyone in any situation.

An appropriate level of first aid competence is an essential part of operating professionally in an activity setting. Activity first aiders must be competent to provide first aid to someone who is injured or becomes ill in an activity setting, as well as be able to apply first aid to a range of specific injuries and illnesses.

STA Level 3 Award in Activity First Aid complies with the requirements of the Health and Safety (First Aid) Regulations 1981, The Health and Safety (First-Aid) Regulations (Northern Ireland) 1982 and currently accepted first aid practice.

This qualification is regulated by Ofqual (England), Qualification Wales (Wales) and CCEA (Northern Ireland). This qualification is valid for a period of 3 years. Learners need to retake the qualification before the certificate expiry date to remain qualified.

Qualification Delivery

The recommended contact hours for this qualification is 14 hours, which includes teaching and assessing but excludes breaks.

The course may be run over 2 days but can also be delivered over a maximum of a 7-week period, with the minimum of each training session being 2 hours.

The course can be delivered:

- Fully face-to-face (14 hours)
- Via blended learning* using a combination of distance learning through STA Activity First Aid online programme or live remote tutor-led online sessions (up to 4 hours), and face-to-face delivery (minimum 10 hours).

The ratio for this qualification is a maximum of 12 learners to 1 tutor.

*Blended learning must be completed prior to the face-to-face element, and all assessments must take place face-to-face.

Qualification Objectives

STA Level 3 Award in Activity First Aid aims to provide learners with the knowledge and practical competences required to be able to deal with a range of emergency first aid situations in an activity setting, as well as a range of specific injuries and illnesses.

Intended Audience

STA Award in Activity First Aid is suitable for learners who act as an appointed activity first aider at work or in voluntary and community activities, or for personal interest and development.

Entry Requirements

- Be 14 years of age or older at time of assessment
- Be able to perform practical demonstrations on the floor.

There are no previous qualifications or experience required, however it is advisable that learners have a minimum of level 1 in literacy and numeracy or equivalent.

Qualification Assessment

STA Award in Activity First Aid is tutor assessed through practical demonstrations and completion of a multiple-choice theory assessment paper.

All practical elements must be completed and performed independently by the learner without prompting by the tutor.

The multiple-choice assessment paper is to be completed independently by learners under exam conditions, with the tutor or other approved person, acting as the invigilator. Learners must achieve a minimum mark or higher to successfully pass the multiple-choice theory assessment paper.

All learning outcomes and assessment criteria in the units must be achieved in order for the learner to be deemed competent in order to pass the qualification.

Re-assessment
If a learner is unsuccessful in the course assessment, the learner is only required to re-sit the required assessment element, for example, if a learner fails the practical, they are only required to re-sit the practical element.

The re-sit of an assessment must be completed within 6 weeks from the failure date. Due to the type of qualification being a license to practice competency-based qualification, we can only permit 1 assessment re-sit.

Learning Materials

All learners will be provided with:

- STA Outdoor and Activity First Aid resource manuals

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Costs

Activity First Aid – 14 Hours over 2 Days

Number of Candidates	Cost per Candidate	Total Cost of Course
4	£196.65	£786.60
5	£162.45	£812.30
6	£139.64	£837.90
7	£123.36	£863.60
8	£111.15	£889.20
9	£101.64	£914.80
10	£94.05	£940.50
11	£87.83	£966.10
12	£82.65	£991.80

(Prices are valid until 31 December 2026)

Please note: These costs exclude any venue hire changes, course refreshments and accommodation costs if instructors are required to stay away during the course *(Beyond 50 miles from base)*. Please contact us further information if required.

Additional Information

Health and Safety Executive (HSE) strongly recommends that first aiders undertake annual refresher training during any three-year certification period. This will help learners maintain their skills and keep up-to-date with any changes to first aid procedures.

For Further Information and Course Bookings

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Email: Contact@consulthealthandsafety.com