

QUALIFICATION SPECIFICATION



FAA LEVEL 3 AWARD IN EMERGENCY OUTDOOR FIRST AID (RQF)

March 2026 : V1.3



This one-day emergency outdoor first aid qualification is designed for outdoor professionals such as outdoor activity instructors, teachers, rural visit leaders or sports coaches operating in locations with close access to further support.

Learners will gain the skills and knowledge to respond to a range of emergency situations covering cardiopulmonary resuscitation and the safe use of an automated external defibrillator, unresponsive casualties, choking, blood loss, and shock in a range of outdoor situations. The qualification meets the requirements of the Institute for Outdoor Learning Band 2 training.

This qualification is regulated in the UK and awarded by First Aid Awards (FAA).

FAA are an awarding organisation regulated by Ofqual and Qualifications Scotland Accreditation and the qualification sits on the Regulated Qualifications Framework (RQF).

The qualification is delivered, assessed, and quality assured adhering to the [Assessment Principles for Regulated First Aid Qualifications](#), and delivered and assessed in accordance with the current Resuscitation Council UK Guidelines.

The qualification is aligned with the Institute for Outdoor Learning Statement of Good Practice for Outdoor First Aid Training.



QUALIFICATION STRUCTURE

The qualification consists of one unit which learners must successfully complete to achieve the qualification.

Learning outcomes and assessment criteria

FAA qualifications have set learning outcomes and assessment criteria. The learning outcomes describe the skills and knowledge a learner will gain by successfully completing the qualification. The assessment criteria state the skills, knowledge, and competence a learner will be required to demonstrate during assessment.

Qualification number	RQF 603/6228/5
The qualification consists of one unit	

Unit title	Outdoor Emergency Action
RQF unit code	K/508/3085
Guided Learning Hours (GLH)	8 hours
Total Qualification Time (TQT)	10 hours

LEARNING OUTCOMES The learner will:	ASSESSMENT CRITERIA The learner can:
1. Understand the scope of first aid in the outdoors	1.1 Describe features of outdoor first aid 1.2 Identify first aid equipment for emergency incidents in the outdoors 1.3 Summon assistance during emergency incidents in the outdoors
2. Be able to interpret vital sign information whilst responding to an emergency incident in the outdoors	2.1 Describe the principles of casualty monitoring 2.2 Demonstrate monitoring of a casualty whilst they are in the recovery position 2.3 Respond to changing vital signs 2.4 Respond to signs commonly shown by a casualty suffering from hypothermia 2.5 Prioritise first aid to a casualty who requires more than one emergency first aid intervention
3. Be able to assess an emergency situation safely in the outdoors	3.1 Conduct a scene survey 3.2 Minimise the risk of infection to self and others 3.3 Conduct a primary survey of a casualty 3.4 Conduct a secondary survey on a casualty who is wearing activity kit
4. Be able to respond to an incident involving an unresponsive casualty with normal breathing, in the outdoors	4.1 Place an unresponsive casualty into a suitable position to maintain a safe airway 4.2 Consider environmental factors whilst administering first aid, including: • Slope • Temperature • Wind direction • Strong sunlight 4.3 Manage an unresponsive casualty when assistance is more than 30 minutes away
5. Be able to respond to an incident involving an unresponsive casualty who is not breathing normally, in the outdoors	5.1 Demonstrate adult cardiopulmonary resuscitation (CPR) on a manikin 5.2 Describe the accepted modifications in CPR protocols for: • An unresponsive non-breathing casualty after a near-drowning incident • An unresponsive non-breathing child casualty • An unresponsive non-breathing casualty who is remote from immediate medical help • An unresponsive non-breathing lightning strike casualty 5.3 Demonstrate when and how to remove outdoor activity equipment from an unresponsive non-breathing casualty 5.4 Demonstrate action for an unresponsive vomiting casualty
6. Be able to respond to an incident involving a choking casualty in the outdoors	6.1 Identify when a casualty is choking 6.2 Demonstrate how to administer first aid to a casualty who is choking
7. Be able to respond to an incident involving blood loss in the outdoors	7.1 Identify whether external bleeding is life-threatening 7.2 Demonstrate how to administer first aid to a casualty with external bleeding 7.3 Recognise when a casualty is suffering from shock 7.4 Identify how to administer first aid to a casualty who is suffering from shock

Additional information

CPR - minimum demonstration time of 2 minutes at floor level. May additionally include use of rescue breath barrier devices

Shock - hypovolaemic shock (resulting from blood loss)



ENTRY REQUIREMENTS

The qualification is available to learners aged 14 or over.

It is recommended that learners hold a minimum of level 1 in literacy or equivalent to undertake this qualification.

It may be possible to grant a reasonable adjustment for a learner who has a disability, medical condition or learning need following the [FAA Reasonable Adjustment and Special Consideration Policy](#). For example, assistance could be given with reading or writing.

Due to the practical nature of the first aid assessment there are physical demands. Learners must be able to get to the floor unaided and successfully demonstrate all required elements of the practical assessment on their own, with the casualty on the floor, as in a real-life situation. For example, a learner will need to get to the floor unassisted and demonstrate effective cardiopulmonary resuscitation on a manikin at floor level.

If a learner has any concerns they should contact their training provider to discuss before attending the course.

QUALIFICATION DELIVERY

The qualification has 8 assigned guided learning hours (GLH) and 10 hours total qualification time (TQT).

GLH indicates the number of contact hours that the learner will undertake being taught or assessed under the immediate guidance or supervision of the trainer/assessor in the classroom.

TQT includes GLH but also considers any unsupervised learning or preparation that a learner may undertake independently which could include self-study or the completion of set tasks.

The minimum classroom contact time of 8 hours must be delivered over a minimum of 1 day or can be completed over a maximum of 4 weeks ensuring that each session is a minimum of two hours.

The learner ratio for the qualification is a maximum of 12 learners to 1 trainer/assessor.

QUALIFICATION ASSESSMENT

The qualification is assessed through practical demonstration.

There is no grading of the assessment, learners pass or are referred.

Practical assessment

Scenarios are set recreating a real-life situation as far as possible to enable a learner to demonstrate their knowledge and practical skills. During the practical assessment the learner will be asked set related oral questions by the trainer/assessor.

The practical assessment is ongoing throughout the course with the trainer/assessor making learners aware of when they are being assessed and what they are required to demonstrate.

A learner must satisfactorily complete each scenario to pass the practical assessment.

QUALIFICATION VALIDITY

The qualification is valid for three years from the date of achievement.

It is strongly recommended that the learner attends annual refresher training.

Requalification

To requalify learners will need to complete the full 8-hour course again

PROGRESSION

Learners who achieve this qualification could progress on to the FAA Award in Outdoor First Aid qualification or other FAA first aid and related qualifications. FAA also offer qualifications in health and safety including fire safety and manual handling, food safety, safeguarding, and first aid for mental health if a learner wanted to diversify.

Qualification specifications for all FAA qualifications can be found on the [FAA website](#).

