



SPORTS FIRST AID

Target Audience:

This qualification is aimed at students who will be involved in sport as a coach, spectator or want to build their knowledge and confidence in dealing with first aid situations and meeting club or National Governing Body First Aid cover requirements.

The Objectives / Learning

Outcome:

All students will learn necessary skills in dealing with exercise induced injuries along with the relevant regulations.

Student Details:

There is a maximum of 12 places available.
Validation of Certificate: 3 years
Course Duration: 6 hours
Course Times: 09.30 – 16.30 (this is flexible)

Course Content:

- Basic Health & Safety Legislation
- First Aid Kit contents and Equipment
- Accident Report Forms
- Scene Assessment
- Casualty Assessment
- Control of Bleeding
- Treatment of Burns
- Fractures and soft tissue injuries
- Care and management of an unconscious casualty
- Head Injuries
- Treatment of Asthma
- Treatment of Convulsions
- Treatment of Blocked Airways
- Resuscitation for Adults and Children
- Suspected Spinal Injuries

Course Materials:

All students will receive a course book, and certificates will be forwarded upon successful completion of the course.

Dress Code:

There will be a practical on the course so appropriate clothing will be needed.

Course Assessment:

The final assessment will determine a student's ability to act safely, promptly and effectively when an emergency occurs when Sport or Exercise is involved and to deal with a casualty who:

- Is Unconscious;
- Requires Cardiopulmonary resuscitation;
- Is wounded and bleeding.

Important:

Core subjects listed are tailored for each group.

Certification:

Certificates of attendance will be issued; valid for three years.