

# First Aid International Sports and Activity First Aid

## Course Information Sheet



The Sports and Activity First Aid course is designed for all clients who have an involvement in sports and recreational activities in both the professional and voluntary sectors. The course can be easily adapted through the inclusion of appropriate outdoor scenarios to meet the needs of the outdoor world.

This course will provide participants with the opportunity to gain fundamental knowledge and skills in order to recognise and manage common injuries sustained in activities and provide immediate non-emergency care

The course covers the content of Emergency First Aid and, as such, the course will meet the recommendations of the Health and Safety Executive for training emergency aid to the appointed person.

This course is mapped to the learning outcomes of the Level 2 Award in Activity First Aid.

For full details of the course content please see overleaf.



## Course Specification

### INTENDED PARTICIPANT:

Sports coaching staff, team managers, trainers, teachers, leisure staff, activity leaders

### MAX STUDENT INSTRUCTOR RATIO:

12 Candidates: 1 Instructor

### MAX CLASS SIZE:

24 Candidates (with 2 instructors)

### COURSE DURATION:

Initial Training: 12 hours

Retraining time: 12 hours

### ASSESSMENT:

Knowledge and skills assessment

### CERTIFICATE EXPIRY:

3 years from date of completion

First Aid International are approved by the Health and Safety Executive Northern Ireland, Dubai Corporation for Ambulance Services (DCAS), Health Authority Abu Dhabi (HAAD) and the Labour Department - Hong Kong Special Administrative Regional Government.

# In this course you will learn the following skills:

## INTRODUCTION

- Principles of First Aid
- Chain of Survival
- Emergency Management Procedure
- Care Cycle™

## ESSENTIAL SKILLS

- Scene Survey
- Exposure Protection

## BASIC LIFE SUPPORT

- Primary Survey, Recovery Position and Reassessment
- CPR Adult (Cardiopulmonary Resuscitation)
- CPR Child
- Alternative Ventilation Procedures
- Introduction to Automated External Defibrillation (AED)
- Choking Adult and Child

## LIFE THREATENING CONDITIONS

- Severe Bleeding
- Shock Management

## SECONDARY SURVEY

- Patient History Taking
- Physical Assessment
- Localised Physical Assessment
- Patient Report Form (PRF)

## COMMON INJURIES

- Head Injury
- Spinal Injury
- Chest injuries
- Fractures
- Wounds and Bleeding
- Dislocation
- Sprains and Strains
- Contusions or Bruising
- Eye Injuries

## ENVIRONMENTAL PROBLEMS

- Heat Related Problems
- Frostbite
- Hypothermia

## CIRCULATORY PROBLEMS

- Heart Attack
- Angina
- Fainting
- Stroke

## RESPIRATORY PROBLEMS

- Asthma
- Allergies
- Anaphylaxis
- Hyperventilation

## OTHER MEDICAL EMERGENCIES

- Diabetic Emergencies
- Epilepsy
- Burns and Scalds
- Electrical and Chemical Injuries
- Poisoning

## FIRST AID HEALTH AND SAFETY

- First Aid Kit
- Accident Recording

## LEARNING STYLE:

Each section of the book will guide you step by step through each of the essential skills required to be a competent first aider. Through the process of seeing hearing and doing you will learn how to provide first aid in an emergency both safely and effectively. As you complete each skill you will develop the skills, knowledge, techniques and confidence to respond in an emergency.

## INTRODUCTION:

Your instructor is a fully certified First Aid International instructor who is current with the procedures and knowledge required to ensure you have the best possible learning experience. Each Instructor is registered with First Aid International and renews their status annually to ensure that only current and competent instructors deliver your training and assessment.

## CERTIFICATION:

Certificates are issued by First Aid International using our Centre Management Information System (CMIS). CMIS provides a quick efficient service to all our clients.



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