

Course Details

FA7 First Aid for Sports

This course is designed to give the student a more comprehensive knowledge of first aid procedures than that given in the shorter FA12 Pitch Side First Aid and with special relevance to the sporting environment.

The course meets the recommendations of the Health & Safety (First Aid) Regulations 1981 issued by the Health & Safety Executive. It is delivered in accordance with the Approved Code of Practice L74 for training of candidates in first aid for low risk environments.

Selection of Suitable Candidates

The First Aid for Sports course is a popular choice for those people seeking a course with relevance to a sporting environment and a qualification recognised by many sports organizations.

Content

This course covers the basic essentials required to provide emergency care to a patient. It gives background and practical knowledge into a number of common illnesses and injuries incurred in the sporting arena .

Candidates will receive training in a wide range of first aid skills including:

- The treatment and priorities of care for an unconscious patient
- The recognition of cardiac arrest and delivery of cardio-pulmonary resuscitation (CPR)
- The ability to safely and promptly treat a patient who is bleeding
- The recognition and treatment of shock
- The recognition, signs and treatment for a range of common illnesses (heart attack, asthma, poisoning, diabetes and stroke)
- The treatment and care for an injured patient (fractures, dislocations, strains, sprains, heat/cold exposure)
- The keeping of simple records following an accident at work
- The design and implementation of emergency action plans

Scenario practice is included to enable the students to apply the skills they have developed in a realistic situation.

The course follows a syllabus laid down by the Dimension – People Safe family of first aid training systems which utilises the following training methods:

- Video/DVD segments to convey essential information
- Hands on practice in groups
- Positive coaching from approved Instructors with a maximum group size of 12 students
- Up-to-date medical information presented in a stress-free learning environment
- Opportunity for self appraisal and completion of a class evaluation

Certification

Candidates who successfully complete the course will be awarded a certificate. The qualification is valid for three years.

Course Duration - 12 Hours

January 2010