



Basic Sports First Aid



Course Aim

Aims to help delegates develop the first aid skills needed to respond to a wide range of incidents that can occur during sporting activities.

It is designed to provide delegates with the knowledge and confidence to give an effective initial response to common sports-related injuries and medical emergencies.



Who Should Attend?

- Coaches
- Referees
- PE Teachers
- Players
- Volunteers
- Others supporting sporting activities

Delegates must have a good understanding of written and spoken English to attend this course.



Course Duration

This is a 1 day course



Agenda

- Adult resuscitation (CPR)
- Child resuscitation (CPR)
- Bone, muscle and joint injuries
- Chest pains
- Head Injuries
- Communication and casualty care
- Heat and cold extremes
- Managing a casualty outdoors
- Minor and severe bleeding
- Primary survey
- Role of the sports first aider
- Shock
- Unresponsive adult
- Unresponsive child



Certification

Successful delegates receive a St John Ambulance Certificate, valid for three years.

This course is designed for those in sporting activities and does not meet Health and Safety (HSE) requirements for becoming a qualified workplace first aider.

Safety / Value / Availability / Support



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