



FIRST AID FOR SPORTS

This course provides an excellent understanding of First Aid within a sports context, with particular emphasis placed on sporting injuries. Ideal for students studying sports courses, sports clubs coaches/helpers and referees.

Duration: 5 hours

Course Content:

- Primary assessment
- Fainting
- Cardio pulmonary resuscitation (CPR)
- Management of severe bleeding
- Burns
- Management of an unconscious casualty
- Temperature extremes
- Contents of a first aid kit
- Shock
- Choking

Training Pack:

For this course, each candidate will receive a training pack which includes an A5 book, and various activities

Certification:

Upon successful completion, each candidate will receive a certificate of competency valid for 3 years.

Assessment:

Each candidate is assessed by the tutor continuously throughout the course

Maximum group size:

16 candidates

Cost:

Please contact us for further details

