

# Sports First Aid

## Participant information pack



### Times

The course is held over 2-days (16hrs) which includes two x 15 minute refreshment breaks & a 30 minute lunch break each day. Course registration is at 8.50am and each day finishes at 5.30pm. Please be punctual at all times as this course requires 100% attendance to qualify.

### Outline

The Sports First Aid course provides you with an opportunity to practise and update your first aid skills. This will include practical, hands-on scenarios and presentations that will develop your confidence in administering first aid and provide you with essential life saving skills.

### What to bring

- + Lunch & (refreshments will be available for morning and afternoon breaks)
- + Comfortable clothing suitable for moving around and lying on the floor
- + Warm, waterproof kit for outdoor based scenarios
- + Personal / work first aid kit (if available) for group discussions & sharing of best practice

### What to expect

The course includes a number of indoor & outdoor practical scenarios which involve lying on the floor, being checked for 'injuries' and physically moving people. Remember to look after yourself, lift / lower appropriately & take care of your knees. You are asked to respect & consider the well-being of others throughout the course.

Please let your trainer know if you are uncomfortable with anything and if you have any pre-existing injuries/illnesses that they should be made aware of.

In order to simulate real life first aid scenarios you will be required to take on the role of casualty, first aider and observer. This is a good indicator of your understanding and learning. Based on the scenarios given to you by your trainer you will be expected to:

- + Demonstrate signs and symptoms accurately as the casualty
- + Reflect on your performance as first aider & consider all feedback from the casualty / observer
- + Give fair and balanced feedback on the learning points

### Assessment & certification

Assessment is ongoing throughout the course and you will be made aware of any aspects of your training that require further development. In order to qualify for your certificate you are required to attend the full course and demonstrate your understanding by completing all practical scenarios. A certificate valid for three years will be provided on successful completion of the course.

### What we provide

The course is focused on relevant practical first aid skills that can be applied to real situations. We encourage an active & experiential approach to learning that supports your skill development.

We use clear, simple relevant explanations of theory and supply a first aid manual that supports and builds on your first aid knowledge. We are happy to signpost further information if required.

## Outline

The core training of Sports First Aid covers how to assess & treat a casualty who is bleeding, unconscious or stopped breathing. This also includes a range of skills necessary to 'hold the fort' and until further help arrives. The key topics & learning outcomes can be found below.

## Day 1

### Introduction

- The role of a first aider & priorities of first aid

### Assessing vital signs

- Checking brain activity, airway, breathing & circulation

### Casualty approach

- Performing a primary survey of a casualty that has collapsed (D.R.S + A.B.C.)

### Stabilising an unresponsive casualty

- Placing someone in the recovery position who is unresponsive or suffering a seizure

### Secondary survey

- Assessing a casualty for further injuries, illnesses & vital information for summoning help

### Medical emergencies

- Treating immediately life threatening conditions including choking, strokes & heart attack

### Treating a non-breathing casualty

- Performing CPR, recognising cardiac arrest & the use of a defibrillator (AED)

### Managing severe bleeding

- Administer first aid to a person who is bleeding, wounded &/or suffering from shock

## Day 2

### Breaks

- Finding, treating & stabilising common fractures

### Hot & cold problems

- Recognising and preventing injuries from burns, heat illness & hypothermia

### Environmental conditions

- Moving & stabilising casualties in outdoor environments

### Trauma injuries

- Stabilising head, neck & chest injuries

### Common illnesses

- Treating medical disorders such as asthma, epilepsy, anaphylaxis, diabetes & angina

### Sports injuries assessment

- Simple injury assessment for cease to play decisions

### Minor injuries

- Recognising & treating cuts, splinters, bites & soft tissues damage

### Equipment & record keeping

- Emergency equipment and record keeping in sports settings

**Please note:** This course includes a number of indoor and outdoor scenarios which enables the training to be more specific to the different outdoor situations you may encounter.